



# *mercer family resource center* *...cares about our community!*

Greetings from Mercer Family Resource Center (Mercer FRC)! As our community emerges from a world changing pandemic, a sense of normalcy is returning. Mercer FRC's counseling, education, and prevention services are all back in-person, and best of all, community events are back in full swing! Mercer FRC has been focusing our outreach efforts to ensure our community has full access to its programs and services.

In February, members of the Natrona County Prevention Coalition (NCPC) joined Mercer FRC in hosting **Family Game Night: Operation Organ Attack!** This event provided dinner, interactive game play, and free board games to almost 50 families (184 individuals). In May, NCPC members joined Mercer FRC in hosting the 7th annual **Community Baby Shower**, providing over 200 new or expecting parents and caregivers with connection to local resources and essential baby items. You can learn more about both of these events on page 5.

Mercer FRC staff also provided outreach education and community connections while supporting other partner agencies at their community events, including:

- Spring into Safety Day hosted by Wyoming Medical Center/Banner Health
- 9th Annual Father's Day Event hosted by Casper Housing Authority
- Casper Pride Fest hosted by Casper Pride

On top of supporting other agency's community events, Mercer FRC has spread a little positivity by surprising local healthcare workers with thank you baskets, and participating in events like the annual United Way Day of Caring, Red Ribbon Week, and Child Abuse Prevention Month (complete with a pinwheel garden).

From July 2021-June 2022, we have personally connected with almost 5,000 individuals through community engagement efforts. If you happen to see us while you're out and about at an event, feel free to stop by our booth and say hi! We always appreciate connecting with a friendly face.

THANK YOU  
HEALTHCARE HEROES!



Casper PRIDE Fest

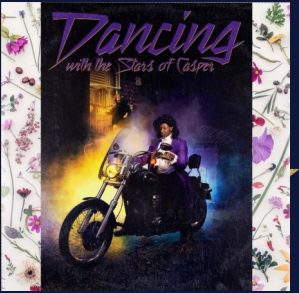


Spring into Safety



Day of Caring





# Take a walk down memory lane at the most entertaining fundraiser of the year!

Photo Credit: Willie Petersen Creative

Indulge in a night of nostalgic reminiscence with the most memorable music and dance trends of yesteryear at the 12th annual **Dancing with the Stars of Casper - Dancing Through the Decades** fundraiser benefiting Mercer Family Resource Center. Join us October 22, 2022 at the Ford Wyoming Center.

2022 has been dubbed the year of the comeback as we emerge from “unprecedented times” with enthusiasm, appreciation for simpler times, and a renewed sense of resilience... today and through the decades! We would love to have YOU there to celebrate with us!

Over the next several weeks, six dedicated dance teams will be perfecting their throwback routines in hopes of gaining your vote for best blast-from-the-past performance. Which dance trends will they revive? What costumes will they wear? And who will deliver the most memorable routine of the night, dancing away with the prized People’s Choice award?!? There’s only one way to find out...

Meet the dance couples for the 2022 Dancing With the Stars of Casper– Dancing Through the Decades!

## ★ Meet the 2022 Dancers:

**Ashley Vondra**  & **Aaron Walters** 

**Kyle Gamroth**   **& Aliscia Meyer** 



**Nat Steinhoff**  & **Cassandra Spargur** 

**Kim DeVore & Fred DeVore** 

 featuring **Jodi Youmans-Jones** 

 **Malik King Enterprises Hegge** & **Katrina Lorenzen** 

**Sara Vrbas**  **& Michael Boulter** 

**Purchase your tickets, table sponsorships, and vote for your People’s Choice favorite at [bidpal.net/dancing2022](http://bidpal.net/dancing2022) and learn more at [www.mercercasper.com](http://www.mercercasper.com)**

**Presenting...**

**The 2022 Judges Panel:**

**2022 Emcees:**

“Prairie Wife in Heels”  
Cathy Holman  
&  
Sloan Dickey



**Anna Wilcox**  
Wyoming Nonprofit Network

**Diane McGinley**  
THE MCGINLEY CLINIC  
PATIENT-CENTERED ORTHOPEDIC CARE

**Elizabeth Norcross**  
LIFETIME

**Frank Chapman**  
FrankChapman.law

**Jeremy Bieber**  
OPTIMAL  
PHYSICAL THERAPY

**Norman Jackson**  
Jackson's Garage  
The Dicked Women

**Opening Dance Performance:**

**Kimberly Barroteran & Dance Evolutions, Inc.**  
K2 abc

**Grand Finale Brought to**

**Miranda Bressler**  
MyraBrate  
Miranda Bressler Live Spinning

**Kristina Hauka**  
Nija Pyrate Prop

**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 local community leaders, and mobile bidding on a variety of silent and live auction packages. “Stars of Casper” (community members) will perform professionally choreographed routines, in hopes of winning your vote for *People’s Choice!*

