

YOUR CHOICE TO LIVE, INC. ANNUAL REPORT



2017 – 2018 School Year
August 2017 to June 2018

TABLE OF CONTENTS

- Who we are.....3
 - Mission and goals
- Board of Directors.....4
- Staff.....5
- Funding sources.....5
- Message from Executive Director.....6
- 2017-2018 Impact.....7
- Prevention Programs
 - Stairway to Heroin.....8
 - Playgrounds to Pills.....10
 - Wake Up Call.....11
 - Youth Presentations.....13
 - Deadly Decisions.....15
 - Lybert Family.....16
 - Narcan Training.....17
 - Lunch & Learn.....18
- Support Programs
 - Detour.....19
 - One Family to Another.....20
- 1st Annual Fundraiser21
- 2nd Annual Fundraiser.....22
- Sponsors.....23

WHO WE ARE

Your Choice to Live, Inc. is a 501(c)(3) non-profit organization that provides alcohol and drug prevention, education, intervention and support. Your Choice began in 2009 and has provided support to over 700 families and spoken to over 175,000 youth and parents across Wisconsin, Illinois and Indiana. Your Choice to Live, Inc. is a State of Wisconsin certified community substance abuse prevention program under DHS 75.04.



Sandi, Rick, Ashleigh and Tyler Lybert, the founders of Your Choice, along with other Your Choice speakers, work with families, speak at schools and give presentations about their own experiences involving substance abuse. Your Choice provides an array of services to students, parents and community members. The Your Choice youth speakers speak in assemblies as well as classroom settings, sharing their experiences and stressing the hardships and devastation that drugs and alcohol can do to a person and their family. The Stairway to Heroin Educational Series is offered for parents, families and community members. The Stairway to Heroin Educational Series is a four-part prevention model designed to address the ongoing substance abuse epidemic adolescents and young adults are facing today. Lastly, Rick and Sandi Lybert meet with families and provide guidance and assistance getting family members help who are struggling with a child to get the help that they so desperately need.

Mission

It is our mission to provide awareness, prevention education, resources and support to youth, parents, schools and communities in regard to alcohol and drug use. Through these educational and prevention efforts, we will help shape healthy, responsible and successful future generations who are equipped with the necessary resiliency and decision making skills to make good choices in all aspects of their lives.

Goals

- Raise awareness about drugs and alcohol to our youth, parents, and the community by educating all community members of the risks of drug and alcohol and to help them work together.
- Remove barriers to openly discuss the issues of drugs/alcohol and the devastating effects they can have on young people and their families.
- Restructure resources offering a variety of support, education, counseling and treatment.

BOARD OF DIRECTORS



Rick Lybert
President
Co-founder, Your Choice to Live, Inc.



Chris Kohl
Detective, Waukesha County Sheriff Department



Katie Westerman
Vice President
Educational Coordinator, Stairway to Heroin Series



Tim Westlake, M.D.
Emergency Physician and Medical Director, Oconomowoc Memorial Hospital



