

# MOUNTAIN YOUTH

# 2021

*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

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## Hello from Mountain Youth!

Mountain Youth celebrated 20 years of community impact in 2021. We have enjoyed two decades of seeking input from the community, convening partners, addressing significant needs and strengths facing local youth, and mobilizing to provide activities to young people and families. Youth advising and leadership opportunities along with diverse family engagement have grown significantly. Realizing the continued reality of a global pandemic, we facilitated in-person gatherings when possible and maintained critical connections with youth and families in various platforms through 2021. Youth elevated their voice to lead dozens of events and projects for their peers, and the Spanish-speaking community identified and led dozens of family engagement events. The biennial Healthy Kids Colorado Survey administration engaged middle and high schoolers from 12 schools. The information gained from this survey helps to inform programming and bring critical funding to our community. Through the activities and nimble support during our twentieth year, Mountain Youth remained steadfast in fulfilling our vision of seeing all youth thrive.

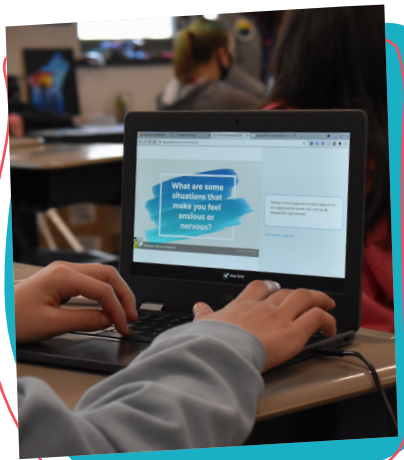
Thank you for partnering with Mountain Youth to continuously and collaboratively improve the lives of youth in the most powerful ways possible.

**Dr. Katie Jarnot**, President

**Michelle Stecher**, Executive Director

# LIFE SKILLS FOR STUDENTS

Mountain Youth offers a comprehensive life skills curriculum to 5th - 12th grade students in all schools in the Eagle River Valley. These programs address issues facing local youth, such as preventing substance abuse, building healthy relationships, coping with adversities, and improving communication. The program teaches youth the skills necessary to handle difficult situations and avoid risky behaviors.



*Students benefit greatly from the life skills programming provided by Mountain Youth. The topics addressed and the conversations generated are relevant and meaningful to our students. The instructors are consistently compassionate, professional, and well-informed.*

ROBIN ROCHE, GYPSUM CREEK MIDDLE SCHOOL COUNSELOR



## WE HEAR U.

Parents note that understanding adolescent brain development and improving communication techniques have been beneficial to building connection as a family. The families find that sharing openly in a safe and supportive environment helps reduce family stress and increases patience and more active listening. Families are united for half a day, without phones and distractions, with an empathetic facilitator and take home important tools that benefit their families. Many lessons are learned, and tears are often shed between bouts of laughter.

# EAT CHAT PARENT

Eat Chat Parent hosts thought-provoking discussions on topics ranging from LGBTQ+ inclusion to fueling mental health solutions. Navigating COVID challenges with flexibility and innovation, Eat Chat Parent events were hosted in-person and virtually. Additionally, Move Chat Parent launched in 2021, offering opportunities for physical movement while simultaneously learning critical skills in a fun setting. There were numerous discussions in which youth and adults engaged in conversation regarding mental health pressures. Mountain Youth continues to research current family education subjects to provide the most meaningful parent education to the community.

*Eat Chat Parent is a true gift to our valley. They bring in number 1 New York Times best-selling authors, ESPN reporters, and local mental and physical health experts. Eat Chat Parent events create a safe place for us to discuss tough topics and learn strategies on how to help ourselves and our youth.*

RACHEL GLOWACKI,  
PARENT OF TWO ADOLESCENTS,  
EDUCATOR AND YOGA TEACHER



## APRENDIENDO JUNTOS (LEARNING TOGETHER)

In 2021, a series of Spanish learning opportunities covered topics including Healthy Relationships, The Basics of Finance, Mindfulness and Stress Reduction. These groups provided learning opportunities and the chance to create new and supportive relationships.

**72 women  
attended  
6 women's  
groups**

*I really loved the women's group. These topics were incredibly helpful for me to be aware of and to know the best practices to help my children if they ever encounter issues. In addition, I built friendships with people from my own community and learned about the services and resources that multiple organizations in the community have to offer.*

APRENDIENDO JUNTOS ATENDEE

# TU GUIA

Tu Guia (“Your Guide”) is a youth-led and adult-supported program developed for local high school and college students to support younger students in Eagle County who may need academic assistance. Tutors create the academic lessons based on the students’ needs with a strong social-emotional foundation. The goal is to increase students’ individual academic levels while building critical life skills. In addition, tutors assist the students’ parents and caregivers in learning how to best support their children on their own in the future. It is a multi-generational program, which makes it unique from other tutoring programs.



