



mercercasper family resource center

535 W YELLOWSTONE HWY CASPER, WY 82601 (307) 265-7366 WWW.MERCERCASPER.COM

Since 1971, Mercer Family Resource Center has been building stronger and healthier youth and families through education, counseling, and prevention services that are proactive, impactful, and accessible to **ANYONE** in the community!


Family Game Night!



Did you know... Mercer Family Resource Center and our partners in the Natrona County Prevention Coalition have been hosting FREE family-friendly substance-free community events for the past 14 years? Our events first started with a fun Festival of Kites in 2009! You can find out about our current community events on [page 4](#).




The Youth Empowerment Council has been busy this year hosting substance-free activities, Suicide Prevention Awareness Team (SPAT) presentations, and SO MUCH MORE!!! See what the Youth Empowerment Council has been up to on [Page 6](#).





Mercer FRC has educational opportunities for everyone! Would you like to grow your knowledge about signs, symptoms, and risk factors of mental health challenges and addiction? Get certified in **Mental Health First Aid!** To learn more, check out [page 8!](#)


Contributions of any amount support Mercer FRC's prevention efforts and help us build stronger and healthier youth and families. To make your tax deductible donation today and check out some of our upcoming activities, please scan here:

Did you know... Cori Cosner-Burton has been the Executive Director of Mercer Family Resource Center for 13 years! During this time, she's had the pleasure of working with some amazing people! Meet our new Family & Parenting Specialist on [page 6](#), and our new Finance Coordinator on [page 7](#).



Insightful intervention classes for youth! Encouraging techniques and tools for parents! Need a counselor? We've got you covered! Mercer has a program for anyone! And we are always evolving as the needs in the community shift. Would you like to learn more about our latest classes? Check out [page 5!](#)



DANCING WITH THE STARS OF CASPER VILLAINS!



Highlights from last year's Dancing With the Stars of Casper and a clue for next year's theme can be found on [pages 2 & 3!](#)



DANCING WITH THE STARS OF CASPER

VILLAINS!



"Have you ever danced with the devil in the pale moonlight?"

– Joker, Batman '89

Dancing with the Stars of Casper- Villains was a wicked good time that transformed the Ford Wyoming Center into a platform of evil enchantment, sinister scoundrels, and a touch of fire... all for a good cause!

The incredible generosity of the Casper community filled every seat in the house and helped raise roughly **\$250,000** at the 11th annual fundraiser benefiting Mercer Family Resource Center (Mercer FRC), a local agency that provides education, counseling, and prevention services that build stronger and healthier youth and families in our community. Mercer FRC would like to extend a gracious thank you to the donors, dancers, and volunteers for helping raise this money to support programs and services that are proactive, impactful, and accessible to anyone!



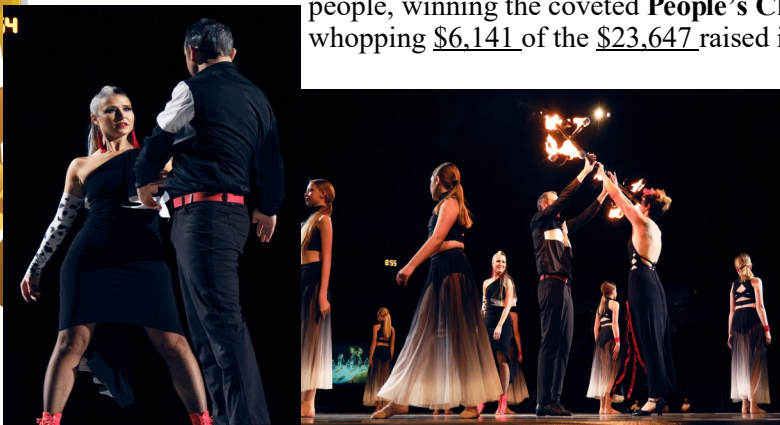
Cathy Holman and **Sloan Dickey** teamed up to emcee the evening, keeping the run of show punctual and the transitions light and fun. The evening's entertainment was an incredible line up of performances by professionals, choreographers, and local stars who had donated hundreds of practice hours and immense talent to prepare for the night. The delightful opening act performed by **Dance Evolutions, Inc.** kicked off the entertainment with a good-to-be-bad tribute to some famous Disney villains, including Maleficent, Cruella DeVil, and that sneaky sea witch, Ursula.

