Our Community. Your Impact.

INTERGENERATIONAL PROGRAMMING
Connecting Generations, Strengthening Communities
Bringing Seniors and Youth together in meaningful ways; fostering relationships and nurturing the social and emotional well-being of Seniors and Youth.

PARENT/EDUCATOR WORKSHOPS
- Stress & Anxiety
- Youth Issues, Ages & Stages
- Executive Function
- Social Media Safety
- Addiction & the Developing Brain
- Internet Safety
- Boy Sense (Emotional Intel for Boys)
- Social/Emotional Skill Development
- Essex County DA Safety Conference & more

HORIZONS YEAR-ROUND PROGRAMS
Over 80 classes K-6 serving 600+ children plus Camp Invention, Ski Bradford and LEGO Engineering & Video Game Design

OPEN GYM
- Saturday nights during winter for MASCO Youth
- Special welcome event for incoming 7th graders

TEEN PROGRAMS
- Youth Action Advisory Board
- Teen Leadership Councils & Community Service Opportunities
- MA Conference for Women
- Youth Artisan Fair
- Stand Tall! Tween & Teen Girls
- Boys Mentoring Program
- Girls 4 Girls Mentoring Program
- In-school speaker programs on relevant issues

SUPPORTED PROGRAMS
- DASH (Disability Awareness Starts Here)
- Samba Ensemble
- Sponsor-a-Child
- Inclusive Rock Band

DEVELOPMENTAL ASSETS
Building blocks for healthy, resilient, empowered youth.

PHOTOVOICE
Youth create powerful messages through photography and written word.

PROJECT Safety Net
when times are tough 978.771.4619 it's anonymous

YOUTH RISK BEHAVIOR SURVEY
2,000 youth at MASCO & Community Adult Perception Survey

www.tritowncouncil.org

ALL-NIGHT GRADUATION PARTY
A 50-year tradition with 90% class participation! Scholarships for Seniors!

RESOURCE FOR FAMILIES IN NEED
Community Partnership
- Promoting healthy behaviors and fostering an environment where youth choose to be substance free.
- Community Education
  - Town-wide Mailings
  - News Articles
  - Quarterly Newsletters
  - Opioid Education Forum & Advocacy
  - Resources & Referrals
  - Community Conversations

THE COALITION
Connect, Communicate, Prevent
A TRI-TOWN COUNCIL PROGRAM
WHO WE ARE: Serving and supporting youth and families for five decades, Tri-Town Council (TTC) continues our commitment to *support and empower youth* to make healthy and safe decisions and to provide parents/guardians, educators and community members the tools and strategies needed to support youth in effective, positive and impactful ways. **We are a 501c3 not-for profit organization proudly serving the communities of Boxford, Topsfield and Middleton, Massachusetts.**

Each year we offer a variety of mission-driven programs and services including youth leadership, parent education, professional development, prevention services, after-school enrichment and various types of family and community support. Established in 1968 and originally named the *Tri-Town Council on Drugs*, TTC was organized by concerned citizens to address underage youth drug and alcohol use. This grassroots effort has evolved over the years to become a vibrant community mainstay centered on **positive youth development.**

Our work is guided by the *Developmental Assets Framework* and Positive Community Norms (PCN) using *The Science of the Positive* (SOTP). Developmental Assets are 40 research-based, positive experiences and qualities that influence young people’s healthy development, helping them become caring, responsible, and successful adults. Grounded in the tenets of positive youth development and rooted in prevention research, the Developmental Assets Framework is widely used in the United States and, increasingly, around the world in support of the health and well-being of youth.

**The Positive Community Norms** approach to improving community health is founded on the **Science of the Positive.** Science of the Positive focuses on growing the healthy, positive, protective factors that already exist in our community. It is based on the core assumption that the positive is real and is worth growing – in ourselves, our families, our workplaces, and our communities (Linkenbach, 2007). TTC is excited to welcome Dr. Linkenbach to our community during the fall of 2018 to work with TTC and our community partners.

HOW WE DO OUR WORK: We achieve our annual programming goals as a result of strategic collaborations with a host of community partners including Masconomet Regional School District, Tri-Town Elementary School Union, health departments, police departments,
faith-based organizations, and mental health professionals among others to provide social/emotional wellness, service-learning, leadership, enrichment and recreational programs for youth; parent/guardian education, workshops and family support; and professional development opportunities for our educators. *It is as a result of these partnerships that TTC, whose small staff of employees (2.75 FTEs), is able to accomplish our ambitious goals each year reaching thousands across the tri-town community.*

TTC is powered by financial support from the Towns of Boxford, Middleton and Topsfield along with hundreds of individual donors; community and family foundations; and corporate and institutional grants, which together make our work possible.

