

Fall 2023



CARING COMPASS

Newsletter from Teton Youth and Family Services



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Letter from Sarah



Dear Teton Youth & Family Services Friends and Supporters,

We had an unbelievable summer of building brighter futures thanks to the amazing love and support from YOU, our beautiful community. It has been so exciting watching our facilities improve and expand, knowing that these crucial resources will bring so much good to local families.

To our faithful Old Bill's Fun Run donors - we truly could not do it without you. Your generosity has provided us with incredible facility improvements and program expansion for youth in our community. And with the mental health crisis numbers that we've seen in our community for the past few years, we know that our services are more important than ever.

Hope brightens the future as TYFS proudly opens its new facility doors at the Van Vleck House and Hirschfield Centers in Jackson Hole, and begins groundbreaking on our final facility improvements at Red Top Meadows in Wilson. So many young faces will pass through these doors, ready to discover the bright futures ahead of them. Thank you for helping us be better for our community!

In deep gratitude,

Sarah Cavallaro
Executive Director



Special thanks this year to the Hughes Charitable Foundation for making a \$6M gift to ensure we have people to provide essential human services in our community.

Picture: Molly and Wayne Hughes accepting the Spirit of Old Bill's Award at the Old Bill's Fun Run Awards Party with the Human Service Council and Law Enforcement recipients.



Will you join us by becoming a partner for a purpose in 2024?

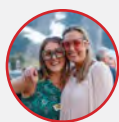
As a business partner, we can showcase your company through high impact giving and event sponsorship. We also provide service opportunities for you or your employees to volunteer at our events.

A thriving community relies on a vibrant workforce including healthy families and healthy youth. For more than 45 years, Teton Youth & Family Services has provided programming and support for our most vulnerable community members. Over the past two years, the need has nearly doubled from case management and therapeutic support for young children and families navigating trauma to residential and wilderness-based therapeutic opportunities for teenagers facing tough challenges. We believe every community member deserves a chance to thrive and be healthy.

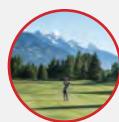
In partnership with you we can work together to help our community members find healthy paths toward a successful future.

Each year Teton Youth and Family Services must raise more than \$1.3M from private, corporate, business or foundation resources to leverage the support we get from town, county, state, and federal sources to provide our programming.

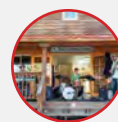
2024 EVENTS



**Shine On @
The Cloudveil**
MAY 10TH



**Annual Golf &
Pickleball Benefit**
JUNE 26TH



**Red Top Meadows
Family Picnic**
AUGUST 4TH



Red Top Meadows

Physical activity is an important component of our treatment program. Experts recommend that teens get 60 minutes or more of moderate to vigorous physical activity each day.

Benefits of exercise include:

- Production of endorphins which help a person feel more peaceful and happy
- Better sleep
- A sense of accomplishment and pride
- Feeling better in our bodies by maintaining healthy weight and strength

These benefits have all been shown to help reduce depression and build self-confidence.

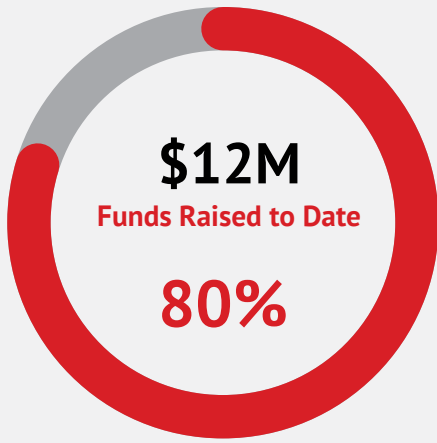
Before being at Red Top, most of our students had been fairly inactive for several years, if not most of their lives. A learned lifestyle of limited activity stems from the combination of not having the temperament or encouragement to be involved in team sports, and the popular activities of the day being video games and playing with a phone.

At Red Top, the students have physical activity twice daily – in the morning as physical education during the school day,

and again after school, before Group Therapy. On weekends, there are more extended periods of exercise, both morning and afternoon. Some activities are individual-focused such as running and X-country skiing, in which the students can proceed at their own pace and have little competition other than that which they choose to create. Other activities focus on group games and sports such as soccer and broomball, which not only provide physical activity but also multiple opportunities to learn and practice new skills such as managing emotions and learning to be a constructive member of a “team.”