**Purchase your tickets, table sponsorships, and vote for your People’s Choice favorite at Bidpal.net/dancing2022 and learn more at mercercasper.com**

**DANCING WITH THE STARS OF CASPER**  
DANCING THROUGH THE DECADES  
Benefiting Mercer Family Resource Center  
FORD WYOMING CENTER  
6PM, SATURDAY OCTOBER 22, 2022  
More information available at [MercerCasper.com](http://MercerCasper.com) or by calling 307.265.7366

Waltz with the Stars \$5,000	Cha Cha Contributor \$2,500	Salsa Sponsor \$1,000	Foxtrot Friend \$700	Tickets \$80
<ul style="list-style-type: none"> <li>Two reserved tables (16)</li> <li>Table signage</li> <li>Preferential Seating</li> <li>LOGO in program</li> <li>Linked LOGO on Mercer FRC website, Facebook, BidPal website, bidding devices and scoreboard</li> <li>VIP parking</li> </ul>	<ul style="list-style-type: none"> <li>One reserved table (8)</li> <li>Table signage</li> <li>Preferential Seating</li> <li>LOGO in program</li> <li>Linked LOGO on Mercer FRC website, Facebook, BidPal website, bidding devices, and scoreboard</li> <li>VIP Parking</li> </ul>	<ul style="list-style-type: none"> <li>One reserved table (8)</li> <li>Table signage</li> <li>Preferential Seating</li> <li>LOGO in program</li> <li>Linked LOGO on BidPal website and bidding devices</li> <li>Sponsor listing on Mercer FRC website and Facebook</li> </ul>	<ul style="list-style-type: none"> <li>One reserved table (8)</li> <li>Table Signage</li> <li>Sponsor listing on Mercer FRC website and on Facebook</li> </ul>	<p>Scan this code to reserve your seats:</p>

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. #ShopLocal



Natrona County Prevention Coalition

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

THE NATRONA COUNTY PREVENTION COALITION RECOGNIZES A CONCERN OF SUBSTANCE ABUSE AND MISUSE IN OUR COMMUNITY. WE WORK TOGETHER TO ADDRESS THESE CONCERNS AND PREVENT SUBSTANCE ABUSE BY PROMOTING HEALTHY AND POSITIVE CHOICES.

**Happy 20th Anniversary!**

## Celebrating 20 Years of Prevention in Natrona County!

The Natrona County Prevention Coalition (NCPC) was formed by Mercer House (now known as Mercer Family Resource Center) in July 2002 to address growing concerns about substance abuse in the community. Today, NCPC is a thriving coalition of over 50 member agencies, businesses, and concerned citizens that meet monthly. Mercer FRC is still the lead agency, but all of our members are valuable assets in preventing substance misuse.

Below is a snapshot of some of the many ways NCPC members work



### 21st Century Community Learning Centers

Funding and support for afterschool programs during vulnerable, often unsupervised hours between end of school day & when parents usually get off work.

#### Current program: VIBES TRIBE

Teen music enrichment at VIBES Fine & Performing Arts

#### **Casper AeroLab**

Teen aerospace exploration program at Old Town Family Fun

#### Current partnerships:

Wyoming Afterschool Alliance  
Wyoming Department of Education  
National Institute of Out-of-School Time  
National Afterschool Alliance

**Co-chairs:**  
Alissa Lamb  
Sheena Hixson

### Community Prevention Strategies Group

- Community Needs Assessments
- Evidence-Based Environmental Strategies
- Community Outreach & Information
- Drug-Free Businesses & Passed Compliance Recognition Certificates
- Prescription Drug Take Back Events
- Drunk & Impaired Driving Prevention Campaigns
- Prevention Week
- Red Ribbon Week
- Research Guided Advocacy
- Partnerships with Wyoming Prevention Action Alliance, WASCOP, Natrona County law enforcement agencies, and NCSD#1

**Chair:**  
Sheena Hixson

### Family & Parenting Subcommittee

#### Build Protective Factors:

- Parental Resilience
- Social Connections
- Concrete Support in Times of Need
- Knowledge of Parenting and Child Development
- Social and Emotional Competence of Children

#### Family-Friendly, Substance-Free Community Events

- Community Baby Shower
- Family Game Night
- Natrona County Family Friendly 411 page on FB

#### Family & Parenting Skill Development Classes

#### Partnerships with:

- Department of Family Services
- Child Protection Team
- Drug Endangered Children Alliance
- Parents as Teachers
- Cent\$able Nutrition
- Casper- Natrona County Health Department
- Old Town Family Fun
- NCSD#1... and more!

