

Our Amazing Year 2019



Providing hope and care to the most
vulnerable with the greatest need



Letter from the Executive Director



As I celebrate my 11th year as executive director of Youth Care & Beyond, I am reminded of the story of the little engine that could. As many of you may remember, the story is about perseverance and continuing in the face of mighty obstacles. That's exactly what Youth Care & Beyond has continued to do.

You may be aware of the many changes in state regulations, contracts and funding affecting providers. We have seen programs larger than ours close. However, in part to your generosity and support, we have kept our doors open and continue to make a difference for the individuals and families who rely on and need our services. I have highlighted some of our accomplishments from the past year in this report.

We thank you for your support and look forward to what 2020 will bring.

With gratitude

Tracey L Pearson

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Did you know ... people can recover from trauma

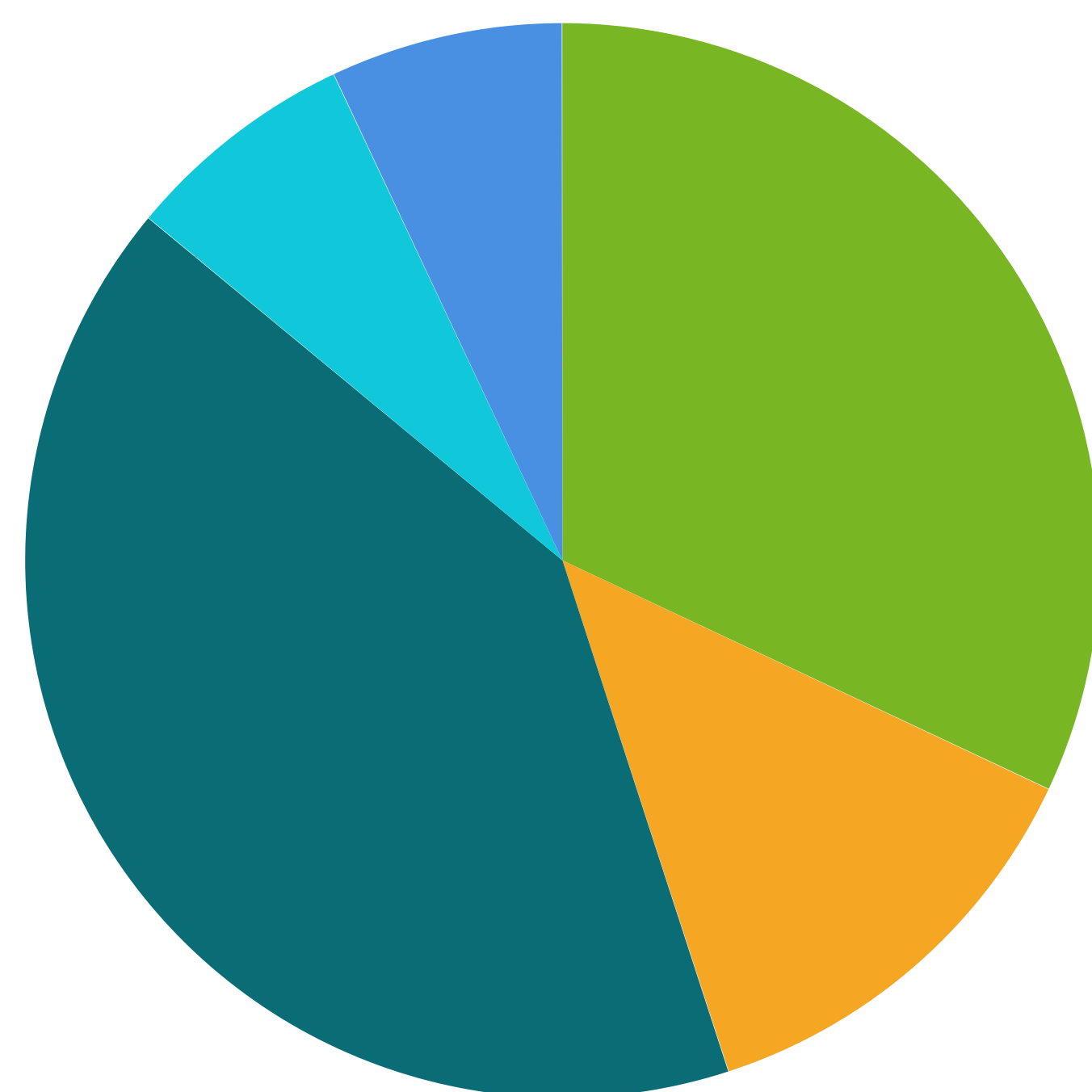
100% of the people we serve have suffered some sort of traumatic event. In our program, we don't just deal with behaviors, we address trauma. Our staff receives specific and intense training on trauma. All our policies are reviewed each year to ensure trauma safe practices.