**OUR IMPACT:** In the 2017-2018 program year, TTC’s efforts reached **thousands** of youth, parents and educators with **more than 100** educational, enriching and empowering programs and workshops including alcohol & drug prevention education for youth and adults; community conversations focused on the Youth Risk Behavior and Adult Perception Surveys looking at the data and the positive norms which prevail; Developmental Assets workshops for youth and adults; programs which focus on adolescent anxiety and depression, development of social-emotional skills and raising resilient teens; youth leadership workshops; a peer mentoring; after-school enrichment; and substance-free events among others.

**CORE PROGRAMS**

**The Coalition** - established in 2010, *The Coalition* continues to expand its activities and reach. This TTC program is a community-wide partnership which includes our schools, law enforcement, public health, mental health professionals, faith-based, youth and parents. This program is TTC’s directed focus on reducing and preventing substance use among tri-town youth. *The Coalition* provides local coordination, collaboration, education and advocacy towards the ultimate goal of reducing youth substance use ensuring and sustaining a healthy tri-town community for all. Activities include data collection/dissemination, substance-free activities, information/education campaigns, youth engagement and advocacy. The receipt of new grant funding through the Peter and Elizabeth Tower Foundation will allow TTC to further expand and deepen the work of The Coalition in FY19 and beyond.
Horizons After-School & Summer Enrichment - Horizons is available to K-6 elementary school children in Topsfield and Boxford during the academic school year and to all Tri-Town K-6 residents during the summer. Classes, taught by experienced adults, may include art, science, chess, yoga, cooking, physical activity, Lego Engineering, sewing, drama and nature workshops. We continued to offer several classes initiated and taught by Masconomet High School youth with adult supervision including ultimate Frisbee, dance and art which provided leadership and mentoring opportunities for our high school youth. These teens also serve as wonderful role models for elementary youth. Horizons is offered in 4, 6 and 8 week sessions during the fall, winter and spring; weekly during the summer; and includes a 6 week ski program for Boxford youth grades 3-6 at Bradford Ski. Community service opportunities are available for high school youth to assist in Horizons classes to make programs accessible for students with need. In FY18, 13 high school youth participated in the Teacher’s Assistant program. Programs are held at the elementary schools immediately after dismissal during the school year and new this year several classes before school. Summer programs are held at various locations in the Tri-Town. During FY18 more than 500 Tri-Town elementary youth participated in after-school Horizons and 11 high school youth served as volunteer counselors during summer Camp Invention.

Inclusive Rock Band & Samba Ensemble - introduced during FY18 under TTC’s umbrella, are available to students with and without disabilities or need of additional support. These inclusive and mentored programs include instruction under the direction of Andrea Monty, Director of Spofford Pond Band with the assistance of MS and HS youth mentors. The Rock Band and Samba Ensemble perform at various events throughout the year.

Youth Action Advisory Board (YAAB) - New during FY18, this group of Masconomet high school students serves under the umbrella of The Coalition and works with community leaders and peers to address issues that matter most to teens. YAAB is about speaking up, speaking out and making a difference in the community.
All-Night Graduation Party - Tri-Town Council sponsors and coordinates this annual event with the input and support from parents of Masconomet Seniors. This event, run since our inception, takes place the night of graduation with approximately 80% of seniors participating and is chaperoned by parents of underclassmen and TTC staff. The graduates enjoy a full night (9PM-7AM) of fun activities and food with buses transporting them to each location (kept secret from the seniors) keeping them safe on a high risk night. Over 210 graduated seniors and 40 chaperones participated in the 2018 event.

Tri-Town Council Scholarship Program - Scholarships are awarded to three graduating Masconomet Seniors, one from each of the tri-towns, recognized for their community service and being exemplary role models to peers during their high school years. The 2018 recipients were Nate Kelly, Boxford; Chelsea Wood, Topsfield; and Arianna Perry, Middleton. FY18 marks the 8th year these scholarships have been awarded. In FY18 TTC awarded $500 to each recipient. In addition, TTC was honored to award three additional $250 scholarships in memory of Taylor Sullivan, a Massachusetts teen who died after a night of binge drinking. In 2017 Taylor’s mother shared her heartbreaking story with Masconomet juniors before Junior Prom. The recipients of “Taylor’s Message” scholarship were Julianna Katz, Jenny Conant and Madison Katz.

Project Safety Net 24/7 Helpline – Counseling provided 24/7 via telephone and text access to a licensed mental health counselor. Project Safety Net is used by both parents/guardians seeking advice or guidance regarding issues with their children, and youth in need of someone to talk to as well as concerned community members for information, referral/crisis counseling.

