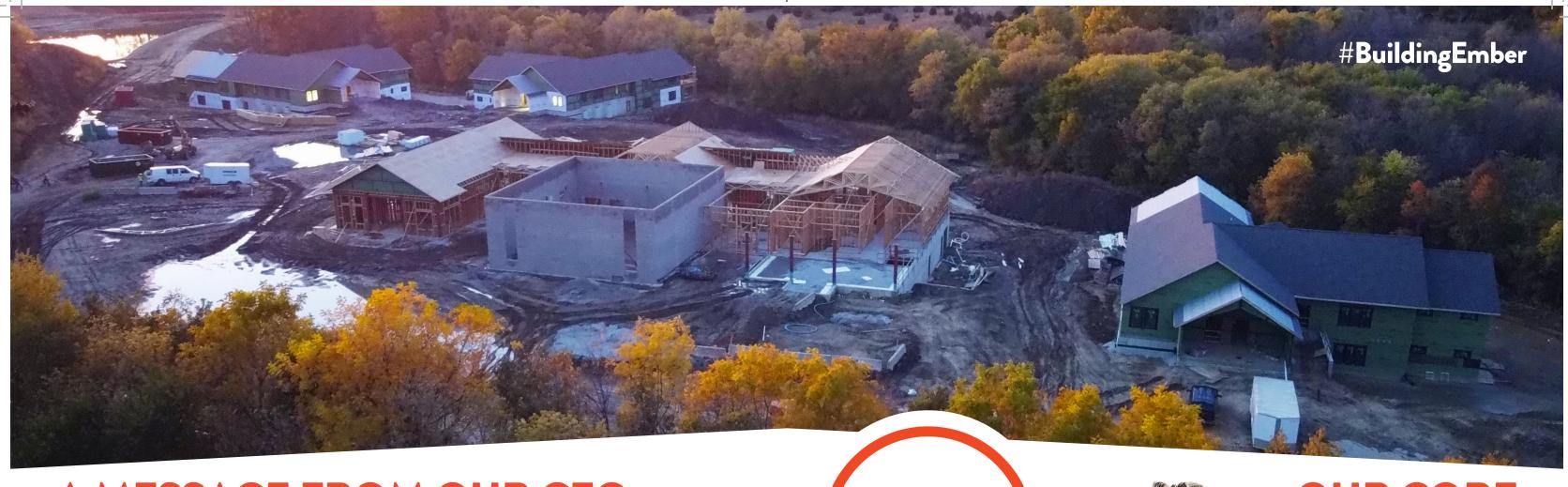
# 2023 IMPACT REPORT



THE POWER OF CONNECTIONS



# A MESSAGE FROM OUR CEO

## Dear friends,

hen I think of our journey at YSS, two words always come to mind: Hope and Opportunity. This year, more than ever, these words have been the lifelines we've extended and received in return, forging deeper connections that echo our mission - to create hope and opportunity by putting kids first.

Our vision paints a world where our youth are not only valued but are empowered to stand strong. I'm in awe as we've seen this come alive through the voices and experiences of our youth over the last year. YSS took several steps furthering our commitment to authentic youth engagement demonstrated through AMP's youth driven legislative agenda, approving compensation for youth providing lived experience, integrated youth input into Ember Recovery Campus design, and hiring more YSS alumni in key direct care and leadership positions!

At the heart of this year's accomplishments is the power of connections. With a goal to create (and count) 1 million intentional and substantive connections across health, self-sufficiency, education, and safety by our 50th anniversary in 2026, we are more committed than ever. These are not just connections between us and the youth we serve, but those that intertwine our more than 300 dedicated YSS'ers, many of whom, like myself, have personal ties to this life-changing mission impacting more than 10,000 individuals annually.



Beyond numbers, it's the stories that matter. Stories of resilience, triumph, and transformation. Stories written through existing programs, and those envisioned through Ember Recovery Campus, soon to bring 70 nature-based, trauma-informed, experiential behavioral health beds to lowa, marking the state's largest investment in children's behavioral health in a generation.

What excites me most is not just where we are, but where we're headed. The upcoming ribbon-cutting at YSS of North Iowa, the expansion of therapy services in Des Moines, and the anticipation of Ember

Recovery Campus are but a few examples. As you look through these pages, be proud. Each one of you plays a pivotal role in this journey. Your unwavering support, trust, and belief in our mission not only fuel our daily operations but elevate our aspirations.