The panel of celebrity judges had their work cut out for them as they resisted bribes, fought off robbers, and tried to decide who outperformed who as each dance couple brought their A-game to the stage.



The award for baddest of them all goes to...

Brook Kaufman and **Larry Wilson** brought a little Christmas mischief and cheer to the stage with their Dr. Suess inspired dance to songs like *You're a Mean one, Mr. Grinch*, earning them the **Excellence in Technique Award**. This award recognizes their performance for their outstanding technique, formation, and lifts. Covered in green fur and a "stolen" Santa coat, Larry channeled his inner Grinch by roughing up a Christmas tree and twirling his adorable partner, Brook (Cindy Lou Who) until she was dizzy. Christmas wasn't the only thing this couple stole! They also stole the hearts of the people, winning the coveted **People's Choice Award** and raising a whopping **\$6,141** of the **\$23,647** raised in this category!



Scott Murray and **Heidi Lundberg** were original, criminal, and dressed to kill during their Cruella DeVil inspired dance. Their sultry salsa compilation of break steps and syncopation brought a seductive elegance to the stage. As the music intensified, they cranked up the heat of their performance with incredible lifts, dips and a twirling fire finale with **Miranda Bressler**! That's right, FIRE! Their thrilling performance earned them the **Judges' Choice Award**, recognizing their routine's overall entertainment value and technical excellence.

DANCING WITH THE STARS OF CASPER

VILLAINS!



Ryan McConnaughey and Katrina Lorenzen showed off their *Bad Guy* side as the Joker and Harley Quinn. Armed with a baseball bat and a stylish purple trench coat, the Joker rescued his little caged bird after tricking her to fall in love with him. Their saucy swing moves and synchronized acrobatics helped them take home the **Excellence in Showmanship Award** which recognizes the outstanding showmanship of their performance.

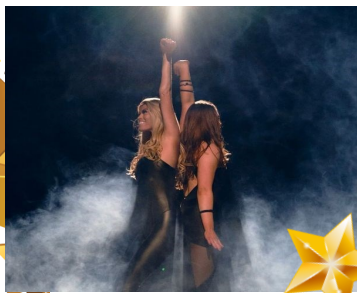


Casey Rislov and Kyle Ridgeway's stormy entrance filled the stage with an eerie fog, flashes of lightning, and a Maleficent inspired dance that left the audience spellbound. Their entrancing lullaby transitioned into an epic a fight dance between the dark fairy and her alter ego. As the dancers battled each other with a killer hip-hop routine, their perfectly synchronized performance earned the **Best Partner Connection Award**.



Hunter Harmelink and Clare Taylor-Ingram pulled off the greatest heist of the night when they robbed the bank (and the judges) as Bonnie and Clyde in their 1920's performance to Gene Krupa's *Drum Boogie*. Not only did they escape the long arm of the law during their performance, but they also stole the award for **Outstanding Theme and Creativity**. This award recognizes the routine showcasing an outstanding presentation, theme, and creativity.

Barbara True and Aaron Walters's energetic homage to the healthcare heroes everywhere took home the **Best Crowd Appeal**, an award that recognizes the most entertaining routine of the night. Like a true hero descending into battle, Nurse Barbara dropped in from above to fearlessly fight the nasty Coronavirus (Aaron) and his crew of mini viruses from **Rising Star**. Armed with tissues, sanitizer, and a shield of 6-foot distance, the dance-battle ensued into an energetic display of fancy footwork as the couple tap-danced their way to an epic finale. With a bang of a reflex hammer, and an explosion of confetti (and quite a bit of sanitizer), Barbara triumphantly defeated that nasty Coronavirus!