Tri-Town Community Resources for Families in Need – TTC and the Masconomet School Health Council (SHAC) provide a comprehensive list of local resources, regional and state resources to include mental health, substance abuse, food/fuel assistance, safety and more. This resource list (Community Resource Guide) is accessible on-line and in print. TTC also works with schools and local agencies to facilitate support for tri-town families in particular need during the November/December holiday season.
ENRICHMENT PROGRAMS & WORKSHOPS (Youth, Parent, Community)

**Youth Workshops/Activities**

**TAG-IT Tuesdays** – Opportunities in the Middle School for youth to ‘shout out’ on a particular topic; Tag-It’s spark discussion on various topics and give youth a chance to be heard on specific issues in an engaging and unique way. *What are the pros and cons of social media? Who are the special people in your life and why?*

**Massachusetts Conference for Women (Young Women’s Program)** Tri-Town Council, for the 7th year, secured sponsorship for 12 Masco Junior and Senior girls and 3 adult chaperones to attend this annual event in December which focuses on leadership, self-esteem and empowerment. In 2017 our attendees were sponsored by State Street Bank.

**PhotoVoice** – This program, run since 2012, encompasses both a photographic and written component on a chosen topic. Volunteer assistance is provided by community members. The 2018 topic was “*What Matters: An Exploration through the Eyes of Youth*”. Projects were unveiled at TTC’s Annual Meeting and at a Masconomet reception. The photographs are displayed at town libraries during the school year as well as permanently installed in the lobby of the Masconomet Middle School.

**Open Gym Nights for Middle & High School Youth** – run by Tri-Town Council for Middle and High School youth on select Saturday evenings during the winter months from November-March in the Masconomet Field House. Open Gym is a free, supervised drop-in program for Masco teens. Activities include basketball, floor hockey, volleyball, Frisbee, board games and some craft activities.

**6th Grade Fun Night in its 5th year** - This two hour event provides another opportunity for tri-town 6th graders to meet in a casual environment for an evening of games and activities. Middle and high school youth help plan and facilitate activities during the evening. TTC provides 1-way bus transportation from the upper elementary schools.
to Masconomet to encourage participation. More than 250 6th graders and 30 middle and high school volunteers attended in May 2018.

**Middle School Youth Leadership Retreats** – now in its 3rd year, the afternoon focuses on team building and making new connections with peers. Over 25 middle school youth attended the program which was held at Danvers YWCA Stiles Pond campus in Boxford in October. New this year, we added second retreat for middle school students in September, held at Danvers Indoor Sports, the afternoon provided an opportunity for students to explore, have fun and make connections. Over 25 students attended the inaugural event.

**Media Girls** - a mother (or special adult) and daughter program facilitated by Michelle Cove explored how to help girls explore strategies that support and empower girls to be their authentic selves on and off of social media. Program was offered in partnership with Middleton Health & Wellness Committee.

**Under Construction! TWEEN/TEEN'S Brain Development** - presenting to Masconomet High School students, Dr. Ruth Potee discussed teen brain development, its impact on risk-taking behavior, including the use of drugs and alcohol, and what this means for teens.

**Online for Good** – TTC funded 4 Masconomet High School students and one staff person to attend this program at WGBH studios in Boston. Facilitated by the group “Empower Peace”, this workshop focused on building social media campaigns to promote tolerance and acceptance.

**Girls 4 Girls Mentoring Program** – completing its third year, this program was expanded in FY18 to include Howe-Manning School and Spofford Pond School along with Proctor School. This impactful program matches girls in grades 5-6 with Masconomet High School girls grades 10-12 who meet regularly over the course of the school year to develop relationships, serve as a mentor, role model and help with the transition to middle school. TTC works collaboratively with Howe-Manning, Proctor and Spofford School staff in program design and delivery. In 2018 we had 27 Mentor/Mentee matches.
Boys Mentoring Program – Building on the success of the Girls 4 Girls Mentoring program, TTC initiated a boys mentoring program matching high school youth with boys in grades 5 & 6. The boys met regularly over the school year during TTC’s open gym nights which provides the boys the opportunity to actively engage with one another. Activities include sports, games challenges. During its inaugural year we had 7 elementary boys and 6 high school mentors participate.

