

MOUNTAIN YOUTH

2023 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.

CULTURE STATEMENT

We are a united team who commits to honest connections, humor, and growth to enhance collective impact.

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GROWING TOGETHER

As another year begins, Mountain Youth is excited to see the opportunities, changes, and growth that our renewal brings. For the past 22 years, this organization has been developing, adapting, and progressing to meet the changing needs and issues facing this community and local youth. From our humble beginnings as a coalition aimed at bringing together resources and organizations in the valley, Mountain Youth has grown to serve a prominent role as a provider of numerous educational, prevention, and social support programs.

Mountain Youth takes great pride in being part of the fabric of this community. This past year, we were able to serve over 12,500 individuals. We acknowledge that for all of the natural beauty, positive opportunities, and incredible people, this valley also sees young people and families facing numerous challenges. To help ease some of those adversities, we aim to provide youth leadership and engagement opportunities, as well as family interventions and community education at no cost to our community. We are honored to be an organization that not only provides safe spaces for youth, but also offers young people an opportunity to find their voice, develop a sense of empowerment, and shape the direction of their environment. With the backing of Mountain Youth, young leaders have conceptualized, developed, and executed projects around kindness, mental health, substance abuse prevention, the environment, LGBTQ+ support, safe driving, and equity this past year.

Looking into 2024, Mountain Youth is eager to maintain our critical education and prevention work while continuing to grow and adapt to the ever-changing needs of this valley's youth and their families. In keeping with our vision of a future where all youth thrive, we are excited to grow our intervention supports and explore opportunities for young people in the 18-25 year old age range. In the meantime, thank you for your support of Mountain Youth, and we hope you enjoy reading about what we've been up to in 2023.

Chris Rieder *Board President*

Michelle Hartel Stecher *Executive Director*



LIFE SKILLS FOR STUDENTS



Mountain Youth has offered a comprehensive life skills curriculum for 3rd - 12th grade students in schools throughout 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 overall goal of the curriculum is to teach youth the necessary skills to handle difficult situations and avoid risky behaviors.



Project Alert has been a wonderful support for Stone Creek students by providing real conversations about the challenges that youth face today. The facilitators are knowledgeable, fun, engaging, and truly care about the students they reach. This program educates students on relevant topics and teaches them skills that we hope will stick with them for years to come! Thank you!



- MENTAL HEALTH AND WELLNESS COORDINATOR



In 2023, participants reported improvement in:

- Protective factors, such as goal setting
- Positive youth development
- School engagement
- Substance use risk and prevalence of use

WE HEAR U

Bringing families together through conversation, We Hear U works with many families to create stronger bonds. Using lesson content around active communication, brain development, logical consequences, mutual respect, and self-esteem, families learn how to build a healthier home system. A trained facilitator leads a core session with the family, and provides supplemental meetings afterward to provide additional support and accountability for lasting change. Evidence based tools are utilized in supporting change that families are committed to making.



We are a stronger family and have much better communication with each other after the program. We still have lots to work on but this program and our facilitator has helped us with some tools to keep us on the right path. Thank you!



- WE HEAR U PARTICIPANT

EAT CHAT CONNECT

Eat Chat Connect hosted thought-provoking discussions on topics ranging from the impacts of technology use on mental health and social-emotional development to sexual assault awareness and prevention to creating and maintaining healthy adult relationships amid adversity. Eat Chat Connect events bring community members together to learn and share knowledge and experiences to ignite growth and enhance relationships. There were numerous discussions in which young people and adults engaged in conversation regarding mental health pressures, technology use and misuse, safe driving, and promoting confidence.

92%
of participants
incorporated at
least one new thing
they learned from
the presentations
into their life.

“
Thank you for your interest in my community, not only for teens but also for parents. Eat Chat Connect is a way to be well informed and my favorite events were Stay Connected in a Disconnected World, and the RACE To Be Human documentary. Move Chat Connect allows all families to learn different activities like skating and pickleball and they are free, which is the best part. Thanks for all your support!



- LUZ, EAT CHAT CONNECT ATTENDEE



APRENDIENDO JUNTOS (LEARNING TOGETHER)

In 2023, Mountain Youth hosted diverse workshops for our Hispanic community, covering topics such as bullying, suicide prevention, Zumba, ice skating, family relationships, and consent. These sessions provided valuable information as well as connected families with community resources. The Aprendiendo Juntos initiative offers a safe space for families to share, support each other, and build relationships. Through these efforts, we aim to empower our Hispanic community, fostering knowledge, resilience, and a sense of community.



“
The Aprendiendo Juntos workshops were a place where I learned new concepts and strategies that I was able to implement at home. I am grateful for all the knowledge learned thanks to Aprendiendo Juntos.

