



mercer family resource center

Youth Empowerment Council

The Youth Empowerment Council (YEC) is a for youth, by youth organization that encourages teens to become proactive citizens in a way that expresses their personalities. Whether it's getting their hands dirty while planting a community garden, laughing the night away in a pool or at the bowling alley, or sharing their insight with elected officials about matters they are passionate about, YEC has activities for every teen! Take a look at all of the fun they have been having this year!



Every pro-social event that the Youth Empowerment Council hosts is completely FREE! Substance-free, cost-free, and judgment-free. Not to mention full of fun because it's all planned by the youth themselves! These events are meant to inspire young leaders to come together, collaborate to better their community, support one another, and lead by example. The main goal is to help improve the community around us, but YEC is definitely not your average volunteer group!

YEC meets every Thursday at Mercer Family Resource Center from 6:00pm-7:00pm

We are always open to new members!

To join in on the fun, contact Justine or Joey at 307-265-7366



*YEC participation packets are available online at mercercasper.com
Just print out a packet, fill it out, and bring it with you to your first meeting



JOIN US FOR THE MOST THRILLING FUNDRAISER OF THE YEAR!

See a different side of the “bad guys” this year at **Dancing with the Stars of Casper - Villains!**

2021 will mark the 11th fundraising event Mercer Family Resource Center has hosted in the 50 years of serving this wonderful community, and we would love to see YOU there celebrating with us!

Over the next twelve weeks, dancers will be perfecting their villainous themed routines in hopes to knock your socks off on October 23rd, 2021. What songs will they dance to? What costumes will they wear? What tricks might they have up their sleeves? And who will win the coveted People’s Choice award?!? There’s only one way to find out...

Reserve your spot at www.mercercasper.com today!



Meet the 2021 Dance Couples:

Ryan McConaughy



Katrina Lorenzen

Hunter Harmelink



Clare Taylor-Ingram

Brook Kaufman



Larry Wilson

Scott Murray



Heidi Lundberg

Kyle Ridgeway



Casey Rislov

Barbara True



Aaron Walters

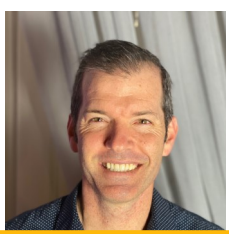
Photo Credit: Willie Petersen Creative

Presenting...

The 2021 Judges Panel:



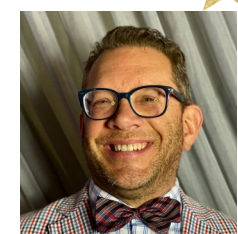
Kendall Bryce



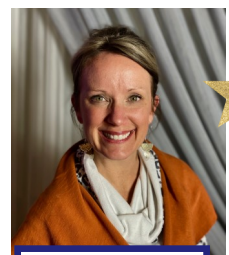
Dr. Caleb Wilson



Mark Bower



Jason DeWitt



Alisha Rone



Zak Pullen

2021 Emcees:

“Prairie Wife in Heels”
Cathy Holman
(My Country 95.5)
&
Sloan Dickey
(Denver7 News!)



**Opening Dance
brought to you
by**



**Grand Finale Brought to
you by...**



Katelyn
O'Shaughnessy
(K2TV)



& Lydia
Anikin

Get your Dancing with the Stars of Casper tickets while you still can!

The money raised at the event goes toward program and operating costs, so that we can continue to provide quality services to those who need it most. Mercer Family Resource Center provides family and parenting education, adult and youth intervention, and community connections that are proactive, impactful, and accessible to anyone in the community! We reach an additional 80% of the population through prevention awareness presentations, outreach, and family activities.

