



**MOUNTAIN**

**YOUTH**



2022

*Annual Report*

# Values

- Trusted Leadership
- Inclusive
- Bridging Community
- Positive Youth Development

# Mission

To continuously and collaboratively improve the lives of youth in the most powerful ways possible

# Vision

All youth in our community thrive.

## BOARD OF DIRECTORS

**Katie Jarnot**, President

**Chris Rieder**, Vice President

**James Wilkins**, Treasurer

**Kristi Grems**, Secretary

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**Joel Barndt**

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**Michelle Stecher**

COMMUNITY EDUCATION MANAGER

**Stevi Bratschie**

LIFE SKILLS EDUCATOR

**Samantha Bryant**

INTERVENTION SPECIALIST

**Marcus Carter**

LATINX OUTREACH COORDINATOR

**Edgar Chairez**

DIRECTOR OF STRATEGIC IMPACT

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YOUTH ENGAGEMENT MANAGER

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INTERVENTION PROGRAMS FACILITATOR

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**Krystle James**

TU GUIA AND APRENDIENDO JUNTOS  
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MANAGER OF SAFE DRIVING EFFORTS

**Grace Meinberg**

COMMUNITY AND YOUTH LIAISON

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DIRECTOR OF COMMUNITY ENGAGEMENT

**Sandy Schroeder**

LIFE SKILLS EDUCATOR

**Cat Stone**

LIFE SKILLS EDUCATOR

**Betsy Van Beek**

OPERATIONS MANAGER

**Michele Zoller**





## Our Deepest Gratitude as we Come of Age

Turning twenty-one is a milestone towards many opportunities, responsibilities and celebrations. As Mountain Youth wraps up our twenty-first year of serving youth and families in the Eagle River Valley, we reflect on the tremendous opportunities we have offered together since our inception. Our collective efforts have ensured that the voice of local youth is valued in community-wide efforts, and that families have the skills and resources they need to build strong connections. We have worked collaboratively to offer accessible events which promote health and safety- all at no charge to participants. We have ensured that students in elementary through high school are learning comprehensive life skills such as conflict resolution, effective communication, and values-based problem-solving.

We have the responsibility to shift the community landscape to one that is healthier, safer and more connected. In the last year, we have expanded service areas including youth leadership and advocacy at the middle school level and bolstered critical family interventions. All Mountain Youth efforts are grounded in our values of inclusivity, positive youth development, bridging community and trusted leadership.

And now, we celebrate. We are launching into 2023 with a strengthened leadership team and refocused strategic plan, as well as a fresh brand for our renowned community education series Eat Chat Connect. The Mountain Youth team- both staff and board- continue to work together to make improvements to our growing organization and create a strong, positive culture.

Thank you for partnering with Mountain Youth to continuously and collaboratively improve the lives of youth in the most powerful ways possible.

**Dr. Katie Jarrot**, *President*

**Michelle Stecher**, *Executive Director*

# LIFE SKILLS FOR STUDENTS

Mountain Youth has offered a comprehensive life skills curriculum to elementary through high school students in all schools in Eagle County. These programs address issues facing local youth, such as substance abuse and misuse, healthy relationship building, coping with adversities, and improving communication. The program teaches youth the necessary skills to handle difficult situations and avoid risky behaviors.

## PARTICIPANTS REPORTED IMPROVEMENT IN:

- *Protective factors*
- *Positive youth development*
- *School engagement*
- *Perceived risk of substance use*
- *Violence prevention*



*Students benefit from engagement with community partners and they expand their knowledge and understanding through Life Skills. Having external providers helps emphasize the importance of the content and topics discussed.*



**EAGLE COUNTY SCHOOL DISTRICT COUNSELOR**



## WE HEAR U

Through impactful leadership from local young people, Valley's Voice expanded, serving more youth while addressing a diverse array of issues in the community. By facilitating conversation through lesson content including anger management, brain development, effective discipline, self-esteem, and active communication, families learn to be more supportive and effective within their home system. Families come together for a half day session with a mindful and compassionate facilitator, and work together to build stronger bonds of mutual trust and love. Tools are provided to practice at home, and follow up coaching supports positive changes over time.



