



mercercasasper.com
mercercasasper.com

EDUCATION • COUNSELING • PREVENTION • SINCE 1971



COMMUNITY CASE MANAGER

Community case management services are focused on reentry efforts, assisting clients with gaining access to housing, treatment, medical or medication needs, identification documents, employment services, etc. Transition plans are being created on an individual basis focused on specific needs for each client. The goal is to help clients gain and maintain stability upon their reentry into the community from various systems.

WELCOME TO THE TEAM, KRISTY!



For more information on Community Case Management Services, contact Kristy at 307-233-4269 or email koster@mercercasasper.com



Mental Health First Aid is a skills-based training course that teaches participants about mental health and substance-use issues. This training teaches a 5-step action plan that prepares you to respond to someone else (either Youth or Adult) going through a mental health challenge or crisis situation.

Our loved ones, friends, neighbors and coworkers are frequently experiencing intense struggles. Sometimes we aren't sure if or how we should respond. This class prepares you for that!

"This program is a top-notch service to area communities like ours and we are so grateful for the opportunity to have this program."
- Nikki Carber, Speak Out Against Suicide

WHY MENTAL HEALTH FIRST AID?

Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illness and substance use disorders. This training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care.

- On average, **123** people die by suicide each day. - American Foundation for Suicide Prevention
- From 1999 to 2016, **630,000** people died from drug overdose. - Centers for Disease Control and Prevention
- Nearly **1 in 5** U.S. adults lives with a Mental Illness. - National Institute of Mental Health via the National Survey on Drug Use and Health and the Substance Abuse and Mental Health Services Administration

INTERESTED IN A TRAINING?

Contact Lindsey Hall at 307-233-4280 or email lhall@mercercasasper.com

The 12th Annual Dancing with the Stars of Casper: DANCING THROUGH THE DECADES!

"And when you get the choice to sit it out or dance, I hope you dance." – Lee Ann Womack

Dancing with the Stars of Casper- Dancing Through the Decades was a delightfully good time that transformed the Ford Wyoming Center into a blast from the past, complete with zip lines, funky fresh footwork, and a flaming firework finale... all for a good cause!

The incredible generosity of the Casper community filled every seat in the house and helped raise over \$275,000 at the 12th annual fundraiser benefiting Mercer Family Resource Center (Mercer FRC), a local agency that provides education, counseling, and prevention services that build stronger and healthier youth and families in our community. Mercer FRC would like to extend a gracious thank you to the donors, dancers, and volunteers for helping raise this money to support programs and services that are proactive, impactful, and accessible to anyone!

With a big hair-flair fresh out of the 80's, Cathy Holman (aka the Prairie Wife in Heels) teamed up once again with the one and only Sloan Dickey (sporting Miami Vice) to emcee the evening. This year's event was filled with blast-from-the-past performances by professionals, choreographers, and local stars who donated hundreds of practice hours and immense creativity to prepare for the night. The talented youth from Dance Evolutions, Inc. teamed up with K2TV, Wyoming News Leader's Kimberly Barroteran to provide an opening act that kicked off the night's entertainment with red converse sneakers and an upbeat mash-up of classics from Paula Abdul, Britney Spears, Backstreet Boys, and more! Straight Up now tell me, is there a better way to kick off the night? We don't think so!

The panel of celebrity judges had their work cut out for them as each performance donned a different decade of reminiscent dance trends and timeless style. The judges struggled to decide who outperformed who, as each dance couple brought their A-game to the stage. And the awards go to...

Ashley Vondra & Aaron Walters

Ashley Vondra and Aaron Walters gave us a fever with their 50's flashbacks! Aaron showed off his hipster moves with a neat sock-hop style dance alongside guest stars from Rising Star Tumbling & Dance Studio. The rebellious Ashley entered the stage after riding in on a motorcycle, dressed like a sassy Grease version of Sandy, leather pants and all! After performing a classic number to "Fever" by Peggy Lee, the dance couple kicked up the energy and hand-jived their way to winning the **Outstanding Theme and Creativity Award**, which recognizes the routine showcasing an outstanding presentation, theme, and creativity.



