

Story County Board of Health Report
February 2026
YSS Prevention Services

ADOLESCENT PREGNANCY PREVENTION

- Quarter two was very busy for us! We reached a total of 4,265 people in all our programming and events!
- We have done 3 more library presentations at the Ericson Library in Boone, and they were successful. We had 23 youth total, and we're still seeing repeat kids every month.
- We successfully reached the first semester students at Woodward Academy, Nevada Middle School, Roland Story, Ember, Madrid Jr/Sr High School, and Colo-Nesco Jr/Sr High School.
- In Boone County, 98.7% of the students said this had a positive impact on their lives. In Story County, 100% said this had a positive impact on their lives! That's so reassuring, and it's been awesome to reflect on what impact we are having.
- TOP at Boone Middle School is going great! We already have 4/20 students hit their 20 hours of CSL and 6 more are nearly there! They're really loving the volunteer aspect of TOP.

BEHAVIORAL HEALTH OUTPATIENT SERVICES

At YSS' Family Counseling Clinic, we promote overall wellness through appropriate, evidence-based treatment interventions including Mental Health Therapy and Substance Use Counseling. Recently, YSS streamlined our counseling clinic structure by shifting therapists to a contract-based workforce model and focusing more on our substance use services. Intensive Outpatient for adolescents and young adults started in August and continues to grow steadily. This group structure allows us to serve more members of our community with personalized, evidence based care.

Over the last two months, in Story County we provided:

- 63 mental health therapy appointments
- 186 Extended Outpatient substance use appointments
- 345 Intensive Outpatient substance use groups

YSS' Intensive Outpatient Program is steadily growing with more than 25 adolescents and young adults currently enrolled and engaged in the program. This program is virtual in order to remove barriers such as transportation but provides the same individualized care.

EMBER

The Ember Recovery Campus is now able to serve up to 39 clients on campus. For residential substance use treatment we have 15 adolescent female beds, 10 adolescent male beds, and 9 young adult male beds. We also have 5 beds for crisis stabilization services. As our staffing continues to grow we will soon be opening 5 more adolescent boy beds. We were also recently awarded a federal grant named Basic Center. This enables us to continue to offer services to non-system involved adolescents who are either homeless or at risk of being homeless for up to 21 days.

MENTAL HEALTH AND WELLNESS EDUCATION (SUICIDE PREVENTION)

- Staff presented a poster and joint session at MRASH conference.
- Finished programming at RSMS, Ballard, and Colo-Nesco. Start programming at Hampton in December. Roland-Story has expressed learning & teaching the curriculum and have invited our input.
- Worked briefly with Clarion-Goldfield-Dows on their District Plan and will start training faculty in Suicide Prevention Programming beginning in Spring 26.
- Organized and implemented Mental Health Trainings at Gilbert, grades PK-8th.
- Will be tabling at the Wellness Resource Fair in December.
- Continued participation in NIACC Behavioral Summit in April 2026; invited to speak on mental health in agriculture.
- Total Number of youth served since September: approx. 251; Adults: approx. 260

MENTORING

- We are still providing school-based mentoring services to youth in Gilbert, Ames, Ballard, Nevada, and Collins Maxwell School Districts in Story County with the addition of Roland Story
- Highlight of the month..
 - We have recently started a new mentoring program at Roland Story. This program differs from our current mentoring program as we are implementing a curriculum for our high school mentors at Roland Story. The goal is to help educate them how to become great mentors and provide them with the space to ask questions and develop critical skills.

Number of Youth Served: School- Current Matches: Eastern Story County – 20 Ames MS – 25 Gilbert – 55 Ames Elementary - 18

Upcoming Events

- February 1st we are hosting a bowling event for our matches. We held this event last year. It was a huge hit with the youth. We are excited to be able to have a fun space to foster building meaningful relationships

SUBSTANCE USE PREVENTION AND COMMUNITY OUTREACH EFFORTS

- Our prevention efforts continued in the Story County school districts. We completed programming in Roland-Story High using the Catch My Breath curriculum. We also are starting to teach in Ames Middle School with 7th grade at the end of January. We will be there for 8 weeks.
- We also have received state opioid dollars to start expanding our prevention services on a statewide level. There will be four pillars for this program; early intervention, hidden in plain sight trailer, coalitions, and parent education.

YOUTH DEVELOPMENT

- The Ames Builders Club meets bi-weekly at Ames Middle School and focuses on community service learning.
 - Tanner has shifted into this roll
 - There has been an average of 10 students each week so far!
 - The students have been busy completing a total of five service-learning projects already including posters to help spread awareness, help fundraise, creating blankets for the animal shelter, making a drive to needed items for the animal shelter and visiting the animal shelter!
- Roland-Story Tough Topics meets weekly, and the group discusses topics important to the youth and attendance has been awesome this year!
 - This year, seniors have had the option to go home instead of staying for a group, but they have specifically chosen to attend Tough Topics instead of leaving school early!
- Nevada Tough Topics group meets weekly.
 - Drea oversees this group, and it continues to flourish.
 - There are two high school groups, and the teacher is trying to start a middle school group/third group as well. Drea has picked up a few extra group meetings here and there as the need for her skills continues to rise!
 - The classroom teacher of this group reached out to Drea's supervisors to let them know how phenomenal she has done in these groups!
- Tanner Started a new Tough Topics group at Boone High School and 27 new students have already attended the meeting!
- Ames Middle School Tough Topics meet weekly with Drea. This is shifting a little in the fall to their TAP groups.
 - This has been going fantastic, and Drea has created great relationships with the teachers and students at Ames Middle School!
 - They continue to plan field trips that give many of the students great opportunities for their futures.

YOUTH EMPLOYMENT PROGRAM

- Meetings are continuing with students one on one and helping them successfully look toward their future.
- Career Pathways Academy students got to take a tour of the Ames Public Library.
- An EMT Simulator presented at Nevada and students got to see how an ambulance works.

IMPACT TEEN CLUB

- Teen Club runs in Colo Nesco and Nevada 3 days a week.
- Colo is averaging 6 students or more daily
- Nevada has already reached 9 students to attend, with an average of 6 students daily.

- The program provides teens with a safe, fun, and healthy environment after school. IMPACT offers many opportunities for participants to explore their interests and expand their abilities in a variety of ways, including service learning.
- Service Learning: Participants are responsible for planning service-learning projects that they are interested in. These projects challenge students to address issues in their community and come up with solutions to better their community in the long term. The curriculum we utilize for our community service projects is called Teen Outreach Program (TOP). It is a completely student lead curriculum and teaches them the skills they need to implement community service projects from start to finish. It also helps them to be able to identify what needs their community has.
- Colo is run by Meagan and Nevada is run by Erica!

SUMMER ENRICHMENT

- Summer Enrichment has offered a free six-week summer camp focused on providing meals and reducing summer learning slide to Story County youth in Ames, Nevada, and Collins-Maxwell school districts.
- Nevada's highest number was 110, Collins-Maxwell's highest number was 55. Ames highest number was 52.
- The program has served thousands of meals to the students for free.
- The program received a \$1,500 Grant that will help run these free sites in Collins Maxwell, Nevada, and Ames!
- The program has received a \$1,000 grant from Kiwanis recently.
- All three sites will partner with Ames ISU Vet Med this summer again and toured their campus site!
- Nevada has many field trips to local businesses in the town and each business has partnered and offered to cover the fees of the field trips!