Renee Manion
Secretary
Coordinator, Kettle Moraine Parent Resource Network



Brian Jones
Parent and ski coach, Arrowhead High School



Michael D. Kaiser
Treasurer
Attorney, Kaiser Holahan, LLC



Scott Bakkum
AODA Coordinator, Oconomowoc High School



Sue Opper
Waukesha County District Attorney



Chris Gleason
Executive Director for Rosecrance Central Illinois



Barb Whyte
AODA Coordinator, Arrowhead High School



Timothy Kay
Judge, Lake Country Municipal Court

STAFF



Ashleigh Nowakowski, MPA
Executive Director



Katie Morrow, MPA
Prevention Education Specialist

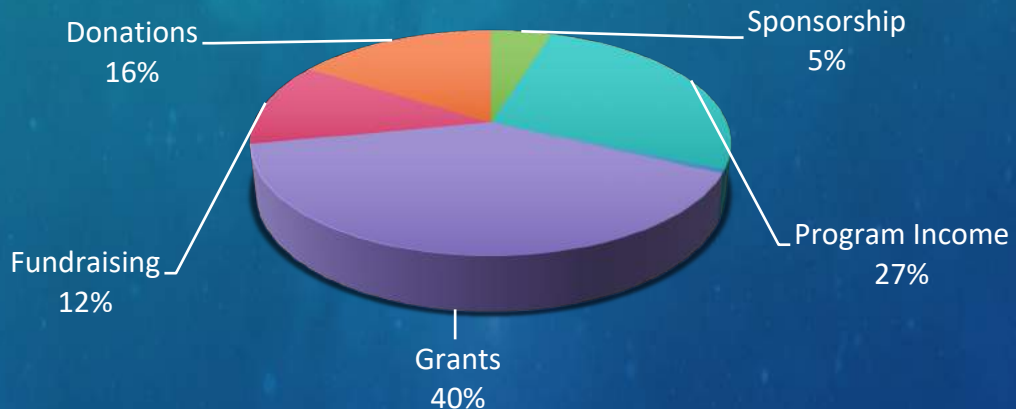


Sandra Lybert
Founder



Melanie Crandall
Program Support

Funding for programs by source



■ Sponsorship ■ Program Income ■ Intervention ■ Grants ■ Fundraising ■ Donations

Message from the Executive Director

Dear friends, colleagues, and supporters of Your Choice to Live, Inc.,

Your Choice to Live, Inc. seems to grow in both number of programs and participants in attendance each and every year. The 2017-2018 school year was no exception. This year we provided 216 programs to 47,000 students, parents, teachers and community members.



Here are some of my favorite highlights from the year:

Our youth presenters, Tyler, Katie, Melanie, and myself traveled to 35 different school districts throughout Wisconsin and into parts of Illinois and Indiana to speak to over 15,000 students.

Stairway to Heroin, Deadly Decisions and Playgrounds to Pills programs continued to be strong, reaching over 2,500 attendees in 8 different school districts. 99% of attendees believed the presentation was effective in providing awareness and education about the topic.

The demand for our Wake Up Call program far exceeded our expectations. We were able to provide 17 public tours, 4 private tours and 32 auditorium style presentations, reaching over 2,700 attendees

Because the demand grew so fast, we developed a Wake Up Call training manual and trained 23 people to provide Wake Up Call in their communities. In addition, we created an amazing Wake Up Call Parent Handbook which is a great resource guide for parents.

Other highlights include:

- *Subcontracting with Waukesha County Health and Human services to provide Narcan training. During the 2017-2018 school year, we trained 950 people in opiate overdose awareness and how to administer Narcan and distributed 895 Narcan kits*
- *Your Choice was a part of the channel 12 State of Addiction segment which won an Emmy*
- *Sandi Lybert, founder of Your Choice, won "Champion of the County" at the Waukesha County Executive Awards*

