



Mercer Family Resource Center

Issue 36
Summer

2023

Building stronger families and healthier youth since 1971!

Thank you for supporting Mercer Family Resource Center's mission to provide counseling, prevention and intervention services that are proactive, impactful and accessible to anyone in the community!



Hilltop Bank: FHLB
Des Moines Member Impact Fund



Jonah Bank of Wyoming



Slick your hair back and get ready for a hip-jiving good time at this year's Dancing With the Stars of Casper-ELVIS NIGHT!

DANCING WITH THE STARS OF CASPER

This year's dancers and judges are featured on pg 4!

Healthy Youth!

Mercer Family Resource Center offers a variety of youth education classes, including Anger Management, Corrective Thinking, Insight into Substance Prevention, Something for Nothing Shoplifting Prevention, and Tobacco & Vaping Education. In this edition of our newsletter, you can find out more about two of our youth classes on **page 3**.



While our youth education classes are great, that's not all that Mercer FRC has for youth! We also have the Youth Empowerment Council, a group that is for youth; by youth. Find out more on **page 5**.



Strong Families!



Inspired by our vision to make Natrona County a unified community with strong families and healthy youth, Mercer Family Resource Center offers a wide array of high quality, evidence-based skill building courses for parents! Whether you want to build a Circle of Security or parent the Love and Logic Way, we've got the class for you!

To find out more, scan the QR code on **page 2** or call Anna at 307-233-4276.

Community Engagement and Outreach!



We had so much fun this past year participating in healthy and positive events in the community! From July 2022 through June 2023, Mercer FRC staff hosted community outreach activities at 17 community events, connecting with over 5800 event participants. Check out these great photos of Whitney, Kristy, Lindsey and Gena at the Casper Pride Fest and Father's Day in the Park!



UPDATES



All the families who attended the Community Baby Shower, were grateful and excited to learn about all our community resources and take home all kinds of great stuff. This year we had 92 families fill out the family surveys. Last year we had 76. We estimate 200 adults attended and about 100 children, for a total of 300 people. Our community collaboration on this event is remarkable.

Community Baby Shower



Family Game Night



2023 Events

Future Generation



The carnival themed Family Game Night was very busy and fun. There were around 225 people total, 129 children and 96 adults. This event is a perfect opportunity for parents and children to connect with free dinner and fun games. Playing with our kids fosters a positive, safe, and secure attachment, which will set them up for a successful future.

2023

Family & Parenting Class Calendar

- **Strengthening Families**
Mondays 5:30-8:00 (3)
- **Circle Of Security Parenting**
Tuesdays 6:30-8:00 (3)
- **Love & Logic**
Wednesdays 6:30-8:00 (4)
- **Nurtured Heart Approach**
Tuesdays 6:30-8:00 (3)
Saturday 9AM-4PM (2)

July						
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SCAN ME!



YOUTH EDUCATION CLASSES

Substance Prevention

Mercer Family Resource Center offers two separate substance awareness and prevention classes; Tobacco & Vaping Education, and Insight into Substance Prevention.

Tobacco & Vaping Education

The Tobacco Education program offered at Mercer Family Resource Center is a research-based, comprehensive tobacco 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 youth to...

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

Facilitator: Justine Marton 307-265-7366



Insight into Substance Prevention

Insight into Substance Prevention is a thought based approach to substance abuse education/early intervention. The class promotes informed thinking, which leads to better decision making in the future. The class is designed for youth needing information and education on substance use prevention.

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Insight Class Topics:

- Marijuana
- Tobacco
- Alcohol
- Other illegal substances
- Effects of substances on the brain & body
- Societal impact of substance use
- Skills for maintaining a substance free life

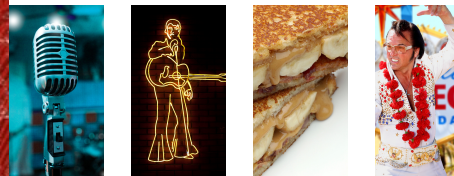
WHY SHOULD TEENS TAKE INSIGHT?

- Teens resist being told what to think and feel; however, when presented with information, they are absolutely capable of making well reasoned, thought-based decisions.
- Students are exposed to a well-researched and up-to-date curriculum that is presented through video formats, discussion, and listening carefully to what students have to say.
- Teens are encouraged to think for themselves and weigh research and conclusions. Data is presented and it is the job of the student to digest and assimilate that data.