Kim DeVore, Fred DeVore, & Jodi Youmans-Jones

Kim DeVore, Fred DeVore, and Jodi Youmans-Jones took the stage next with a seductive performance to "The Lipstick on His Collar" by Caro Emerald, complete with chic costumes, retro dance moves, and a touch of dramatic storytelling. Their cool vibe brought the funky 60's back to life, and their perfectly synchronized dance moves like the locomotion and the jerk earned them the **Best Partner Connection Award** from the judges. They also danced their way into the hearts of the people, winning the coveted **People's Choice Award** and earning a whopping \$43,540 of the \$115,740 raised in this category!



DANCING WITH THE STARS OF CASPER DANCING THROUGH THE DECADES

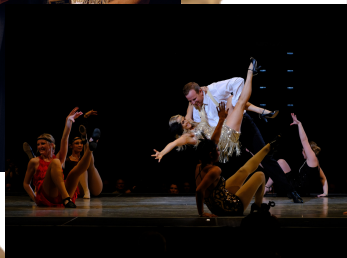


Nat Steinhoff & Cassandra Spargur

Nat Steinhoff and Cassandra Spargur used hilarious facial expressions, vintage D.A.R.E. fanny packs, and a flying mullet to dial us back to the days of dial-up internet. Their creative mashup of the freshest 90's pop and R&B hits paired perfectly with their choreographed routine, featured moves like the *kick and play*, *the sprinkler*, and *the pretzel*! They even briefly reenacted the classic "I'm Flying" scene from Titanic as Celine Dion sang in the background! The creative crossovers and fancy footwork earned this duo the **Excellence in Technique Award**, recognizing their performance for their outstanding technique, formation and lifts, proving that Nat's hair may not have survived the 90's, but those epic dance moves did!

Malik Hegge & Katrina Lorenzen

Malik Hegge and Katrina Lorenzen wrapped up the competition with a high energy homage to the jazz filled speakeasy days of the 1920's. Their sultry rat pack performance kicked up the beat and their feet, as their routine took new heights with flips, twists and lifts galore, which were only made more impressive by the flashy flapper girl costumes that Katrina and the backup dancers wore. Their performance captivated the audience, earning them the Excellence in Showmanship Award, recognizing the outstanding variety, difficulty and flow of their performance, and leaving everyone watching a little crazy in love!



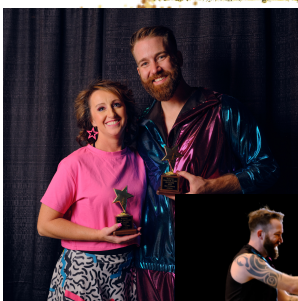
Sara Vrbas & Michael Boulter

Sara Vrbas and Michael Boulter blasted the night back to the rock days of the 70's with performances to songs like "TNT" from AC/DC, "Carry on My Wayward Son" by Kansas, and Queen's "Bohemian Rhapsody." In a blaze of disco-flake confetti, this dance duo entered the stage by zip-lining in from above for a performance that was nothing short of magical! The couple's dynamic connection and powerful showmanship made for the perfect marriage between disco and rock-n-roll. Complete with synchronized cartwheels, sequin bell bottoms, and lots of lifts, this performance earned the **Judges' Choice Award**, recognizing their routine's overall entertainment value and technical excellence.

Kyle Gamroth & Aliscia Meyer

Kyle Gamroth and Aliscia Meyer were too cool for school with their big hair ballads, multiple costume changes, and an epic air guitar solo! Classic 80's songs like "The Stroke" by Billy Squier, Joan Jett's "I Love Rock and Roll" and Journey's "Don't Stop Believin'" played as this talented dance duo took the night to the next level!

Kyle showed off his skateboarding skills and strength as he then single-handedly swung around the stage on a bungee cord, while Aliscia showed off her fancy footwork with classic moves like Molly Ringwald's dance from The Breakfast Club. All of this was amazing, but the glow sticks they had hidden under each table for the audience to become part of the performance put them over the top to win the **Best Crowd Appeal**, an award that recognizes the most entertaining routine of the night.



RECAP OF THE YOUTH EMPOWERMENT COUNCIL'S SUMMER 2022 TRIP TO YELLOWSTONE



The wildlife!
The adventures!
The memories!

