

The mission of Youth First is to strengthen youth and families through evidence-based programs that prevent substance abuse, promote healthy behaviors, and maximize student success.



SPRING 2010 • VOLUME 6, ISSUE 1

UPCOMING EVENT

*Passport to Adventure
Benefit Auction
Thursday, May 13
5:00 – 9:00 PM
St. Mary's Manor
Reservations:
812-421-8336, ext. 0
Preview Items at
www.youthfirstinc.org*

The Results Last

"It is not in any way an overstatement to say that the services Youth First provides through Social Worker Kathy Baker are a life line for students. Some of our most needy kids have a sympathetic ear and a trained voice to advocate for their needs."

*– Phil DeLong,
Principal Castle
High School*

See the Stars and Rare Finds at Youth First's Auction

Amazing celebrities and rare opportunities headline this year's Passport to Adventure Benefit Auction benefitting Youth First. Come bid for a chance to:

- Fly to St. Louis to meet Cardinals Star **Albert Pujols** or take a batting lesson from baseball great **Don Mattingly**.
- Be in the studio audience for one of the last **Oprah** shows or go backstage at a **Toby Keith** or **Charlie Daniels** concert.
- Own a guitar or other memorabilia autographed by **Rascal Flatts**, **Alan Jackson**, **Darius Rucker**, **Tim McGraw**, **Faith Hill**, **Vince Gill**, or **Amy Grant**.
- Enjoy VIP seating and behind-the-scenes access at the **Vectren Dayton Air Show** or watch the **Shrine Circus** from 5th 3rd Bank's Roberts Stadium Skybox.
- Spend a relaxing week in beautiful vacation homes in **Hilton Head** or **Florida** or getaway for a few days of fun in **Nashville**, **St. Louis**, **Indianapolis**, **French Lick**, or **New Harmony**.
- Earn 10% interest on a one-year **\$750 CD at Evansville Commerce Bank** or go on a **\$500 shopping spree at Tracy Zeller Jewelers**.

Admission is free and includes refreshments. Come bid and buy Thursday, May 13 at St.



Auction Chair Tom Austerman and Co-Chair Krista Greenfield checkout the autographed Rascal Flatts guitar and other unique auction items.

**United
Companies**

*Proud Title Sponsor of the Passport to
Adventure Auction*

Mary's Manor Auditorium on the campus of St. Mary's Hospital. The evening gets underway with a silent auction at 5 PM followed by the live auction at 7 PM. All of the proceeds benefit Youth First's prevention programs.

Other auction items include: tickets to **Jay Leno** or **Dr. Oz**, a **Jay Cutler** autographed jersey, tickets to a **Los Angeles Dodgers game** with a **Don Mattingly** meet-and-greet, premium seats at an **I.U. Big Ten basketball game** and a **Tom Crean** autographed basketball, **Larry Bird**, **Bob Gibson**, or **Jerry Sloan** autographed balls, an **Arnold Palmer** autographed Bay Hill flag and golf glove, 2009 PGA Championship flag autographed by winner **Y.E. Yang** and others, fine jewelry, home décor, fishing trips, golf outings, restaurant gift certificates, gift baskets, professional services, and much more.

For more information and to make your reservations, call 812-421-8336, ext. 0 or e-mail: jhodge@youthfirstinc.org. 🐦

To preview auction items and place early bids on some, go to Youth First's website: www.youthfirstinc.org.

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Substance Abuse is Not the Norm, but it's still too High!

Substance abuse among Southwest Indiana teens remains higher than the national average, but it is not the norm for most, according to a survey of over 6,000 area youth.

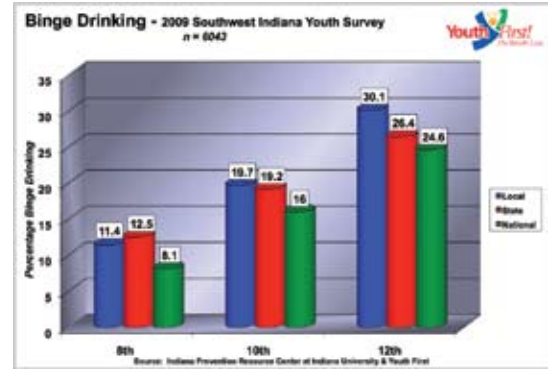
"The survey shows we have plenty of positive community norms to celebrate, with most kids choosing not to abuse alcohol, marijuana, or cigarettes," said Parri O. Black, President & CEO of Youth First, Inc.

The 2009 survey of 8th, 10th and 12th graders in Vanderburgh and Warrick counties and the Catholic Diocese was administered by the Indiana Prevention Resource Center at Indiana University in cooperation with area schools.

