

PATHWAYS

YOUTH HOMES OF
MID-AMERICA

Just over a year ago in my first message to you as Executive Director, I promised that Youth Homes of Mid-America's future was bright, that our kids and families would be provided with care and compassion second to none, and that we would manage our resources responsibly to ensure the long-term sustainability of our programs.

I did not make that promise to you idly, and this edition of our Pathways Newsletter highlights that those promises are being kept. In these pages, you will read about our bright future with the addition of new services for kids and families, our exceptional quality of care now formally recognized through a national accreditation, and evidence of sustainability with a record-setting Annual Fund campaign and golf outing. I attribute achieving these milestones to three things: courage, leadership, and generosity.



First, to the **courage** of our deeply passionate staff, who with little fanfare or reward, refuse to give up in the face of adversity and whose focused commitment to improve and change our programs keeps YHMA significantly impactful in the lives of the kids and families we serve and in our professional community.

Second, to the collective **leadership** of our Board of Directors and Trustees whose thoughtful stewardship, intelligent debate, and insightful direction advance YHMA's mission throughout our community and who without fail give willingly of their time, expertise and resources.

And last, to the remarkable **generosity** of our loyal donors, friends, and supporters whose substantive contributions truly help provide life-changing services and programs, and without whose kindness, our mission to provide troubled youth and families a path to independence could not be accomplished.

Thank you for making a difference. Your support matters!

Mike Arndt, Executive Director



“ When courage, leadership, and generosity hold hands, all things are possible. ”

-Unknown

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YOUTH HOMES OF MID-AMERICA 69TH ANNUAL MEETING

The 2013 YHMA Annual Meeting was held on April 17th at the Izzak Walton League. Over 150 people attended to help celebrate the achievements of the past year and the 70 years that YHMA has been in existence.

The Annual Meeting traditionally is a night full of special awards. The highlighted awards are the Friend of Youth Awards and the UBS Hobart & Alta Ross Outstanding Achievement Awards.

The Friend of Youth Award recognizes those individuals and organizations that exemplify the mission and spirit of Youth Homes of Mid-America. This is the highest level of recognition that YHMA can bestow on any one person or organization. All of those recognized with this award represent the quality and character YHMA wishes to instill in our many clients.

The 2013 Friend of Youth Award recipients were Merchants Bonding Company and Dennis Meyer from Created in Johnston. Merchants Bonding Company selected YHMA to be its adopted charity for the 2012 calendar year. Their biannual golf event, the Bill Warner Sr. Memorial Golf Classic, raised \$105,000. The Merchants Bonding Company Foundation also contributed \$10,000 to the YHMA annual fund and announced the establishment of an endowment fund. Additionally, Merchants' employees held other drives throughout the year to benefit YHMA clients and families.

Dennis Meyer has been a long-time friend and neighbor of YHMA. He has mentored and offered jobs to YHMA clients at his business, *Created in Johnston*, and has helped our kids learn some valuable lessons. Upon accepting his award, Dennis said, "When you are out and about and you see someone in a line at a grocery store or somewhere else, take the time to talk with them. You never know what they might be going through."

The evening concluded with the presentation of The UBS Hobart & Alta Ross Outstanding Achievement Award, named in honor of our founder and his wife. This was established in 1978 to recognize those young men and women who have made exceptional positive changes in their lives. These individuals represent the highest level of achievement to which our clients aspire. The 2013 recipients were Chasiti Miller and Brandon Thompson. They both received a standing ovation for their hard work and accomplishments.