The evening includes a plated meal, friendly dance competition featuring community leaders, and mobile bidding on a variety of silent and life auction packages. “Stars of Casper” (community members) will perform professionally choreographed routines, hoping to win your vote for *People’s Choice!*

Purchase your tickets, table sponsorships, and vote for your People’s Choice favorite at www.mercercasper.com

DANCING WITH THE STARS OF CASPER VILLAINS!
FORD WYOMING CENTER - 6PM, SATURDAY OCTOBER 23, 2021
(CASPER EVENTS CENTER)



Waltz with the Stars	Cha Cha Contributor	Salsa Sponsor	Foxtrot Friend	Tickets
\$5,000	\$2500	\$1,000	\$700	\$80
<ul style="list-style-type: none"> Two reserved tables (16) Table signage Preferential Seating LOGO in program Linked LOGO on Mercer FRC website, Facebook, BidPal website, bidding devices and scoreboard VIP parking 	<ul style="list-style-type: none"> One reserved table (8) Table signage Preferential Seating LOGO in program Linked LOGO on Mercer FRC website, Facebook, BidPal website, bidding devices, and scoreboard VIP Parking 	<ul style="list-style-type: none"> One reserved table (8) Table signage Preferential Seating LOGO in program Linked LOGO on BidPal website and bidding devices Sponsor listing on Mercer FRC website and Facebook 	<ul style="list-style-type: none"> One reserved table (8) Table Signage Sponsor listing on Mercer FRC website and on Facebook 	Number of Tickets _____ Total Cost \$ _____

Double your impact with every donation! We would love it if our generous supporters and donors would support local businesses by donating gift cards or items from small businesses to Mercer FRC’s auction packages. #SupportLocalBusiness #BetterTogether

A Note From the Natrona County Prevention Coalition

Hi there! My name is Sheena Hixson. I am a 6th generation born-and-raised Casper native, and I LOVE my community! Many people who live in Casper know me from school or through different social groups. Some of you may know me as the Chair of the Natrona County Prevention Coalition (NCPC). It's from that position that I write to you today.

Anyone who works in prevention will tell you the goal of our job is to work ourselves out of a job. NCPC has been working hard to reduce substance misuse and prevent early substance use in the community by promoting protective factors and reducing risk factors. One of the ways we do this is by changing habits and social norms. These changes start in the home, with the family, and the effects are often very difficult to analyze. As a data driven leader in prevention, I see the cumulative value in decreasing DUIs, domestic violence, and substance use of minors, while simultaneously increasing attendance at schools, improving grade point averages, and promoting healthier youth and families all around. When those small changes become the cultural norm, we know we've made a lasting impact.



Looking back about 10-15 years ago, Casper's Parade Day had a day-drinkin' holiday vibe to it. Pete Abrams, a long time member of NCPC and WYDOT's Law Enforcement Liaison, says the biggest concern with those day-drinking-holidays is the increase in drunk drivers on the roads, and consequently, alcohol related accidents. Sure, there was no shortage of events after the parade in those days, but the members of NCPC wanted to see an event that was solely focused on the families here in Natrona County, free from the inclusion of alcohol or other substances. That's why Mercer Family Resource Center and the Natrona County Prevention Coalition (NCPC) began hosting Family Day, a free to the public, family-friendly alternative to alcohol-related events.



Thus, Family Day was born! The very first Family Day was a small gathering on the lawn of, what was then, the Mercer House. As more families learned of Family Day, the more it grew, eventually sprawling to Mike Sedar Park as the Festival of Kites, then growing so big that it took over the bulk of Washington Park! Pulling off an event this size took the work of many NCPC partner agencies collaborating together. There was a lot of pooling of resources and funds, a lot of asking for favors and donations, and a lot of hours dedicated by many passionate people to pull it off each year. But the hard work always paid off, and the result has always been a Parade Day event that offered family fun, access to local resources, and free lunches to over a thousand people in the community each year.

As more and more people attended Family Day, the cultural shift that we were aiming for started happening. Consequently, more organizations and businesses around Natrona County have also started hosting family-focused celebrations, which has led to a decreased focus on alcohol and an increased celebration of family time during Parade Day. More parents are now taking Parade Day as an opportunity to connect with their kids and their community! NCPC doesn't take credit for such a large cultural shift, but we are proud to have been a part of the change.



