



A Community Asset

As YSB celebrates 35 years of serving families in local communities, it is a good time to reflect on who we are and what we accomplish.

Childhood and adolescent years are full of challenges as children mature and develop into responsible young adults. When behavioral or mental health issues arise, YSB is there with a variety of strategies to help youth learn appropriate skills and take responsibility for their actions. Parents also participate in the process: ensuring consistent messages to their child and getting support in their parenting role, so they can be more effective.

How YSB is different

YSB is the youth experts! Because we focus exclusively on youth, staff is well versed on how youth think, behave and develop. We also know that "kids make mistakes" but that doesn't make them "bad kids."

We know that every young person who comes through our doors is a good kid who is struggling. Our job is to help him or her understand and own their issue; gain information and skills to better manage it and accept responsibility for their own behavior. This short term intervention gets them back on track and fully participating in family, school and community life.

At YSB, we know that time is measured against how long we have lived, so a child experiences a week or a

month as "almost forever." From this perspective, a 3 month waiting list or a 6 month delay between a citation and a court date are way too long.

At the same time, how a first experience is handled provides cues about how to handle future, similar situations. The quicker that missteps are corrected, the more likely that appropriate cues will inform future behavior.

At YSB, we recognize the importance of a quick response. Our youth focused family counseling clients can actually get

responsibility while the incident is still fresh in everyone's mind and the youth is still open to new ideas.

A typical youth response following an incident is "I didn't think" or "I didn't know." Adolescence is a time of impulse behaviors, especially when "belonging" with peers seems more important than thinking about consequences. At YSB youth learn about immediate and long term consequences of the behavior. They gain skills for making better decisions and positively influencing their peers.

Why we know this works

YSB is committed to using innovative and proven practices that produce positive, measurable results. That means that evaluation is built into the services provided to each and every youth.

Recognized screening and assessment tools, combined with skilled interviewing help YSB staff to tailor their work to the unique issues facing each youth and family. Credentialed

counselors and qualified staff quickly pull from a variety of skills and resources to suggest and use the best proven strategies to resolve issues and help everyone move forward.



their first appointment within 2 weeks, or even the same day when the situation warrants immediate intervention. Youth diverted by local law enforcement agencies and the courts are seen within 3-14 days after YSB receives the referral. The critical piece is that YSB engages the youth in learning and taking

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Additional tests, as the work together continues, help families and staff determine how things are progressing and provide benchmarks for strengthening YSB services. External reports from counties, schools and local law enforcement provide independent confirmation of YSB outcome data.

This annual report includes details about YSB services and programs, including the volume and quality of work done over the past year.

You Can Improve Young Live Too!

YSB relies on community support to maintain our quick response to emerging community issues, whether it is helping schools respond to a sudden death or assisting a local library to deal with unruly youth or educating a community about ways to recognize youth depression and prevention suicides. As the youth experts, YSB is at the table, helping to craft solutions and making them work.

A young person's need for mental health services has nothing to do with the family's insurance eligibility. While YSB maximizes third party reimbursement when the client has coverage, community and foundation support helps to fill the gap and ensures that none of our referrals are turned away or forced to endure long waiting periods to receive services.

With your support, YSB can continue to serve over 1700 youth and their families each year with individually tailored services that help them realize their strengths, find the right solutions for them and realize a more positive future. ■

**Board of Directors
YSB - 2010**

- Paula Hemer – President
- William Hutton – Vice President
- Craig Woolery – Secretary
- Roger Peterson – Treasurer
- Vickie Batroot
- Douglas J. Briggs
- John Gannaway
- John T. Hall
- Laurie Ott
- Tim Thone

Note from the Executive Director



Settling into life as the new Executive Director of YSB has been a wonderful experience. Working in the community where I live and discovering an organization that is an integral part of that community is both exciting and gratifying.

It is amazing to watch the staff go about their daily work, whether it's finding appropriate resources for callers, unraveling a behavioral incident or congratulating a young person for a job well done. YSB staff really does know kids!

What does that mean? It means we know how to talk with them, what the world looks like from their eyes, and how to best help them over the inevitable hurdles of growing up. We know how to help parents who though they love their kids, are struggling to find a way to communicate with them. Once again we've help kids and families turn problems into assets and challenges into opportunities.

