2018 Agency Calendar

New Opportunities, Inc., in an effort to eliminate poverty, provides direct support and service to children, adolescents, adults, aging adults, and families to help them reach their highest potential in regard to their personal and economic self-sufficiency.

Annual Report (FY17)

1-800-642-6330

Director's Note:

We are pleased to share the positive impact of our services in this year's Annual Report! As a valued stakeholder, we know you will join us in celebrating these outcomes. New Opportunities has a firm foundation with over 50 years of responding to consumers, community partners, and funding sources as new and emerging needs present themselves. Each time you turn the page to a new month you will see we had an amazing year! As we look to the future, I am confident New Opportunities will continue to build upon our current strengths to best meet the changing needs of each community we serve. We are so very thankful for a supportive Board of Directors, a professional and compassionate staff, countless volunteers, as well as the many supportive community partners. Together we all are "Helping People and Changing Lives."

Chad Jensen, MA, LMSW
Chief Executive Officer

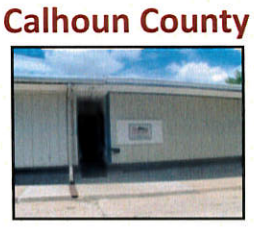
New Opportunities Board of Directors
(Not all pictured)

New Opportunities Leadership Team

Audubon County

109 Tracy Street
Audubon, IA 50025
Phone: 712-563-2777
Fax: 712-563-3017

Calhoun County



334 Richmond Street
Rockwell City, IA 50579
Phone: 712-297-7721
Fax: 712-297-9927

Carroll County

23751 HWY 30
Carroll, IA 51401
Phone: 712-792-9266
Fax: 712-792-1956

Dallas County

1212 Second Street
Perry, IA 50220
Phone: 515-465-5185
Fax: 515-465-5995

Greene County

1401 N Elm, Suite A
Jefferson, IA 50129
Phone: 515-386-2719
Fax: 515-386-3845

Guthrie County

400 State Street
Guthrie Center, IA 50115
Phone: 641-747-3845
Fax: 641-747-3269

Sac County

1710 W. Main Street
Sac City, IA 50583
Phone: 712-662-3236
Fax: 712-662-3593

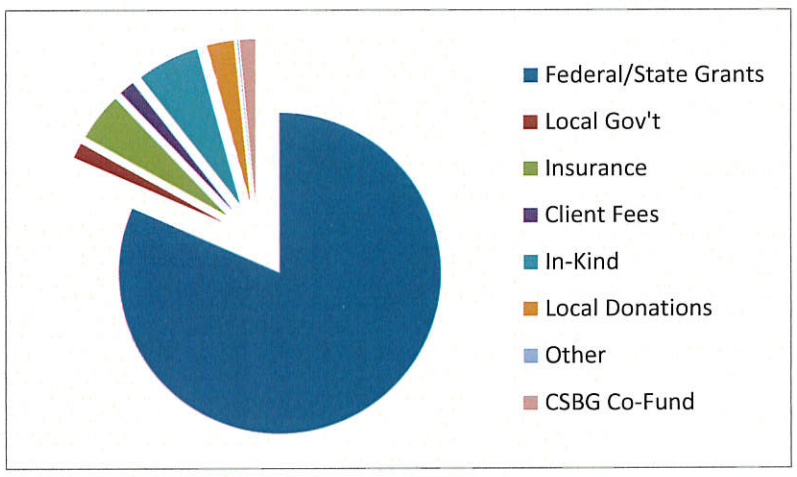
STATEMENT OF ACTIVITIES

United Way PARTNERSHIP

FY17 PROGRAM REVENUE AND EXPENSES BY CATEGORY

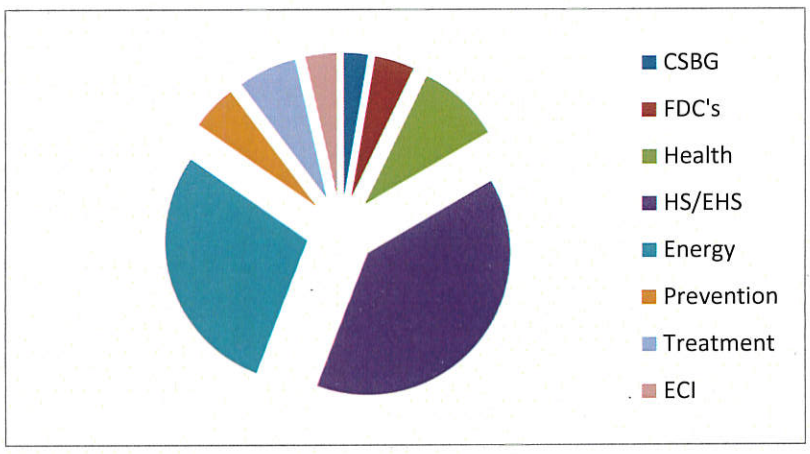
FY17 PROGRAM REVENUE

Federal/State Grants	82%
Local Gov't	2%
Insurance	5%
Client Fees	2%
In-Kind	6%
Local Donations	3%
Other	0.1%
CSBG Co-Fund	2%
	100%



FY17 PROGRAM EXPENSES

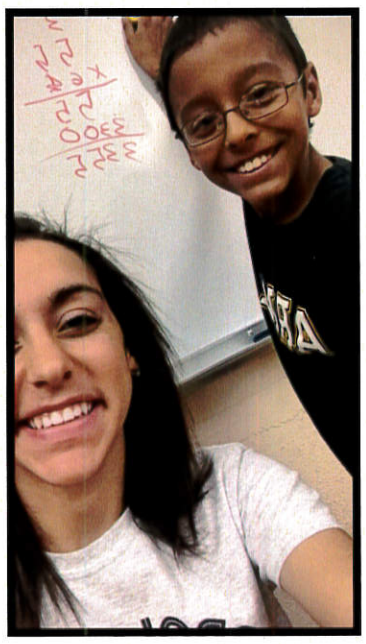
CSBG	3%
FDC's	4%
Health	9%
HS/EHS	39%
Energy	29%
Prevention	5%
Treatment	7%
ECI	4%
	100%



MENTORING

January is National Mentoring Month!