The Grande Finale was a taste of a poison paradise as **Katelyn O'Shaughnessy with K2TV and Lydia Anikin** delivered an intoxicating performance of synchronized seduction, finishing off the night's entertainment with fun and flirty performance to Britney Spears' "Toxic."

Thank you so much to the dancers, choreographers, makeup artists, costume designers, sponsors, donors, volunteers and special guests for joining Mercer FRC at this sold out event of the year!

If you missed this year, do not fret, Dancing with the Stars of Casper will return **October 22nd, 2022!** Until then, you can see photos and videos from the 2021 night on Facebook at

<https://www.facebook.com/DancingWiththeStarsCasper>

Save
the
Date

Dancing
with the
Stars
of
Casper

October
22nd
2022

Next year's theme to be
announced soon!



Can you guess what it is?

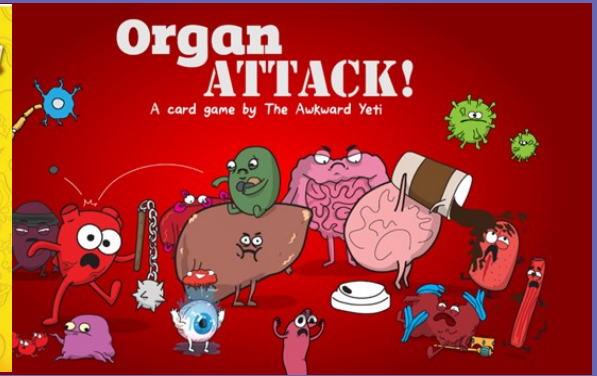


Family Game Night!

Feb. 18th 2022

5:30-7:30pm

@ the Evansville Community Center



It's no secret that positive family engagement acts as a protective factor against abuse, neglect, and substance misuse. Research shows that youth who spend quality time with their parents at least two nights a week are less likely to experiment with drugs and alcohol at an early age, have a lower risk of forming obesity or eating disorders, and have an increased chance of graduating high school. In an effort to promote healthy and positive choices, Mercer Family Resource Center and the Natrona County Prevention Coalition proudly host Family Game Night each year, serving a healthy meal and family fun to approximately 50-75 families (300 individuals) at this annual event. All families have the opportunity to take a board game of their choice to play at home all year long! To learn more about this event, call Anna La Torre at 307-233-4276. Thank you to the following agencies for supporting this year's event:



Child Protection Team



CASPER-NATRONA COUNTY HEALTH DEPARTMENT

Mercer Family Resource Center and Natrona County Prevention Coalition (NCPC) are excited to announce the

10th annual Community Baby Shower

will be in-person this year!

This FREE event provides opportunities for new and expecting parents/caregivers to gain the resources and materials needed to ensure a healthy start for their children. Each participant will receive a bag of community resource pamphlets and well-baby essentials that promote healthy family living. We will also be bringing back our 'essentials for early childhood' store where parents get to pick out the items they need, free of charge! Store items in the past have included diaper packs, baby socks, children's books, sippy cups, nursing supplies, bottles, and more. Each of the items provided are helpful materials for a safe home and encourage knowledge of appropriate child development.

Our goal is to bring families who are currently expecting or have children between the ages of 0-3 together with service providers for an opportunity to connect and learn in a fun, welcoming atmosphere. Up to 30 booths will be on-site featuring early childhood providers and resource agencies offering information, expertise, and prizes to celebrate the families who attend. Based on the growing trend in attendance from previous years, we expect to serve over 350 community members who are seeking support, assistance, and resources. We are currently accepting donations to support this event! If you would like to donate items such as diapers, wipes, or any other essential baby items, please contact Anna La Torre at 307-233-4276 or stop by 535 W Yellowstone Hwy.