- APRENDIENDO JUNTOS ATTENDEE



TU GUÍA (YOUR GUIDE)



Tu Guía (“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 student’s needs with a strong social-emotional foundation. The goal is to increase students’ 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.



“
Tu Guía is a very important program for our community. Not only (does) it help students that are being tutored by learning new things or learning different techniques to improve what they are trying to accomplish but it also helps the tutors. It creates better social interactions as well as gets the tutors experience in different skill sets to be ready for their future.
”

- TU GUÍA TUTOR

VALLEY'S VOICE

Valley's Voice has been a catalyst for personal and community growth among middle and high school students, and is now expanding its reach to empower young adults aged 18 to 25. At the heart of Valley's Voice is the belief that the youth of today are the leaders of tomorrow. The program centers around youth-led projects and events that provide a platform for creativity, innovation, and community involvement. Fourteen passion projects were developed this year including an Eagle River cleanup, raising fentanyl danger awareness, spreading kind words to classmates, and addressing youth violence. These projects were led by over 25 youth leaders who deepened their knowledge of an issue they care about, built job-related skills, and grew their awareness of the world we live in.

Youth-planned events from youth advisors are always a hit. These “For-Youth, By-Youth” events are completely organized by youth advisors (with financial support from Mountain Youth). Whether it be trivia at the local coffee shop, or bowling night; Dungeons and Dragons meetup or sports at the park, youth advisors planned and executed over 35 events and engaged 650 youth over the course of 2023.

Recognizing the importance of mentorship, the Valley's Voice program brings together young minds and professionals in local fields, increasing the networking skills of youth, as well as fostering opportunities for adults to connect with young people. The relationships created through this process lead to more job, advocacy, and connection opportunities for the emerging leaders in Valley's Voice. Collaborating with school administration, local government entities, similar nonprofits, and various other companies also give Valley's Voice youth a chance to work with adults interested and excited to meet and hear from them. Want to change something in the community? Any youth in Eagle County is welcome at all of our Valley's Voice brainstorm meetings!



COMMUNITIES THAT CARE

Through strategic connections, community-wide opportunities, and new leadership, Mountain Youth Communities That Care Coalition (CTC) made significant progress in 2023! The coalition continued to build capacity and developed a Community Action Plan focused on two areas of local need: civic engagement opportunities for youth; and preventing substance abuse and access through new policies, practices and education. More than half of the Coalition's members in 2023 were youth and these amazing community members are leading efforts to expand youth voice in local organizations, program development, policies and practices.

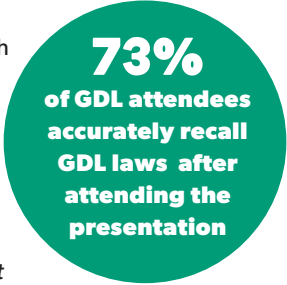


SAFE DRIVING



Mountain Youth's safe driving work is focused on reducing impaired and distracted driving rates, as well as young driver safety. In 2023, Mountain Youth focused on educating parents and youth through a variety of strategies including:

- Providing youth and parents an opportunity to learn about the CO Graduated Driver's Licensing Laws (GDL) from a panel of experts.
- Serving on a task force to develop the CO Impaired Driving Prevention Toolkit.
- Collaborating with local law enforcement to host responsible server training and conduct educational compliance and bar checks with local alcohol retailers, as well as impaired driving enforcement.
- Partnering with ECO Transit to coordinate the Safe Ride program for local retailers and events to provide free bus transportation as a way to prevent impaired driving.
- Developing Safe Driving Media Campaigns including:
 - *When you feel different, you drive different*
 - *Safer roads steer us to a safer community: Drive Sober & Alert*



HEALTHY KIDS COLORADO SURVEY

2023 was spent analyzing and sharing results from the 2021 survey. This included a youth-led positive social norms campaign reaching students across the community. This behavioral data continues to prioritize risk and protective factors, steer community-wide policies and programs, support agencies in strategic decision-making and secure millions of dollars annually. Stay tuned for fresh results from the Eagle County January 2024 survey.