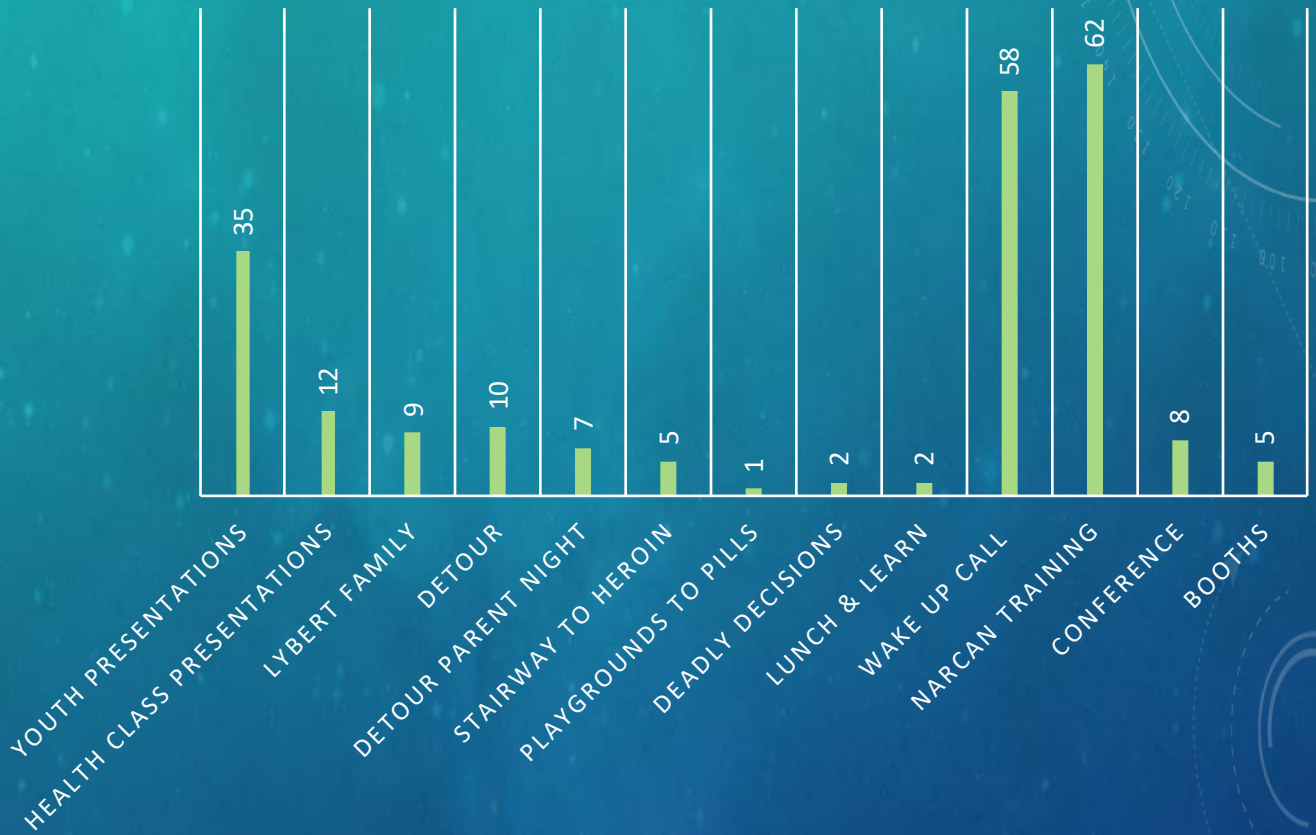
Thank you so much to Rosecrance, Rogers, Waukesha County Community Foundation and all of our supporters for making these presentations possible. We are so excited for what 2018-2019 school year has in store for us!

Sincerely,
Ashleigh Nowakowski
Executive Director, Your Choice to Live, Inc.

2017- 2018 IMPACT

Your Choice provided 216 presentations throughout Wisconsin, Illinois and Indiana. Your Choice also provided 3,500 resource folders to program attendees.

NUMBER OF PRESENTATIONS PER PROGRAM



- ✓ 47,000 students, parents, teachers and community members reached
- ✓ 3,500 resource folders and Wake Up Call Parent Handbooks distributed

Prevention Education Programs

STAIRWAY TO HEROIN

Creates awareness in your community by providing local facts of drug use in your schools and community, detailing the trends of kinds and types of use, providing a medical perspective on use, hearing personal testimonies from families who have experienced the devastation associated with drug abuse and addiction, and learning about hope and recovery.