May 7th, 2022

10am-12pm

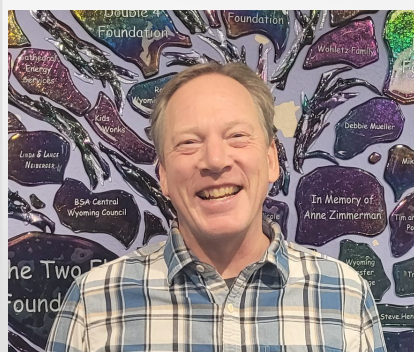
At the Boys & Girls Club



Introducing Ted Sellers, Mercer FRC's new Finance Coordinator!

Ted joined our team looking for a way to give back to his community.

"Retirement had lasted for almost three years. I pondered about returning to the workforce, but, it had to be with an organization that provided a meaningful service to the community and could utilize my years of finance experience. The day I saw the job posting with Mercer, I knew a prayer had been answered. It was validated the day I interviewed and found such a wonderful group of people. I also found that Mercer has more to offer me than just a job. I look forward to finding hidden talents within myself as well as providing a valuable service to the community and Mercer.." Welcome to the team, Ted!





Cool classes for youth: Corrective Thinking

Corrective Thinking is an evidence-based course that prepares students with the social and emotional skills they need for academic, social, and life success. Students learn how to navigate the challenges of social and academic pressures such as making responsible decisions, managing stress, reflecting on personal relationships, and resolving conflict peacefully. The lessons apply collaborative and experiential learning strategies to help students practice the social and emotional skills proven to prevent violence and other risky behaviors.



This 5-week course is perfect for youth aged **12-18, with or without a referral.**

Pre-registration is required.

Cost: \$45 fee per youth
Includes all sessions and materials

To learn more about this and other youth classes we offer, go to www.mercercasper.com or call 307-265-7366.

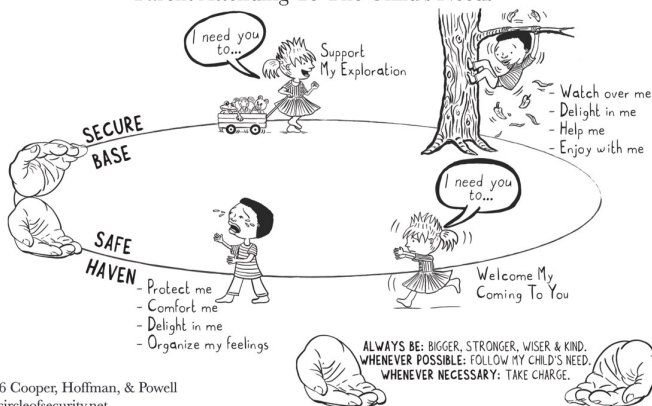
Strong families thrive within a Circle of Security

Circle of Security Parenting™



Raise a resilient & secure child.

Circle of Security® Parent Attending To The Child's Needs



©2016 Cooper, Hoffman, & Powell
www.circleofsecurity.net

Based on decades of research on how secure parent-child relationships can be supported and strengthened, Mercer Family Resource Center's Circle of Security Parenting™ program (COSP) can help parents with children who have trouble with emotional regulation, impulse control, disruptive behavior, aggression and withdrawal/detachment. In COSP parents learn how to...

- Understand their child's emotional world by learning to read emotional needs
- Support their child's ability to successfully manage emotions
- Enhance the development of their child's self esteem
- Honor the innate wisdom and desire for their child to be secure

This class is perfect for parents and caregivers with children 4 months to 10 years of age. Pre-registration is required.

Cost: \$45 for individuals/\$70 for a couple
includes all sessions and materials

You can download your intake paperwork ahead of time at www.mercercasper.com, or grab a packet from our office manager when you stop by to drop off payment!

Looking to add some new tools to your parenting tool belt?
Sign up for one of our Family & Parenting classes today!
To learn about our options and find out which parenting class could suit your needs best, contact Anna La Torre, our Family & Parenting Specialist, at 307-233-4276.