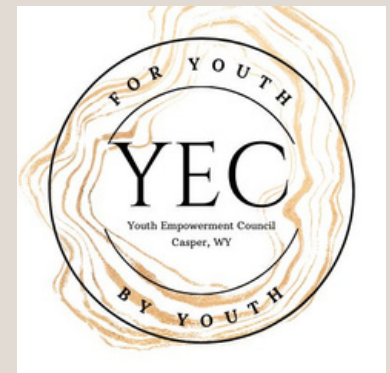
Last summer, the Youth Empowerment Council took their annual summer fun trip to one of our state's greatest attractions: Yellowstone National Park. The teens all decided they needed some adventure before school started. They enjoyed some of the greatest outdoor experiences in Wyoming.

"Best adventures with the best people!"



"The Youth Empowerment Council gives youth the opportunity to have a safe space to interact with the community personally." YEC youth

The Youth Empowerment Council is made up of a core group of fifty-one youth, an increase from previous years. YEC is made up of five different subcommittees: Suicide Prevention Awareness team (SPAT), #WYAMPLIFY, Community Outreach team, The Green Team, and the new up and coming Healthy Relationships Team!



Suicide Prevention Efforts in 2022

"SPAT gave me tools to help prevent suicide."

Over the last ten years, the YEC's SPAT team has maintained a consistent presence in the city and county schools. These presentations give our youth evidence based tools to recognize warning signs, risk factors, protective factors, and provide guidance when a friend or family member may be in crisis. With the record high suicide rate in 2021 for Natrona County, this is a life saving program our community needs.

98% of youth reported that after the SPAT presentation they knew where to get someone help if they are thinking about suicide. 96% of youth believe it is possible to get help for a individual who is thinking about suicide.

For pictures of last year's walk, check out the gallery section on the Natrona County Suicide Prevention Task Force website at www.natronacounty-suicideprevention.org

TO STAY UP TO DATE ON YEC INITIATIVES AND EVENTS FOLLOW US ON FACEBOOK: WWW.FACEBOOK.COM/YECNC

YOUTH CLASSES

5



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 adolescents:

- 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

Cost: FREE *Pre-registration with a parent is required

SOMETHING FOR NOTHING: SHOPLIFTING PREVENTION

Something for Nothing is a 5-hour educational class for first time shop lifters in the Natrona County area. Something for Nothing curriculum is designed to both share information about shoplifting and related crimes and stimulate higher level thinking skills to correct behaviors. Students are educated on the short and long term consequences of shoplifting for themselves, stores, and the community.

COST: \$45

*Preregistration with a parent is required.



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.

Insight into Substance Prevention is held as an all-day Saturday class from 8am-2pm. *Lunch provided for in-person courses. Online courses available as well.

Cost: \$45

*Pre-registration with a parent is required

Begin the registration process today for any of our classes by downloading paperwork at www.mercercasper.com or call 307-265-7366

***Payment and paperwork must be received 24 hours prior to the first class date**

FAMILY AND PARENTING

FAMILY GAME NIGHT



Friday February 17th, 2023 5:30PM-7:30PM

The Boys & Girls Club of Central Wyoming
1701 East K Street, Casper, WY 82601

This event was attended by 228 people
this year!

**FREE FOOD
FREE GAMES
FREE PRIZES**

COMMUNITY OUTREACH AND FAMILY & PARENTING CAFES

Community Cafes utilizing all the great parenting curriculums are also available for any organization, school, or provider. We are committed to helping foster positive relationships between parents, schools and the community. Teachers, educators, therapists, counselors, case manager and parents are all invited to partake in Family and Parenting educational courses.



NurturedHeart

Anna will be rolling out her newly trained skills with five **Nurtured Heart Approach** trainings in 2023.



Love & Logic courses now have an online option. There will be 2 online classes and 2 in person.



The **5 Protective Factor** strength based activities will be woven throughout the parent workshops for community members and families.

Parents and children can learn together in the **Strengthening Families Program.**



Circle of Security will continue to show parents how understanding their child's attachment will set them up for success in the future.