*This program is excellent; it helps us to communicate better as a family and to try new ways to communicate with our children.*



**-WE HEAR U PARENT PARTICIPANT**

# EAT CHAT CONNECT

Eat Chat Connect, formerly Eat Chat Parent, hosted thought-provoking discussions on topics ranging from youth mental health and fentanyl prevention and awareness to healthy relationships and creating a “culture of consent”. Eat Chat Connect met in person and increased connection with youth and community resources. There were numerous discussions in which young people and adults engaged in conversation regarding mental health pressures, drug awareness, and promoting confidence.



*I have attended Eat Chat Connect community education events with two of my children on healthy relationships, which has provided us the opportunity to have conversations on the matter. This has allowed me to guide my children on the topic, helping them identify healthy relationships and empowering them to make decisions on their own. Thank you Mountain Youth for your continuous support to our youth.*



**ANA, EAT CHAT CONNECT PARTICIPANT**



**97%**  
of participants incorporate at least one new thing they learned from the presentations into their life

## APRENDIENDO JUNTOS (LEARNING TOGETHER)

In 2022, a series of Spanish learning opportunities covered topics such as fostering patience, active listening and connection, diet and brain development, motivating children to continue learning, creating and achieving goals, coping skills, and creating trusting relationships. These groups engaged in learning opportunities and developed new and supportive relationships.



*The strategies that were given in the Aprendiendo Juntos classes personally helped me and my husband to value and respect what my teenage daughter thinks. What impacted me the most was the testimonies from the young people in the classes- I was able to learn from youth that shared their point of view.*



**LUZ, APRENDIENDO JUNTOS ATTENDEE**

## TU GUIA (YOUR GUIDE)

Tu Guia (“Your Guide”) is a youth-led and adult-supported program developed for local high school and college students to teach elementary and middle school-aged students in Eagle County who may need academic assistance. Tutors create academic lessons based on the students’ needs with a strong social-emotional foundation.

The goal is to increase these students’ individual academic levels while building critical life skills. In addition, tutors are also working to assist the students’ parents and caregivers through a multi-generational model, guiding how to best support their children on their own in the future.



*Being a tutor with Tu Guia has been the most fulfilling job I have ever done. Seeing kids succeed with a little bit of help is honestly amazing. Tu Guia has made tutoring more accessible in our community and it has benefited many families!*

**ELSA, TU GUIA TUTOR**



## VALLEY’S VOICE

Through impactful leadership from local young people, Valley’s Voice expanded, impacting more youth and issues in the community. Passion Projects engaged over 60 young leaders throughout seven schools, encouraging them to explore ways to improve the world around them through youth driven action. “For Youth, By Youth” prosocial activities engaged over 15 community businesses, reached youth from Dotsero to East Vail and offered loads of new fun, free activities. The largest Youth gathering in Eagle County, Youthapalooza, returned for its second year and was filled with engaging activities, healthy habit learning, and community networking for middle and high school students throughout the county. Valley’s Voice meetings welcomed professionals from throughout the valley, teaching youth skills, social emotional supports, professional characteristics, and much more. Our valley cares about our youth, and Valley’s Voice is leading significant efforts connecting youth with critical resources to build leadership opportunities and create a safer, healthier community.

# COMMUNITIES THAT CARE

Communities That Care (CTC) continued to build capacity in our community across 2022. Panel discussions informed community partners on how to best share important community information with the Latinx population. CTC facilitated training on how to sustain youth employment and how to best honor those who speak different languages, which will lead to inclusive community practices. Each strategy team and work group made significant progress on their action plans and a data communication guidance tool will be available in early 2023.

*CTC engages 70-80 members from local organizations and businesses in its strategy teams and workgroups as well as youth from local middle and high schools.*



## SAFE DRIVING

Mountain Youth's safe driving work is focused on reducing impaired and distracted driving rates for youth between the ages of 15 and 35.