I've also begun meeting some our wonderful friends and supporters throughout the valley. They are improving young lives every day by helping YSB ensure that every youth and family can get the help and support needed in a timely way with fully qualified staff. They are placing YSB counselors in schools to assist with unexpected losses. They are helping YSB bring proven programs into local communities in response to specific situations.

Over the coming months, I look forward to meeting more of our YSB friends and sharing stories about the effective results YSB is helping families achieve each and every day.. ■

— Mary Planten-Krell, Executive Director

2011 Spirit of the Mission Award

YSB staff recently selected Development Director Sandy Fuller as its annual "Spirit of the Mission" Award recipient. The Spirit of the Mission Award is presented once a year to the staff member, selected by his/her peers, who best exemplifies the ideals of the organization.

In the nomination, a colleague wrote, " Sandy quietly sits in her office, working away at all of the various projects that have fallen under her scope of expertise: compiling the numbers about our impact, writing requests for funding, and overseeing the message that the public sees of YSB in the newsletter, on the website, in newspaper articles and in email blasts."

"She has a unique ability to listen to an idea and then find a way to make it a reality. She becomes a great sounding board for the idea, offering insight and then going about finding the needed funding to carry it forward."

"She steps out of her comfort zone to greet YSB funders and supporters and share her enthusiasm for the work that we do. Her knowledge about YSB friends rivals any database of information.

Sandy has a true passion for the work of YSB. She goes about it quietly but very effectively. As a true representative of YSB, she is committed to making things better for kids and helping YSB realize its mission. ■



Youth Focused Family Counseling

A Proud Grandpa reports...*My granddaughter always needed to be the center of attention. All of her friends came to her—for advice and approval. Her school attendance was great. She needed to be among her adoring fans. Unfortunately her grades were suffering but she thought she had all the answers. We watched her drift further and further away. She was even talking about joining a gang.*

I called YSB and yes, they would serve my granddaughter even though she doesn't live in the community. I told my son to check them out and he scheduled an appointment.

I'm not sure exactly what that YSB counselor did, but whatever it was, it was a miracle. My granddaughter did a complete turn around two years ago and she has never wavered from her new course. During the first trimester of her junior year, she earned 2 B+ and by her senior year it was an A in every course.

Today, my granddaughter is attending college and serving in the National Guard to help cover her costs. Her goal is to become an attorney so she can defend those accused because of the color of their skin.

My granddaughter is a success today thanks to YSB and it's exceptional counselors. We are indebted to you for changing our granddaughter's life.

At YSB, professional clinicians specialize in working with youth and families. They understand developmental norms and customize interventions to fit the unique characteristics of each child. Youth Focused Family Counseling is short term, focusing on specific problems or issues. The goal is to help youth and families learn skills and strategies to deal with their concerns. 469 youth participated in YSB youth focused family counseling during 2010.

Results:

==> 78% of parents report that youth focused family counseling resolved the issue or made it manageable.

==> 58% of youth demonstrated significantly improved functioning after just 3 months of counseling support. ■



School Based Services

A CHP Specialist shares...*After a month in chemical dependency treatment, Quinn was referred to the YSB Chemical Health Prevention Specialist (CHPS) in his school for on-going support. He was quickly surprised by how difficult it was going to be to stay sober.*

In high school your friends define you, so it is really difficult to connect to a whole new group and leave the old ones behind, even if they are users. Each day quickly became a struggle to see old friends but stay sober.

Quinn worked hard to make good choices and stay on track. Then tragedy hit! So what's the point of staying sober? How else could he handle the pain? Why can't he use his favorite drug to push the pain away?

Quinn fights the urge to use every day. So far, he is successful. He talks weekly with his CHPS worker to process his feelings and thoughts as he work through these urges. So far, he is staying sober but he is the first to say that he is walking a thin line and needs constant support to remain on this chosen path.

Recognizing that behavior problems in school interfere with the academic learning process, YSB partners with local schools to assist them in implementing local strategies to resolve issues. Each school is different, so YSB provides an array of individually tailored programs that use core principles to hold youth accountable and help them grow from their mistakes. Major focus areas include chemical health prevention, alternative to suspension, classroom presentations, youth development and crises response.

