



## YOUTH RESOURCE CENTER

For more information  
contact:

Program Manager, Lisa  
Beavers

[lbeavers@allianceforyouth.org](mailto:lbeavers@allianceforyouth.org)  
406.952.0136



# YOUTH RESOURCE CENTER

"We meet the basic needs of our community's youth & connect them to services that promote change."

From July 1st, 2020 - June 30th, 2021, The Youth Resource Center has served 214 unduplicated youth. All of those youth have accessed services whether that be a meal, permanent housing support services, education support, resume & job support, tutoring, hygiene items and laundry facilities.

Youth have access to mental health and addiction services both on site and off. We had 18 mental health referrals, 10 substance abuse referrals, two weekly process support groups and weekly SMART Recovery groups.

5 youth have received housing support and are continuing to maintain housing through permanent housing support services offered through the YRC and 3 that received emergency shelter services.

105 youth received one on one tutoring and 9 youth remain on course to complete HiSet classes. 5 of those youth have graduated with HiSet. One completed his Associates of Science degree.

26 youth participated in life skills training (14 for woodworking, 11 youth in cooking classes and 1 completed Financial Futures).

7 of our youth participated in Native American Singing and Drumming and 4 participated in Red Road to Wellbriety (Native American approach to a 12 step program).

In our partnership with Youth Court Services, we have had 8 youth work on their community service hours.







### Meals Provided:

- July & August 2020 lunch outreach served 3,960 lunches
- 1,318 evening meals were served

### Transportation:

- 578 rides provided

### Street Outreach:

- Back to School Hope Fest served 400 participants with free school supplies, haircuts and hygiene supplies
- 370 youth received winter coats through street outreach and accessing the YRC
- 50 families during Christmas received a Christmas meal, gifts, snacks, hygiene supplies and school supplies in partnership with Biker For Kids In Need
- Skate Park BBQ served 1,350

### Volunteers:

- 125 volunteers engaged in supporting the YRC
- 25 trainings offered including:  
Narcotics Training, Out of Darkness Stewards of Children, Orientation, QPR Suicide Prevention, Trauma Informed Care, Non-Violent Crisis Intervention, CPS Mandated Reporter and Policies & Procedures training.



The youth at the YRC have developed friendships and received support from staff and volunteers. These are some comments from the youth at the YRC:

"It makes me feel safe."

"Friends and kind staff."

"What I like about the YRC is there is more people to meet."

"Free WiFi."







ALLIANCE FOR YOUTH  
YOUTH RESOURCE CTR  
PRESENTS:

# **‘THE HUDDLE’**

MONDAYS THIS FALL  
4PM YRC

3220 11<sup>TH</sup> AVE S-ORANGE DOOR

DINNER TO FOLLOW



# We invite you to the...

## STUDENT **LEVEL** **UP** GROUP

- Tips & Skills to Conquer Fear & Stress
  - Build Resilience
  - Learn Conscious Mindfulness

Led by Kim Monroe

**Wednesdays starting June 2**

**4-5 PM Individual Sessions**

**5-6 PM Group**

**Alliance for Youth • 3220 11<sup>th</sup> Ave. S.**

For more information, contact Kristy Pontet-Stroop  
406.781.9938

**This is FREE • Snacks & Water Provided**

## RED FLAGS OF DEPRESSION

- ▶ SAD OR IRRITATED MOOD
- ▶ RESTLESSNESS OR AGITATION
- ▶ FEELINGS OF WORTHLESSNESS OR GUILT
- ▶ LOSS OF ENERGY
- ▶ TROUBLE CONCENTRATING OR MAKING DECISIONS
- ▶ LOSS OF INTEREST IN FAVORITE ACTIVITIES
- ▶ CHANGE IN EATING HABITS
- ▶ CHANGE IN SLEEP
- ▶ SELF-INJURY
- ▶ THOUGHTS OF SUICIDE

**5** or more  
symptoms  
everyday

for **2** weeks  
or more

**IF YOU OR SOMEONE YOU  
KNOW IS STRUGGLING, TELL A  
TRUSTED ADULT.**

# THERE IS HOPE

**IN CRISIS AND ALONE?**

Call 1.800.273.8255 or  
Text "MT" to 741741



WE ALL HAVE BAD DAYS #LETS TALK HOPE.....  
DOWNLOAD THE #LETS TALK APP IN YOUR APP STORE  
FOR HELP AND HOPE



# TEEN DEPRESSION IS.....





## OUR MISSION

Alliance for Youth, Inc. creates social change to advance healthy youth development within our communities through collaborative approaches to prevention, intervention and treatment.