Safe driving efforts continue to gain momentum. Education and awareness of the CO Graduated Driver's Licensing Laws continue through presentations and sharing the statewide toolkit. Partnerships with local law enforcement improve responsible server practices, safety in restaurants and bars, and increased impaired driving enforcement. Panel events and workshops educate community members on how to get their license. Safe Driving Fairs continue to be hosted in collaboration with local high schools and partner agencies. Safe Driving media campaigns, including a youth-led public service announcement project, continue to be promoted throughout the community to encourage safe driving practices and the Safe Ride and Ride Responsible programs.

*75% of GDL attendees say their knowledge of GDL has improved after attending the presentation*

## HEALTHY KIDS COLORADO SURVEY

2022 was spent analyzing and sharing results from the November 2021 survey. Key themes were identified by youth and community partners to prioritize efforts. This behavioral data continues to identify risk and protective factors, steer community-wide policies and programs, support agencies in strategic decision-making and secure millions of dollars annually for local services.

# DONORS & SUPPORTERS

## *Difference Maker*

\$1,000 +

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Kelly and Dave Dantas & Family  
James and Kim Derk  
Cookie and Jim Flaum  
David Forenza  
Elizabeth and Michael Hartel  
Eileen and Mark Kleiman  
Matt and McKinley Lee  
Ashley and Rick Patriacca & Family  
The Resnick Family  
Marc and Glenda Wentworth

## *Visionaries*

\$500 TO \$999

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Ryan Fowler  
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Michelle and Jamie Horton  
Tanya Kessenich  
Bob and Trudy Matarese  
Steve and Toni Rozanski  
Monica White

## *Champions*

\$250 TO \$499

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Megan McDonald  
Jeanne and Harry McQueeney  
Michelle and Ryan Stecher

## *Pathfinders*

\$100 TO \$249

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Matt Teeters  
Megan Vogt  
Evan Weatherbie and Matt Parker  
Craig Westering  
James Wilkins

# Advocates

UP TO \$99

Henrietta Armbruster

Joel Barndt

Vicky Bibler

Andrej Birjulin

Pam Brandmeyer

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Brianna Johnson

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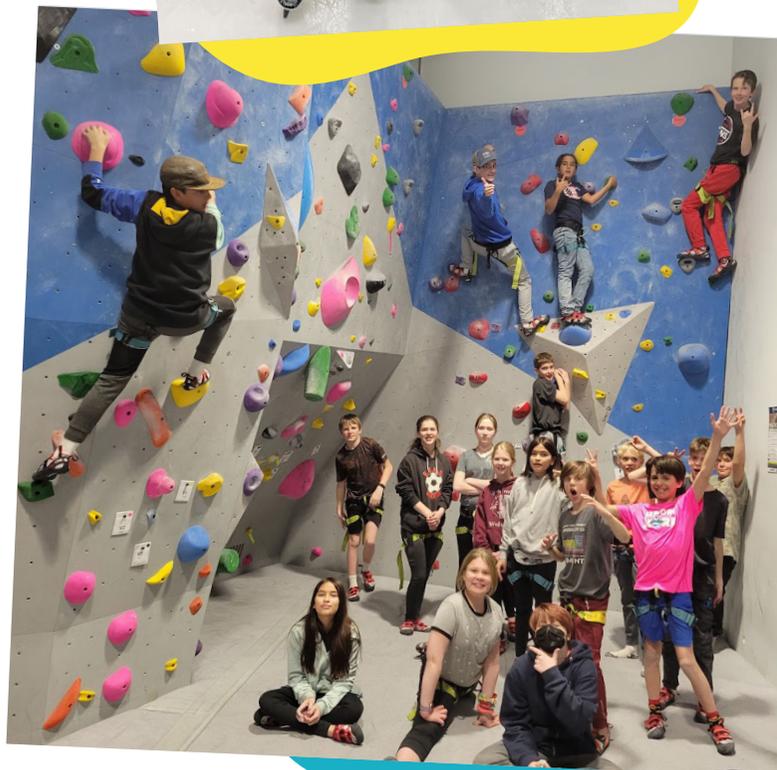
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Abby Wiens