Results:

==> During the past year, 310 students used chemical health prevention services in their local school with 58% showing increase resilience to drug use after seven or more sessions and 30% reducing unexcused absences.

==> YCAPP helped Stillwater schools decrease violent behaviors by 58%, creating a healthier learning environment.

==> Most of the START participants reduced their visits to the school office by at least 50%. The program now serves three schools in South Washington County.

2010 Activities

Chemical Health Prevention Services – 310 students
Alternatives to Suspension

Youth & Community Accountability & Prevention Program – 93 students

Student Targeted Aggression Replacement Training (START) – 33 students

Classroom Presentations at 10 schools

Youth Development

Girl Talk – 60 girls from 2 schools

Resident Camp placements – 26 youth

School Crises Support – assisted school staff with 4 sudden death incidents ■

2010 SUPPORTERS

Individuals

Richard & Naomi Adams
 Gordon & Jo Bailey
 Gary & Diane Baker
 Scott Beaty
 C Robert Binger
 Jerilyn R Birnie
 Brian & Kathleen Buchholz
 Roland & Coral Buchman
 Debbie Campbell
 Sheri L Clifford
 Gail Colligan
 Suzanne Collins
 Michelle Demulling
 Bill & Shelley Elling
 Bernett & Mary Elrod
 Paul Erickson
 Sarah Fuerst
 D Jo Gascoigne
 Mark & Christel Gehrman
 Sharon Germain
 Heather Goetz
 Stephanie Habermann
 Constance Halfpenny
 Lloyd & Janet Hartje
 Russ Haywood
 Doug & Paula Hemer
 Gregg Hipple, DDS
 Stan & Jane Hooper
 Michael Huntley
 Jill S Johnson
 Sharon Johnson
 George & Julie Kinney
 Michael & Nancy Kluesner
 Lee & Jean Koecher
 Troy & Dawn Kramer
 Robert & Anna Langness
 Louisa Lienke
 Roger & Sandra Malm
 Amber Marko
 Gerald & Jeanne McCleary
 Amy McGee-Campbell
 Wally & Leslie Milbrandt
 David Morris, PhD
 Delano & Amy Nelson
 Victoria Novitch
 Catherine Olson
 Charles & Margaret Opp
 Ken & Nancy Pedersen
 John Peichel
 Thomas Peichel
 Carolyn Phelps
 Mary Pick
 John & Laura Pietruszewski
 Donald M Pizzella
 Irene Qualters
 Jennifer Rockhill
 Richard & Diane Roeser
 David & Mary Ruch
 Jason & Cheri Rumpca
 Steve & Sally Scallon
 John & Rebecca Schimdt
 Vanessa Schulte
 Gary & Lynn Schurrer
 Kenneth & Bonita Sindelir
 Karen Spangenberg
 Helen Stillwell
 George & Josey Vania
 Dee White
 Lawrence & Linda Wilford
 Marion Williams
 Jodi Witte
 Mark & Rebecca Wolters
 Brian Zeller
 Washington County Employees

Community Organizations

American Legion Post #48
 Bolder Options
 Pineridge Garden Club
 St Paul Park-Newport Lions Club
 Stillwater Elks #179

Community Events

Beanie's at Maui's Landing
 Annual River Rat Fishing
 Tournament
 Newport Lutheran Church Social
 Ministries Offering
 Women of All Saints Lutheran
 Church Holiday Fair

Local Businesses

3M Cottage Grove
 LSP - Cottage Grove, L.P.

Supporting Communities

Bayport
 Cottage Grove
 Lake St. Croix Beach
 Lakeland
 Lakewood Shores
 Maplewood
 May Township
 Oak Park Heights
 Somerset Village
 St. Mary's Point
 Stillwater
 Stillwater Township
 Woodbury

Foundations

Andersen Corporate Foundation
 Fred C & Katherine B Andersen
 Foundation
 Hugh J Andersen Foundation
 Gordon & Margaret Bailey
 Foundation
 The Otto Bremer Foundation
 Hardenbergh Foundation
 Hubbard Broadcasting
 Foundation
 Lakeview Foundation
 Pohlad Family Foundaiton
 Margaret Rivers Fund
 St. Paul Foundation
 Management Improvement
 Fund
 Terry and Michael Hoffman
 Family Fund
 Lee S & Dorothy N. Whitson
 Fund
 Target Foundation