Family Day started with a mission: to promote healthy and positive choices to local families who had limited options. Although Family Day after the parade has been a long-time staple event for our Coalition, knowing that the families we serve now have many family-friendly options to celebrate together, makes it easier to say goodbye to Family Day. We are officially passing the torch for a Parade Day event to our fantastic community that has stepped up to the plate. In doing so, NCPC will be able to shift its focus to other times of the year where healthy and positive options are still needed. We'd like to include the community in deciding what future events are needed and when, so be sure to send in your suggestions through Natrona County Prevention Coalition's Facebook page. We will be posting a survey soon!

Until then, Mercer FRC and NCPC will continue to provide our annual **Family Game Night** event, as well as the annual **Community Baby Shower**. We will also be supporting the family-friendly events other organizations and businesses are hosting, so if you see our booth at another community events, feel free to stop by and say, "Hi!" See you around!



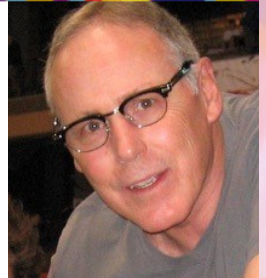
"Alone we can do so little; together we can do so much." - Helen Keller

Join us as we wish a happy and healthy retirement to two amazing people that have been a part of Mercer for many years: **Bob Turner** and **Debbie Huber!**

Farewell
and
Good Luck

Happy Retirement!

Bob Turner has been a great friend to the board and our staff members. Not only has Bob served on the board for the past 10 years, but he has also been actively involved in various task force committees including Community Awareness (serving all of our marketing needs through his Printworks business), Talent Development, and Facilities/Projects/Maintenance. Bob has been in this building far beyond Mercer and continued to rent from us, as well as help us give the agency a huge facelift (carpet, siding, fencing, landscaping), along with mowing and fertilizing our yard. Bob leaves us with these kind words: "I have so much admiration for what you all do as an organization. I will always look back fondly with my time spent at Mercer. I consider myself lucky to be part of your family."



Debbie Huber began her journey with Mercer House in 2003 as an administrative assistant, but has experienced every aspect of financial management, as well as prevention activities and programs. During the last 18 years, Debbie has worked under three different directors, whom she accredits as being amazing leaders that provided great learning opportunities. What she is most proud of through her time with Mercer was the role she was able to play to develop and launch a five-year strategic plan and capital campaign to purchase a new space, and marketing Mercer throughout the community. "Every aspect of the plan came to fruition, including a new mortgage-free building! Not to mention the task force committees which continue to drive Mercer's mission and values. On a personal note, I feel lucky and blessed to have worked in a very professional, diverse and caring environment where I could work with spreadsheets and financial analysis to my heart's content and then step away and be involved in programming and client or staff needs. I love the diversity of Mercer which clearly became a big part of my life! I want to extend a big thank you to Cori and everyone at Mercer for adding awesome pieces to my puzzle of life!"

Thank you for your dedication over the years! We will miss you!

A toast to your next adventures!!

A Warm Welcome to our NEW Board Member and Staff Member!



Join us in welcoming Pete Abrams to the Mercer FRC Board! Pete has been a member of the Natrona County Prevention Coalition since it's beginning, and is also a member of the Community Prevention Strategies Subcommittee (CPSG). Pete has served on the Alcohol Task Force, the Safe Kids/Safe Communities Board, and was the Chair of the Meth Committee for 3 years. Along with a passion for prevention, Pete also brings with him a 30+ years of experience working in law enforcement with the Natrona County Sheriff's Office, the Casper Police Department, and is currently WYDOT's Highway Safety Law Enforcement Liaison. When asked what he loves most about the work he has done, Pete said "Nothing is more gratifying than to serve others and be part of something bigger than you!"