## WHO WE ARE

Alliance for Youth (AFY) advances strategies to ensure the healthy development of youth---our most valuable resource and our future!

AFY is a responsible steward of public and private funding and invests in evidence-based strategies that improve risk and protective factors in Cascade County, Montana community, school, family and individual environments.

Alliance for Youth, Inc. is an IRS recognized 501 (c)(3), non-profit organization. Your contributions qualify for income tax deduction.



Alliance for Youth

## CONTACT US

3220 11th Ave So  
Great Falls, MT 59405

Nicole Zimmerman  
Program Manager  
1-406-952-0035  
[www.allianceforyouth.org](http://www.allianceforyouth.org)

follow us on FaceBook  
[@allianceforyouth](https://www.facebook.com/allianceforyouth)




# HOPE

## MENTAL HEALTH TRAININGS & RESOURCES



# #LetsTalk


**DOWNLOAD THE APP**



**We all have bad days**

# #LetsTalk HOPE

Call the National Suicide Prevention Lifeline 1-800-273-8255 or Text MT to 741741



**Alliance for Youth**

The purpose of the Alliance for Youth app is to provide youth with useful and relatable information about mental health and suicide prevention... all at their fingertips. Whether the user be the person at risk, or a friend or family member, through a custom app we can make sure the information they receive is accurate, relevant and trustworthy. It also provides additional resources such as safe spaces for those who might be in a vulnerable state.



**QPR**  
QUESTION, PERSUADE, AND REFER

QPR stands for Question, Persuade, and Refer — the 3 simple steps anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. QPR can be learned in our Gatekeeper course in as little as one hour.



**ASIST**  
APPLIED SUICIDE INTERVENTION SKILLS TRAINING

Applied Suicide Intervention Skills Training (ASIST) is a two-day interactive workshop in suicide first-aid. ASIST teaches participants to recognize when someone may be at risk of suicide and work with them to create a plan that will support their immediate safety. Although ASIST is widely used by healthcare providers, participants don't need any formal training to attend the workshop—ASIST can be learned and used by anyone. Ages 16+ recommended.



**HELP**

**HOPE**



**MENTAL HEALTH FIRST AID**  
YOUTH AND ADULT

**Youth Mental Health First Aid (YMHFA)** is available to adults in the community FREE of charge. It builds understanding of the importance of early intervention and teaches individuals how to help an adolescent in crisis or experiencing a mental health challenge.

**Mental Health First Aid for Adults** teaches people how to recognize signs of mental health or substance use challenges in adults ages 18 and older, how to offer and provide initial help and how to guide a person toward appropriate care if necessary. Topics covered include anxiety, depression, psychosis, and addictions. This 8-hour 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.

Both courses teaches participants the risk factors and warning signs of a variety of mental health challenges and symptoms of a mental illness or an emotional crisis by applying a core five-step action plan:

- Assess for risk of suicide or harm
- Listen non-judgmentally
- Give reassurance and information
- Encourage appropriate professional help
- Encourage self-help and other support strategies



# ALLIANCE FOR YOUTH PARENT SUPPORT SERVICES

For more information, please contact

Nicole Zimmerman

[nzimmerman@allianceforyouth.org](mailto:nzimmerman@allianceforyouth.org)

406.952.0035

3220 11th Ave So.

Great Falls, MT 59405

[www.allianceforyouth.org](http://www.allianceforyouth.org)



Alliance for Youth



BlueCross BlueShield  
of Montana

United  
Way



## Circle of Security Parenting

- Sept. 7- Nov. 9
- Jan. 11-March 1
- April 12-May 31
  - all sessions 6:30 to 8pm

Sessions have built in extra sessions for groups that want to dive deeper than with the 8 sessions or allowing for make ups sessions if any unforeseen circumstance that may arise.

## Nurturing Parenting

- Jan. 11-April 19
  - all sessions 4:30 to 6pm

15 sessions that go through all aspects of parenting from secure attachment, roles and relationships, and discipline. We will have rich discussions around these topics and have opportunity to apply the knowledge we gain. Lets grow as parents together.