*In my time as a tutor, I made connections with families that I still have to this day. During this time of COVID I can say that some of my most valuable teaching lessons were not just on how to read, but lessons that taught both of us how to cope with emotions like fear, sadness, anger, anxiety; emotions that are often overlooked in children. Although our tutors are still in high school, we are making a difference because we are providing academic support to these students while also becoming role models for the children. We support the parents to be able to guide their children later on. The work that we are doing through this program is life-changing!*



TU GUIA TUTOR



# VALLEY'S VOICE

Youth programming grew to new heights and more diverse opportunities in 2021. Valley’s Voice introduced Youthapalooza, For Youth By Youth events, and Middle School Nights to offer opportunities to try new activities, go out to socialize with friends and meet someone new. Events increased in participation, involved new groups of youth, and thrived on the passion that youth had for them. Passion Project brainstorming and work continues for high school Valley’s Voice as students look to address and prevent youth challenges.

*Valley’s Voice members responded overwhelmingly (100%) that their work with the community is meaningful.*

# COMMUNITIES THAT CARE

Communities That Care (CTC) achieved significant progress in Equity, Diversity, and Inclusion in 2021 by establishing the coalition's work on these values. Two Positive Youth Development (PYD) training sessions were conducted as a result of CTC efforts, including the first Bilingual PYD.

*CTC engaged 75 members of 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. In 2021, Mountain Youth focused on educating parents and youth through a variety of strategies:

- Presenting Graduated Driver's Licensing Laws (GDL) education in person and virtually
- Partnering with Colorado Young Driver's Alliance to develop a statewide GDL toolkit
- Collaborating with Vail Police Department to host responsible server training and conduct educational compliance checks with over 40 alcohol retailers in Vail
- Partnering with local law enforcement agencies to complete bar checks and Driving Under the Influence (DUI) enforcement
- Launching Safe Driving Media Campaigns: bus advertisements, community signage and safe driving CO Instagram page
- Implementing Safe Rides Program



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

## HEALTHY KIDS COLORADO SURVEY

- 2021 marked the 9th local Healthy Kids Colorado Survey administration since 2007
- 3,376 local middle and high school students participated, representing 12 schools across 14 campuses

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 & SUPPORT

## Inner Circle

\$1,000 +

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Elizabeth & Michael Hartel  
Eileen & Mark Kleiman  
Laine & Merv Lapin  
The Resnick Family  
Marc & Glenda Wentworth



## Visionaries

\$500 TO \$999

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Anonymous \*2  
Michelle Alm  
Bob & Erin Boselli  
Kevin Armitage  
Jennifer Coulson  
Cookie & Jim Flaum  
Molly Booker  
Rex & Patty Brown  
Nick Filla  
Ryan Fowler  
Toni & Steve Rozanski  
Monica White

## Champions

\$250 TO \$499

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Larry & Sandi Agneberg  
Jennifer Bettenhausen  
Katie Jarnot & John Damon  
Barry & Cass Gassman  
Pam & John Horan-Kates  
Jeanne & Harry McQueeney

## Pathfinders

\$100 TO \$249

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Anonymous  
Ines Amuchastegui  
Will Comerford  
Cheri Curtis  
Betsy & Mike Cuthbertson  
Christine Davis  
Kathy & Will Desportes  
Linda & Troy Dudley  
Stanley & Katherine Eaton  
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Leslie Hoffman  
Catherine & Robert Jarnot  
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Sheri Mintz  
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Jean Naumann  
Richard Patriacca

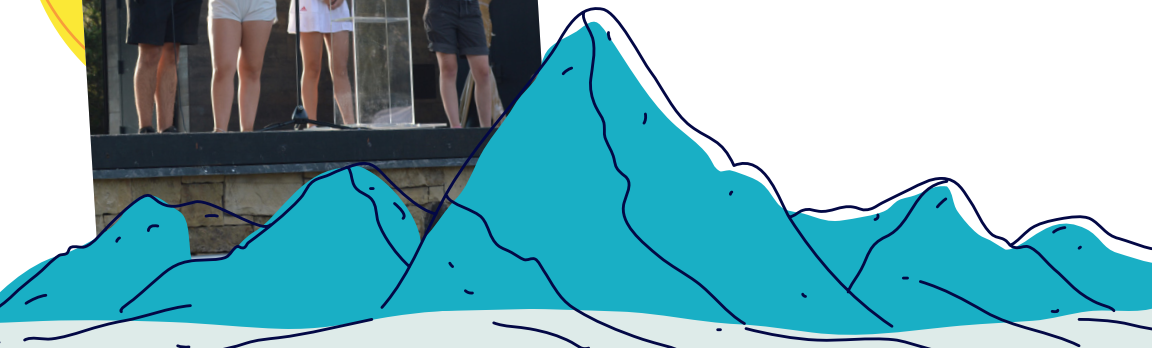


The Pohl Family  
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Chris Rieder  
Wendy Rimel  
Kathryn Schofield  
The Schroeder Family  
Julie & Gary Schwedt  
The Stecher Family  
Matt Teeters  
Megan Vogt  
James Wilkins