This includes all types of trauma: witnessing or experiencing violent events, living in a violent neighborhood or family, being removed from home, separated from family, having experienced abuse, abandonment and neglect, etc.

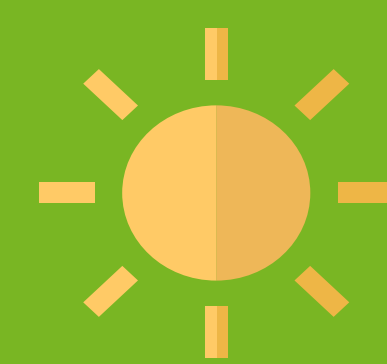


We offered trauma specific programming for all individuals and families served.

Program Population



■ Group Homes (32%)
 ■ Family Support (13%)
■ Reporting Center (41%)
 ■ Best Friends (7%)
■ Opportunities (7%)



10,025 total days of care



3,438 total nights of care

87%

Successful Program Completion

10,003
Individual Skill Building
Sessions

678
Group Skill Building
Sessions

What is skill building?

Skill building involves bonding, coaching, guiding, and supporting the youth and adults in our program while teaching important skills they will need to be successful in life. This is done both on an individual and group level.

Each person and family in our program has an individualized skill building plan designed with them to meet their needs.



Section 2

Group Homes

- **Teaching skills needed to be successful**
- **Providing safety and supervision 24 hours a day**
- **Family-like program for a positive atmosphere**

Many of our teens have had terrible things happen to them before turning 5-years-old such as physical, emotional and sexual abuse.

They have experienced appalling trauma and situations no one should have to endure.

These youths have been traumatized, come from poverty backgrounds and have severe emotional issues.

We are serving youth who suffer from substance-abuse disorders and who present with significant mental-health conditions.



Section 02

Providing youth a chance to better understand they have choices and do not have to have a life like the ones they have seen was a big portion of what we did this year.

Deepening our impact to ensure youth receive more. Youth experienced improvement in areas likely to cause criminal behaviors, better education and transitions home or to foster care.

Positive Youth Model

Increasing Communication Skills

96% of the youth attended and participated in groups like expressing emotions, asking for help, communicating with authority and problem solving.

Providing Emotional Health Support

90% of the youth made progress in the area of emotional health. For this goal youth attended groups like anger, coping with change, and dealing with emotions. Youth also had individual teaching focused on helping them improve the behaviors that caused them to be placed in group homes.

Exploring Self Expression Creatively

82% of the youth expressed themselves creatively through journaling, writing songs, writing a movie script and filming it.

Section 02

Program Interim School

✓ Certified by the Department of Education

It is set up specifically for youth placed in shelters, detention or group homes.

✓ Licensed Nebraska Educators

Our teacher and administrator hold Nebraska teaching certificates in special education, counseling and administration.

✓ Many Benefits to Youth

- 4X more likely to graduate.
- The ability to gain 2-3 grades in as little as 3 months.
- Smaller student to teacher ratio and more personalized academic time.

Individualized educational plans to pick up right where the student left off.

Youth sent to our group homes have the opportunity to continue their education and remain enrolled in their home school district. By remaining in their home school youth do not run the risk of losing credits and/or remaining behind in credits as a result of being placed in our program.

Salvatore* has always struggled in school. Upon coming to our program, he was two full grades behind. He stated he was hopeless and shared serious doubts our school would be any different. He had a history of refusing to go to class and being sent to the office. Salvatore was genuinely surprised that our school had a “Peace Place” meditation room where he could go at any time. He also seemed shocked that the teachers were more like grandparents than drill sergeants. Salvatore stated it was hard to be upset with them. They seemed so nice. At first he would spend at least an hour in the Peace Place each day. By day three, he was taking his computer to the Peace Place so he could work independently.