New Opportunities has mentoring programs in Audubon, Carroll, Guthrie, and Sac Counties. Coming in 2018, New Opportunities will also have the mentoring program in Greene County! Each of the mentoring programs pair an at-risk child with an adult from the community. The adult serves as an additional support system for the child. The mentor and mentee spend time together each month doing low or no cost activities. Children who participate in mentoring programs have been proven to be less likely to use drugs and alcohol, have higher self-esteem, and be more trusting of adults!



Shown are mentors and mentees participating in the mentoring program

New Opportunities Mentoring Programs

Audubon: 8 matches

Carroll: 30 matches

Guthrie: 8 matches

Sac: 80 matches

WITH A MENTOR, AT-RISK YOUTH ARE:

- **52%** less likely than their peers to skip a day of school
- **55%** more likely be enrolled in college
- **46%** less likely than their peers to start using drugs
- **81%** more likely to report participating regularly in sports or extracurricular activities
- **78%** more likely to volunteer regularly in their communities
- **130%** more than twice as likely to say that they held a leadership position in a club or sports team
- **90%** Respondents who had a mentor said they are now interested in becoming mentors

Image from www.mentoring.org

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JANUARY 2018

DECEMBER 2017

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

FEBRUARY 2018

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 New Year's Day	2	3	4	5	6
7	8	9	10	11	12	13
14	15 Martin Luther King Jr.'s Birthday	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

HEALTH

2017 was a busy year for the Health Department at New Opportunities!

We take pride in participating in a wide variety of community events! We were excited to have been a part of the Audubon County Health & Wellness Fair, 1st Presbyterian Church Easter Egg Hunt, Carroll Fest Health & Safety Fair, Carroll Band Day Parade, Carroll Library Story Walk, Swan Lake Fall Fest, Adel Toddler Fest, Stewart Memorial Community Hospital Fall Fling, and Celebrate Sac County.

The New Opportunities **I-Smile Program** provided **1,318** dental screenings, **1,162** fluoride varnishes and **72** dental sealants to children in Audubon, Carroll and Guthrie counties. Our Dental Hygienists provide dental services at WIC clinics, preschools, Head Starts and in the area schools. We provide these dental services with an emphasis in prevention and education from newborns all the way through middle school. We also offer dental screenings, fluoride varnish, and oral health education to expecting and postpartum mothers. **I-Smile @ School** provides dental screenings, dental sealants, fluoride varnish, and oral health education for elementary and middle school students. For school aged children, 80% - 90% of tooth decay, or cavities, occur on the chewing surfaces of the molar (back) teeth. Placing dental sealants on these teeth greatly lowers the chance that those teeth will get tooth decay.