## Advocates UP TO \$99

Joel Barndt  
Pamela Brandmeyer  
Laurel Broy  
Chayanne Chavez  
Lauren Cremonese  
Mikayla Curtis  
Sophia Gianfrancisco  
Rachel Halzel  
Catherine Hayes  
Erin Ivie  
Carol & Thomas Johnson  
Rebecca Kanaly

Jeanine Kenney  
Karla Kerekes  
Denise Kipp  
Steele McClinton  
Amanda Moody  
Marka Moser  
Makenzie Mueller  
Paula Palmateer  
Joel Rabinowitz  
Jacob Rainey  
Leslie Roberstson  
Chris Romer  
Nate Free and Lisa Siegert-Free  
Evan Weatherbie  
Abby Wiens  
The Zoller Family



# DONORS & SUPPORT

## *Business + Sponsorship Support*

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Alan-Bradley Windows and  
Doors, Inc.  
Alpine Bank  
Amazon Smile  
Blitz Boutique  
Bright Future Foundation  
Cascade Village Theater, Inc.  
Central Rockies Mortgage  
Coldwell Banker  
Colorado Society of School  
Psychologists  
Community Banks  
CSU Extension  
Eagle Valley Library District  
East West Resorts  
Frontstream  
Holy Cross Energy  
KA Chambers, LLC

Marchetti & Weaver, LLC  
Mike Schranz SF Carpentry  
Mind Springs Health  
Mountain Shades, Inc.  
Town of Vail  
West Vail Liquor Mart  
YouthPower365

## *Government Supporters + Partners*

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5th Judicial District  
Avon Police Department  
Colorado Department of Public  
Health & Environment  
Colorado Department of  
Transportation  
Colorado Office of Behavioral  
Health  
Colorado State Patrol  
Colorado Young Driver's Alliance



Eagle County Government  
 Eagle County Human Services  
 Eagle County Juvenile Diversion  
 & Probation  
 Eagle County Public Health &  
 Environment  
 Eagle County Schools  
 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 Grampsas Youth Services  
 Town of Avon  
 Town of Eagle  
 Town of Gypsum  
 Town of Vail  
 Vail Police Department

Slifer Smith & Frampton  
 Foundation  
 United Way of Eagle River Valley  
 Vail Valley Cares



## *Grants + Foundation Support*

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## *In-kind Support*

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Casey Family Programs  
 Colorado Health Foundation  
 Eagle River Foundation  
 Eagle Valley Behavioral Health  
 El Pomar Foundation

Always Mountain Time  
 Balloon Bar  
 Berry Creek Middle School  
 Colorado Mountain College  
 Eagle Valley High School  
 ForeThought  
 Mountain Recreation  
 Sweet Dreams Accounting  
 Town of Avon  
 Vail Daily  
 Vail Health  
 Vail Resorts EpicPromise  
 Walking Mountains Science Center

# INCOME BREAKDOWN

**72%** GOVERNMENT GRANTS  
**20%** FOUNDATION GRANTS  
**5%** EARNED INCOME  
**3%** INDIVIDUAL &  
 CORPORATE DONORS  
**1%** SPECIAL EVENTS

## IN-KIND DONATIONS

▶ **\$32,383**

## 2021 TOTAL INCOME

▶ **\$1,505,466**

# COMMUNITY IMPACT

## LIFE SKILLS FOR STUDENTS

**1,547**

students taught In Eagle County

## EAT CHAT PARENT

**1,019**

Attendees

## MOVE CHAT PARENT

**111**

Attendees

## APRENDIENDO JUNTOS

**243**

Attendees

## TU GUIA

**28**

Participants

## SAFE DRIVING

**109**

Attended Graduated Drivers Licensing Class

**245**

Attended Safe Driving Events, Education, & Trainings

## WE HEAR U

**49**

Participants

## VALLEY'S VOICE

**90**

Middle and High school members

**30**

Passion Project Members

## PROSOCIAL & COMMUNITY EVENTS

**1,747**

Attendees

## COMMUNITY ENGAGEMENT

**241**

Attended Best Practice Trainings

**273**

Board & Committee Members and Volunteers

## DATA COLLECTION & ASSESSMENT

**6,805**

Students and parents participated in the Healthy Colorado Kids Survey, Parent Survey or Social Norms Campaign


2021 TOTAL IMPACT


**12,537**




**MOUNTAIN YOUTH**  
STRONGER TOGETHER

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