Meet Anna La Torre, Mercer Family Resource Center's new Family & Parenting Specialist!

Anna comes to Mercer with a background in child development and working with family dynamics. Anna is proud to work for Mercer, and grateful for the opportunity to help provide such a wide range of services to the community.

"The challenges of parenting are universal. I love to bring caregivers together to talk about parenting experiences! I enjoy being able to provide information about child development and parenting skills to them. There's something powerful in listening to and discussing our experiences. All caregivers can learn new skills from one another, and that connection can make being a parent a little easier." -Anna La Torre, Family & Parenting Specialist



Youth Empowerment Council



The Youth Empowerment Council (YEC) is a substance-free, responsible, open group of young leaders that collaborate to better the community, support one another, inspire youth, grow, and lead by example. **For youth, by youth.**

"LIKE" us on Facebook
@YECNC

YEC meets weekly on Thursdays at Mercer Family Resource Center from 6-7PM. In the meetings, discussions revolve around upcoming events, pro-social youth activities, and working on positive change in the community, with different subcommittee presentations and activities sprinkled along the way. Here are some of the things they've been up to since July 1, 2021:

- YEC toured the 911 Call Center
- Got crafty with the Natrona County Public Library
- Maintained the Mercer FRX Community Garden
- Volunteered at Smokin' Soul Fest for the Brain Injury Alliance, the Suicide Prevention Walk with the Natrona County Suicide Prevention Task Force, and the Feast & Fright fundraiser for Art321
- Hosted multiple SPAT presentations in the school district

#WYAMPLIFY

YEC's pro-social subcommittee hosts #WYAMPLIFY events that inspire their peers to enjoy substance-free activities. Attendees don't have to be members of YEC, they just have to be in 6th-12th grade. Since July 2021, YEC members and their peers have celebrated life by going on an adventure to the fair carnival during the summer, Arcade Night at Old Town Family Fun, Jump Craze and pizza night, and David Street Station for ice skating. The next #WYAMPLIFY event will be a night at the movies on Valentines Day!



SPAT Stats!

YEC's **Suicide Prevention Awareness Team (SPAT)** is a subcommittee of youth who seek to prevent suicide and promote mental wellness through peer-to-peer suicide prevention presentations. Between July 1, 2021 and December 31st 2021, YEC members provided **702 hours of SPAT presentations to 532 students!**

YEC has had many success stories when looking back at previous SPAT presentations. The positive feedback that YEC gets from young people is very reassuring and helps members continue to educate their peers.

*"I like that they are not afraid to talk about suicide."
"I like how they shared their personal stories."
"SPAT is keeping people alive!"*

Support your favorite event!

Donate by phone: 307-265-7366

Donate online: www.mercercasper.com

Donate by mail: Mercer Family Resource Center
535 W Yellowstone Hwy
Casper, WY 82601

I want my donation to go toward:

Family Game Night

Community Baby Shower

#WYAmplify

Where it's needed most

Business Name: _____

Contact Name: _____

Mailing Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Work Phone: _____

Check enclosed

Visa/MasterCard/Discover# _____ Exp. _____

Name on Credit Card: _____

Please invoice me

Mercer Family Resource Center, Inc. is a 501 (c)(3) non-profit agency.
Federal ID # 83-0211522