Our **3rd Annual Children's Health Clinic** was a huge success! **116 children** were recipients of services on August 15, 2017, at New Opportunities in Carroll. The New Opportunities Health Services Department partnered up with several area providers and professionals in the area to offer free health screenings, school physicals, dental screenings, vision screenings, immunizations, lead testing, developmental screenings and haircuts. Individuals were also on-hand with information on area programs and resources to benefit families. The clinic is offered shortly before area schools return from their summer break in an effort to help parents who are still in need of physicals, dental screening or immunizations before their student starts school.

1st Five works to build partnerships with primary care providers in Audubon, Carroll and Guthrie counties. 1st Five supports local healthcare providers in the early detection of social-emotional and developmental delays and family risk-related factors in children birth to 5. 1st Five coordinates referrals, interventions and follow-up, as needed. In FY17 staff provided care coordination to **36 families** after receiving a referral from their medical provider, resulting in over **80 community resource connections** for the families. Currently 1st Five collaborates with **10 medical clinics** in Audubon, Carroll, and Guthrie Counties.

February 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 Groundhog Day	3
4	5	6	7	8	9	10
11	12 Lincoln's Birthday	13	14 Valentine's Day	15	16	17
18	19 President's Day	20	21	22 Washington's Birthday	23	24
25	26	27	28			

HEAD START

The New Opportunities Head Start program is funded to serve **247 children** within the seven-county service area of Audubon, Calhoun, Carroll, Dallas, Greene, Guthrie, and Sac Counties. Head Start provides eligible three- and four-year-olds with free preschool that features active learning experiences, nutritious snacks and meals, health, mental health, and dental services, and family services.

New Opportunities Head Start Classrooms

County	Classroom Location	Number of Classrooms	Part Day or Full Day	Number of Children Enrolled	Type of Classroom
Audubon	Audubon Elementary	1	Part Day	16	School District Partnership
Calhoun	Lake City	2	Part Day	6	School District Partnership
	Rockwell City	3	Part Day	8	School District Partnership
Carroll	Carroll	1	Part Day	20	Head Start only
	Carroll	1	Full Day	17	Head Start only
	Coon Rapids	1	Part Day	10	School District Partnership
Dallas	Perry	3	Full Day	51	Head Start only
	Waukee	2	Full Day	34	Head Start only
Greene	Jefferson	3	Part Day	42	School District Partnership
Guthrie	Panora	2	Part Day	12	School District Partnership
Sac	Sac City	1	Part Day	20	Head Start only
	Schaller	2	Part Day	11	School District Partnership

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March 2018

February 2018

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

April 2018

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1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 Employee Appreciation Day	3
4	5	6	7	8	9	10
11 Daylight Savings Begins @ 2am	12	13	14	15	16	17 St. Patrick's Day
18	19	20 First Day of Spring	21	22	23	24
25	26	27	28	29	30	31

FINANCIAL LITERACY

APRIL IS FINANCIAL LITERACY MONTH

New Opportunities mission is to help families reach their highest potential in regard to their personal and economic self-sufficiency.

Offering Financial Literacy education gives families the tools they need to build financial security!

New Opportunities offers Financial Literacy coaching in seven counties– Audubon, Calhoun, Carroll, Dallas, Greene, Guthrie, and Sac Counties. Financial Literacy is offered at no cost to families.

The Financial Literacy Coach provides one-on-one and group classes on financial management, budgeting and credit repair for individuals and families.

New Opportunities refers households who seek crisis assistance to meet with the Financial Literacy Coach to set goals and work towards financial stability.

Financial Literacy Program FY17

- Number of individuals who participated in financial education (group setting): **140**
- Number of individuals who received financial coaching (one-on-one): **175**
- Number of households who completed the financial literacy program: **129**

In 2017, New Opportunities was awarded a grant from the Northwest Area Foundation. This grant allowed us to hire an additional staff member as the Financial Literacy Coordinator and to expand our Financial Literacy program! In June of 2017, twenty-one New Opportunities staff members from the Development, Prevention, and Head Start departments received the Four Cornerstones of Financial Literacy training to help staff incorporate Financial Literacy education into our already existing programs. Additionally our Financial Literacy Coordinator works with schools in our seven-county service area to identify financial literacy needs for students and to educate the public on barriers low-income residents are facing.

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April 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Easter April Fool's Day	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22 Earth Day	23	24	25	26	27 Arbor Day	28
29	30					

COMMUNITY ACTION

WHAT IS COMMUNITY ACTION?