All of our on-grounds exercise activities begin to prepare the boys for the physical, mental, and emotional challenges of our wilderness trips. In turn, completing the wilderness trips builds the student’s confidence in their own physical abilities and team skills, creating a cycle of positive reinforcement.

Improved health, sleep, self-confidence, and team member skills all increase the student’s ability to address and change the issues that brought him to Red Top and prepare him to return to his community with habits, confidence, and skills he can continue to use to be successful at home.



Progress to Date

Building Brighter Futures

Phase 2 – Red Top Meadows

The future is looking bright! We are delighted with the support we have received for the renovations to our Red Top Meadows facility. The estimated cost for these building updates is \$8.5M and we still have \$3M left.

As we look ahead, these key renovations will allow us to create single occupancy bedrooms, a barn and greenhouse, a gym and staff respite area, a courtyard and library, and more crucial therapeutic spaces.

Groundbreaking begins on this exciting project this October, with an estimated completion date of 2025. We can't wait to see what tomorrow holds – donate today to Building Brighter Futures!



We had a great fall at Red Top. The fall school session was one of the most successful ever. One big focus of the fall session was the Watershed Project. This is a cross-curricular program with components in Social Studies and Science. The program also included field trips to measure water quality in local streams. The residents and teachers went to Yellowstone for a three-day trip to study water quality and meet with Rangers in the National Park. It rained on the group for all three days, but attitudes were positive, and teachers reported it was a very successful trip. Our PE classes this session are field sports three days a week and running twice weekly.

Fall Wilderness was a very successful trip. The Red Top boys worked with the National Forest trail crew to rehabilitate a mile of trail in the forest. The boys were enthusiastic about their work and especially pleased that future Red Top Summer Wilderness trips would use this trail.

The first snowfall at Red Top occurred over the past week, and the boys were issued their skis for the winter. The boys were excited and immediately started tromping around the yard, with boys here last winter teaching newer residents some of the basic skills. While waiting for winter to arrive, we are finishing up fall projects like gathering, splitting, and stacking firewood and ensuring we have winter clothing and gear for all the boys.

We would love to show you the unique Red Top Campus. Contact us today for a tour.



Ribbon Cutting Ceremony

Van Vleck House and Hirschfield Center

It was an incredible turnout from the community for the Van Vleck House and Hirschfield Center Ribbon Cutting Ceremony, with uplifting and heartfelt words from guest speakers Council Member Jim Rooks, President of the Community Foundation of Jackson Hole Laurie Andrews, and Director of the Wyoming Department of Family Services Korin Schmidt.

The crucial renovations of these two buildings will allow TYFS to expand our youth leadership programming, and

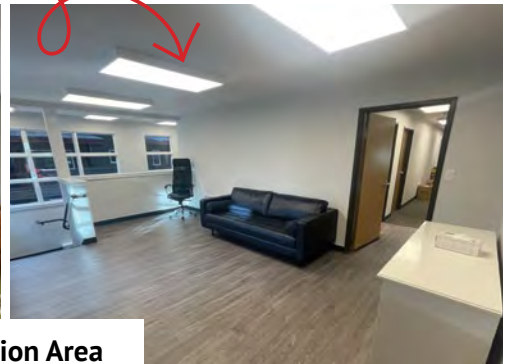
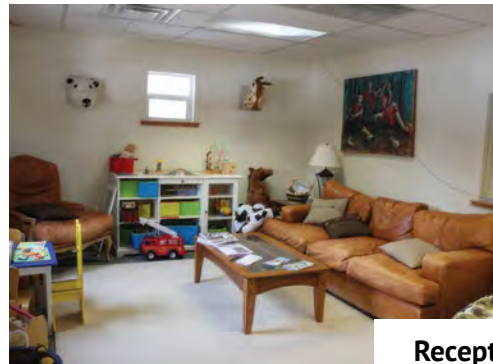
create safe spaces for youth in crisis in the community. The facility improvements also open the door to more family-oriented programming, such as parenting classes and family wilderness trips, so that families in our community are best equipped to handle the obstacles they face.