Intergenerational Programming – established in 2018 in partnership with the Topsfield Council on Aging, Green Topsfield, Daisy Troop #82333, TBM Rotary, the Topsfield Library and the Topsfield Historical Society, TTC, with the guidance and support of Bridges Together, assembled an Intergenerational Team in Topsfield, linking older adults with tri-town youth. This program benefits young people by providing opportunities to engage with older adults, not necessarily family members, in positive and structured ways; learn from their experience and wisdom; and affords our seniors an opportunity to stay socially engaged, come to know young people as assets as well as share their experience and wisdom. In addition to several programs run in the spring, the Topsfield COA established the first IG Week in early August which included four days of programs and activities partnering youth and older adults. Plans are in the works to expand this programming in Middleton and Boxford in FY19.

Stand Tall! A four session program, run annually and open to tri-town middle school aged girls (grades 6-8), addresses self-esteem, social pressures, promotes leadership skills and healthy communication. Stand Tall! is facilitated by Spofford School guidance counselor Julie Benson and psychologist Courtney Bush. Funded in part by The Women’s Fund of Essex County.

Asset Tips and School Assemblies (K-6) - Developmental Assets are 40 research-based, positive experiences and qualities that influence young people’s development, helping them become caring, responsible, and productive adults. Using the metaphor of a ‘lifepack’, TTC intentionally engages with youth, educators and our community partners focusing on what kids need to be productive, thriving, resilient contributors to society.
6th Grade Student Transition – Facilitated by Masconomet Middle School Guidance staff, select Masco Middle School students are transported for visits to 6th grade students at the elementary schools answering questions and concerns regarding their upcoming transition to Masconomet. TTC funds transportation costs for this annual visit.

Youth Artisan Fair @ Strawberry Festival - held in conjunction with the Topsfield Strawberry Festival in June. This program affords tri-town youth aged 9-18 the opportunity to sell their handmade, quality items as well as polish their business and public speaking skills at a fun, community event.

Parent/Community Presentations & Workshops

Tools and Strategies for Strengthening Executive Function - presented by Stephanie Meegan and Rosemary Lucey- this workshop demonstrated a range of ways to proactively introduce and support habitual behaviors for successfully completing projects and explored research-based strategies for strengthening project-related EF skills. Designed for parents of 5th-9th graders this program, held in February, had nearly 100 registered participants.

Emotionally Equipping Children and Teens to Better Manage Stress and Anxiety- presented by Lynn Lyons, LICSW and psychotherapist, this presentation laid out concrete strategies adults can use with children and teens helping children and teens understand their own thoughts, feelings and reactions, but also serve to prevent the development of anxiety and depression later in life. This event held in November had 300 registered participants and was recorded and shared on local cable access.

Community Conversation - held in November, TTC and members of The Coalition along with school staff, administration, parents, youth and community members gathered to discuss what the data of the 2016 Youth Risk Behavior Survey and 2017 Adult Perceptions Survey tells us about youth behavior, perceptions, misperceptions and norms.
Integrating Development of Social-Emotional Skills into Your Parenting – presented by Jane Hardin and held in collaboration with Masconomet Regional School District and the Tri-Town School Union, this program was for parents/guardians of children of your pre-K through 12th grade and provided an overview of Social Emotional Learning (SEL), why it matters for our children, school and communities. The presentation provided practical strategies to help further develop these critical social-emotional skills in our children. Held in March, this program had 160 registered attendees.

Introduction to Meditation: A Workshop for Parents - TTC collaborated with the Zen Center North Shore for a special workshop which provided parents with tools and strategies to develop and maintain a sense of internal calm and resilience and how to use these mindful strategies to meet the many challenges presented by parenting and family life.

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Professional Development for Educators, Administrators & Community Partners

- Presentation to TTU & Masconomet Leadership Teams on Developmental Assets and Developmental Relationships in support of Social/Emotional Wellness Initiatives
- Bridges Together Professional Development convening Intergenerational Program Team members to develop goals for local initiatives.
- Sponsored local participation (17 community partners – including school and law enforcement representatives) at the Essex County District Attorney Annual Safety Conference in April focused on strategies for substance abuse prevention and intervention in school-age children.

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COMMUNITY OUTREACH

TTC is a trusted resource for children and families in the Tri-Town area. TTC works to expand its community engagement by participating whenever possible in community events and regularly attends meetings of town and school boards to share our work. Outreach included:

- Masconomet MS and HS Open Houses
- Presentations to Boards of Selectmen
- Presentations to Boards of Health and Planning Boards
- Presentations to School Committees (K-12) and Parent Advisory Groups
- Proctor School Wellness Fair
Affiliated Organizations

Tri-Town Council has affiliated organizations which benefit from our non-profit status, administrative support and fiscal sponsorship affording them the opportunity to serve the Tri-Town community including:

