A Letter From the Director of Marketing & Development – Mary Davidson

Whew, we made it! As of October 2018, our construction is complete, signs are up and landscaping is all in place. The campus looks beautiful thanks to a solid team of contractors including Valley Construction, Young Art and Sign, Paragon Interiors, Uncommon Ground and too many others to list here.

We re-learned (or learned) a lot through this renovation. Things like the importance of teamwork, remaining open minded and willingness to roll with the punches. These are very similar to the tools and techniques we teach the youth at Arrowhead. Ironic isn’t it? The renovation was a good reminder that we never stop growing and learning, but if we have tools and resources to use, it sure makes challenging times easier to manage.

We also have recognized all of the things we are grateful for. At Arrowhead, we feel blessed every day that we go to work at a place we love and are passionate about. We come in daily and are a part of a life changing organization that offers services and skills to change the lives of youth at risk. Arrowhead appreciates all of the support we receive from our community and would cease to exist without it. For that we are most thankful.

As we enter 2019, we look forward to our new venture, offering services and education for 21st century youth and preparing them for this fast paced, unpredictable and quick changing world. We wish you a Happy New Year full of flexibility, an open mind and teamwork.

If you are interested in becoming a part of Arrowhead, please reach out and find out how you can share your time, experiences or resources to help our youth find their path to a more stable and productive life.

Sincerely,

Mary Davidson
Director of Marketing and Development
Thank you to everyone who has supported Arrowhead through Birdies for Charity

We are proud of our long-standing collaboration with the John Deere Classic. Each summer, Arrowhead youth and staff spend many hours volunteering on the golf course before, during and after the tournament. We set up the fencing all around the course, help move furniture into the suites and do ecology (empty the garbage) during tournament week. The youth’s hard work benefits the community and reflects the belief that we help ourselves the most when we help others.

Mental health treatment is a necessity within our community. Funds received will go solely toward assisting youth as it pertains to cognitive health, education and well-being. Each day our youth are in treatment at Arrowhead, they are experiencing positive therapeutic interventions and schooling that will provide them with the tools necessary to re-establish themselves within the community. With your continued support, we can continue our life-changing work with youth.

Arrowhead + The John Deere Classic: A Great Partnership

Each year Arrowhead youth volunteer at the John Deere Classic for setup, tear down and ecology. In July 2018, Arrowhead invited 100 of its closest friends to spend Sunday afternoon in a suite on the 17th hole. Plenty of food, drinks and great golf were on tee and the day was spectacular! It is the perfect venue to reconnect with old friends, make some new and watch the final day of the tournament that is so close to our hearts.

We are doing it again on July 14, 2019. Be on the lookout for an invitation early next year!

Round-Up 2018 Was A Huge Success!

What a weekend! This year’s Round-Up raised roughly $81,000, which will go towards improving our technology and communication. Thank you to all who attended this great event - we’ll see you again next year!

Thank You!
$80,000+ raised!
Troubled youth that want help:

100%

They just need hope.
Thank You to Our Friends at Uncommon Ground

A big shout out to the folks at Uncommon Ground! Each year after the John Deere Classic, truckload after truckload of mulch and flowers are dropped off at Arrowhead. As a non-profit with a lot of land and limited funds, this is one of our favorite annual gifts. Everyone appreciates this generosity and of course the look of freshly laid mulch.

Arrowhead is 2018 Charity of Choice

Arrowhead would like to thank Jim Sears and Cameron Davidson for choosing us as the 2018 Charity of Choice for their annual Corporate Shootout. The event raised $20,000 for our agency. This money will be used to furnish an area for families to spend time with their child on visitation days. We believe that time with family is imperative to recovery and healing for all involved. Thank you Jim and Cam for making this vision a reality!

Support Arrowhead by Joining Us For Trivia Night!

Use that brain power and support Arrowhead Youth in the process!