Public Support

Minnesota Youth Intervention
 Programs
 Washington County Community
 Corrections
 Somerset Village (Wisconsin
 Office of Justice Assistance)
 New Richmond Schools
 Park High School
 Somerset Schools
 St. Croix Central Schools
 Stillwater Area Schools

Tee One Up for Kids

ACE Sponsors
 The Otts
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 3M Cottage Grove Abrasives
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 3M Cottage Grove Resource
 Recovery
 3M Cottage Grove Tape Process
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 Foley, Kalseim & Co Ltd
 Knefelkamp & Associates

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Jay Feider
 John T Hall
 Bill Hutton
 Mark Kuppe
 Bill Manke
 Doug McNurlin
 Dennis Moriarty
 Pat Olson
 Thomas Peichel
 Paula Runze
 Robert Sanberg
 Jim Schug
 Vanessa Schulte
 Tim Thone
 Dave Wendt

Donations
 Forrest Anderson
 Ed's Trophies

Door Prizes
 3M Cottage Grove
 Axel's at Prestwick
 Bulletin License Center
 Corb Hopkins
 Famous Dave's-Woodbury
 Gene's Tax Service
 Hudson Golf Club
 Linn Companies
 Mineral Silk
 Minnesota Twins
 Minnesota Vikings
 Minnesota Wild
 Alisha Olson
 River Falls Golf Pass
 Rock Biz

Rose Floral
 S & T Office Products
 Spangenberg Walking Sticks &
 Canes
 Spartan Promotions
 Stillwater Motors
 Sunsets
 Tinucci's Restaurant & Catering
 Water Street Inn
 Xcel Energy

South Washington County Garden Tour

Major Gifts Sponsor
 Bailey Nurseries Inc
 Renaissance Charitable
 Foundation - John & Marla
 Simmet Family Fund
 Thrivent Financial for Lutherans
Corporate Sponsor
 Bachman's
 Buell's Landscape Center
 Composting Concepts
 Linn Companies
 Marathon Petroleum Company
 Tennis Sanitation
Executive Sponsor
 Arbor Hill Tree Farm

Linder's Greenhouses, Inc
 Out Back Nursery, Inc
 Rumpca Services Inc.
 Shafer Signs
 The Tree House Inc
 Whispering Gardens

Memorials

*In memory of Daniel & Chad
 Hugh & Majel Carroll*

*In memory of Oliver Zlonis
 David Koenig
 Robert Unruh*

In memory of Brian Nelson

Mary Axtmann
 Chris Christensen
 Marlo Dahl
 Bruce Gengnagel
 Richard Kaderlik
 Harry Nieman
 Joe Prickett
 Geraldine Schuler
 James Stoker
 Daniel Sullivan
 Christine Wallberg

In memory of Jim & Dorothea Fish

*In memory of Patricia J Parks
 Bruce Gengnagel*

United Ways

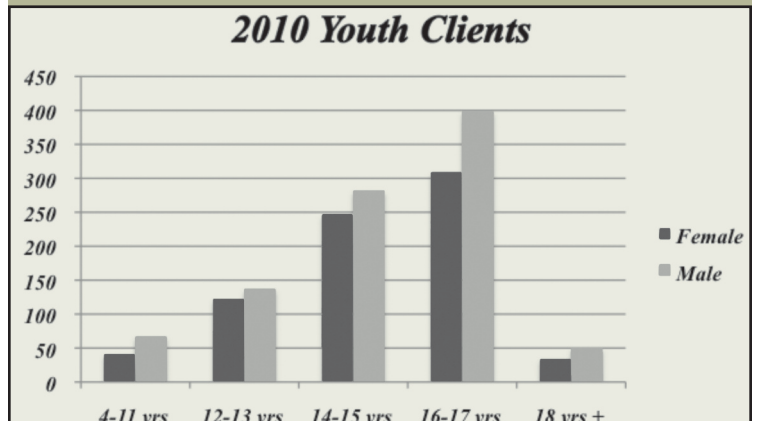
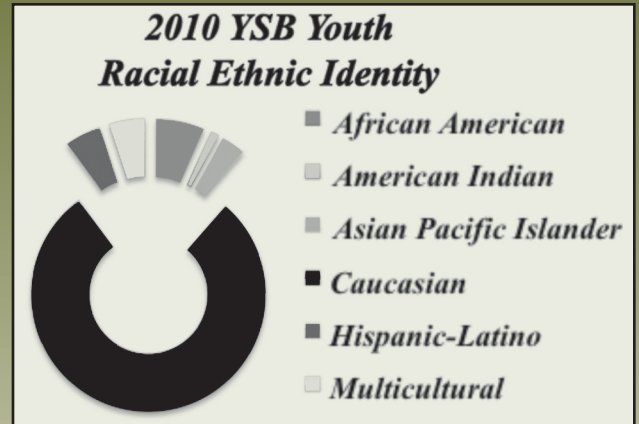
St. Croix Valley
 Washington County East

