

Changing with the Times

by Mary E. Planten-Krell

At YSB we know one thing for certain – change is inevitable!

Community needs change and new challenges emerge. And with those changes our programs continue to evolve and grow.

Embracing Change

Over the past year, YSB has seen a change in the types of chemicals kids are using and their ability to get their hands on them.

Kids are taking their parents prescription medication, drinking amped up “juice” that contains high levels of nicotine, and hiding electronic cigarettes up their shirtsleeves so they can take a hit between classes at school.

To address these changes, YSB redesigned our programs to more fully address all of the chemicals youth are exposed to including e-cigarettes/vaping and energy drinks.

Supporting Parents

In many ways, these changes have made raising kids more complicated than ever before.

Kids are exposed to things that didn’t exist when their parents were kids – e-cigarettes, social media, cyber bullying – and there aren’t a lot of resources out there to help parents figure things out.

In 2014, we launched a comprehensive parent education program to help parents of teens and pre-teens get practical support from a place they can trust.

Through this program, parents have access to tips and tools to help them talk to their kids about tough topics or determine what limits they want to set and how to enforce them.

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Grace began seeing YSB’s chemical health specialist at the recommendation of her school counselor. Grace was using substances even though she had just recently been discharged from a long-term residential treatment facility.

Grace had a long history of chemical use and multiple family members who struggle with addiction. Grace shared with her YSB counselor that she was afraid to live without chemicals because she wasn’t sure how else to cope with her emotions or difficult situations.

During their weekly sessions, YSB’s counselor helped Grace understand and recognize her addiction and make a commitment to abstain from all chemicals. With support, Grace informed her parents of her desire to quit using substances and created a plan to support her decision.

Grace and her YSB counselor worked together to identify relapse warning signs, reasons to stay clean and sober, and alternative ways to handle challenges such as painful emotions, family dynamics, and peer pressure. They also created a plan to maintain sobriety.

Grace recently celebrated 124 days of sobriety! She is committed to staying sober and continues to meet with her YSB counselor to help her stay on the right path.

Celebrating 25 Years



2014 marked a huge milestone for YSB and for Program Director and Youth & Family Therapist, Michael Huntley, M.A., LP.

25 years ago Mike joined YSB as a Youth & Family Therapist. Since that time he has helped thousands of youth and families get the support they need to face life's challenges.

Huntley continues to provide counseling services and has increased his role to provide guidance and supervision to all therapy and diversion staff. He also participates in several community collaboratives and oversees YSB's technology.

Mike's skills as a therapist are legendary - we're lucky to have him!

YSB's Tee One Up for Kids golf tournament also celebrated its 25th Anniversary. Thanks to all of our sponsors and contributors for making the event a such a success!

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Trader Joe's

3M Supports Parent Education

YSB was proud to receive a \$25,000 grant from 3M to support our parent education program.

YSB has a long history of collaborating with other organizations to provide education and resources to youth and families. So when we saw an unmet need for support of parents with teens and pre-teens, we set out to provide a solution.

"We know that being a parent isn't easy," said Mary E. Planten-Krell, YSB's executive director. "We want to ensure that parents of teens and pre-teens have access to the same type of support that is so readily available for parents of younger children."

YSB has been fortunate to have long-standing relationship with 3M, especially 3M Cottage Grove.

"We are fortunate to be surrounded by philanthropic, community-focused corporations," said Planten-Krell.



l to r: Mary E. Planten-Krell and Michael Bahma, Site Director at 3M Cottage Grove

"3M stands out among them with its ongoing and generous support for the people and organizations that make up their communities."

Thank you 3M for continuing that wonderful support!

