

Same Great Programs New Ways to Deliver

by Mary E. Planten-Krell

At YSB we pride ourselves on our ability to respond to community need – and in 2013 that’s exactly what we did!

Program Delivery

One thing’s for certain – the number of youth struggling with anxiety, depression and grief continues to rise. And with that so does the demand for youth-focused family counseling and in-school support.

To ensure we meet those needs, YSB made several changes to the way we deliver service.

We expanded our counseling program to include full time therapists in each of our three locations, and added Saturday hours in Stillwater.

Our therapists also increased their availability at Central Pediatrics in Woodbury to four mornings each week and began to provide counseling services one day per week in the St. Croix Central School District in Wisconsin.

YSB also provided more in-school services including grief groups and classroom presentations.

In 2014 this need has continued to grow with numerous requests for groups around bullying, chemical health, and grief, as well as more in class presentations, parent support and assistance with school policy changes around topics like e-cigarettes.

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Jake was 17 years old when he began seeing a counselor at Youth Service Bureau. He was angry with his parents. He didn’t know why they couldn’t see his point of view and why they were always making unreasonable demands.

Jake was extremely defiant toward his parents. He would take the car without permission, refuse to tell them where he was going when he went out, and stay out past curfew. He would engage his parents in yelling arguments when he could and become upset whenever his parents tried to enforce consequences for his behavior.

During his sessions, Jake began to open up about being bullied at school and how it had impacted his self-esteem and self-confidence. He and his YSB counselor worked to develop new ways for him to communicate with his parents, understand what they were asking of him and how to compromise.

Today Jake is doing great! Thanks to the skills he learned at YSB, his self-esteem and self-confidence have improved and his relationship with his parents is better than ever before.

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Women of All Saints
Woodbury Dairy Queen
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Thrivent Family FunFest Benefits YSB

YSB was proud to be chosen to participate in and benefit from Thrivent's 2013 Fall Family FunFest.

The event was held at the Little Log House Pioneer Village in Hastings and attended by over 350 Thrivent members!

Event attendees enjoyed the beautiful gardens and landmark buildings, mini-golf, face painting and a variety of delicious treats.

Thrivent members were also encouraged to make a donation to support YSB. And they did - raising a total of \$1,500 to support our programs throughout the community!

"Thrivent is one of our longest running partners," said Mary E. Planten-Krell, executive director of Youth Service Bureau.



l to r: Chad Broberg, Roland Skillings, Allissa Obler, Dan Myers, Arlene Myers, Mary E. Planten-Krell and Tony Barilla

"It's wonderful to feel their deep and abiding care for the youth and families in our community."

In 2013, YSB also became a member of the Thrivent Choice® program - a program that allows members to recommend where some of Thrivent's charitable outreach funds go.

OUR DONORS MAKE THIS WORK POSSIBLE EVERY DAY

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Individuals

Stan & Jane Hooper
Maureen Allan
John Baird
Tony Barilla
Deborah Bestler
Rhonda & Richard Bleskey
Dennis & Cheryl Bostrom
Chad Broberg
Hugh & Majel Carroll
Tina Clark
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Donna Davis
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John & Jean Williams
Mark & Rebecca Wolters
Craig & Kathleen Woolery
Brian Zeller

Honorariums

Honoring Sandy Fuller
by Barbara Diederichs
Honoring YSB's
Community Education
Program by ISD 833
Honoring Jennifer Rockhill
by Cottage Grove Crime
Prevention Board and
Saint Anne's Catholic
Church
Honoring Christopher
Markov by
Interdenominational
South Suburban Grief
Support Coalition

Memorials

In memory of Robert Flynn
by Joyce Flynn
In memory of Oliver Zlonis
by David Koenig
In memory of Gene Snyder
by Bruce & Louise Moss

Foundations

Barrett Family Foundation
Carl & Eloise Pohlada Family
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Fred C. and Katherine B.
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City of Cottage Grove
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City of Lakeland
City of Maplewood
City of North Saint Paul
City of Oak Park Heights
City of Oakdale
City of Saint Paul Park
City of Stillwater
City of Woodbury
St. Croix Central School
District
State of Minnesota
Stillwater Area Public
Schools
Stillwater Township
Town of May
Washington County
Community Corrections

United Way

United Way of
Washington County East
St. Croix Valley United
Way

2013 HIGHLIGHTS

JANUARY

Discipline with Young Children class offered through parent ed at *Central Pediatrics*.

FEBRUARY

Where Did They Get This Temper? class offered through parent ed at *Central Pediatrics*.

MARCH

Program participants advocate for youth intervention programs during *Youth Day at the Capitol*.

Grief group begins at *Park High School* in Cottage Grove.

APRIL

Michael Huntley presents on Behavior Strategies Using a Developmental Approach at the *13th Annual Washington County Child Care Spring Seminar*.

MAY

Youth Firesetting Behaviors airs on *ECHO and Twin Cities Public Television (TPT)*.

Alcohol & Drugs: Community Trends and Parenting Tips offered through *New Richmond Community Education*.