Let's move forward, together, continuing to place our kids first, and transforming their stories of despair into narratives of hope, strength, and infinite opportunity.

July Mh

President & CEO ('95 Alumnus)



**VALUES** 

COMMITMENT

**COLLABORATION** 

**COMPASSION** 

**INNOVATION** 

**INTEGRITY** 

'CAN-DO' SPIRIT

# **OUR MISSION**

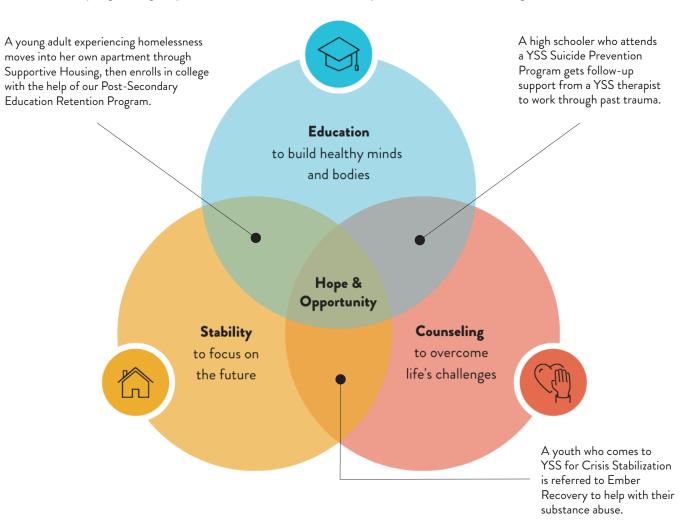
To create hope and opportunity by putting kids first.

# **OUR VISION**

A world where youth are valued and empowered to stand strong.

# HOW WE CREATE CONNECTIONS

YSS empowers youth by providing education, counseling, and stability. We provide a continuum of care. Our programs give youth and families the tools they need to succeed throughout their lives.



#### **AREAS OF FOCUS**

#### Afterschool Care

Offers before/afterschool and summer care for elementary kids

#### **Crisis Stabilization**

Provides short-term care with 24-hour supervision for youth experiencing an acute behavioral health issue

#### **Emergency Shelter**

Offers a safe place for youth in crisis, with food, clothing, hygiene items, and support

#### Foster Care Advocacy

Empowers foster care youth and offers assistance for young adults who age out of the system

#### Homeless Youth Services

Helps at-risk and homeless youth by providing drop-in services, daily meals, and street outreach

#### Individual and Family Therapy

Provides counseling to clients of all ages using a variety of therapeutic approaches

#### Mentoring

Builds positive relationships through schoolbased and community-based mentoring

#### Pregnancy and Parenting Education

Offers parenting education and supplies for pregnant women and young mothers

#### Post-Secondary Education Retention

Helps young adults meet education goals through case management, tutors, job assistance, and financial planning

#### Prevention

Prepares kids to make good choices through school and community programming

#### **Residential Addiction Treatment**

Provides an evidence-based recovery program for youth with substance use disorder in a safe, homelike atmosphere

#### Supportive Housing

Offers individualized support and rental assistance for homeless young adults



We create more than 200,000 connections each year to keep youth and families healthy, educate them on issues that impact them, give youth confidence to be self-sufficient, and most of all to make sure they feel safe.

91%

of youth and families reported an increase in overall health

88%

increased understanding of issues that impact them because of YSS education

94%

identified they have learned skills/been provided resources to attain self-sufficiency

92%

feel increased safety after being involved in YSS services











# YSS has re-branded its long-standing and highly successful residential addiction treatment program as "Ember Recovery." More than 5,000 youth have come through YSS's doors seeking help. Although the

#BuildingEmber

# program, staff, and mission remain the same, the new brand will help the organization reach even more families and prepare for expanded services when the new Ember Recovery Campus is completed.

# 66 I felt like I could be myself more. It wasn't like an institution and that's what I really enjoyed about it.





FIND US ONLINE: EMBERRECOVERY.ORG





# MAKING CONNECTIONS

#### JACK TRICE STADIUM TOUR

Youth from Rosedale Shelter toured Jack Trice Stadium and learned about field maintenance from the turf and grounds team.

#### SIXTH AVENUE FLATS

YSS announced the completion of our new counseling offices at Sixth Avenue Flats in Des Moines. The apartment building has been open for a year and offers affordable housing for youth who have aged out of foster care.