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In honor of Mike and Steve Hannah by Debbie Hannah
In honor of Mike Huntley by Allissa and Jason Obler
Barbara Ohs
Maureen Walton

In honor of Grief Presentation by Oltman Middle School
In honor of Safety Camp by Stillwater Area Public Schools

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In memory of Lynn Weiler by Charles Ames
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In memory of Matt VanHorn by Mark and Christel Gehrman

In memory of Oliver Zlonis by Karla Ekdahl
David Koenig
Robert and Kristy Unruh

Churches & Service Clubs

All Saints Lutheran Church
Cottage Grove United Church of Christ
Lake Elmo Rotary Club
Newport Lutheran Church
Scandia-Marine Lions Club
St. Paul Park - Newport Lions Club
Stillwater Lions Club

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Composting Concepts Inc.
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LSP Cottage Grove Cogeneration Facility
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Public Funding

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City of Bayport
City of Cottage Grove
City of Lake St. Croix Beach
City of Lakeland
City of Maplewood
City of North Saint Paul

(Public Funding - continued)

City of Oak Park Heights
City of Saint Paul Park
City of Stillwater
City of Woodbury
State of Minnesota
Stillwater Area Public Schools
Stillwater Township
Town of May
Washington County Community Corrections

United Way

United Way of St. Croix Valley
United Way Of Washington County - East
United Way of Washington County - Youth



(Changing with the Times - continued)

Working Together

One thing that hasn't changed is the pride we take in the relationships we have throughout the community.

Over the past year we deepened our relationships with area schools by offering more frequent classroom presentations and additional support to teachers as they help students manage difficult issues like depression and grief.

We also partnered with schools to present to parents and staff on topics such as social media, chemical use, grief and parent child communication.

In 2014, we also expanded the support we receive from local municipalities and other community organizations. These relationships are a great way for us to share our mission with new audiences throughout the community.

Building for the Future

We are confident that as we continue to grow and evolve our programs we are also building brighter futures for everyone.

Thank you for all you do to help us along the way!

A handwritten signature in black ink that reads "Mary E. Planten-Krell".

Mary E. Planten-Krell
Executive Director

2014 HIGHLIGHTS

APRIL

Michael Huntley and Julia Geigle discuss drug trends at *Mahtomedi High School*.

June

Michael Huntley presented on *Teens in Grief* to faculty at *Oltman Middle School* in Cottage Grove.

JULY / AUGUST

Naitoh Kai and Kay Schwebach teach kids about cyberbullying at *Bayport and Cottage Grove safety camps*.

SEPTEMBER

South Washington County TV interviews *Julia Geigle* about chemical use among teens.

OCTOBER

Sarah Holmboe presented on *Parent Child Communication* at Parent Academy at *Stillwater Junior High School*.

NOVEMBER

Log-on to Social Media is presented at *Oak-Land Junior High School*, launching a series of social media presentations throughout the Stillwater Area Public Schools.

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

68%

resolved issues or made them manageable

Chemical Health

69%

showed statistically significant improvement

57%

increased resilience to drugs

Community Justice Programs

81%

did not re-offend again

91%

retained 90% of what they learned

Youth & Families Served = 1,105

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

Awareness Programs	484	Parent Education Programs	128
Camp Scholarships	14	Restorative Justice	8**
Chemical Health Prevention	305	Teen Intervene	42
Community Work Service	351	Youth-focused Family Counseling	242
General Assessments	301		

*Total hours served = 3,643

**Total restitution paid + \$3,308

Statement of Activities

Revenue

Client fees	278,190
Contributions	191,710
Government	413,427
United Way	86,254
Other	99,155

TOTAL INCOME 1,068,736

Expense

Program	872,134
Management	109,254
Fundraising	51,577

TOTAL EXPENSE 1,032,965

Balance Sheet

Assets

	2014	2013
Current Assets	771,729	719,894
Property & Equipment	57,964	73,879
Other Assets	17,214	14,484
Total Assets	846,907	808,257

Liabilities & Net Assets

Current Liabilities	67,808	64,929
Net Assets	779,099	743,328
Total Liabilities & Net Assets	846,907	808,257

Income & Expense Statement

Grants, Support & Revenue	1,068,736	1,155,050
Expenses	1,032,965	1,120,030

Change in Net Assets 35,771 35,020

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Staff

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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 Therapist

Kay Schwebach, M.A., LMFT

Community Justice Program Coordinators

Naitoh Kai
Kerry Wenger

Chemical Health Specialist

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