Also new to the crew is Finance & HR Coordinator, Chris Moon. Chris and her husband recently moved to Casper from Hanna, WY, and brings with her a background in banking experience. When not working, Chris likes camping, fishing, boating, and outdoor fun. If you ask Chris what Mercer means to the community, she would say "Times are changing and the average family is under so much stress whether be financial, emotional, and general needs for support. I'm proud to work for a place that provides valuable resources. I'm proud to work with our friendly professional staff. I hope the community can recognize all the good that comes from Mercer and help to donate and support this program for many years to come." We are happy you are here, Chris! Welcome!



Family & Parenting Class Highlight:



The **Strengthening Families Program**® offered at Mercer Family Resource Center is designed to bring families together and create an environment with lots of love, but very definite limits. Research has shown this program to be a protective factor against substance abuse, aggression, and failure in school.



Strengthening Families® is proven to:

- Delay the onset of adolescent substance use
- Lower levels of aggression in youth
- Increase the resistance to peer pressure in youth
- Reduce youth conduct problems in school
- Improve parent skills including building a positive relationship with their youth, setting appropriate limits, and following through on consequences, while showing love and support for their children.

STRENGTHENING Families PROGRAM

FOR PARENTS AND YOUTH 10-14

Parents

- Using Love and Limits
- Improving Communication
- Encouraging Good Behavior
- Using Consequences

Youth

- Having Goals and Dreams
- Appreciating Parents
- Dealing with Stress
- Following Rules
- Handling Peer Pressure

Family

- Appreciating Family Members
- Using Family Meetings
- Understanding Family Values
- Building Family Communication
- Reaching Our Goals

Class Details:

Parents/caregivers AND youth 9-14
Family Dinner is provided
Pre-registration is required
\$80 fee per family includes all sessions and materials



The next Strengthening Families® class begins soon!

Intake paperwork can be downloaded at www.mercercasper.com

Questions? Contact Shannon Decker, Family & Parenting Specialist at 233-4276 or by email at sdecker@mercercasper.com

Youth Class Highlight: Tobacco & Vaping Education



The **Tobacco & Vaping Education** program offered at Mercer Family Resource Center is a research based comprehensive tobacco education program that also addresses alternative nicotine products such as vaping. Our overall goal is to prevent nicotine use among adolescents. The program is designed to help adolescents:

- Identify reasons people start using nicotine products
- Discover that nonuse of nicotine is normal behavior for adolescents
- Practice skills for resisting peer pressure to use nicotine products
- Recognize the subtle and not-so-subtle messages in advertising

Go to www.mercercasper.com to download enrollment paperwork to begin the registration process today or call 307-265-7366 for more

Class Details:

Pre-registration with a parent is required
\$25 registration fee
Two course options:
5 hour virtual course
Or 5 hour in-person course

LIFE IS TOO SHORT
TO HIDE YOUR
FEELINGS. DON'T
BE AFRAID TO SAY
WHAT YOU FEEL.

Hear what our clients are saying about these classes:

"Excellent information! Very usable strategies- easy to implement immediately. Emotionally nutritious words!" -Adult participant

"I really liked how the class taught me skills on life and how it made me look at my future and rethink everything. It helped a lot on making better decisions and set goals in my life."
-Youth participant

Recap of Programs & Services Provided

End of Year
(July 2020-June 2021)

Total # of Community Engagement Participants	1820
Total number of clients (receiving direct services)	1595
Total number of direct service hours provided	6287
Intervention Services	Service Hours Provided
Insight into Substance Prevention (youth)	228
Corrective Thinking (teens)	426
Corrective Thinking /Social & Emotional Skills (pre-teens)	70
Tobacco & Vaping Education (youth)	188
Something for Nothing (youth shoplifting prevention)	110
Anger Management (youth)	356
Drug & Alcohol .5 Education (adults & youth)	232
Total Intervention Education Hours	1610
Family Programming	Service Hours Provided
Make Parenting a Pleasure	75
Parenting the Love & Logic Way	152
Strengthening Families	153
The Nurtured Heart Approach	269
Total Family Programming Hours	649
Counseling, Assessment, & Case Management	Service Hours Provided
CHINS- Child in Need of Supervision	973
ASI- Addiction Severity Index (substance evaluations)	200
Counseling (individual, couples, & family)	421
Mental Health First Aid training (adult & youth)	430
Total Counseling, Assessment & Case Management Hours	2024
YEC/Prosocial Activities, Prevention & Awareness Training	Service Hours Provided
YEC (Youth Empowerment Council)	343
YEC-SPAT (Suicide Prevention Awareness Team)	1118
#WYAMPLIFY (substance-free youth activities)	149
QPR- Question Persuade Refer (Suicide Prev. Task Force)	394
Total Prevention & Awareness Hours	2004