#### YSS OF NORTH IOWA

YSS renamed its community-based center in Mason City to "YSS of North Iowa." Previously known as YSS Francis Lauer, the organization kicked off construction on the final phase of a \$4 million renovation.

#### **COMMUNITY LEADERS**

YSS held its recognition luncheon, where we honored our community of donors, partners, staff, alumni, friends, and families who support YSS's mission and make a difference in the lives of youth across the state.

#### **VALUABLE TO THE CORE**

YSS held its Core Value Awards to recognize staff that exemplify each of our core values and go above and beyond for our clients.

#### **NEW TEAMMATES**

Iowa State athletes Jaylin Noel, Nyamer Diew, Tamin Lipsey, and Drake's Tucker DeVries joined the YSS Ambassadors program.



Foster care youth presented their legislative agenda at the annual AMP Day on the Hill. Gov. Kim Reynolds spoke, and YSS youth and staff shared their lived experiences.

AMP DAY ON THE HILL

#### THE SEASON OF GIVING

In December, generous donors purchased 2,168 gifts to fulfill 542 individual wish lists as part of the YSS Holiday Giving program.

#### **OPEN FOR BUSINESS**

YSS opened our ninth Kid's Club location at Colo-Nesco Community School District, offering a safe, enriching space for children.

#### LOOKING AHEAD

Nyssa and Patrick were named the 2023 recipients of the YSS Mary Ann and Jim Black Collegiate Recovery Scholarship.

#### **WASHINGTON DC FLY-IN**

YSS was part of a sponsored delegation that participated in the Washington D.C. Fly-in to meet with elected officials.

YSS held its annual Kids Club Olympics. Events consisted of opening ceremonies, a running of the torch, water play, tug of war, chill zone, tattoo station, and closing ceremonies with awards.

#### **DREAM IT. BUILD IT.**

Progress continues at the Ember Recovery Campus, where residential treatment, emergency shelter, and crisis stabilization programs are on track to open in 2024.

#### **POWER OF POSITIVITY**

Nearly 1,000 seventh graders participated in the annual Teen Maze - an experiential event which covers key topics for teens and encourages positive decision-making.

#### **NONPROFIT LEADERS**

YSS was one of three nonprofits picked for Gov. Kim Reynolds' inauguration and received proceeds from the Inaugural Committee.

#### **NOAH'S STORY**

## "It makes me feel good knowing I'm impacting someone else's life, just like my mentor did for me."

When Noah was in second grade, he moved in with his grandparents while his mother struggled with substance use. Amidst the turmoil in his personal life, Noah found stability through the YSS Mentoring program.

His mentor, Macy, came to his classroom once a week to eat lunch with him, play games, and ask how he was doing.

Those interactions made all the difference for Noah and gave him something positive in his life when he needed it most.

"It was a life-changing experience,"
Noah says. "I was shy and didn't let many
people in, but I looked forward to seeing
Macy every week. It helped having someone
to talk to."

Now a student at Boone High School, Noah went from being a YSS mentee to a YSS mentor.

At the beginning of his sophomore year, Noah's school sent an email about applying to the YSS Mentoring program—and he immediately jumped on the opportunity.

He wanted to become a positive role model to someone else—just as Macy was to him.

This year, he is mentoring a young student at the local elementary school. Noah explains that his mentee also lives with his grandparents, so Noah can relate on a deep level and offer personal advice.

"Every week on my lunch hour, I drive to the elementary school and we play games—Trouble is his favorite," Noah explains. "His teacher always says how he can't stop talking about me, and he can't wait until it's Thursday."

Teachers report that YSS mentees are better students and develop positive behavior in the classroom. A recent YSS survey found that 92% of youth reported their relationship with their mentor is important to them.

# **EDUCATION**

We believe early awareness gives youth the tools they need to stay on the right path — and prevent serious issues down the road. YSS educates kids and families to make healthy choices and prepare for the future.

99%

of YSS Kids Club
youth maintained or
increased their academic
performance and
positive social
interactions

272

youth impacted by YSS Mentoring Programs

# COUNSELING

We provide counseling to help youth overcome obstacles and heal with compassion. From residential treatment for substance use disorder to family therapy — YSS is

here to guide youth and help them live their best lives.

91%

of addiction treatment graduates gained the coping skills to stay sober

1,788

clients served in outpatient therapy



#### **CJ'S STORY**

# "The first day that I got there it felt so different than any other place I'd ever been to."

After the death of his father and grandmother at a young age, CJ began using. First, he was introduced to smoking. Next, he had his first drink as a sixth grader.