JULY / AUGUST

Kids learn about cyberbullying at *Bayport and Cottage Grove safety camps*.

SEPTEMBER

First QPR training offered at Central Pediatrics.

DECEMBER

Teens in Grief presentation at *Lake Middle School* in Woodbury.

(Same Great Programs - continued)

In 2013, we also placed an increased focus on **parent education** by leading programs at area schools and offering our first QPR training to help people learn how to recognize the warning signs of a suicide crisis and refer someone to help.

We're also excited to welcome our new parent education coordinator who will take our parent education program to new heights in 2014!

Community Partners

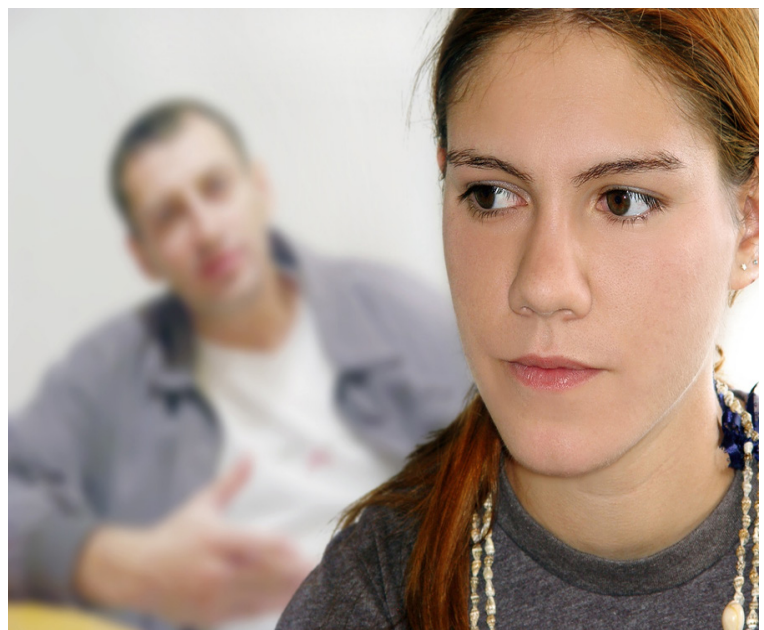
At YSB, we know that kids don't just get in trouble where they live. We strive to create a culture where everyone shares responsibility for making our communities safer and where services are available regardless of ability to pay.

In 2013 we expanded our reach by serving an increasing number of youth from Ramsey and Dakota counties and entered into formal relationships with several new municipalities.

Building Updates

Last, but not least, we are proud to report that our Cottage Grove building has been restored to great condition after an Excel power failure led to some water damage last spring.

While repairing the damage, we did a number of upgrades both inside and out, and are happy to say that the building is now 100% rented!



OUR IMPACT

Every dollar invested in programs like ours, saves a community \$8 in future social costs associated with adult crime and social service needs.

Youth-focused Family Counseling

Chemical Health

Community Justice Programs

77%

resolved issues or made them manageable

73%

showed statistically significant improvement

68%

increased resilience to drugs

80%

did not re-offend again

95%

retained 90% of what they learned

Youth & Families Served = 1,426

(primarily in Washington County, MN and St. Croix & Pierce counties in Wisconsin)

Awareness Programs	410	Restorative Justice	42**
Camp Scholarships	34	Teen Intervene	45
Chemical Health Prevention	173	YCAPP (suspension alternative)	96
Community Work Service	478	Youth-focused Family Counseling	425
General Assessments	374		

*Total hours served = 4,895

**Total restitution paid + \$4,416

Statement of Activities

Revenue

Client fees	329,527
Contributions	183,105
Government	484,129
United Way	82,022
Other	76,267
TOTAL INCOME	1,155,050

Expense

Program	956,310
Management	97,663
Fundraising	66,057
TOTAL EXPENSE	1,120,030

Balance Sheet

Assets

	2013	2012
Current Assets	719,894	697,068
Property & Equipment	73,879	73,884
Other Assets	14,484	12,943
Total Assets	808,257	783,895

Liabilities & Net Assets

Current Liabilities	64,929	75,587
Net Assets	743,328	708,308
Total Liabilities & Net Assets	808,257	783,895

Income & Expense Statement

Grants, Support & Revenue	1,155,050	1,104,423
Expenses	1,120,030	1,076,584

Change in Net Assets

35,020 27,839

Youth Service Bureau, Inc.

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Staff

Management Team

Mary E. Planten-Krell, Executive Director
Michael Huntley, M.A., LP, Program Director and Youth & Family Therapist
Allissa Obler, Director of Development and Communication

Youth & Family Therapists

Kay Schwebach, M.A., LMFT
Lea Thornton, M.S.W., LICSW

Community Justice Program Coordinators

Naitoh Kai

Chemical Health Specialist

Julia Geigle, M.S.W., LGSW

Parent Education Coordinator

Sarah Rowcliffe

Administrative Team

Debbie Campbell
Jackie Craft
Nicole Guthrie
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