**Disability Awareness Starts Here (DASH)** Since 1994, D.A.S.H. has provided an innovative, hands-on sensitivity awareness experience for elementary school students in Boxford and Topsfield and in Middleton. This parent led program relying on more than 250 volunteers is embraced by the elementary school district, emphasizes abilities rather than disabilities; encourages empathy and understanding; fosters an atmosphere of mutual respect and friendship; and strives to eliminate fear and misunderstanding. Each year almost all youth in second through fifth grade participate in this program. D.A.S.H. presents four unique curriculums which utilize hands-on activities designed to simulate what it is like to live with a disability. Children are encouraged to explore their feelings, think creatively, and discuss alternatives and solutions to the challenges created by a disability. Each program concludes with a guest speaker where the children are invited to ask questions and share their new perspectives. The grade level curriculums are Visual Impairments - Grade 2; Hearing Impairments - Grade 3; Invisible Disabilities - Grade 4; Physical Disabilities- Grade 5.

**Sponsor-A-Child** – run in the Boxford Elementary Schools since 1980, provides a tangible and meaningful way for elementary school children to be part of a community service activity along with their classmates and family. This program raises awareness about children, close to home, who are underprivileged and in need, and how others, both individuals and a community can help. Sponsor-a Child working with Santa’s Helper of Salisbury, facilitated the donation of hundreds of wish list gifts (clothing and essentials) with the help of dozens of classroom volunteers to more than 39 needy children during the 2017 holiday season.
TRI-TOWN COUNCIL LEADERSHIP

Tri-Town Council Board of Directors provides leadership, governance, fiscal oversight and long-term strategic planning in support of the organizational mission. Led by an Executive Board consisting of a President, Treasurer and Secretary, sub-committees and an Advisory Board, Tri-Town Council Board is engaged in the vital and on-going process of identifying and achieving the goals and objectives of the organization.

Tri-Town Council employs a full-time Executive Director who is responsible for the development and implementation of programs and services, provides organizational leadership and Council management; and several part-time professional staff members who assist with program implementation, communications, youth activities and business functions.

Of note, in November 2017 TTC moved its executive office to 7 Grove Street, Topsfield. This move allowed the agency to increase its professional work space and expand to include a dedicated program space to host meetings, such as The Coalition meetings, as well as variety of programs.

OUR FUNDING

Municipal funding contributions from Boxford, Topsfield and Middleton represent a significant portion of Tri-Town Council’s annual operating budget. The balance of our income comes as a result of private donations, corporate donations, foundation contributions, grants, fee for service programs and fundraising events. This funding is vital to the financial health and organizational stability of Tri-Town Council.

IN SUMMARY

Through our educational, enrichment and leadership programs, sponsored programs and organizational affiliations, Tri-Town Council proactively strives to meet the needs and address the concerns of the Tri-Town community. We collaborate with schools, parents, youth, law enforcement, community organizations and area resources to insure the highest impact and most cost effective delivery of our programs and services. We maintain high visibility in the community through our website: www.tritowncouncil.org, E-news via our in-house database and through school newsletters and blogs, in local media resources such as the Tri-Town Transcript, local phone books, PTO directories and other organizational websites including Masconomet and the Tri-Town School Union.
We also connect with parents via Facebook and Twitter, providing important programming information and resources pertaining to various family issues, challenges and raising children of all ages. Our website, E-news and social media posts contain timely information for parents/guardians, educators and youth on topics such as resilience, asset building, bullying and cyberbullying, social media and Internet safety, stress/anxiety management, and alcohol and drug abuse as well as updates regarding Tri-Town Council events and activities.

Tri-Town Council actively participates in and collaborates with several Tri-Town committees including: the Masconomet School Health Advisory Council (SHAC) whose mission is to promote youth health, wellness and safety; the K-12 Umbrella Group which consists of local volunteer leadership and school superintendents meeting monthly to share projects and ideas; the elementary school Parent-Teacher Organizations; public libraries; and faith-based institutions. TTC maintains connections with professional groups including of CADCA, Community Anti-Drug Coalitions of America, MassTapp, Bolster Collaborative and the Massachusetts Non-Profit Network. We work with local organizations and agencies sharing ideas, co-sponsoring programs and events to both broaden our impact as well as sharing the costs whenever possible and appropriate.

The Tri-Town Council is grateful for and depends on the continued support we receive from our funders - it is as a result of Municipal, Corporate, Foundation, Individual and community support and involvement that we are able to pursue our mission educating youth, parents and educators providing pro-active solutions which support, engage and empower Tri-Town youth to make informed, healthy, safe and compassionate decisions while strengthening their social and emotional well-being.
TRI-TOWN COUNCIL BOARD OF DIRECTORS

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Respectfully submitted,

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Executive Director

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