Our next Trivia Night will be Friday, January 11, 2019. Doors open at 5:30 p.m. Play starts at 7 p.m. We’re pleased to be hosting this year’s Trivia at CASI - 1035 West Kimberly Road, Davenport, IA 52806

Cost is $10.00 per person or $80.00 for a table of 8. Everyone is invited to bring your own food and snacks. A cash bar is also available.

If you’d like to sign up as an individual player, or RSVP a table, please call (309) 799-7044 ext 247 or register online at www.arrowheadyouth.org.

Arrowhead Helps at Festival of Trees

The Festival of Trees provides an opportunity for Arrowhead residents to work with adult volunteers and many different people from the community by setting up and tearing down for this festive holiday event. This work helps the youth build self-esteem and understand how important their help is to the community as a whole. We were pleased to help out again this year.

Our Mission

Arrowhead will motivate youth-at-risk to become productive and responsible young men and women by providing quality counseling, education, and social services to youth and their families.
“Nothing, I’m good.”

When a struggling teen is asked what they would like to change about the challenges they are facing, the general response is something similar to “Nothing, I’m good.” As parents, you may find yourselves at a complete loss on how to handle the situation and not know where to turn. Your teen is not listening to you and your advice and guidance seems to fall on deaf ears. When change is necessary and seemingly impossible at the same time, knowledge can be a powerful tool. Read on about the six stages of change and consider giving it a try.

I. Precontemplation: the teen does not yet know there is problem behavior that needs to be changed. They are not thinking seriously about change and often defend their bad habits. The best thing that can be done in this stage is to build communication. Take this time to listen and validate where they are coming from. This doesn’t mean you have to agree or condone the behavior, but understanding where they are coming from can go a long way.

II. Contemplation: acknowledgement that a problem exists, considering making a change but not yet ready. Helping the teen become aware of the consequences of their behaviors and allowing them time to think about the consequences can be beneficial. The teen may be ambivalent about change or back and forth about change. Helping them weigh the pros and cons and examine positive and negative outcomes is a great stepping stone. Some teens doubt the long term benefits, and focus instead on the short term costs of changing the behavior. Gently pointing out pros and cons, or providing stats that contradict their perceived benefits of the behavior may be helpful.

III. Preparation/Determination: we see the teen getting ready to change. This is where they make a commitment to change. The consequences, evidence and contradictions are becoming more and more clear. It is time for positive action on their part. The teen may come to you asking for help or suggestions on coping strategies.

IV. Action/Willpower: the youth is changing their behaviors. The youth are the most vulnerable at this stage of change and need support as they prepare to deal with internal and external pressures.
that lead to slips. Recognize that they may need short term rewards and encouragement to recognize their behavior changes and to realize how it enhances self-esteem. They are open to receiving help and seek support from others. Listening, praising, understanding and validating are good practices in this stage.

V. Maintenance, the youth are maintaining the behavior change. They are able to successfully avoid the temptation of the past. Consistently remind them of how much progress has been made. Encourage the youth to anticipate times when slips could occur and have coping strategies ready.

VI. Relapse. This is when the youth may return to the old behaviors and abandon the new changes. Do not panic. It is quite common to relapse. Change is not typically a linear process. Ups and downs are normal and can be viewed as healthy. This stage can be accompanied with feelings of discouragement and seeing oneself as a failure. The youth and their support system should recognize the slip as an opportunity for growth and to become stronger.

During the past year, change has been a constant theme at Arrowhead. While we are going through this renovation, rebranding and expanding our clientele reach, we are putting to use the concepts that we teach our youth every day as our organization embarks on our 2020 mission. As we get ready to launch our new services and look back on the challenges and difficulties we have faced during this process, it’s empowering to know that we are in the action stage now and can take pride in the progress we have made.

References:


Reina Reyes, LCSW, MBA
COO

References:
At Arrowhead, our mission is to motivate youth at-risk to become productive and responsible young men and women by providing quality counseling, education and social services to youth and their families.