Community Action was born when President Lyndon Johnson declared War on Poverty during his 1964 State of the Union Address. Johnson promised to fulfill the promise of equal opportunity for all by enacting several comprehensive changes within the federal government. In August 1964, the Economic Opportunity Act was signed into law by President Johnson, creating the nationwide Community Action Network.

Today, more than 1,000 Community Action Agencies have formed to serve 99% of America's counties!

By 1967, local Community Action Agencies (CAA's) had popped up all over America. In April 1967, two non-profit agencies merged (the first merger of 2 nonprofits in the State of Iowa - Community Action Committee of Carroll, Calhoun, Greene & Sac AND Tri-County Community Action serving Audubon, Guthrie an Dallas Counties), and Community Opportunities, Inc. received its corporate status.

On October 1, 2006, a merger occurred between Community Opportunities, Inc., and New View Substance Abuse Treatment and Prevention Center, creating **New Opportunities, Inc.**!

One of the most unique characteristics of Community Action Agencies is the structure of their Board of Directors. Each Community Action Agency is required to have a tripartite board consisting of equal parts of local private sector, public sector, and low-income community representatives. This allows leaders from each sector to come together to develop responses to address the needs of low-income households. *https://iowacommunityaction.org*

May is National Community Action Month!

Helping People. Changing Lives.

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May 2018

April 2018

S	M	T	W	T	F	S
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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

June 2018

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					1	2
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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 May Day	2	3	4	5
6	7	8	9	10	11	12
13 Mother's Day	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28 Memorial Day	29	30	31		

PREVENTION

QUITLINE IOWA
1 800 QUIT NOW | 1 800 784 8669
WWW.QUITLINEIOWA.ORG

Tobacco Use Prevention and Control

The Iowa Department of Public Health Division of Tobacco Use Prevention and Control works to reduce tobacco use and the toll of tobacco-caused disease and death by preventing youth from starting, helping adults and youth to quit, and preventing exposure to secondhand smoke.

To achieve these goals, the Division follows Centers for Disease Prevention and Control (CDC) guidelines for comprehensive tobacco control programs. State-level initiatives include Quitline Iowa cessation services, youth tobacco-use prevention programming and enforcement of Iowa's Smokefree Air Act. Local tobacco control programs, called Community Partnerships, support tobacco control initiatives at the community level.

Shown are three students at the ISTEP Summit on April 25, 2017

ISTEP is a statewide network of youth in Iowa, which includes an Executive Council of youth members including a President, Vice President, Secretary, three voting Tobacco Use Prevention and Control Commission members, and an open statewide membership to all Iowa youth in grades 7-12. ISTEP was started by high school students who were tired of tobacco hurting them and their families. Those teens, saw that tobacco hurts families and lives. We believe our lives and bodies are Worth Fighting For and we choose to be tobacco free.

New Opportunities had ISTEP chapters at Carroll High School (KINS), Carroll Middle School ISTEP, Coon Rapids, and Panorama 5th grade.

June 2018

May 2018
S M T W T F S
1 2 3 4 5
6 7 8 9 10 11 12
13 14 15 16 17 18 19
20 21 22 23 24 25 26
27 28 29 30 31

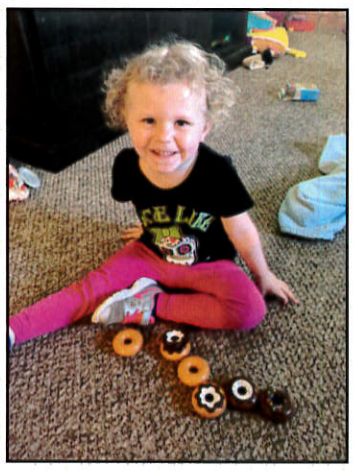
July 2018
S M T W T F S
1 2 3 4 5 6 7
8 9 10 11 12 13 14
15 16 17 18 19 20 21
22 23 24 25 26 27 28
29 30 31

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6 D-Day	7	8	9
10	11	12	13	14 Flag Day	15	16
17 Father's Day	18	19	20	21 First Day of Summer	22	23
24	25	26	27	28	29	30

EARLY HEAD START

The New Opportunities Early Head Start Program is funded to serve 36 expectant mothers and children age birth to three within the four county service area of Carroll, Dallas, Greene, and Guthrie Counties. Early Head Start is a home based visitation program within which each enrolled participant receives a weekly home visit and two opportunities each month for socialization with other participants.