Honoring

In honor of Paul Weiler
 Howard R Albertson
 John Baird
 Deanna J Coon
 Joyce Flynn
 D Jo Gascoigne
 Mary Gillespie
 Jack & Carol Lavold
 Roberta Opheim
 Carolyn Phelps
 Paul & Peg Quinn
 Don & Char Schuld
 Lorraine T Weiler
 Sue Weiler
 Eloise Zaniewski
In honor of Crosswinds
 Roger Kocinski

YSB CLIENTS

YSB provided 1,286 services to 1,700 youth and families from:
 Central and South Washington County; MN, Maplewood, MN;
 St. Croix County, WI; & Pierce County, WI



Community Justice Programs

Kaylee's Story... Here we go again. Why don't the cops just leave me alone. Marijuana should be legal anyway. And what's the deal with drinking. My use isn't hurting anyone. Now this YSB person wants me to fill out these questions. Like it's going to change something.

She wants me to talk about my scores. So yes, maybe I am using more often. I not addicted or anything, but the buzz sure helps. I can't believe it. YSB staff is willing to help me get my use down a little. None of the preaching or cold turkey. I guess I could try it. It's only three times.

I'm back at YSB for Teen Intervene. We're talking about the things I like and my dreams for the future. We talk about home, my passion for snowboarding, and my hopes to earn a college degree. We make a plan together, so I can reach my goals. Finally, I understand: The alcohol and drugs are getting in my way. I can be the person I want to be if I get rid of the things that are holding me back.

It is amazing. As I focused on my goals and left the chemical behind, things got better at home. We feel like a family again. I realize now that they really do care about me.

Making mistakes is normal. How youth learn from those mistakes varies. YSB provides support, guidance and accountability as youth gain the knowledge and build the skills to make better choices. Staff uses a variety of intervention resources that are tailored to fit each individual youth and family. 1056 youth used 1900 different community justice programs during 2010.

Results

==> A year later, 91% of youth who had a first offense in 2009 did not have any additional offenses during the rest of 2009 or in 2010. Without intervention, only 60% are expected to avoid another citation.

==> 22% of youth completing a general assessment were connected to professional services for therapy or chemical use assessment or treatment.

==> 92.5% of youth retained 90% of key concepts presented during their awareness class.

==> YSB early intervention programs save the community \$8 in future social costs for every dollar invested in YSB services.

2010 Activities

- Awareness Classes – gain knowledge and decision making skills
 - Chemical Health Awareness (alcohol & drugs) – 215 youth with parents
 - Fire Awareness Program (fire setting) – 29 youth with parents
 - Health Awareness Program (tobacco) – 55 youth
 - Peaceful Alternatives Class (conflict) – 108 youth with parents
 - Theft Awareness Program (shoplifting) – 225 youth with parents
- General Assessment – 534 youth with parents
- Teen Intervene – 41 youth with parents
- Restorative Justice interventions – 113 youth
- Community Work Service – 580 youth, parent participation optional ■