Mercer Family Resource Center provides programs that are proactive, impactful, and accessible to ANYONE in the community! Whether you're looking to vamp up your own parenting skills, strengthen the collaborative communication within your family, or seeking support to navigate through some of the tough stuff in life, we have the resource for you.



Stronger Families Classes:

- *Parenting the Love and Logic Way*®
- *Make Parenting a Pleasure*®
- *Strengthening Families*®
- *Elevate Couples Education*®
- *The Nurtured Heart Approach*®

Healthier Youth Classes:

- *Tobacco and Vaping Education***
 - *Insight into Substance Prevention***
 - *Anger Management: Coping, Resiliency, Growth***
 - *Corrective Thinking (14-18)***
 - *Corrective Thinking: Social & Emotional Skills(10-14)***
 - *Something for Nothing*
- **NEW evidence-based curriculums**

Strong and Healthy Communities:

- *Drug & Alcohol Education*
- *Mental Health First Aid- Youth and Adult*
- *Individual, Couples, and Family Counseling*

Call 307-265-7366 or visit mercercasper.com to learn more about the programs we offer!

Did you know... Class registration forms are now available online at www.mercercasper.com? Print one out today, fill it out at your convenience, and drop it off with your enrollment fee at least 24 hours before the first class starts. Enrollment is that easy!



mercercasper.com
mercercasper.com

535 W. Yellowstone
Casper, WY 82601



www.mercercasper.com

A  Agency

Monthly Community Meetings

Natrona County Prevention Coalition (NCPC)

Meets the 1st Tuesday of each month
When: 1pm-2pm
Where: Location varies



Working to prevent substance abuse in our community by providing healthy and positive choices.

“Working together, we prevent substance abuse by promoting healthy and positive choices.”

To get involved, contact Sheena at shixson@mercercasper.com
Or call 307-233-4262

Community Prevention Strategies Group (CPSG)

Meets the last Wednesday each month
When: 2pm-3pm
Where: Mercer FRC
(535 W. Yellowstone)

Do you like data, needs assessments and strategic planning? Do you have creative ideas for ways to address community problems? CPSG is a subcommittee that works with several local agencies to identify areas of substance abuse, review local data, and brain-storm possible solutions to current substance abuse issues in the community.

Family & Parenting Subcommittee

Meets the 4th Thursday each month
When: 10am—11am
Where: Mercer FRC
(535 W. Yellowstone)

Get your party planning hat on! This subcommittee organizes several events throughout the year that provide access to information, activities, and a substance-free space for families. Our tasks:

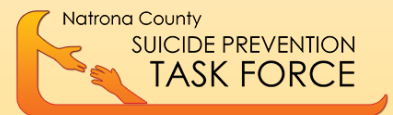
- Plan events like Family Game Night and Community Baby Shower
- Manage the Natrona County Family Friendly 411 Facebook page
- Compile and distribute Family Friendly community event calendars

Natrona County Suicide Prevention Task Force

Meets the 2nd Tuesday of each month
When: 11am-12pm
Where: Mercer FRC—upstairs
(535 W Yellowstone)

Are you passionate about preventing suicide? The Natrona County Suicide Prevention Task Force is a volunteer group that works to spread awareness, connect resources, and promote help seeking behavior to prevent suicide.

To get involved, contact Brittllynn at Badame@mercercasper.com or call 233-4277



Break the silence. Break the Stigma.

“I cannot do all the good that the world needs, but the world needs all the good that I can do.”
~ Jana Stanfield