Presenters



Chris Kohl
*Detective, Waukesha
County Sheriff Department*



Chris Gleason
*Executive Director for
Rosecrance Central Illinois*



Tim Westlake, M.D
*Emergency Physician and
Medical Director,
Oconomowoc Memorial
Hospital*



Katie Westerman
Emcee



Melanie Crandall
Parent Testimony



Lybert Family
*Rick, Sandi,
Tyler & Ashleigh*

Survey Results:

- ❖ 435 participants completed the survey
- ❖ 99% found the information useful
- ❖ 99% feel more knowledgeable about the risks and behaviors associated with substance abuse
- ❖ 99% found the presentation effective in providing awareness and education

STAIRWAY TO HEROIN

2017-2018 Events:

- 5 events
 - Lake Central High School, Indiana
 - Waterloo High School
 - Shorewood High School
 - Champaign-Urbana
 - Mukwonago High School
- 941 adults and 141 youth in attendance
- 847 resource folders distributed



Feedback:

"Well done. Nice variety of presenters. Brave parents and Family!!! Greatly appreciated!!"

"Thank you, great program!!!! Should be run every year. Every parent should see this!!!!!!!"

"Please never stop what you do! We have two great kids ages 14 and 16 and thanks to what your family has been through and continues to do we have our heads just above water at these critical ages. We also print and openly discuss so much from your newsletters that is not easily available from other sources."



Media:

'Stairway to Heroin' to teach parents about drug abuse prevention

Published January 29th, 2018

[Story Link](#)

PLAYGROUNDS TO PILLS

Every day in the United States, 2,500 youth (ages 12-17) abuse a prescription pain reliever for the first time. Why do some adolescents make decisions that lead to risky behaviors such as substance abuse? For some, it may be out of curiosity or peer pressure, but for others it may be a coping mechanism for an underlying issue such as anxiety or depression. Playgrounds to Pills addresses those questions and impresses upon audiences the power of parents in prevention and early intervention. Participants will learn the importance of developing strong relationships with their children as well as strategies for raising resilient children despite the societal pressures placed upon them by technology and media. This program targets a younger population, specifically parents of those in 4th-9th grades.



Presenters



Nic Bur
Middle School Counselor



Katie Morrow, MPA
Personal Testimony



Dr. Brian Fidlin
Clinical Psychologist



Katie Westerman
Emcee

2017-2018 Events:

- 1 event
 - Lake Central School Corporation, IN
- 125 adults and 20 youth in attendance
- 93 resource folders distributed

Survey Results:

- ❖ 64 participants completed the survey
- ❖ 100% found the information useful
- ❖ 100% can identify one parenting strategy that will make a difference in raising a drug free child
- ❖ 95% found the presentation effective in providing awareness and education



Feedback:

"Each speaker was very good and EFFECTIVE!!!! Thank you."

WAKE UP CALL

This is a life-sized exhibit of a teen's bedroom with more than 20 "red flags" that can signal drug or alcohol use. The bedroom identifies spots where teens may hide drugs, household items that can be used as drug paraphernalia and ways teens try to cover up drug and alcohol use. It is important for parents to know what to look for in their own homes before alcohol and drug use escalates to other risky behaviors or addiction.



Presenters



Ashleigh Nowakowski
Signs and symptoms of alcohol and drug use



Katie Westerman
Parenting strategies



Sandra Lybert
Teen bedroom tour guide

Survey Results:

- ❖ 1,525 participants completed the survey
- ❖ 100% found the information useful
- ❖ 98% agree that they would be able to recognize signs of drug use after the tour
- ❖ 96% agree that if they find signs of drug use in my child's bedroom, they know how to access the resources available to them
- ❖ 99% found the presentation effective in providing awareness and education

Feedback:

"Glad I came. Realistic, but optimistic - gave us a task - permission to be parents we know we want to be."

"I cannot even put down the words how amazing is what you do in helping other parents learn and be aware so we can do our best in helping our children. Thanks!!"