## Parents Forever

- October 21
- February 17
- May 19
- August 18
  - all sessions 2:30 to 6:30 pm

Co-Parenting course in One-4 hour session, it is aimed to help you and your family transition into your new roles.

## Families at HeART

Held Quarterly at AFY dates as follows:

- October 14th
- December 9th
- February 3rd
- April 14th
  - all Sessions 6:30 to 8 p.m.

Family friendly event where we enjoy a children's story and reflect on the themes while we create art or crafts for you and your child to take home.

## Positive Parenting Group Peer Support

- Two Cohorts will run this year

If you are struggling with stress, anxiety, fear and general questions in relationship to making parenting decisions as your child is school aged, please join us. You dont have to be alone, We Hear You!

## Peri/Post Natal Parent Group Peer Support

- Tuesdays from 2 to 3:30pm

We have face to face with a zoom option for our sessions, your infants are welcome. Baby's do not come with instruction manuals, we all have fears, questions, expectations, struggles, and triumphs. We hold a safe place for you to grow and learn from each other as we navigate a new world with our new familiy.



# ALLIANCE FOR YOUTH PARENTING SERVICES

## WHY

We Believe:

- Parenting is hard and we can all use support
- Our at risk population has an increased amount of barriers to accessing services
- Every family benefits from increasing knowledge, skills & protective factors
- Parents need different supports at different times of their parenting journeys
- Reducing barriers for parents to create education & empowerment

Child Abuse Protective factors we aim to increase:

1. Realistic developmentally appropriate, parental expectations of children
2. Parental empathy towards children's needs
3. Healthy and developmentally appropriate, parent-child family roles
4. Children's need to develop power and independence, but also to have boundaries & accountability
5. Engagement in a parent, social support network
6. Decreased corporal punishment utilization

## WHAT



12

hours of training

8

Tuesdays

3

sessions a year

- for parents with 0-5 year olds
- 8 week parenting program
- Designed to strengthen the parent-child relationship of young children
- face to face learning
- Evening sessions of 1.5 hours

New program



- 1.5 hour mutual support group
- Peri-Post Natal (caregiver of 0-3 y/o)
- Trained facilitators host meetings
- Conscious discipline is used for parenting guidance
- Empathy, connection, reason, love and compassion are at the center
- Zoom Sessions during COVID-19
- Our lives and families are precious. And we deserve to prioritize ourselves.

2x

Year

Moving back to face to face groups. Please bring your babies, we can help.

13

Sessions



1

Sessions

4

hours

100% improvement in understanding new roles in family transition

- for parents with children 0-18 years old
- Four hour co-parenting course
- focuses on well-being of entire family
- face to face
- One day in a 4 hour session



# ABOUT OUR PROGRAM MANAGER

Nicole is:

- A proud Mom of "one busy boy"
- A US Army Veteran
- A 5th generation Montanan
- A Mom that doesn't have all of the answers but will support you in finding what works best your family
- A mentor, an advocate, a peer supporter that believes we all can use a little help sometimes



## WHAT



Nurturing Parenting®  
Established 1983

**22**

hours of  
training

**2**

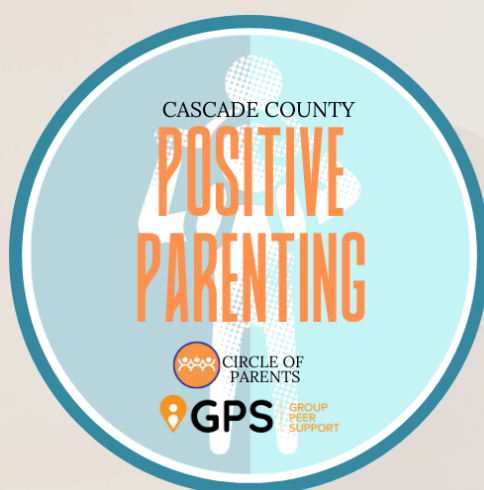
sessions a  
year

**15**

Tuesdays

- for parents with 0-5 year olds
- 8 week parenting program
- Designed to strengthen the parent-child relationship of young children
- face to face sessions
- Evening sessions of 1.5 hours

New program



- 1.5 hour mutual support group
- Parenting for School age
- Trained facilitators host meetings
- Conscious discipline is used for parenting guidance
- Empathy, connection, reason, love and compassion are at the center
- face to face
- Our lives and families are precious. And we deserve to prioritize ourselves.