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# DONORS & SUPPORTERS

## Government Supporters & Partners

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Avon Police Department  
Colorado Department of Human Services  
Colorado Department of Transportation  
Colorado Department of Public Health & Environment  
Colorado Office of Behavioral Health  
Colorado State Patrol  
Colorado Young Driver's Alliance  
Eagle County Government  
Eagle County Human Services  
Eagle County Juvenile Probation  
Eagle County Public Health & Environment  
Eagle County School District  
Eagle County Sheriff's Office  
Eagle Police Department  
ECO Transit  
Gore Range DUI Task Force  
Office of the District Attorney-5th Judicial District

Substance Abuse & Mental Health Services Administration  
Tony Grampas Youth Services  
Total Health Alliance  
Town of Avon  
Town of Eagle  
Town of Gypsum  
Town of Vail  
Vail Police Department

## Grants & Foundation Support

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Anschutz Family Foundation  
Casey Family Programs  
Colorado Health Foundation  
Daniels Fund  
Eagle River Foundation  
Vail Health Behavioral Health  
El Pomar Foundation  
Slifer Smith & Frampton Foundation  
United Way of Eagle River Valley  
University of Utah  
Vail Resorts EpicPromise  
Vail Valley Cares  
Walking Mountains Science Center



## Business & Sponsorship Support

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Alan Bradley Windows and Doors  
Alpine Bank  
Amazon Smile  
The Bookworm  
Careerwise CO  
Cascade Village Theater, Inc.  
East West Resorts  
FirstBank  
Marchetti & Weaver, LLC  
NHB Bank/ Community Banks  
of Colorado

## In-Kind Support

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Aspen House of Bounce  
Battle Mountain High School  
Beaver Creek Bookkeeping LLC  
Coldwell Banker Distinctive  
Properties  
Colorado Mountain College  
Eagle County School District  
Eagle Valley Middle School  
Vail Health Behavioral Health  
Encore Electric



The Gallegos Corporation  
Gypsum Creek Middle School  
Inn and Suites at Riverwalk  
Kaleidoscope Productions  
KZYR/KKVM  
Mountain Dreamers  
Mountain Recreation  
OG Printer Inc  
Robin Thompson  
Sheridan Ross PC  
Trinity Church  
Town of Avon  
TV-8  
Vail Daily  
Vail Health  
Vail Mountain School  
Vail Resorts  
Vail Valley Mountain Trails  
Alliance

## INCOME BREAKDOWN

**71%** GOVERNMENT GRANTS  
**22%** FOUNDATION GRANTS  
**3%** EARNED INCOME  
**3%** INDIVIDUAL &  
CORPORATE DONORS  
**1%** SPECIAL EVENTS

IN-KIND DONATIONS  
**\$53,835**

2022 TOTAL INCOME  
**\$1,684,578**

# Community Impact

## LIFE SKILLS FOR STUDENTS

**1,796**

students taught in  
Eagle County

## EAT CHAT CONNECT

**682**

Attendees

## SOCIAL NORMS

**39**

Developed a Positive  
Social Norms Campaign

## APRENDIENDO JUNTOS

**169**

Attendees

## WE HEAR U

**54**

Participants

## PROSOCIAL & COMMUNITY EVENTS

**1,117**

Attendees

## SAFE DRIVING

**134**

Attended Graduated  
Drivers Licensing Class

**944**

Community Event, Safe Driving Fair,  
Educator & Training Participants

## VALLEY'S VOICE

**54**

Middle and High school members

**60**

Passion Project Members

## COMMUNITY ENGAGEMENT

**299**

Attended Best Practice Trainings

**267**

Board & Committee  
Members and Volunteers

## TU GUIA

**20**

Tutors

**26**

Students tutored

**2022 TOTAL IMPACT**

**5,661**