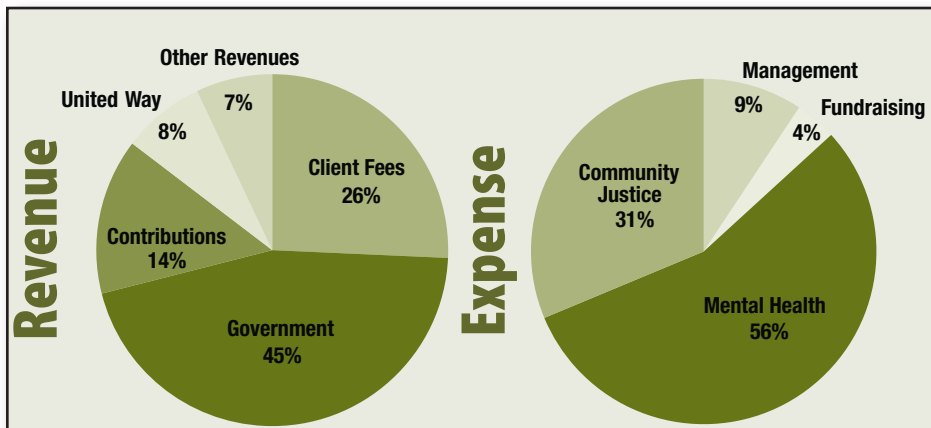
Transitions

YSB recently welcomed several new staff. Kay Schwebach established a goal several years ago to become a counselor at YSB. This winter, her wished was granted. Says Kay, "This is the work I wanted to do when I became a therapist." She works full time out of the Woodbury YSB service center.

YSB bookkeeper Debbie Campbell moved to the Stillwater service center, leaving a vacancy for an administrative secretary at Woodbury. Nicole Henrichs is now greeting and scheduling Woodbury clients and supporting the early intervention staff. Nicole is experienced in handling crises calls, a skill that she will use at YSB.

YCAPP returned to Stillwater with the spring semester. Jamie Nupen took on the new part time Social Worker position, assisting students with identifying issues, developing strategies to resolve them and facilitating re-entry back to the referring school. She's excited about connecting with students, finding their strengths and easing their transition back to the regular classroom.

Clinical Director Mike Huntley took on an expanded role in late November as part of the transition in agency leadership. Mike is now the Director of Programs for YSB, overseeing all the work with clients. His only regret is that his counseling hours were scaled back to just two days a week to accommodate his increased leadership responsibilities. ■



Please visit www.ysb.net for the full 2010 audit.

2010 Operations

Revenue	
Client Fees	\$290,312
Government	511,768
Contributions	161,863
United Way	86,035
Other Revenue	79,266
Total	\$1,129,244
Expense	
Management	\$107,156
Fundraising	44,696
Mental Health	638,066
Community Justice	359,619
Total	\$1,149,537

YSB News, Spring 2011

Look inside for...

2010 Annual Report

A Community Asset

Spirit of the Mission

Youth Focused Family Counseling

School Based Services

2010 Supporters - THANKS!

Community Justice Programs

Transitions

New Leadership Moving Forward



101 West Pine
Stillwater, MN 55082



Community Partner



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St. Paul, MN
Permit No. 4170

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to receive occasional
YSB emails

New Leadership Moving Forward

Much of 2010 was about saying goodbye to founding director Paul Weiler and finding the right person to keep YSB moving forward. Mary Planten-Krell was selected in October and was able to devote part of December working with Paul getting oriented to the organization and the community.

Mary comes to YSB following nine years as the CEO at Face to Face in St. Paul and a long history of leadership in the health and human service fields. She brings strong skills in fundraising, community partnerships, public advocacy, finance and integrated programming.



help us move forward. We're thrilled to welcome her to YSB."

"YSB feels like the right place for me right now. I'm excited by the organization's focus on youth, its

"While it is always difficult to replace a founding director," reports Board Chair Paula Hemer, "we are very fortunate to find Mary. She immediately connected with our strategic plan and our values, while bringing a new array of skills to

reliance on evidence-based intervention and prevention approaches and the way it connects with local communities," says Mary.

"I was looking for an organization that really connects with my skills and dreams and I found that at YSB. It just feels like the right place for me to be at this point in time," she continues.

During the first several months, Mary is continuing to connect to YSB friends and supporters and becoming familiar with the work of the staff. "I discovered that our YSB staff really are the "youth experts." Our staff understands how youth think and develop, then use that knowledge to provide timely interventions that improve young lives and build strong families. I'm proud to be part of this organization" ■