Binge drinking is one of the problem behaviors tracked, and it is defined as consuming five or more alcoholic drinks at one time within two weeks of taking the survey. About 30% of 12th graders report binge drinking, and that's higher than the state and national averages.

"However, if we look at the data another way, the results become part of the solution," Black said. "The survey shows nearly 70% of 12th graders are making the healthier, safer choice and not engaging in binge drinking."

Research shows teens are more likely to avoid alcohol abuse if they (and their parents)



understand that it's not the norm among their peers. The Most of Us® initiative is one of the strategies used by Youth First to promote positive community norms and correct negative misperceptions about teens and alcohol.

Since Youth First started collecting data in 1999, the prevalence of youth substance abuse has declined in Southwest Indiana, though it still tracks higher than the national average in most categories. To continue reducing the problem, Youth First provides evidence-based programs that prevent substance abuse, promote healthy behaviors, and maximize student success. To see more survey results, visit Youth First's website: www.youthfirstinc.org.



In It to Win It!

Ariel Kuhn, a student at Resurrection Catholic School, is one of 13 students who completed In It to Win It, a program that helps 7th and 8th graders learn the 7 Habits of Highly Effective Teens. The YMCA and Youth First offer this program together thanks to funding from Old National Bank and the Welborn Baptist Foundation.

Dec 09 - Mar 10 Gifts to Youth First

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Gifts to Youth First (continued)

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IN HONOR OF JACK KINKLE
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 Robert and Mary Tiemann

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 AND MONA WOOTEN**
 Tom and Sally Keating

IN HONOR OF TED ZIEMER
 Diane Leitch

IN MEMORY OF BRANDON TUCKER
 Parri and Dave Black
 Carol and Dick Lynch
 Kim and Fred Mulfinger

Thanks for Putting the FUN in FUNdraising!

Kudos to all the models, sponsors, and women behind the **Men About Town Style Show**. Organizers Nancy Drake, Jennifer Stevens and Julie Merryman put together a fun event that raised over \$23,000 for Youth First. WIKY's Mark Elliott and the talented Gina Moore provided lively commentary and fabulous entertainment to accompany the latest in men's fashions from Stein Mart.

Style Show Title Sponsor:

Casino Aztar

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 Old National Bank
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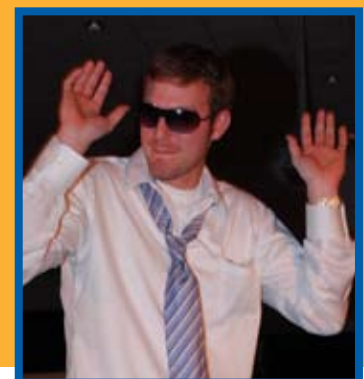
Banterra Bank
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Royce Sutton



Dr. Randy Stoltz



Kipp Schutz

Thanks to all of our Men About Town Models!

Welcome New Staff!

Youth First is excited to welcome five new staff members.

*Joan Carie,
Social Worker
Glenwood Middle
School and the
EVSC Academy*



*Deborah Hoskins,
Operations
Director*



*Jayme Walters,
Social Worker
St. John and
St. Wendel
Catholic Schools*



*Shirley Tarter,
Office Assistant.*



*Sarah Postlewaite,
Social Worker
Thompkins
Middle School*



Thank you Jane Tang and Wok n Roll!



Youth First volunteers and staff joined Jane Tang at the recent ribbon-cutting for her new restaurant, Wok n Roll, 311 South Green River Road. On the first Sunday of every month, Jane donates 20% of the restaurant's sales to Youth First. We thank Jane for supporting our cause with great food! 🍴

School Social Workers

- Laura Arrick**
New Harmony/Mt. Vernon Sr. High
- Kathy Baker**
Castle Senior High School
- Deena Bodine**
Resurrection & School of
Academic & Career Development
- Mary Ruth Branstetter**
Holy Redeemer Elementary
- Joanie Carie**
Glenwood Middle
- Elizabeth Christmas**
North Posey High School
- Valorie Dassel**
Mater Dei High School
- Laura Edwards**
Reitz High School
- Dena Embrey**
North Posey Elementaries
- Sherry Fisher**
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- Nichole Graham**
Harrison High School
- Pam Jordan**
Mt. Vernon Sr. and Jr. High
- Sasha Kendall**
Bosse High School
- Laura Keys**
Washington Middle School
- Vicki Kirkman**
Gibson Southern HS & Catholic
Elementaries
- Lauren Leshner**
Holy Rosary, St. Ben's
- Teresa Mercer**
Wood Memorial High School
- Sarah Meyer**
Princeton Jr. and Sr. High Schools
- Dianna Miller**
South Gibson Elementaries
- Alice Munson**
Corpus Christi, Holy Spirit,
Westside Catholic
- Kate Murray**
Evansville Day School &
Joshua Academy
- Sarah Postlewaite**
Thompkins Middle
- Amber Russell**
Tecumseh, Elberfeld & Lynnville
- Theresa Schneider**
McGary Middle School
- Jayme Walters**
St. John & St. Wendel Catholic
- Linda Walters**
North High School
- Alissa Wayman**
Central High School
- Christine Weinzapfel-Hayden**
Mt. Vernon Elementaries, St. Philip's
- Donna Wolter**
Memorial High School