Facilitator: Brittlynn Adame 307-233-4277



DANCING WITH THE STARS OF CASPER



Dance Couples

Clint Saunders
OUTLAW Theatre Productions

Sharon Chapman-Climmer
Restoring Cores

Effie Bird
UNIVERSITY OF WYOMING FAMILY PRACTICE

Jordan Kalinowski
MERRILL Lynch A BANK OF AMERICA COMPANY

Kimberly Barroteran
KTWO 2 abc

Tom McCarthy
townsquare

Steven Schnell
THE SCIENCE ZONE

AJ Campbell
Rising Star

Anna Wilcox
Wyoming Nonprofit Network

Craig Mitchell
mercer family resource center

Aaron Walters
Rising Star

Kristy Bussey
Wallick & Volk

A LITTLE LESS CONVERSATION, A LITTLE MORE DANCING, PLEASE!

Kick off your "blue suede shoes" and join us for a night with the "King of Rock and Roll" inspired dances at this year's Dancing with the Stars of Casper - Elvis Night happening Oct 21st at the Ford Wyoming Center! The evening includes a plated meal, a friendly dance competition featuring some awesome community leaders, and spirited bidding on a variety of silent and live auction packages. This year our "Stars of Casper" will perform professionally choreographed routines with an Elvis theme, hoping to win votes for the People's Choice Award! Don't forget to vote for your favorite dance moves when you are "All Shook Up!"

Judge's Panel

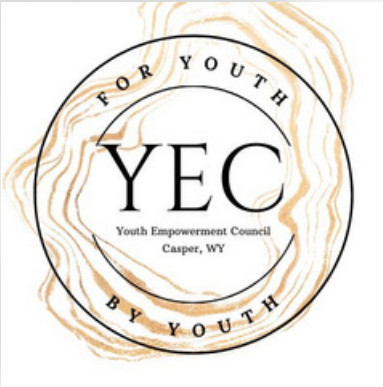
 Edis Allen	 Rep. Tom Walters	 Tina Silva	 Renee Penton-Jones
 Kenny Wilkinson	 Jen Reece	 Jackie King	

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Reserve your tickets today before they are sold out! Go to www.mercercasper.com or scan this code >>>>



Scan me!



YOUTH EMPOWERMENT COUNCIL

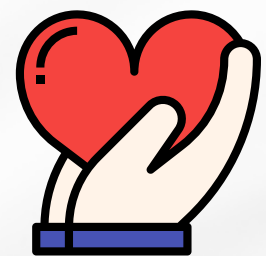


The Youth Empowerment Council (YEC) had an exciting summer! Between their thriving community garden this year, launching their 307 Cares Campaign, and hosting multiple Suicide Prevention Awareness Team (SPAT) trainings, this group of teen "change makers" have been shining their bright light and leadership skills in our community! Check out these photos from their annual trip, which included outdoor adventures, white water rafting, board game nights, and developing leadership and advocacy skills at the Northwest Alcohol Conference in Boise, ID!

YEC is a community organization that recognizes and encourages the youth in our community to discover the things that spark their passion for life, substance-free! Led by the youth; for youth, YEC's main mission is to reach out to the community, volunteer, and provide leadership opportunities so youth know they can make a difference.

YEC meets weekly from 6-7pm, and they use this time to collaborate and plan #WYAmplify substance-free events, suicide prevention awareness activities, and volunteer efforts that focus on issues that are important to them. Let our youth voices be heard!

This past year, YEC members had almost 1,000 service hours!



Are you in 6th-12th grade, or know a teen who would like to get involved? Contact Justine today at 307-235-7366 or jmateri@mercercasper.com.

STRONG & HEALTHY COMMUNITIES!

"In our vision to build a unified community with strong families and healthy youth..."

Thanks to support from the Wyoming Children's Trust Fund Alliance, we held our first **Strengthening Families: 5 Protective Factors** café style workshop July 10th, 2023, where elected officials, school board members, community resource agencies, and parents/caregivers came together for a 2-day training on how to build stronger and healthier families through small but significant changes.

CHILDREN'S TRUST FUND Alliance™

Bringing the Protective Factors Framework to Life in Your Work

Center for the Study of Social Policy
Ideas Into Action



This café-style training introduces participants to the 5 Protective Factors Framework which includes: parental resilience, social connections, concrete support in times of need, knowledge of parenting and child development, and social and emotional competence of children. The connections made here can help communities heal from negative generational patterns and experiences, and develop a culture of resilience in Natrona County.

Research studies support the common-sense notion that when these Protective Factors are well established in a family, the likelihood of child abuse, neglect and other Adverse Childhood Experiences diminishes. Research shows that these protective factors are also "promotive" factors that build family strengths and a family environment that promotes optimal child and youth development.