Moments like the Ribbon Cutting Ceremony, surrounded by good friends and delicious local food, help us truly see how bright the future can be. Thank you for your care and support!

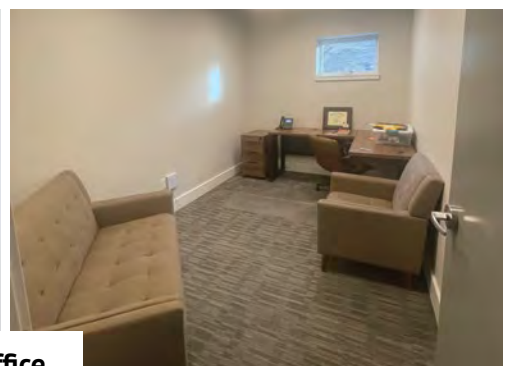
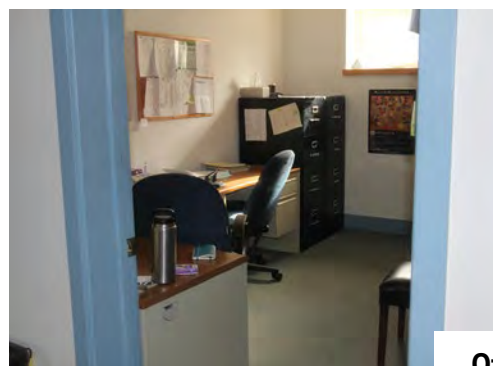
Before/After

Hirschfield Center

The remodel includes adding a welcome and waiting area, staff offices, a board room, and student study area. Ultimately, this makes the space more efficient and allows the facility to reflect the high quality of services that TYFS offers.

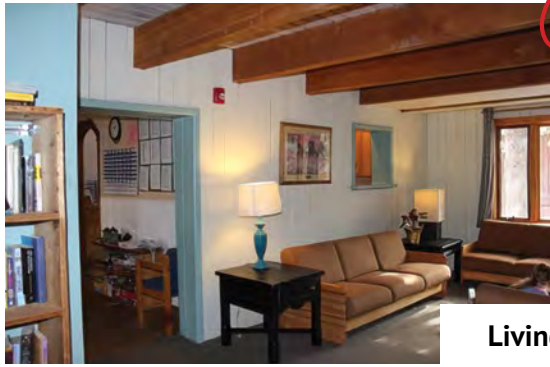


Reception Area

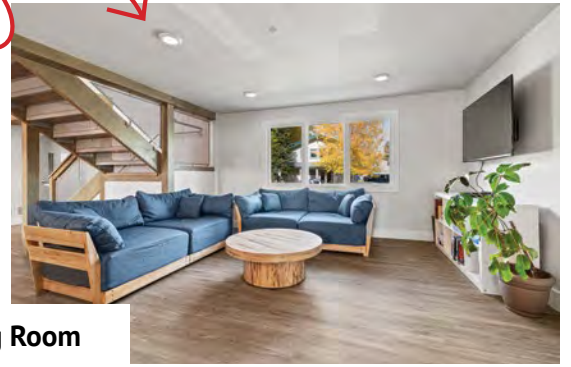


Office

Before/After

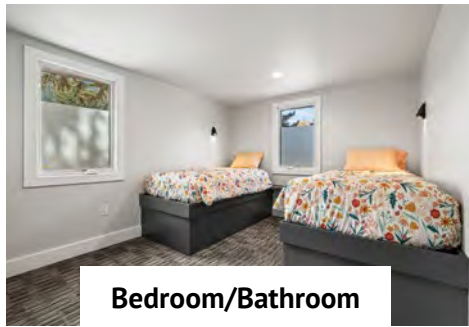


Living Room



Van Vleck House

The renovation of Van Vleck House includes state-of-the-art safety features, including a safe space for youth at risk of self-harm, a community room, 7 double-occupancy bedrooms, improved kitchen facility, staff offices and respite space, and a communal multi-use room.



Bedroom/Bathroom



Exterior/Courtyard



Dining Room/Kitchen





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TYFS Wish Lists

We are in need of various items from the following stores. Follow the QR code to navigate to these wish lists and purchase directly on these sites.



*Scan here to support
TYFS through our
various wish lists*