**2**

Cohorts

Adapted to  
Virtual  
meetings and  
creating  
activity packets  
for kids that  
foster learning  
and bonding

**13**

Sessions



**4**

Sessions

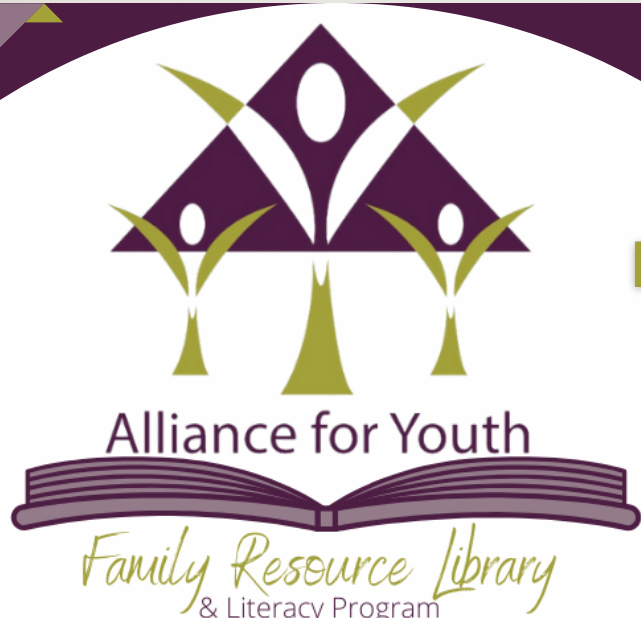
**100%**  
Fun  
with  
conversations  
&  
Crafts

**2**

hours

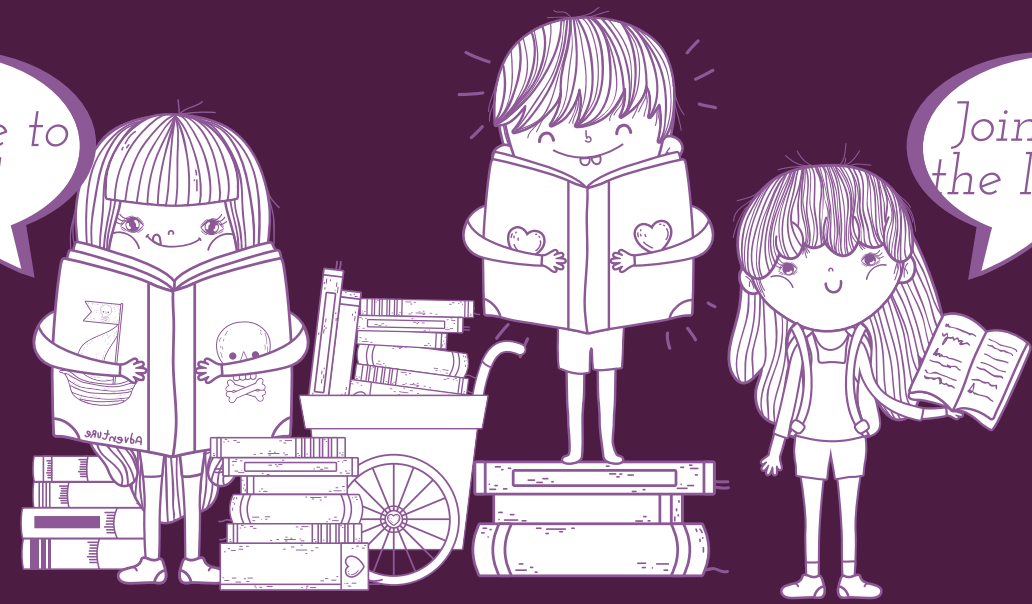
- for parents with children 0-18 years old
- 2 hours of fun
- focuses the family unit working together to create beautiful conversations and crafts
- Includes story time
- Includes craft supplies and instruction

New program



MEMBERSHIP  
PARENTING RESOURCES  
LENDING LIBRARY  
LITERACY AND STEAM  
ADVENTURE PACKS

We love to  
read!!!