"I was so depressed. I was so ... lost," CJ says. "As soon as I drank for the first time I was addicted right after that. I drank all the time. I started getting into a lot of trouble at school."

Finally, he started experimenting with pills in eighth grade: "The thing I was most addicted to was opioids."

He finally hit rock bottom when he overdosed by accident.

"There were a lot of times I would use and pray that I wouldn't wake up because I was so messed up in the head and so addicted to the things I was doing," CJ says.

He went to a pair of rehab clinics. He relapsed after release from the first. Of the second he says: "I actually was using while I was in there."

He was kicked out. Then he relapsed again. Then he overdosed again.

Back to rehab. Only this time CJ entered YSS's Residential Addiction Treatment program, Ember Recovery, in Ames. Unlike his previous centers, the Ember Recovery treatment program created a home-like atmosphere. CJ had a bedroom, chores, and an opportunity to focus on his wellbeing. He began to see light where previously it was dark.

"I felt like I could be myself more," CJ remembers.

CJ graduated from Ember Recovery. Now 18, CJ has a 3-month-old baby boy with his girlfriend, Zoey. He works at the Hy-Vee warehouse in Cherokee. He has his own apartment. He was honored with a Youth Achievement Award at the YSS McCay Awards in July. And most importantly, he celebrated two years of sobriety this year.

#### LAURA'S STORY

### "Laura got the help she needed, wanted, and deserved. She is on her way to a successful life."

When Laura\* began accessing drop-in services at Iowa Homeless Youth Centers (IHYC), a YSS organization based in Des Moines, she was living on the streets and struggling with substance use. Although the resources from IHYC helped her situation, Laura needed housing to find true stability.

With the help of YSS, Laura was able to move into her own apartment through the organization's Supportive Housing program. Having her own place and receiving ongoing support from YSS staff was just the thing she needed to get her life on track.

When Laura moved in, YSS helped furnish her apartment and made sure she had food. The transition was understandably difficult; overnight, Laura went from survival mode to self-sufficiency. But she continued to reach out to staff for assistance.

During her first year living at her new apartment, Laura engaged with mental health services at IHYC, where she developed trust with her therapist and began her journey toward sobriety. She went through the paperwork to get an emotional support animal in her apartment, which taught her responsibility. After Laura obtained all her vital documents, she enrolled in college as a full-time student.

Today she is still sober, staying in constant contact with her sponsor, and forming positive connections to keep her motivated. Laura worked with her YSS advocate to be accepted into the mainstream voucher process so she can begin the steps to move into Section 8 housing. This will provide her with long-term rental assistance until she graduates and can earn a living wage.

All this was possible thanks to the security and stability of an apartment. When she obtained housing, Laura could finally focus on her goals.

\*name changed to protect identity

# **STABILITY**

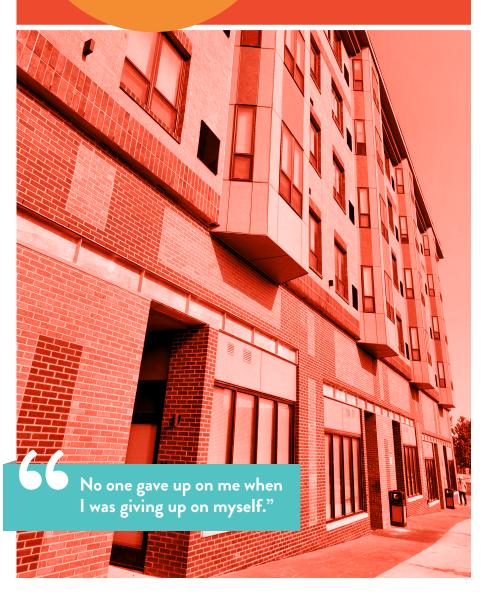
Youth need to feel safe and secure before they can truly focus on their future. YSS offers stability for our clients, providing a strong and constant support system throughout their entire journey.