Recap of Programs & Services Provided		<i>Mid Year</i> (July 2021—Dec 2021)
Total number of community engagement participants		990
Total number of clients (receiving direct services)		1300
Total number of direct service hours provided		3304
Intervention Services		Service Hours Provided
Insight into Substance Prevention (youth)		156
Corrective Thinking (high school)		152
Corrective Thinking: Social & Emotional Skills (middle school)		140
Tobacco & Vaping Education (youth)		88
Something for Nothing (youth shoplifting prevention)		70
Anger Management (youth)		188
Drug and Alcohol Education (adults & youth)		72
Total Intervention Education Hours		866
Family Programming		Service Hours Provided
Make Parenting a Pleasure		6
Parenting the Love & Logic Way®		147
Strengthening Families		0
The Nurtured Heart Approach®		78
Circle of Security®		0
Total Family Programming Hours		231
Counseling, Assessment, & Case Management		Service Hours Provided
CHINS- Child in Need of Supervision		405
ASI- Addiction Severity Index (substance evaluation)		104
Counseling (individuals, couples, & family)		246
Mental Health First Aid training (youth & adult)		0
Total Counseling, Assessment & Case Management Hours		755
YEC/Prosocial Activities, Prevention & Awareness Training		Service Hours Provided
YEC (Youth Empowerment Council)		282
YEC-SPAT (Suicide Prevention Awareness Team)		702
#WYAMPLIFY (substance-free youth activities)		44
QPR- Question, Persuade, Refer (suicide prevention)		424
Total Prevention & Awareness Hours		1028

Mercer Family Resource Center provides programs that are proactive, impactful, and accessible to ANYONE in the community! Whether you're looking for new tools for your parenting toolbox, wanting to strengthen the collaborative communication within your family, or seeking support to navigate through some of the tough stuff in life, we have the resource for you!

Stronger Families Classes:

- *Parenting the Love & Logic Way®*
- *Strengthening Families®*
- *The Nurtured Heart Approach®*
- *Circle of Security Parenting*

Healthier Youth Classes:

- *Tobacco & Vaping Education*
- *Insight into Substance Prevention*
- *Anger Management: Coping, Resiliency, Growth*
- *Corrective Thinking Through Social & Emotional Skills*
- *Something for Nothing*

Strong & Healthy Communities:

- *Drug & Alcohol Evaluation and Education*
- *Adult Mental Health First Aid*
- *Youth Mental Health First Aid*
- *Individual, Couples & Family Counseling*

To learn more about our programs, call 307-265-7366 or scan this code to visit our website-



www.mercercasper.com

Hear what parents are saying about our programs:

“I enjoyed the program! The skills that I have learned are very helpful not just as a parent but as an uncle, brother, or mentor.” (Parent)

“I learned a lot of resources and examples on how to better your relationship with your children.” (Parent)



mercercasper family resource center

535 W. Yellowstone
Casper, WY 82601



www.mercercasper.com



Mercer Family Resource Center is hosting

YOUTH MENTAL HEALTH FIRST AID

LEARN HOW TO RESPOND WITH THE MENTAL HEALTH FIRST AID ACTION PLAN (ALGEE):

- A** SSESS FOR RISK OF SUICIDE OR HARM
- L** ISTEN NONJUDGMENTALLY
- G** IVE REASSURANCE AND INFORMATION
- E** NCOURAGE APPROPRIATE PROFESSIONAL HELP
- E** NCOURAGE SELF-HELP AND OTHER SUPPORT STRATEGIES

Upcoming trainings available!

In person, online, and hybrid options.
Ask about our group rates, flexible dates, and private trainings!

Taught by trained counselors:
Lindsey Hall at 307-233-4280
Or Brittlynn Adame at 233-4277

With **Mental Health First Aid** you can...

- ◆ Grow your knowledge about signs, symptoms, and risk factors of mental health challenges and addiction
- ◆ Learn how to approach, assess, and assist a person who may be struggling with a mental health challenge or crisis.
- ◆ Increase your confidence in helping someone
- ◆ Improve means of self-care while assisting others

Thank you to **Casper Natrona County Health Department** for helping make our most recent training possible!!

Check out these responses when participants were asked about the most helpful part of the training:

"I like the variety of activities: small group breakouts, text chats, videos, conversations. It keeps things interesting."

"Practice sessions allowed you to put skills in place."

"The support and positive feedback from moderators."

"Interacting with people from various career experiences and cultures helped see a variety of perspectives."

"(Instructors were) upbeat and attentive."

"The ALGEE plan was the most helpful to me."



Youth Mental Health First Aid training coming up next at Mercer Family Resource Center