Salvatore also had a hard time believing he could work on whatever class he wanted to, and in the order he chose. Salvatore looked at the teachers suspiciously when they told him he could work on whatever class he wanted to, in the order he chose. He was hesitant to believe in this approach but giving it a try, he started with reading. After mastering reading he decided to take on history, and after only two weeks he realized he was close to earning his history credit. Buoyed by his initial success, Salvatore decided to incorporate math into his daily regiment and before he realized it, he was remaining in the classroom the whole day.

Salvatore completed credits for one math class, two science credits, one english and two history classes. If he continues at this rate, he will be on grade level by May and he will have caught up. He will only need English when he transfers back to OPS. In addition, Salvatore feels empowered and states he can graduate on time. He is excited for school and is working at his potential now.

Salvatore's School Success



Progress in school was also a turning point for his behavior in the group home. Salvatore tells other youth that this group home really cares for them. He is emerging as a leader with the other boys and girls. Salvatore’s mother could hardly believe he was doing so well and asked if he could continue at our school after he completes the program. While this is not an option due to state regulations, we are working with Salvatore on a smooth transition and know he has the skills and confidence to succeed.

*We changed this young man's name and added a photo as he is still a minor.



Section 3

Family Support



Helping families stay together

Our staff support many diverse family types to help keep children with parents and relatives whenever it is safe to do so. We work with adult siblings caring for younger ones, grandparents, aunts and uncles in kinship placements.



Keeping kids in family like environments

Our staff work with foster parents, parents with limited visitation rights, and youth placed in foster care and in the detention center. We work to create safety plans, reunite the family, and provide careful supervision after reunification.



Working where needed

Our family support workers help at home and school, attend IEP and other academic meetings, and help parents through complicated processes. Our goal is to offer assistance and skill building where needed.

Services provided in the home and community



Section 4

Reporting Center



Providing extra supervision when it's needed the most

Our day and evening reporting center is open the hours that are needed the most. Many parents are working longer hours and often more than one job. Our reporting center is open as early as 7am and until 7pm to help provide a place for youth who may have a tendency to get into trouble.



Skill based instruction and programming

Our staff provide transportation and offer activities and motivation for youth throughout the day. Staff have specialized training in specifically addressing behaviors likely to cause criminal behaviors and emotional health management.

Keeping youth out of trouble and off the streets.



Section 5

Best Friends

Living our best lives!

This unique program assigns each individual served with a Youth Care & Beyond staff called a "professional best friend."

The best friend is trained on each individual's unique strengths and needs. A person centered plan is created to provide family living services to help youth and adults live as independently as possible while working on their goals.

Services include teaching skills and providing supervision such as learning to feed one self, personal hygiene, and communication with an iPad or sign language.

Community is a big part of this program as well. Our best friends attend school, dances, the zoo, trampoline parks, and more.



Section 6

Opportunities

This program supports individuals who desire to live independently. Group Homes, and Extended Family Homes are excellent options for some, but do not fit the needs of everyone. Many individuals can live on their own with just a little support.

Our Opportunities program is the answer in cases like this. Opportunities' staff teach, guide and counsel individuals in all areas needed to maintain an independent lifestyle.

In some cases, this may mean teaching how to cook, keeping the living space clean, taking medications regularly and correctly, healthy living skills, help getting to and from work, and other lessons.

Individuality is a hallmark of this program. No one is forced to do anything. Our staff works with each individual to determine their goals.

Supporting individuals in a home of their own.