Merchants Bonding Company receiving the 2013 Friend of Youth Award from Executive Director Mike Arndt



2013 Friend of Youth Award winner Dennis Meyer speaking when he received his award



2013 UBS Hobart & Alta Ross Outstanding Achievement Award winner Chasiti Miller with Independent Living Counselor Alaina Gage



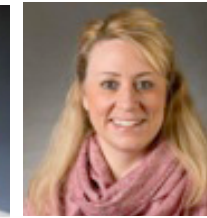
Jeff Jansen, YHMA Program Manager, with Brandon Thompson, 2013 UBS Hobart & Alta Ross Outstanding Achievement Award winner

YOUTH HOMES OF MID-AMERICA NEW BOARD OF DIRECTORS AND BOARD OF TRUSTEES

YHMA is grateful to have the following people join our Board of Directors and Board of Trustees this year:



Doug Pearson, Continental Western Group



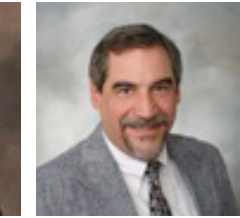
Becky Piechowski, John Deere Financial



Michael Sadler, CenturyLink



Rich Schappert, Casey's General Stores



Dave Sours, GuideOne Insurance

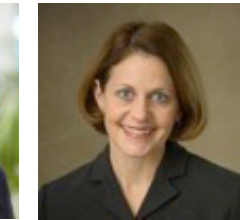
YHMA Board of Trustees Appointees



Chris Cook, Gilbert & Cook, P.C.



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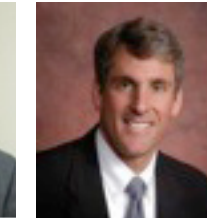


Heather Welch Puri, RiverGlen Private Capital

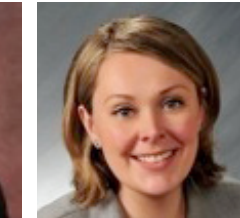
YHMA Board of Directors Appointees



Brad Duffy, Per Mar Security Services



Mark Iles, Iles Funeral Homes



Amanda Jansen, Ahlers & Cooney, P.C.



CARF International announced that Youth Homes of Mid-America has been accredited for a period of three years for its counseling, residential treatment, and supported independent living programs for children and adolescents.

This decision represents the highest level of accreditation that can be awarded to an organization and shows the organization's substantial conformance to the CARF standards. An organization receiving a three-year accreditation has put itself through a rigorous peer review process and has demonstrated to

a team of surveyors during an on-site visit that its programs and services are of the highest quality, measurable and accountable.

CARF is an independent, nonprofit accrediting body whose mission is to promote the quality, value, and optimal outcomes of services through a consultative accreditation process that centers on enhancing the lives of the persons served. Founded in 1966 as the Commission on Accreditation of Rehabilitation Facilities, now known as CARF, the accrediting body establishes consumer-focused standards to help organizations measure and improve the quality of their programs and services.

THE ROAD TO RECOVERY

AT YOUTH HOMES OF MID-AMERICA

BY KENZIE FOLDES

The following excerpts were taken from a story that was featured in the Johnston High School newspaper, *The Black and White*. Kenzie Foldes is a senior at Johnston High School and daughter of YHMA Board of Directors Vice President Tom (Mary) Foldes.

"To All: Times have changed over the years, but it's good to know that there is still a place at the corner of Merle Hay Rd and Beaver Av that is safe for kids."

Tony Pohlman wrote this in an email he sent to Youth Homes of Mid-America. Pohlman, who attended Youth Homes from 1979 to 1981, intended for the email to be read by residents living on the campus. He wanted them to realize that life would get better for them.



The email continues with kind words of encouragement to current Youth Home boys and reveals Pohlman's appreciation for the program, including its staff members. Youth Homes programs help boys turn their lives around, just like it did for him.

Like most kids who attend Youth Homes, Pohlman's residency there was due to a sad series of events. At a young age, Pohlman basically had the responsibility of taking care of his three younger siblings. Eventually, all four were put into foster care. They became separated. "My mindset back then was that it was all my fault, that had I tried harder, I could have kept our family together," Pohlman said. He was 10 at the time.

Over the next three years, Pohlman hopped from foster home to foster home. He battled depression and was eventually put up for adoption at 13. As a depressed teenager, Pohlman struggled finding a new family. He was court ordered into Group Homes and eventually was admitted into Youth Homes.

