

Youth Crisis Center, Inc.

Volume 2. Issue 3

January 2021 -March 2021

The Best Parts...

The Youth Crisis Center, Inc. has been providing services to youth and families since the early 1980's. In that time, YCC team members, board members, volunteers, and other partners have provided emergency shelter, crisis intervention, and group home services to **thousands** of youth and support to their families. Of all of the life-changing impactful efforts made by so many people we wanted to share the BEST parts of what we do.

The best parts about what we do at YCC (from team members):

"We provide hope to the hopeless."

"We give families the opportunity to breath and give them some space to do this while providing support..."

"Providing kiddos a safe place to stay."

"We provide the option for a better future..."

The best parts about YCC (from families):

"..assuring educational needs are met... providing housing for a child awaiting placement..."

"I appreciate the meeting with the social worker & her follow up phone call at the end of the week."

"keeping my child safe during an incident."

"providing safety for my son"

"helped my child understand that running away isn't the answer"

"...the information we received helped at home."

YCC Safety Services

Crisis Shelter Services
July 2020 - March 2021

- I,239 nights of stay
- 280 youth served
- 264 crisis intervention meetings
- 45 safety plans
- 3,116 meals
- 143 hours of support group

The best parts about what we do at YCC (from board members):

"YCC staff care about kids!"

"YCC prioritizes the safety of kids!"

"No other agency provides this Mission in Natrona County."

"When my son was in run-away and rebellion mode, the Crisis Center was a God send. He was safely housed and got some much needed advice that really helped. YCC is a blessing to Casper families."

"The agency is a very good steward of scarce resources."

Don't forget to "like" us on Facebook

@casperyouthcrisiscenter

Making Snow Ice Cream!

(Written by Maddie R. - BSW Student Intern)

Casper was hit with a record breaking storm in February. The snow started falling on the 10th and continued falling for almost a week! This caused schools across the district to be cancelled for multiple days and gave our youth some extra free time. One activity we found to engage with youth was to make snow ice cream. This was a big hit for the youth we work with and we made snow ice cream with them several times.

Making snow ice cream was a great interactive activity to involve youth; plus, it's an easy recipe that everyone normally has on hand!

This is a fond memory I will carry with me and I hope the youth will as well.



Snow Ice Cream Recipe

(from gimmesomeoven.com)

I cup of milk (any kind)

I/3 cup of granulated sugar

I tsp vanilla extract

I pinch of salt

8 cups clean snow (or shaved ice)

Any "mix ins" preferred (Oreos,

M&M's, chocolate chips, etc.)

Instructions:

I - In a large bowl, whisk milk, sugar, vanilla, and salt together until combined. Add snow/shaved ice, and immediately stir it into the milk mixture until you reach your desired consistency. (The ice cream should be fluffy, not runny, but it melts quickly so dive in quickly.)

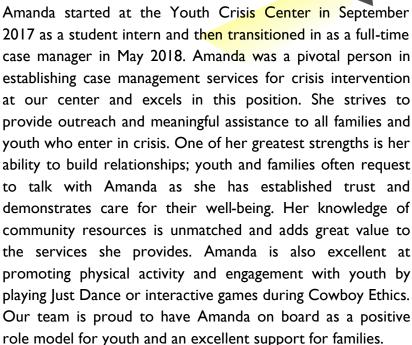
- 2 Top with sprinkles or other "mix ins" you desire.
- 3 Enjoy!

Team Member Spotlight



(Written by Pam Mann & Ashley Mikels)

Amanda W. CSW - Case Manager Making a Difference Every Day

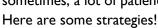


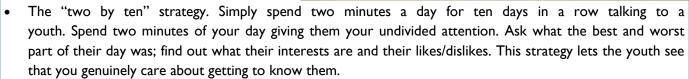
The Power of Connection

(Written by Jo O. - MSW Student Intern)

YCC utilizes a trauma-informed care approach and strives to understand the whole of each individual youth we serve. Many youth struggle to develop healthy attachments and relationships with adults for various reasons. Some common examples are as a result of trauma, loss, and/or frequent changes in caregivers. Understandably, these youth often do not trust adults, professionals, or authority figures and are afraid to have a bond with someone because they have learned to focus on keeping themselves safe rather then investing in a relationship

where they might get hurt. They develop these walls for good reason. So how do we begin to break them down and make a difference in these kids' lives? **CONNECTION!** There is huge power in connection. One trusting relationship can have the power to make all the difference in a kid's life. At times it may feel like they are trying to make everything difficult for themselves and others but when you hear the stories behind the behaviors, you learn that these kids are hurting. Building a trusting relationship with youth can take time, require some creativity, and sometimes, a lot of patience.





- Mirror their body language, posture, and/or facial expressions. They might be sprawled out on a couch, laying on the floor, or spinning in a chair. Mimic what they are doing. They might notice what you are doing, and they might laugh at you, but it will help support building a connection.
- Play cards, let them teach you a new game, go for a walk, listen to music, cook together...get creative.
- Help the youth identify their strengths and remind them of these often.
- Use silence- teenage minds are typically racing with thoughts and ideas. Let them think and talk when they're ready. There is great power in letting a kid know you will sit with them in silence and just be.

Connection with kids goes a long way! YCC staff do an incredible job at fostering healthy, supportive relationships with our community's youth each and every day.

WELCOME TO THE TEAM!

We are excited and proud to announce this quarter's newest team members!

Kelsea C. - Youth Worker ~ Kimberly S. - Youth Worker ~ Brittany S. - Youth Worker

SO GLAD TO HAVE YOU!



1656 East 12th Street Casper, WY 82601

YOUTH CRISIS CENTER, INC.

Phone: 307-577-5718 Fax: 307-577-5716

Providing emergency shelter, crisis intervention, and group home services to youth and their families.

Visit our website: www.casperycc.org





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We wish to extend a special thank you to the following partner agencies who have helped us to feed so many youth this quarter! We are grateful for your services to our Center and our community!

> Joshua's Storehouse Meals on Wheels Food Bank of Wyoming

> > THANK YOU!