DONORS + SUPPORTERS



DIFFERENCE MAKER

\$1,000 +

Kate and Steve Bratschie
Mr. and Mrs. Dowling
David Foreza
Elizabeth and Michael Hartel
Eileen and Mark Kleiman
Laine and Merv Lapin
The Resnick Family
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VISIONARIES

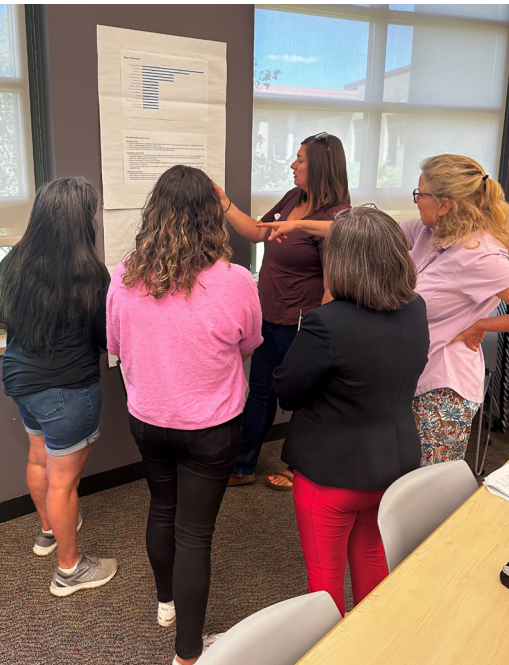
\$500 to \$999

The Armitage Family
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Toni and Steve Rozanski
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CHAMPIONS

\$250 to \$499

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Michelle Hartel Stecher
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Ann and Richard Jones
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PATHFINDERS

\$100 to \$249

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Up to \$99

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DONORS + SUPPORTERS



GOVERNMENT SUPPORTERS + PARTNERS

Avon Police Department
Colorado Department of Human Services
Colorado Department of Transportation
Colorado Department of Public Health & Environment
Colorado Office of School Safety
Colorado State Patrol
Colorado Young Driver's Alliance
Eagle County Government
Eagle County Human Services
Eagle County Juvenile Diversion
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
Town of Avon
Town of Eagle
Town of Gypsum
Town of Vail
Vail Police Department

GRANTS + FOUNDATION SUPPORT

Casey Family Programs
Colorado Health Foundation
Daniels Fund
Eagle River Foundation
El Pomar Foundation
Slifer, Smith & Frampton Foundation
The Colorado Trust
United Way of Eagle River Valley
Vail Board of Realtors
Vail Health Behavioral Health
Vail Resorts EpicPromise
Walking Mountains Science Center

BUSINESS + SPONSORSHIP SUPPORT

Alan Bradley Windows & Doors
All Points North
Alpine Bank
Alpine Kind
Blue Moose Pizza
Bright Future Foundation
Cascade Village Theater, Inc.
CSU Extension
Eagle Valley Library District
Elegant Cabinetry
FirstBank
Holy Cross Energy
Lotus Engineering & Sustainability
Marchetti & Weaver, LLC
Microsoft Corporation
Mountain Recreation
My Future Pathways
OMNI Institute
Optic Nerve
R&R Sports Colorado
Sendy Sauce
Town of Vail
YouthPower365



IN-KIND SUPPORT

Avon Library
Avon Recreation Center
Battle Mountain High School
Beaver Creek Bookkeeping LLC
Coldwell Banker Distinctive Properties
Colorado Mesa University
Colorado Mountain College
Colorado Mountain College
Upward Bound
Colorado Parks and Wildlife
Crosstraining Fitness of Vail
Eagle Pool & Ice Rink
Eagle Valley Library District
Eagle Valley Middle School
Eagle Valley Outdoor Movement
EVHS Rugby Team
Edwards Early Learning Center
Edwards Field House
Encore Electric
Endorphin
Gypsum Recreation Center



High Country Auto Rental
High Rockies Harm Reduction
KZYR/KKVM
MIRA Bus
Mountain Pride
Mountain Recreation
Robin Thompson Fundraising
Solutions
Sheridan Ross PC
SOS Outreach
SpeakUp ReachOut
The Bookworm of Edwards
The Community Market
The Cycle Effect
The Gallegos Corporation
The Inn & Suites at Riverwalk
Town of Avon
TV-8
Vail Daily
Vail Recreation District
Vail Valley Mountain Trails Alliance
Vail Valley Ride
Your Hope Center
YouthPower365
Zealous

INCOME BREAKDOWN

83% Government Grants
11% Foundation Grants
& Earned Income
5% Individual &
Corporate Donors
1% Special Events

In-Kind Donations

\$48,589

2023 Total Income

\$1,388,916

COMMUNITY IMPACT



SCHOOL-BASED LIFE SKILLS PROGRAMS

1,052

YOUTH LEADERSHIP AND ADVISING

184

FAMILY AND COMMUNITY EDUCATION

1,164

SAFE DRIVING EDUCATION

1,625

PROSOCIAL & COMMUNITY EVENTS

915

DATA ASSESSMENT & DISSEMINATION

7,500

COMMUNITY ENGAGEMENT

113

2023 TOTAL IMPACT 12,553



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