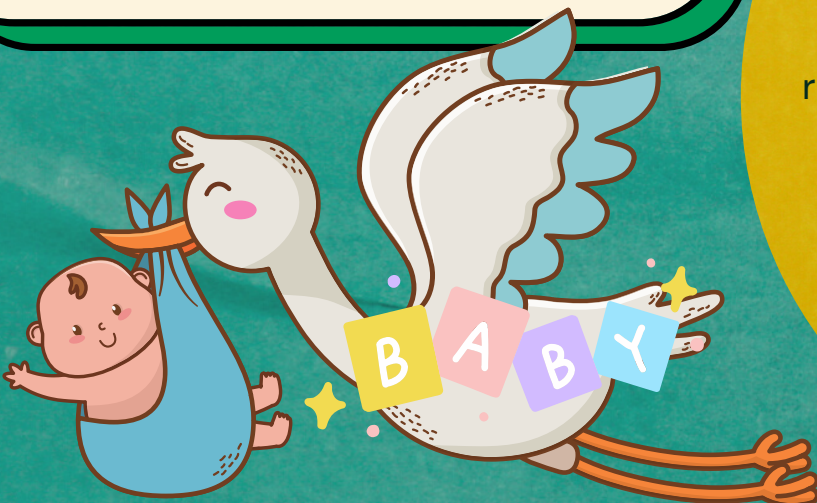
For more information call Anna at 307-233-4276 or email at alatorre@mercercasper.com

COMMUNITY BABY SHOWER

SATURDAY MAY 13TH, 2023

Come join us at the Boys & Girls Club for lots of baby gifts, community resources for new parents, and tons of fun. We will have all types of organizations coming together to support families in Natrona County.

FREE ENTRY AND TONS OF PRIZES FOR ANY EXPECTING FAMILIES OR FAMILIES WITH BABIES



Recap of Programs & Services Provided

Programs & Services Provided	Mid Year (July 2022-December 2022)
Total number of community engagement participants	1257
Total Number of Clients (receiving direct services)	1093
Total Number of direct service hours provided	3069
Intervention Services	Service Hours Provided
Insight into Substance Prevention/Level .5 (youth)	144
Corrective Thinking/Social & Emotional Skills (youth)	178
Tobacco and Vaping Education (youth)	90
Something for Nothing (youth shoplifting prevention)	80
Anger Management (youth)	236
Drugs & Alcohol Level .5 (adult)	96
Total Intervention Education Hours	824
Family and Parenting	Service Hours Provided
Professional Development/Caregiver Outreach Courses	142
Parenting the Love and Logic Way	158
Strengthening Families	120
The Nurtured Heart Approach	0
Circle of Security	107
Total Family and Parenting Hours	527
Counseling, Assessment, & Case Management	Service Hours Provided
CHINS-Child in Need of Supervision	354
ASI - Addiction Severity Index (substance evaluation)	74
Counseling (individuals, couples, & family)	272
Community Case Management	71
Total Counseling, Assessment & Case Management	899
YEC/Prosocial Activities, Prevention & Awareness Training	Service Hours Provided
YEC (Youth Empowerment Council)	238
YEC-SPAT (Suicide Prevention Awareness Team)	185
#WYAMPLIFY (Substance-free youth activities)	100
QPR - Question, Persuade, Refer (Suicide Prevention Task Force	296
Total Prevention Awareness Hours	819

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 Way²
- Strengthening Families²
- Nurtured Heart Approach²
- Circle of Security²

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!



mercercasper family resource center

535 W. Yellowstone
Casper, WY 82601



www.mercercasper.com



MERCER STAFF HIGHLIGHT: MEET BRITTLYNN ADAME

Brittlynn started her journey with Mercer Family Resource Center as an intern 7 years ago, working with the Youth Empowerment Council and the Natrona County Suicide Prevention Task Force. As she's developed into a highly qualified professional over the years, she has found a true calling for suicide prevention and addictions treatment. Today, Brittlynn is a passionate social worker who provides suicide prevention trainings, counseling services, substance abuse assessments and intervention classes for youth and adults!



Hear what Brittlynn's fellow staff members admire about her...

- *Brittlynn is dedicated to clients, partner agencies, and our community. She specializes in addictions and suicide prevention. She is empathetic, compassionate, and goes above and beyond to help others.*
- *Brittlynn is young, yet so accomplished! She's such a go getter! She is a rockstar when it comes to fundraising and event planning for Dancing With the Stars of Casper. She does a great job with ASI assessments, and is an amazing working mom.*
- *Brittlynn is such a hard working, dedicated co-worker! She brings so much creativity to the team. I admire her attention to detail. I enjoy working with her because she is dedicated and reliable.*