The content of each home visit focuses on assisting parents in being their child's first and best teacher. Enrolled participants in Early Head Start receive the same comprehensive services as those in Head Start with all services provided in the home or at socializations.



"It means giving my child the best chance before birth for growing healthy, and for the child and I to learn and grow together as they develop into toddlers and young children."

-Early Head Start Parent

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JULY 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 Independence Day	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22 Parents Day	23	24	25	26	27	28
29	30	31				

DEVELOPMENT

New Opportunities Family Development Centers in Audubon, Calhoun, Carroll, Dallas, Greene, Guthrie, and Sac Counties offer many programs to low-income families throughout the year to help families succeed.

All of these programs are made possible by local donations and volunteer support!

Contact your local Family Development Center to see how you can help in your community!

*See page 1 for Family Development Center contact information

Backpacks are packed and ready to be distributed to families to help children start the school year equipped and ready to learn! Also pictured: two children after receiving their backpacks full of supplies!

Households Receiving Holiday Projects in FY17

Back-to-School Supplies: 336

Holiday Food Packages: 535

Christmas Gifts: 833

Cards with gift ideas are placed on the "Giving Tree," and community members are able to buy gifts for local families. All toys and gifts received are sorted and distributed to families in need during the holiday season!

Thanksgiving dinner boxes are packed and ready to be distributed so local families can enjoy a traditional, holiday meal!

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August 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21 Senior Citizens Day	22	23	24	25
26	27	28	29	30	31	

BEHAVIORAL HEALTH

New Opportunities Behavioral Health Department continues to service the five counties of Audubon, Carroll, Guthrie, Greene and Sac.

The Behavioral Health Department is currently involved with the Integrated Services Project (ISP). ISP contracts with a substance abuse agency and a domestic violence agency that provides services in a similar services area in Iowa. Currently New Opportunities is working with Family Crisis Centers (FCC) and Centers against Abuse & Sexual Assault (CAASA). New Opportunities, Inc. currently co-facilitates a women's empowerment group with CAASA and FCC. This group utilizes the evidenced based curriculum Seeking Safety and addresses a variety of issues from substance use, domestic violence, sexual assault, healthy relationships, boundaries, coping skill development, living skills etc.

Access to Recovery (ATR)

ATR continues to be available providing vouchers to individuals in recovery from substance abuse for the purchase of recovery support services. This program assists our clients with transportation by providing cab cards or gas cards. It also assists in paying a percentage of treatment fees for clients that are uninsured or underinsured.

Screening, Brief Intervention, and Referral to Treatment (SBIRT)

SBIRT is a comprehensive, integrated, public health approach to the delivery of early intervention and treatment services for persons with substance use disorders, as well as those who are at risk of developing these disorders.

- Screening quickly assesses the severity of substance use and identifies the appropriate level of treatment.
- Brief intervention focuses on increasing insight and awareness regarding substance use and motivation toward behavioral change.
- Referral to treatment provides those identified as needing more extensive treatment with access to specialty care.

SBIRT was implemented within the WIC clinics to assist in providing an access point to clients who may be identified as high-risk. This can allow a more integrated care for all clients.

In FY17, the Behavioral Health Department provided 7,347 client contact sessions!

Including both individual and group sessions across all five counties served.

Audubon: 701 **Carroll: 3952** **Greene: 896** **Guthrie: 897** **Sac: 901**

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September 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Labor Day	4	5	6	7	8
9 National Grandparents Day	10	11 Patriot Day	12	13	14	15
16	17	18	19	20	21	22
23 First Day of Autumn	24	25	26	27	28	29
30						

UTILITY ASSISTANCE

Utility assistance is offered in all seven counties through the Family Development Centers. Utility assistance includes Low-Income Home Energy Assistance Program (LIHEAP) and crisis assistance for prevention of utility disconnection.

LIHEAP is a federally-funded program that has been established to help qualifying low-income Iowa homeowners and renters pay for a portion of their primary heating costs for the winter heating season. By doing so, households can reduce the risk of health and safety problems—such as illness, fire or eviction. The assistance is based on household income, household size, type of fuel, and type of housing. In an attempt to reach all qualifying households, the Development Department provides additional local intake sites in communities within our seven county coverage area! In Fiscal Year 2017, we offered local intake sites in Exira, Lake City, Coon Rapids, Manning, Adel, Dallas Center, Waukee, Churdan, Grand Junction, and Stuart, in addition to accepting applications at our Family Development Centers in each county.