**Chair:**  
Anna La Torre



### Youth Empowerment Council

For Youth; By Youth  
**DAT (Drug, Alcohol, Tobacco) FREE activities for teens**

#WYAmplify Prosocial Events

**S.A.D.D (Students Against Destructive Decisions)**

SPAT (Suicide Prevention Awareness Team)

**Empowering youth to embrace their true selves**

Civic Engagement/  
Volunteerism

**Advocacy and Awareness**

Empowerment through connection

**Coordinators:**  
Justine Marton  
Joey Gunderson  
Abbie Tennant

## Thank you for your support!

Nonprofits often find themselves getting creative to make their financial ends meet. We would like to give a gracious round of applause go out to the following resources for granting funding to Mercer Family Resource Center this year. Your support keeps our doors open and ensures that our programs remain accessible to youth and families in Natrona County. THANK YOU!

Blue Envelope Health Fund  
Department of Family Services  
Gertrude Kamps Memorial Foundation  
J.P. Ellbogen Foundation  
Natrona Collective Health Trust  
United Way of Natrona County  
Wyoming Community Foundation

Community Juvenile Services Board  
Double 4 Foundation  
Goodstein Foundation  
Myra Fox Skelton Foundation  
Natrona County School District #1  
Wyoming Children's Trust Fund  
Hughes Charitable Foundation





## 7th Annual Community Baby Shower

The Community Baby Shower is an annual event held every spring, in the spirit of connecting expecting caregivers and families with children under 3 years old to local resources and essential baby items. This year was the first in-person Community Baby Shower since COVID forced us to improvise with stork deliveries and drive thru events... and boy was this event a success!

218 caregivers attended the 7th annual Community Baby Shower which featured 17 partner agency booths who provide maternal and early childhood services right here in Natrona County. A new addition to this year's event was the Daddy Den, which focused on the important role that dads play in their child's life. The Daddy Den featured a competitive baby shower game of Diaper Changing Races, and provided information and safety essentials such as outlet covers, handouts on infant/child first aid & CPR and gun locks.

All participants were given door prize tickets for a chance to win classic baby shower gift items, such as diaper cakes, high tech baby monitors, strollers, and more!

If you'd like to donate to next year's Community Baby Shower event, please contact Anna LaTorre, Family and Parenting Specialist at 307-233-4276 or [alatorre@mercercasper.com](mailto:alatorre@mercercasper.com).



## Family Game Night- Operation Organ Attack!

One of the goals of the Natrona County Prevention Coalition (NCPC) is to bring families together for fun activities that promote healthy interactions and bonding. We know the importance of family time when it comes to protecting and preparing our youth for their futures, and research shows that youth who spend at least two nights a week with their parents are less likely to experiment with drugs and alcohol at an early age. NCPC's Family Game Night provides an opportunity for families to come together and pick out a free board game to play together throughout the year!

This year's theme was Operation Organ Attack. Roughly 50 families scrubbed into the operating room, and met with patients who gave clues of which organ they were having trouble with. After meeting with all of the patients and figuring out how to treat them, the medical professionals in training turned in their Oregon Attack cards to receive a FREE board game of their choosing.

Cent\$ible Nutrition helped us cook up a delicious Chicken Tortilla soup dinner, and volunteers from the Casper Mountain Young Marines and the Youth Empowerment Council made the night a truly engaging experience!



## Class highlight: **Parenting the Love & Logic Way**



Ideal for parents/caregivers and professionals who work with youth of any age.

Pre-registration is required– call 307-265-7366 or download intake paperwork from [www.mercercasper.com](http://www.mercercasper.com).

\$45 for one parent, \$70 for a couple. \*Fee covers all sessions and materials

**Parenting the Love & Logic Way** provides simple techniques that help reduce arguments, defiance and negative behaviors. The program was created to show parents how to use love and empathy with children and allow natural consequences to teach children lasting lessons. The father son duo, Jim Fay and Charles Fay, provide new skills using humor to celebrate the joys and struggles of parenthood.