To e-mail Youth First employees, use the first initial and last name followed by @youthfirstinc.org (for example, pblack@youthfirstinc.org).

Why I Give

by *Mary Ellen Farabaugh*
Chair, Youth First Board of Directors

Free, easily accessible, independent, on site, professional, Youth First social work services are currently available in 47 high schools, middle schools, and elementary schools in Vanderburgh, Warrick, Gibson, and Posey counties. To supplement these social work services, Youth First also offers a menu of free programs for students and families to improve communication, self-confidence and relationships.

What a wonderful resource for our students, parents, teachers, and school administrators! By addressing lifestyle and behavior choices with students through evidence-based programs that are proven to break destructive cycles, Youth First is creating a future generation of healthy, educated, self-sufficient adults.

As a volunteer and donor, I am proud to help Youth First achieve these lofty goals! 🙏



Did You Know?

For every **\$1**

invested in effective prevention programs
(like the ones provided by Youth First),

communities save \$18

in the costs *(and consequences)* associated with substance abuse.

– Cost-Benefit Analysis by the Substance Abuse and
Mental Health Services Administration (SAMHSA)

Be sure to visit us online at:

www.youthfirstinc.org
and look for us on Facebook!

We Choose To Live More and Drink Less!

THE REAL U

Be TRU. Be the REAL You!

A Youth First Initiative

As one of 23 recipients of a federal grant to reduce high-risk drinking among college students, The Real U initiative promotes the slogan "We choose to live more and drink less." The Real U is a community/campus collaboration involving Youth First, Ivy Tech, USI and UE.

One of the primary strategies of the grant is to correct misperceptions about alcohol use by promoting positive norms. A survey of students at all three campuses found that the majority drink alcohol much less frequently than most think they do.

Students thought their peers were drinking alcohol once a week, but in reality most (64-66%) reported never or rarely drinking alcohol. Rarely is defined as six or fewer times in a year.

The mission of The Real U is to celebrate the positive choices our young adults make and to make sure these norms are accurately perceived. The tag line "We choose to live more and drink less" is meant to empower students to make healthy decisions.

The Real U Project Director Misti Fraser, LCSW, shares some of the activities so far:

"Since October 2009, the Real U has participated in over 20 events on the college campuses. Our participation in the events is strategically planned, high energy and aimed at giving students an experience they will remember.

At USI, the Real U participated in Homecoming. On game day, it was great to see everyone in the stands holding bright blue cups with the slogan "We choose to live more and drink less."

During a health fair on the UE campus, students played a table top basketball game for awesome prizes. To win, they had to score 66 points to reinforce the message that 66% of UE students rarely or never drink alcohol.

At Ivy Tech, we hosted an old fashion cake walk at an alcohol-free St. Patrick's Day celebration. Students did the Irish Jig to Irish music wearing green top hats. Several administrators said they had never seen such excitement and engagement out of students.

We are definitely making strides towards our goal of reducing high risk drinking, and we are having fun - all at the same time. ♡

Congratulations to the graduates of 33 Strengthening Families programs offered by Youth First this school year!



Lincoln Elementary School in Evansville



Guadalupe Center in Huntingburg



Youth First, Inc.
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Partnership Salute!

EVANSVILLE DAY SCHOOL

We salute Evansville Day School, one of several partnering schools contributing regular financial support to Youth First in return for services. According to its mission statement, Evansville Day School, in partnership with parents, offers a student-centered, college-preparatory program supported by a challenging and comprehensive curriculum that encourages each student from Junior Pre-Kindergarten through Grade 12 to strive for excellence in mind, body, and human spirit. Youth First supports Day School's mission through the part-time services of a school social worker and other prevention programs that help maximize student success. Kendell Berry, the Head of EDS, says he is grateful for Youth First's resources, because even at an independent school, the diversity and the needs of children and families are great.

Youth First is proud to be part of the Day School community!

Thank you for making sure Youth First's results last!