

CONNECTING YOUTH AND FAMILIES WITH COMMUNITY RESOURCES TO ENHANCE THEIR WELLNESS, HELP THEM SUCCESSFULLY LEARN, AND PREPARE FOR LIFE.



SERVING STUDENTS & YOUNG FAMILIES GPA

During semester 2, the average GPA of middle and high school Waterloo Community School District students served for School-based Mental Health Therapy services was 2.28. The District average GPA for middle and high school students was 2.23. Those who participated in School-based Mental Health Therapy services had a slightly higher GPA average than the District average.

ATTENDANCE

During the 2023-2024 school year, the average school days missed by students receiving School-based Mental Health Therapy services was 7.42. Waterloo Community School District's average number of days missed was 10.08.

BEHAVIORAL REFERRALS

Of those who received School-based Mental Health Therapy services and had behavioral referrals, 79% had a reduction in referrals or maintained a number at or below the Waterloo Community School District average.

WHO WE ARE

Mental Health Services

Provided by UnityPoint Health - Black Hawk Grundy Mental Health Center
School-based Mental Health Therapists provide services during the school day to address a variety of mental health needs through assessment and individual therapy sessions.

Individual Health Education

Provided by Together for Youth (TFY) - SuccessLink
Health educators provide individualized education & resources to support students' sexual health and overall well-being and refer students to school, community, and 24/7 resources. Confidential pregnancy testing is offered at no cost to students.

Support & Education for Young Parents - Young Parents Together

Provided by Together for Youth (TFY) - SuccessLink
Staff provide adolescent parent education and a support program designed collaboratively and specifically for expectant / parenting teens and their children.

Support Groups

Provided by Together for Youth (TFY) - SuccessLink
Health educators facilitate Circle groups, evidence-informed support groups for middle and high school aged students who identify as female, to promote resiliency & growth.

Testing for Sexually Transmitted Infections (STIs) & HIV

Provided by Black Hawk County Public Health (BHCPH)
Nurse practitioners provide confidential STI & HIV testing during the school day.

Substance Use Prevention & Education

Provided by Pathways
Adolescent Substance Abuse Counselor provides education & support to students struggling with substance use during the school day.

Sexual Assault and Dating Violence Advocacy & Support

Provided by Riverview Center (RVC), Waypoint Services (WS), and Amani Community Services
Confidential advocates offer support to students affected by sexual assault, domestic & dating violence.

Healthcare Referrals

Staff assist students and families with getting connected to community medical providers for their healthcare needs.

Teen Resources & Supports

What's Where For Teens cards are provided to students to connect them to a variety of community resources, websites, and 24/7 hotlines available to teens.

SUCCESS STORY

“ At the end of the school year, a student who received several Success Street services, including mental health services, individual health education, and Circle group, stopped in Success Street to thank the Success Street staff & providers for their help & support. The student stated the following to the Health Educator/Circle Group Facilitator: "I don't even know where to begin...you're a great group facilitator and I really appreciated how you allowed everyone in the group to have a voice. Thank you for everything you've done for me both in Circle and meeting with me individually. You're a great listener."

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When asked what was most helpful from meeting with a health educator, students reported the following:

“She got me everything I needed and made me comfortable.”

“Support from a trusted adult & someone who is knowledgeable & able to help me.”

“How I can open up and not be judged.”

“Learning new ways to set boundaries.”

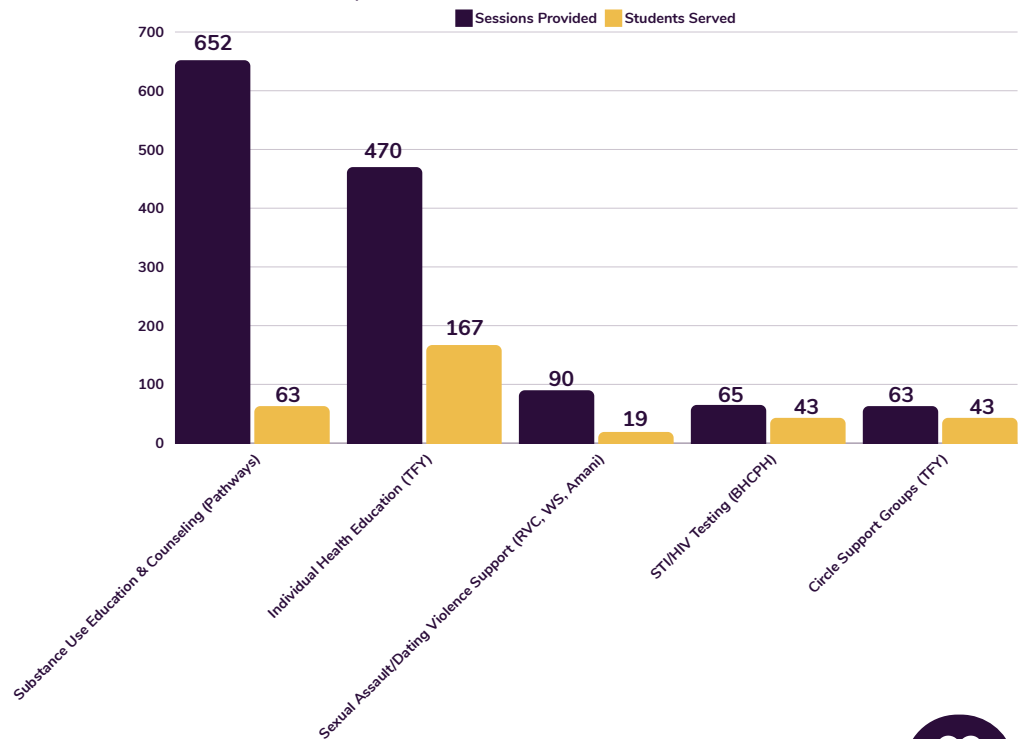
YEAR AT A GLANCE

Mental Health Services Provided by:

UnityPoint Health - Black Hawk Grundy Mental Health Center

School-based mental health services continue to be the busiest service through Success Street with mental health therapists providing therapy services at all Waterloo and Cedar Falls public schools (elementary, middle, high school). During the 2023-2024 school year, a total of 659 students were seen for therapy services and 7,432 therapy services were provided within Waterloo and Cedar Falls School Districts.

Additional Services Provided by Success Street Providers in Waterloo & Cedar Falls Schools



SUPPORTING STUDENTS' MENTAL AND EMOTIONAL WELL-BEING



- Success Street staff distributed 315 healthy coping items (i.e. journals, fidgets, stress balls, calming cards) to 213 students through individual sessions and support groups.
- Together for Youth and Pathways Behavioral Services staff partnered to provide education and training to Waterloo Community School District middle & high school staff regarding the effects of vaping and how to support students who violated the vaping policy. Approximately 500 vaping resource kits were provided to Waterloo Community Schools. These resource kits were made available to students who violated the vaping policy as a means to provide education about the negative effects of vaping, healthy coping tools to help manage stress and anxiety, and MyLife, MyQuit program information to assist them in cutting back or quitting.