Awesome Collaborations

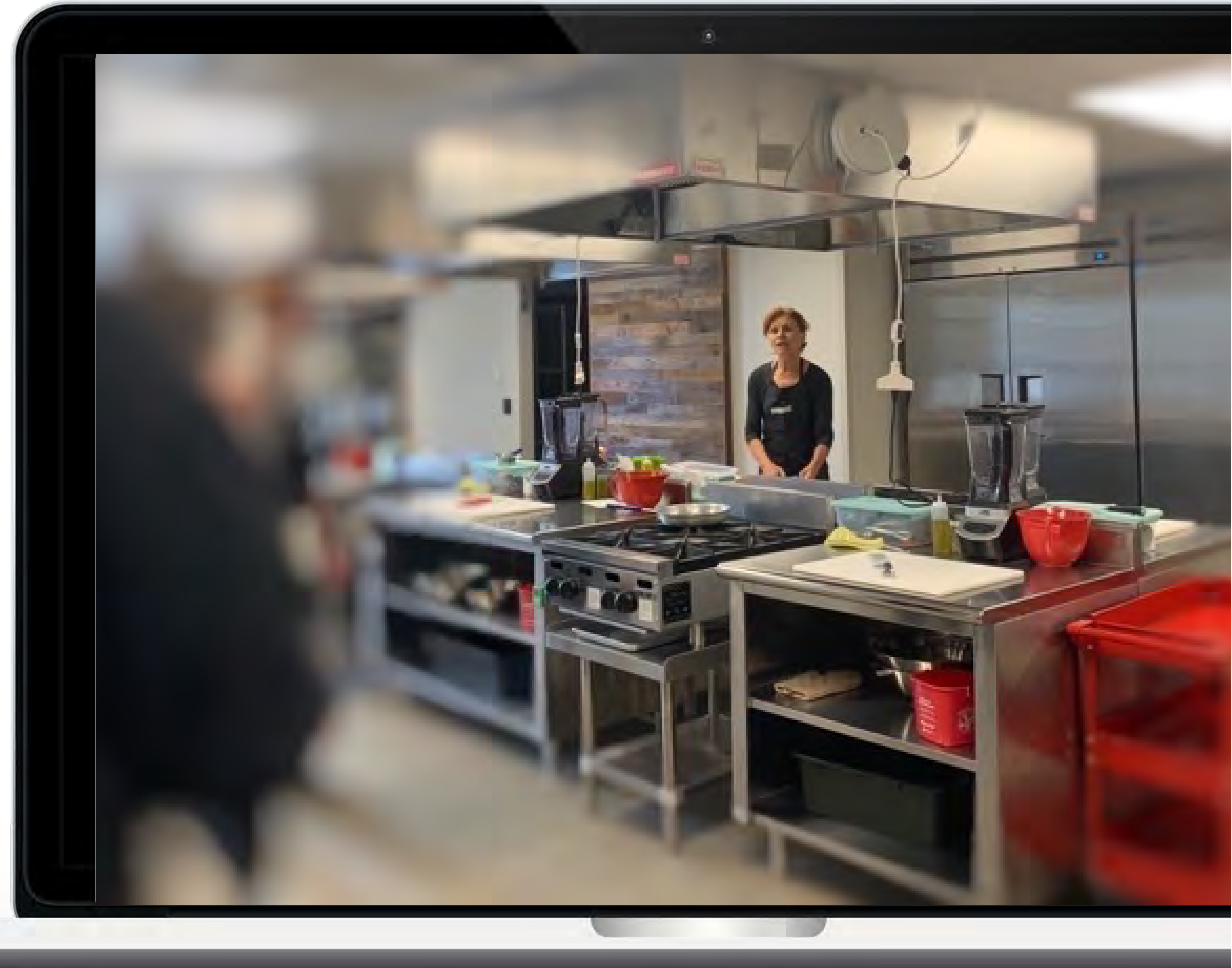


No More Empty Pots

We are truly grateful for our collaboration with No More Empty Pots (NMEP), a local nonprofit like ourselves. Our youth learned cooking skills taught by chefs! The youth began the summer by getting their SafeServe certification and then attended classes at NMEP learning basic cooking skills including knife skills, sanitizing, proper food prep and shopping on a budget. The final class featured a Top Chef competition that amazed us all!

The Rose Theater Brigade

Many, many thanks to The Rose Theater! Youth Care & Beyond and The Rose Brigade teamed up to raise money for Youth Care & Beyond's Best Friends program. They sold snacks, cookies, brownies, popcorn balls, and lemonade. The Rose entered this project in the 2020 Playbill Community Service Award.



Videos of both projects are available on our YouTube page.
www.youtube.com/ycbinc



Donors, Friends and Supporters

"There is nothing more beautiful than someone who goes out of their way to make life beautiful for others."
Mandy Hale

thank you

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Providing hope and care to the most vulnerable with the greatest need.

Our Mission: Transforming the lives of children, adults and families impacted by mental health, trauma and intellectual disabilities. Our goal is to change problematic and systematic behaviors and thinking to provide a positive outcome for individuals, families and communities.

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