2,656

visits between YSS
Aftercare advocates
and youth who aged
out of foster care

5,040

overnight stays in emergency shelters



#### **SENIOR LEADERSHIP**





President, CEO, and '95 Alumnus



BELINDA MEIS

Chief Operating Officer



MARK VANDERLINDEN

Chief Financial Officer



KARA WARME

Chief Development Officer



LISA HOFFMAN

Exective Assistant and nt Special Projects Coordinator

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Jim Black

Mariah Bolton, Youth member

Jeff Brinkley

James Bucher, *Chair*Tim Day

Meri Edel

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Christy Krause

David Lee, Youth member

Lindsey Long, Secretary

Stacey McDonald

Randi Peters

Mike Phillips

Monica Porter

Hilary Seo William Underwood

Dr. Toyia Younger

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Taylor Williams

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Jamie Wingfield

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Connie Ingraham, Co-chair

Kandy Martin

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ŭ

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Alison Kanne

 $Nathan\ Lentz$ 

Magda Lippold

Anupam Mittra

Mary Oliver

Amy Peters

Amy Peters

Abi Reiland

Bridget Shapansky

Sandra Suarez

Terrence Thames

Betty Torgerson

Jeremy Weiss Patrick Willer

Libby Zaletel

#### COMMITTEES

Story County Juvenile Justice YSS Diversity, Equity, and Inclusion

YSS Facilities and Risk Management

YSS Finance and Audit

YSS Foundation Finance

and Investment

YSS Friends and Holiday Giving

YSS Personnel Practices
YSS Prevention Policy

133 i revention i one

YSS Public Policy

1

# **DONOR SPOTLIGHT FOSTERING HOPE**

Jan Beran keeps a small, weathered birthday book. Printed perfectly on the pages are the names of the 40plus kids Jan and her husband, George, welcomed into their home as a foster family for YSS. The first - a boy — was in 1981.

"He stayed a little over two weeks," Jan points out, looking at the entry.

For more than 20 years the Berans fostered boys and girls in their home. The last — a mother and her baby — stayed in February 2002.

"For some of the kids that was the first time they sat down for a meal." Jan recalls.

It's been more than two decades since being a foster family. But the contributions to YSS haven't stopped. Jan has served on multiple boards, and in the latest chapter her family donated \$500,000 to Ember Recovery Campus.

"They are doing such important work, we thought we could share," Jan says. "We wanted to be a part of it."

Important work is something Jan and her husband – who resides in memory care – know a lot about. For 13 years they were missionaries in the Philippines. Jan has been a youth group leader, Sunday School teacher, and has held many leadership positions in professional organizations. The Berans have touched countless lives. One boy, who lived with the Berans for eight months, was so inspired he, too, became a foster parent.

"He and his wife and children stopped at our house," Jan remembers. "And we learned that two of the three children with them they had adopted because their mother was in prison."

The Berans' impact on youth is immeasurable from providing a healthy, safe environment for youth to their donations to Ember Recovery Campus - they have put kids first for over 40 years.

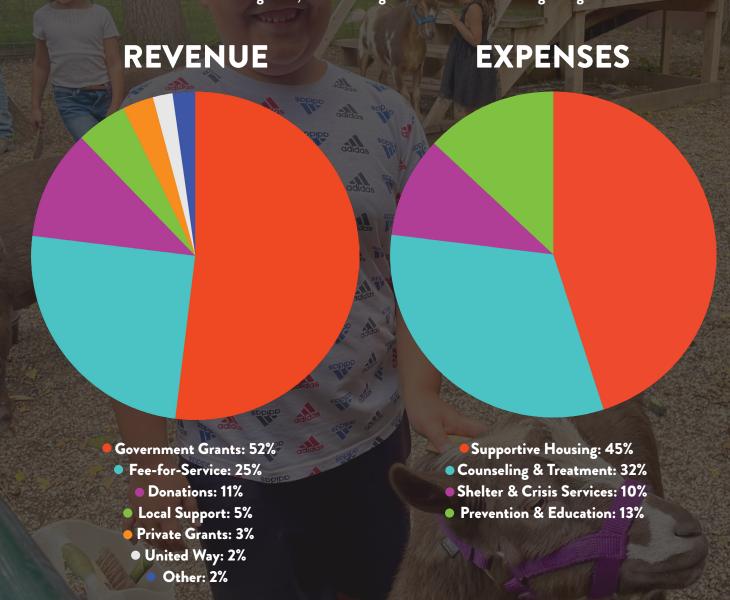


# For some of the kids that was the first time they sat down for a meal.

# FINANCIAL STATEMENT

ANNUAL FUNDRAISING: \$2,054,090

Thanks to our generous community of donors, partners, and volunteers, YSS is able to offer hope and opportunity to those who need it most. With your help, we can continue investing in facilities, people, and programs that fill gaps in our communities. Together, we're making a difference and building a brighter future.





