



## 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 want to share a little about what Youth First is and what my role at the school is.

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 provides 54 school social workers in 74 schools across Posey, Vanderburgh, Warrick, Gibson, Pike, Daviess, Martin, Orange, Monroe, and Morgan counties. For more information on Youth First please visit: [www.youthfirstinc.org](http://www.youthfirstinc.org).

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 adjustment, grief/loss, substance abuse, and family concerns.

Youth First social workers often give classroom presentations at school. Presentation topics vary according to what is needed but may include peer pressure, healthy relationships, suicide prevention, or other mental health areas.

Some specific programs I will offer at Pike Central this year are:

**Teen Series-** This is an educational program that I present to high school freshmen during gym classes. I met with classes once a week for 6 weeks and we discuss topics such as: what it is like to be a teenager today, healthy relationships, coping skills/suicide prevention, substance abuse, and family relationships.

**Reconnecting Youth-** This is a semester long class for high school students that they receive a credit for. Participants may struggle one or several of the following: substance abuse, anger management, depression, anxiety, attendance issues, academic concerns, stress, or home life concerns. The class has three central goals 1) decreased drug involvement, 2) increased school performance, and 3) decreased emotional distress.

**Mrs. Amber Russell, LCSW**

Youth First School Social Worker

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