"When I got there, I thought I was misplaced," Pohlman said. "I was there with boys who had run-ins with the law for drugs, breaking and entering, and auto theft." At the time, Pohlman had no criminal record and spent the first two weeks in complete solitude in his room.

Counselors and workers at Youth Homes emphasize learning responsibility and liability. Pohlman described how each resident received an allowance that corresponded with how well he obeyed the rules. "We received points for such things as brushing our teeth, cleaning our rooms, being 'nice' basically," Pohlman said. Residents spent time doing chores, such as taking care of the miniature garden Youth Homes had at the time, as well as shoveling the walks, assisting the cook and mowing. "Typical teenager chores," Pohlman said.

For 25 years, Pohlman was a road truck driver, logging over 2.6 million miles. He drove through every major city in the lower 48 states and has been on every major highway. Pohlman was deemed "Medically Ineligible" last November so he traded his driving career to be a licensed tutor and mentor to displaced veterans for the Veteran's Assistance Program in Union Grove, WI. He currently teaches computer skills and remedial reading and math to homeless veterans.

Relationships made through Youth Homes are that of a family and skills learned there last a lifetime. "Even though it's been a very long time since I lived there, I still consider Johnston and the YMCA Boys Group Home as "Home Base" no matter where in the world I travel," Pohlman writes in his email to Youth Homes. "Believe in the staff, believe in the teachers, believe in your counselor and most importantly, believe in yourself!"

YOUTH HOMES OF MID-AMERICA ANNUAL GOLF CLASSIC NETS OVER \$60,000 MOST SUCCESSFUL IN 16 YEAR HISTORY


Youth Homes of Mid-America's 16th Annual Golf Classic, held Monday, June 10th, netted over \$60,000, the most successful in YHMA history. The golf outing, which benefited the children and families of YHMA, brought 140 golfers, some traveling from out of town to attend the event at Echo Valley Country Club in Norwalk.

Participants were served a lunch buffet before they teed-off for 18 holes of four-person, best-ball golf on the Ridge and Vale courses. First place winners of the first flight were Kevin Henter, Scott Cook, Ron Grubb, and Scott Hart, and first place winners of the second flight were Mark Youngers, Kyle Greening, Chris Kyhl, and Tom Hobt. Longest drive for the men was Doug Ecklund and for the women was Linda Rosky.



Event sponsors included Casey's General Store, Hy-Vee, Farm Bureau Financial Services, Burke Corporation, Dupont-Pioneer, Ruan Transportation, Nationwide, Manatt's, Bluestone Project Management, Bluestone Engineering, Star Equipment, Jim & Patty Cownie, Bill & Sue Burke, and Allied Travel. Additionally, 45 companies, organizations, and individuals were tee-sign sponsors. Many others contributed silent auction items and raffle prizes.

The annual event began in 1998 and, over the course of 16 years, has generated a combined net income of \$550,000 for the organization. We truly appreciate the outstanding support of our YHMA friends over the years.

 The Counseling Center
at YHMA

Youth Homes of Mid-America offers a comprehensive array of services designed to assist youth and families needing help finding their path to independence. In addition to our long-standing Ross Campus residential treatment center and transitional living programs for adolescents with serious behavioral issues, YHMA operates The Counseling Center, where trained and licensed therapists and counselors provide a variety of services for youth and families connected to our campus as well as those in the community throughout central Iowa. Services include assessment, individual therapy, group therapy, family therapy, skill development, family support and care coordination.

2012 ANNUAL REPORT

GIFTS RECEIVED 1/16/12 to 1/15/13

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Thank you to the volunteers from Innovative Captive Strategies who helped the kids and staff complete a landscaping project at our campus on an extremely hot July day. We truly appreciate your help to make YHMA look beautiful!

Thanks so much to YHMA's long-time friend and staff member Terry Lydon for always being so thoughtful to make holiday goodie bags for our kids at Youth Homes every holiday. You are so greatly appreciated!



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