

## Youth First School Social Work Services



Hello. I am Amber Russell, the Youth First school social worker at Pike Central Middle and High Schools. I wanted to share a little about what Youth First is and what my role is here at the school. Youth First provides school social workers throughout Vanderburgh, Warrick, Posey, Gibson, Martin, Daviess and Pike Counties.

Youth First exists to transform and strengthen the lives of young people and their families through evidence based programs that promote healthy behaviors, prevent substance abuse, and maximize student success.

Youth First social workers work with students individually and in groups, free of charge. Common reasons students see Youth First social workers include: depression, anxiety, anger management, academic issues, divorce and grief adjustment, family problems, substance abuse, and suicide prevention.

Youth First social workers often give classroom presentations at school. Presentation topics vary according to what is needed but may include peer pressure, dating, bullying, friendship issues, family relationships, etc.

Some specific Programs that will be offered at Pike Central this year are:

**Teen Series**-This is a 6 week educational program that I present to high school freshmen. We cover the following topics: drugs/alcohol, what it's like to be a teen, healthy relationships, how to communicate better with parents, suicide prevention, and coping skills.

**Girls Circle-Wise and Well Curriculum**-Addresses 21st Century Challenges such as cyber bullying, social networking, binge drinking, marijuana use, the stigma of mental health and more. **Paths to the Future Curriculum**-Examines thoughts, beliefs, and actions about friendships, trust, authority figures, mother/daughter relationships, dating violence, drug abuse, stress, and goal setting. **Who I Am Curriculum**-Examines identity, assertiveness skills, and goal setting. For more information on these programs you can visit: [www.onecirclefoundation.org](http://www.onecirclefoundation.org).

**Why Try**-This is a 10 week evidence based program for middle and high school students that emphasizes social and emotional learning for youth who are at risk. The materials provide simple hands on tools for helping youth learn important life skills such as: anger management, problem solving, dealing with peer pressure, living with laws and rules, and building a support system. Visit: [www.whytry.org](http://www.whytry.org) for more information.

If you would like to know more about possible services for your child please contact your school social worker.

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