In Fiscal Year 2017, New Opportunities paid over $1.4 million toward the heating costs of 3,270 low-income households!

Crisis assistance for utilities is available to families requesting help with reconnecting utility service and preventing utility disconnection, as well as assistance with furnace repair and replacement. Households who utilize LIHEAP are eligible to receive additional crisis assistance.

Contact your local Family Development Center for more information!

See Page 1 for Family Development Center contact information!

FY17 Crisis Assistance

Households served: 519

Assistance Paid: $168,233.00

OCTOBER 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8 Columbus Day	9	10	11	12	13
14	15	16 Boss' Day	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31 Halloween			

WEATHERIZATION

New Opportunities Weatherization Department works with low-income families to help reduce their energy usage by improving the energy efficiency of their homes. The weatherization services are of no cost to the families. The Weatherization Department serves eight counties in West-Central Iowa, including: Audubon, Calhoun, Carroll, Crawford, Dallas, Greene, Guthrie, and Sac Counties.

Shown are Weatherization Staff: Mike Berg, Weatherization Director; Jenni Schlichte, Weatherization Assistant, and Keith Brincks, Weatherization Evaluator.

In Fiscal Year 2017, the Weatherization Department completed the following in their eight-county service area:

- **Completed Weatherization on 56 homes**
- Replaced 39 furnaces
- Replaced 28 water heaters
- Installed 72 carbon monoxide detectors
- Installed 39 smoke alarms
- Installed 7 LP alarms
- Installed 33 exhaust fans

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November 2018

October 2018

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

December 2018

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4 Daylight Savings Time Ends	5	6 Election Day	7	8	9	10
11 Veteran's Day	12	13	14	15	16	17
18	19	20	21	22 Thanksgiving Day	23	24
25	26	27	28	29	30	

HEALTH

WIC (Women, Infants, & Children) is a supplemental nutrition program for babies, children under the age of 5, pregnant women, breastfeeding women, and women who have had a baby in the last 6 months. **1676** women and children received WIC benefits in Audubon, Calhoun, Carroll, Dallas, Greene, Guthrie and Sac counties. WIC helps provide healthy foods, nutrition education, and referral to other healthcare agencies. 2017 brought the roll out of eWIC! Participants receive three months of benefits on their eWIC card and shop their local participating grocery store to purchase approved foods. This change has made it more convenient for participants to receive and redeem their benefits.

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311 pregnant and post-partum women were seen through the **Maternal Health Program** for health education during and after their pregnancies in Audubon, Carroll and Guthrie counties. **86.5%** sought care with their OB provider in the 1st trimester. Maternal Health staff assists with:

- Medical & Dental Assessment
- Health & Nutrition Education
- Care Coordination
- Psychosocial Screening & Referral
- Assistance with Plans for Delivery

---

816 children ages birth to 19 were provided services through the **Child Health Program**. 79.8% reported a medical home. The Child Health program provides presumptive eligibility services for children who may appear to be eligible for Medicaid, or hawk-i, and informing services for children who are newly Medicaid enrolled. Care coordination services help families' access regular health care check-ups for their children through medical and dental homes. We also link families to other community-based services based upon need. The Child Health program strives to assure that children receive periodic comprehensive health screening services that include the following: health history, physical exam, vision and hearing screening, dental screening and education, immunizations, developmental/behavioral screening, nutrition assessment, and education, laboratory tests (including blood lead testing), and anticipatory guidance.

Family Planning and Community Adolescent Pregnancy Prevention Program (CAPP) provided **3928** middle/high school/college students with science-based sexuality information including having a healthy relationship, preventing unplanned pregnancies, reducing sexually transmitted infections and being safe with social media. Teen Events were held in several area schools through a collaboration of community providers. Teens were able to participate in activities and win prizes by participating in topics such as: drinking and driving, healthy eating, healthy relationships and dating, STD education and pregnancy prevention, smoking and many more.

DECEMBER 2018

November 2018
S M T W T F S
1 2 3
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11 12 13 14 15 16 17
18 19 20 21 22 23 24
25 26 27 28 29 30

January 2019
S M T W T F S
1 2 3 4 5
6 7 8 9 10 11 12
13 14 15 16 17 18 19
20 21 22 23 24 25 26
27 28 29 30 31

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21 First Day of Winter	22
23	24 Christmas Eve	25 Christmas	26	27	28	29
30	31 New Year's Eve					