#### INSPIRING THE NEXT GENERATION

We started a family charitable giving account, and we all contribute to it. Each year we talk about who and how we want to help. Watching the joy it brings them to know they are making a difference for others makes it even more special.

- Erin Wendt on why she and her husband, Noah, support YSS programs and are teaching the importance of philanthropy to their two daughters

# SPECIAL RECOGNITION

Variety -The Children's Charity \$1,000,000

Sharon and Jeff Becker \$500,000

Underwood Family Foundation \$275,000

Valerie and Murray Wise \$100,000

Community Foundation of Greater Des Moines \$100,000

Erica and Matthew Campbell \$70,000

# **2023 IMPACT CIRCLES**

Based on combined giving from July 1, 2022-June 30, 2023. Corrections, contact Sarina Flathers: sflathers@yss.org

# **CHAMPION: \$25,000+**

Archer Daniels Midland Co.
Sharon and Jeff Becker

Jan and George Beran Adele and Dean Bowden

Margaret Brennan Estate Gift

Erica and Matthew Campbell

Carlson Family Foundation

City of Des Moines

Community Foundation Great River Bend

Community Foundation of Greater Des Moines

Cornerstone Church of Ames
Farrer Endowment Foundation

Donna and Bob Furleigh

Kinney-Lindstrom Foundation, Inc.

Linda and Tom Koehn

Lohse Family Foundation Fund

Wanda and Doug McCay

Maxine Packard Estate Gift

National Philanthropic Trust

Nationwide

Polk County Board of Supervisors

Emily and Jon Sargent

Susan and Philip Sargent

S.L. Moore Charity Foundation

Vicki and Steve Sukup

Sukup Family Foundation

Mary Jill and Joseph D Thoreson

Pat and O Jay Tomson

**Underwood Family Foundation** 

Variety - The Children's Charity

Valerie and Murray Wise

Kathleen and Larry Zimpleman

# **EMPOWER: \$9,999-\$5,000**

Availa Foundation

Jodi Baldner

Boone County Community Foundation

Sue and Gary Clem

Rowena Crosbie

Lynell M. Dougherty

Des Moines Area Association of Realtors Foundation

Deb and William Fennelly

Allison and Jim Fleming

Clare and James Frevert

Jennifer and Irving Hahn

Emma and Doug Houghton

IMT Insurance Company
Judith and Richard Jacavino

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Lowrey Charitable Foundation

Marshalltown Area United Way

McFarland Clinic Business Office

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Shannon and Courtney Wooge

# TRANSFORM: \$24,999-\$10,000

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Pat and Louis Banitt

Heidi and Joseph Barrett

Mary Ann and Jim Black

Lori and Jay Brown

Kelly and James Bucher

Sarah and Ben Buck

JoAnn and Curtis Clark

John K. & Luise V. Hanson Foundation

Community State Bank

Community Foundation of Marshall County

First Citizens National Bank Charitable Foundation

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Honoring Neighbors Foundation

Dean Hunziker

Jill and Todd Klindt

Midland National Life Insurance Company

Mulready Koehn Foundation

Leonard Good Trust

Henry G. and Norma A. Peterson Trust

Prairie Meadows

Dr. Cosette and Dr. Louis Scallon

**Evelyn and Richard Shibles** 

The TJX Foundation Inc

**US** Bank

Wells Fargo Foundation

Erin and Noah Wendt

# **INSPIRE: \$4,999-\$2,500**

100 Women Who Care Marshalltown

Jackie and Clifford Abbott

Amy and Dustin Abels

Hollie and Andrew Allen

Ann C. Keyser Charitable Trust

Assistance League of Marshalltown
Benevolent & Protective Order of Elks

Bertha Stebens Charitable Foundation

Laura and Eric Boatwright

Bolton and Menk

Charles City Community Fund

Cerro Gordo County Community Foundation

Danfoss Distribution Center

Des Moines Scheels

Elizabeth Muse Norris Charitable Fund

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**Graphite Construction Group** 

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Schiller Family Foundation

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William Morrison Trust

Woodruff Construction, Inc.

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Paula Chizek

**Brandon Choos** 

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Laliza Condon

Jennifer Connor

Conrad

Jonathan Cook

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Melissa and Rodney Copple

Mary Beth Oostenbrug

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