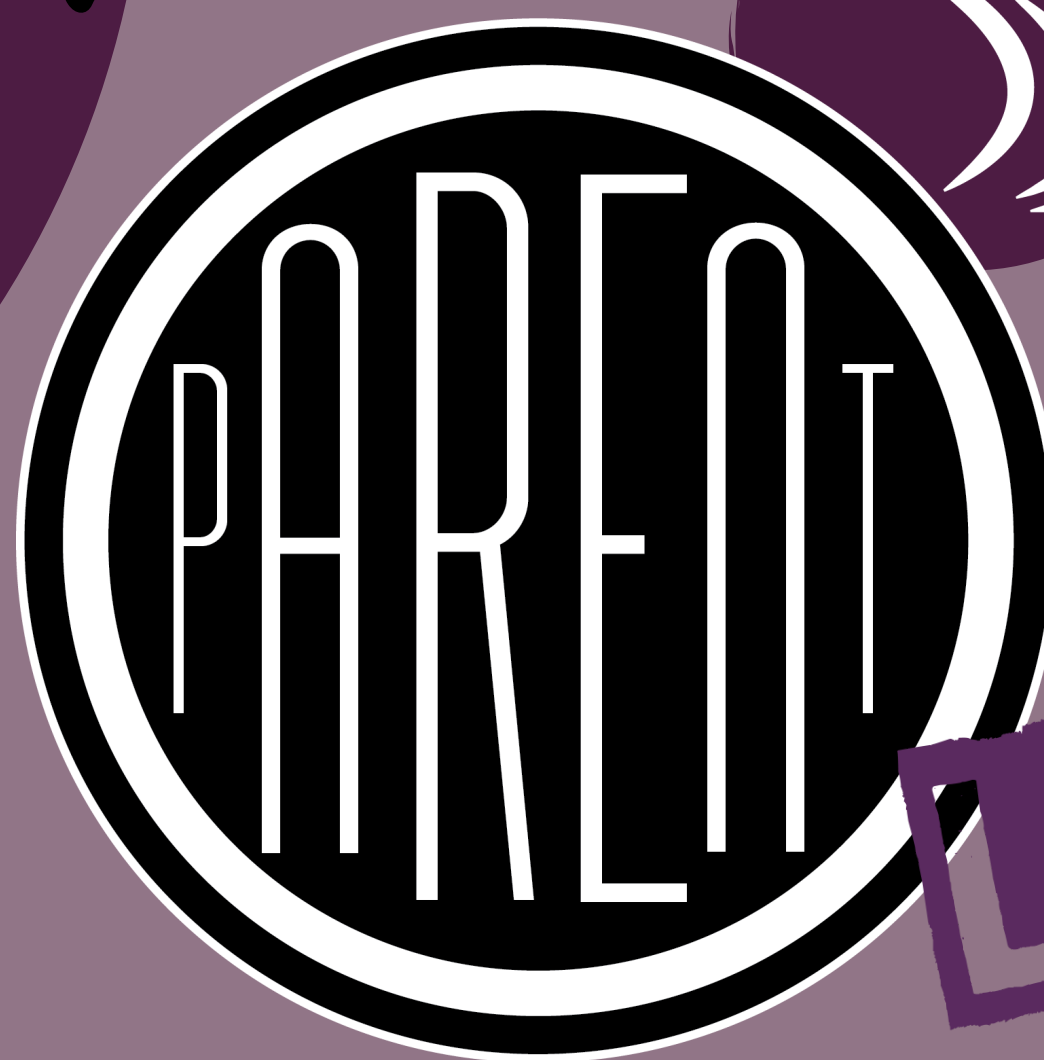


Join us in  
the library!



Check us  
out!

*Parenting videos*



**LIVE**

**DON'T FORGET TO SUBSCRIBE!  
FOLLOW US ON**

**@ALLIANCEFORYOUTH**

**WWW.ALLIANCEFORYOUTH.ORG**



## Emergency Contacts

Poison Control #1-800-222-1222

Child Abuse Hotline #1.866.820.5437

National Domestic Violence Hotline  
#1.800.799.7233

PLEASE CALL BENEFIS PEDIATRICS FOR SAME DAY  
APPOINTMENTS FOR ALL YOUR CHILD'S NEEDS AT  
1.406.731.8865

Child Sexual Abuse (Darkness to Light)  
#1.866.367.5444

Parent Helpline #855.427.2736

National Alliance on Mental Illness  
#1.800.950.6264

For more information,  
please contact

**Nicole Zimmerman**

[nzimmerman@allianceforyouth.org](mailto:nzimmerman@allianceforyouth.org)

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Alliance for Youth



# Let's talk! We are listening...

Questions - Answers - Who Can I Trust?

SEARCH FOR:

**#LETSTALK**

IN YOUR APP STORE