### Class topics:

- The daily challenges of raising responsible, respectful children
- How to neutralize arguments
- Using empathy to foster a strong relationship
- How to help children learn the joys and heartaches of making decisions
- Setting boundaries
- Appropriate discipline techniques

**The next Parenting the Love and Logic Way® class begins soon!** Intake paperwork can be downloaded at [www.mercercasper.com](http://www.mercercasper.com) or you can begin the registration process by calling 307-265-7366.

Questions about this class or any other family/parenting class offered at Mercer FRC? Contact Anna LaTorre, Family & Parenting Specialist at 307-233-4276 or by email at [alatorre@mercercasper.com](mailto:alatorre@mercercasper.com)



## Anger Management for Teens: Coping, Resiliency, & Growth

Does your teen struggle with controlling their anger? Could they use some tips on how to cope with stress, or express themselves in assertive ways? **Anger Management: Coping, Resiliency & Growth** is a 4 week course for teens 12-18 that is designed to enable teens to recognize the underlying emotions/triggers and replace anger with healthy coping skills. This program uses the evidence based curriculum *Responding in Peaceful and Positive Ways*.



### YOUR TEEN WILL LEARN TO:

- Control his/her rage
- Express empathy for others
- Identify where his/her anger is coming from
- Cope with daily stressors
- Forgive others
- Be assertive rather than aggressive

### Class Details:

- Pre-registration with a parent is required
- \$45 registration fee
- 4-week course
- Wednesdays from 4-6pm
- Fee covers all sessions and materials

### Taught by:

Whitney Lamb & Sheena Hixson



Go to [www.mercercasper.com](http://www.mercercasper.com) to download enrollment paperwork and begin the registration process today! Or call 307-265-7366 for more information.

## Hear what our clients are saying about these classes:

“I greatly appreciate the help on coping with the world changes in discipline...I will practice these tools and use them vigorously in the future.” (parent participant, 2022)

“It was simple and taught healthy ways to deal with situations; The teachers were nice and respectful and had good advice.” (youth participant, 2022)

## Recap of Programs & Services Provided

*End of Year*  
(July 2021-June 2022)

<b>Total # of Community Engagement Participants</b>	<b>5009</b>
<b>Total number of clients (receiving direct services)</b>	<b>2111</b>
<b>Total number of direct service hours provided</b>	<b>10,182</b>
<b>Intervention Services</b>	Service Hours Provided
Insight into Substance Prevention / Level .5 (youth)	242
Corrective Thinking/ Social & Emotional Skills (teens)	576
Tobacco & Vaping Education (youth)	153
Something for Nothing (youth shoplifting prevention)	125
Anger Management (youth)	470
Drug & Alcohol .5 Education (adults)	136
<b>Total Intervention Education Hours</b>	<b>1702</b>
<b>Family Programming</b>	Service Hours Provided
Make Parenting a Pleasure	6
Parenting the Love & Logic Way <sup>®</sup>	277
Strengthening Families	243
The Nurtured Heart Approach <sup>®</sup>	161
Circle of Security <sup>®</sup>	252
<b>Total Family Programming Hours</b>	<b>939</b>
<b>Counseling, Assessment, &amp; Case Management</b>	Service Hours Provided
CHINS- Child in Need of Supervision	1146
ASI- Addiction Severity Index (substance evaluations)	226
Counseling (individual, couples, & family)	410
Mental Health First Aid training	396
<b>Total Counseling, Assessment &amp; Case Management Hours</b>	<b>2178</b>
<b>YEC/Prosocial Activities, Prevention &amp; Awareness Training</b>	Service Hours Provided
YEC (Youth Empowerment Council)	544
YEC-SPAT (Suicide Prevention Awareness Team)	763
#WYAMPLIFY (Substance-free youth activities)	108
QPR- Question Persuade Refer (Suicide Prev. Task Force)	3948
<b>Total Prevention &amp; Awareness Hours</b>	<b>5363</b>

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<sup>®</sup>*
- *Strengthening Families<sup>®</sup>*
- *The Nurtured Heart Approach<sup>®</sup>*
- *Circle of Security*

### **Healthier Youth Classes:**

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

### **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](http://mercercasper.com) to learn more about the programs we offer!

**Did you know...** Class registration forms are now available online at [www.mercercasper.com](http://www.mercercasper.com)  
Print one out today, fill it out at your convenience, and drop it off with your enrollment fee.  
Enrollment is that easy!



*mercercasper.com*

535 W. Yellowstone  
Casper, WY 82601



www.mercercasper.com



## 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 craft on at Artisan Alley, laughing the night away while doing team building challenges, or planning the next #WYAmplify event at their favorite local coffee shop, 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, Joey, or Abbie 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