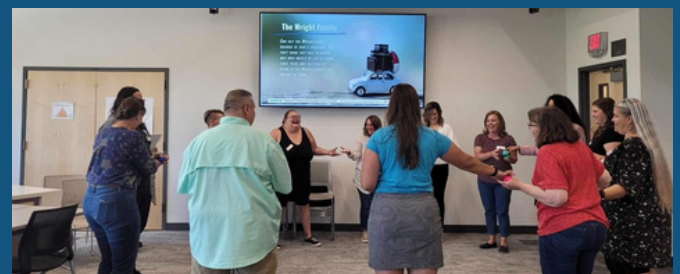


Interested in joining one of our fun and engaging café-style trainings?

We have two (2) options available!

- **ACE Interface/N.E.A.R.**- Exploring Neuroscience, Epigenetics, Adverse Childhood Experiences and Resilience
- **Strengthening Families 5 Protective Factors Framework**

To find out more about how you can join in on a community training, contact Anna today at **307-233-4276** or email alatorre@mercercasper.com



<u>Recap of Programs & Services Provided</u>	<i>End of Year</i> <i>(July 2022—June 2023)</i>
Total number of community engagement participants	5860
Total number of clients (receiving direct services)	2377
Total number of direct service hours provided	7168
Intervention Services	Service Hours Provided
Insight into Substance Prevention (Level .5 for youth)	318
Corrective Thinking; Social & Emotional Skills for Teens	704
Tobacco & Vaping Education (youth)	450
Something for Nothing (youth shoplifting prevention)	180
Anger Management (youth)	545
Drug and Alcohol Education (Level .5 for adults)	200
Total Intervention Education Hours	2397
Family Programming	Service Hours Provided
Family Programming Outreach	250
Parenting the Love & Logic Way [®]	241
Strengthening Families	271
The Nurtured Heart Approach [®]	83
Circle of Security [®]	173
Total Family Programming Hours	1018
Counseling, Assessment, & Case Management	Service Hours Provided
CHINS- Child in Need of Supervision	1054
ASI- Addiction Severity Index (substance evaluation)	246
Counseling (individuals, couples, & family)	267
Mental Health First Aid training (youth & adult)	429
Community Case Management	381
Total Counseling, Assessment & Case Management Hours	2377
YEC/Prosocial Activities, Prevention & Awareness Training	Service Hours Provided
YEC (Youth Empowerment Council)	463
YEC-SPAT (Suicide Prevention Awareness Team)	226
#WYAMPLIFY (substance-free youth activities)	157
QPR- Question, Persuade, Refer (suicide prevention)	530
Total Prevention & Awareness Hours	1376

Mercer Family Resource Center provides programs that are proactive, impactful, and accessible to ANYONE in the community! Whether you're looking for new tools for your parenting toolbox, wanting to 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 & Logic Way[®]*
- *Strengthening Families[®]*
- *Nurtured Heart Approach[®]*
- *Circle of Security[®]*

Healthier Youth Classes:

- *Insight into Substance Prevention/Level .5 (Youth)*
- *Corrective Thinking/Social and Emotional Skills*
- *Tobacco & Vaping Education*
- *Anger Management: Coping, Resiliency, Growth*
- *Something for Nothing*

Strong and Healthy Communities:

- *Youth and Adult Substance Abuse Evaluation & Education*
- *Mental Health First Aid*
- *Individualized, Couples & Family Counseling*
- *Community Case Management services*
- *Outreach workshops for schools, organizations, and more!*

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



**"Success is not final, failure is not fatal: it is the courage to continue that counts."
- Winston Churchill**



mercercasper.com

535 W. Yellowstone
Casper, WY 82601



www.mercercasper.com



Mercer Family Resource Center



Meet the Staff

Top row: Ted Sellers (Finance Coordinator), Gena Jaussaud (Office Manager), Anna Hebbert (Family & Parenting Specialist), Sheena Hixson (NCPC/SPTF), Cori Cosner-Burton (Executive Director), Craig Mitchell (CHINS/YEC), Kendra Bock (Human Resources),
Bottom row: Abbie Tennant (YEC/BSW Intern), Justine Marton (CHINS/YEC), Brittllynn Adame (Program Manager/Substance Ed. Specialist/Therapist), Kristy Oster (Community Case Manager)

**Not pictured:* Alissa Lamb (Grants/Development), Whitney Lamb (Anger Mgt. Facilitator), Fred Bergh (Addictions Evaluator)