WAKE UP CALL

2017-2018 Events:

- 58 events
 - Arrowhead High School
 - Belleville High School
 - Building Hearts of Successful Schools Conference
 - Catholic Memorial High School
 - Chesterton High School
 - Children’s Hospital of Wisconsin
 - Jefferson High School
 - Kettle Moraine High School
 - Lake Central High School
 - Mukwonago High School
 - Muskego High School
 - New Berlin School District
 - Pewaukee High School
 - Ripon High School
 - St. John Vianney
 - Stevens Point Area Schools
 - WI Social Workers Conference
 - Support Staff Conference
 - Sussex Hamilton High School
 - Waterloo High School
 - Waushara County
 - Wisconsin Prevention Conference
 - 17 public tours and 4 private tours
- 2,705 adults viewed the room
- 1,582 resource folders and Wake Up Call Parent Handbooks distributed
- 23 individuals trained to give Wake Up Call tours in their communities



Media:

Ex-addict's mom will offer Ripon parents a 'wake up call'

Published April 11th, 2018

Maic D'Agostino – Ripon Commonwealth Press

[Story Link](#)

YOUTH PRESENTATIONS

The Your Choice Youth Presentation focuses on the power of choices. Topics covered during the presentation include: how futures can be impacted by choices, the importance of choosing the right friends, how choices affect others, the hardships and devastation caused by drugs and alcohol, and how to reach out for help.

Presenters



Tyler Lybert

Tyler has been in recovery since 2008. He has been sharing his story of how the choices he made in middle and high school impacted his life since 2009. Tyler is currently pursuing his Bachelor's Degree in Alcohol and Drug Counseling at Waukesha County Technical College



Ashleigh Nowakowski

Ashleigh has been working in the substance abuse prevention field since 2009. Her story focuses on how the choice to stay away from drugs and alcohol in high school positively impacted her life. She also speaks about what it like to be a sibling of someone who uses drugs.



Katie Morrow

Katie is a prevention education specialist who has worked in the substance abuse field for 8 years. Being in long-term recovery for almost 12 years gives Katie a passion for recovery and prevention. Katie enjoys sharing her story in hopes that it will help others from going down the path that she did.



Melanie Crandall

Melanie has been speaking with Your Choice to Live for 3 years as a Stairway to Heroin presenter and youth presenter. Melanie shares her powerful personal story with the hope of saving others from the devastation that she endured. Melanie has a deep passion for carrying out the Your Choice mission of education, prevention, and early intervention.

YOUTH PRESENTATIONS

2017-2018 Events:

- 35 presentations
- 15,520 students and 1,250 staff reached



Wisconsin

- North Lake School
- Lake Country School
- Waterloo High School
- Riverside Middle School
- Benjamin Franklin Junior High School
- PJ Jacobs Junior High School
- Stevens Point Area High School
- Pacelli High School
- Rosholt School District
- Amherst High School
- Almond Bancroft High School
- Sheboygan Falls Middle School
- Catholic Memorial High School
- Menomonee Falls North Middle School
- University Lake School
- Kettle Moraine High School
- Ripon Middle and High School
- Luxemburg-Casco High School
- Algoma High School
- Kewaunee High School
- Lake Station High School

Illinois

- St. Francis High School
- Phoenix Military Academy
- Lyons Township High School – Operation Snowball

Indiana

- Clark Middle School
- Kahler Middle School
- Grimmer Middle School
- Lake Central High School
- Highland High School



Survey Results:

- ❖ 4,291 students completed the survey
- ❖ 96% agree that the Your Choice speakers provided at least one way to say “NO” when faced with peer pressure to drink or use drugs
- ❖ 98% agree that the Your Choice presentation made them aware of the consequences that come along with drugs and alcohol

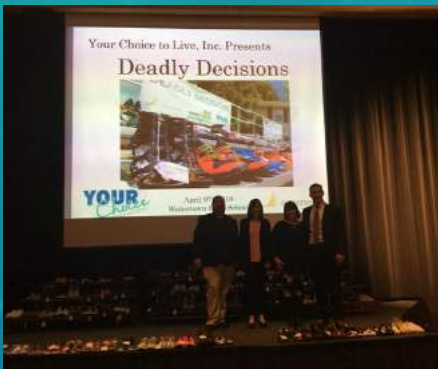
Feedback:

“I really liked Melanie’s story. Her daughter’s story really made me appreciate life. I was crying during the whole thing. Right after everything was over, I texted my mom to tell her that I love her.” – student

“It helped me understand more about the consequences of doing drugs and drinking” – student

DEADLY DECISIONS

Young people between the ages of 18-24 are already at a heightened risk of addiction so the availability and accessibility of many kinds of drugs is truly frightening. Increasing overdoses and the growing heroin epidemic have forced high schools and college campuses to begin coming to the realization that substance abuse problems don't just revolve around alcohol and marijuana. Everyday decisions made by young adults surrounding the choice as to whether to use or not can have fatal consequences and can lead to broken lives and shattered futures.



2017-2018 Events:

- 1 event
 - Watertown High School
- 1,265 students and 100 staff reached

Survey Results:

- ❖ 261 students completed the survey
- ❖ 89% agree that the presentation made them aware of the consequences that come along with drugs and alcohol



Media:

Deadly Decisions: 3 weekend ODs reinforce message

By Sarah Weihert

Published April 10th, 2018

[Story Link](#)

LYBERT FAMILY

Your Choice was founded by the Lybert family – Sandi, Rick, Ashleigh and Tyler. The Lybert’s work with families, speak at schools and give presentations about their own experiences involving substance abuse.

Tyler’s drug use escalated, from alcohol and marijuana to pills and heroin. He was in and out of jail. His family life deteriorated from the stress of his drug use.

During presentations, Ashleigh speaks about the pressure to be the perfect sister in light of her brother’s addiction and feeling neglected by her parents. Rick talks about being angry that his son couldn’t conquer his addiction, and Sandi explains how she enabled her son to the point that her marriage nearly crumbled.

Tyler entered treatment at age 21 and has been sober since 2008. The Lybert’s are passionate about communicating their story and removing the stigma of teen substance abuse in hopes of helping other families.



2017-2018 Events:

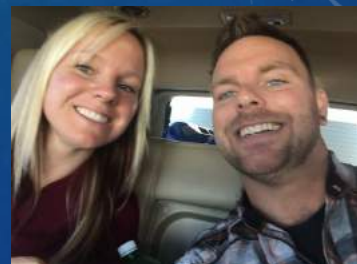
- 9 events
- 490 parents and community members reached

Wisconsin

- Arrowhead High School
- Sussex Hamilton High School
- Lacrosse Technical College
- Wood County
- Kewaunee High School

Illinois

- St. Francis High School



Media:

Her son was a drug addict. Now her family teaches people across Wisconsin about the opioid crisis.

By Steven Martinez

Published November 3rd, 2017

[Story Link](#)

NARCAN TRAINING

Your Choice to Live, Inc is assisting with Waukesha County's plan to reduce the number of opioid overdose deaths in the county by offering free trainings open to all county residents on the administration of naloxone, a drug that can reverse an opioid overdose and distributing free kits containing naloxone to county residents. This is funded by a grant provided by the Wisconsin Department of Health Services. The state received a grant from the federal Substance Abuse and Mental Health Services Administration to prevent prescription drug/opioid overdose related deaths.



2017-2018 Results:

- 950 people trained in opiate overdose prevention and Narcan administration
- 848 nasal Narcan distributed
- 47 Intermuscular Narcan distributed

Organizations Trained

- Waukesha County Health & Human Services
- Lake Country Alano Club
- Waukesha County Canine Fundraiser
- Alliance Counseling Center
- Hope Center
- Brookfield National Night Out
- North Shore Middle School
- Easter Seals
- Arrowhead High School
- Hartland Rotary
- Pewaukee Legion
- Pewaukee VFW
- Oconomowoc High School
- Red Oak Counseling
- Menomonee Falls Police Dept.
- Brookfield Reserve Unit
- Brookfield Legion #449
- Muskego High School
- Waukesha Police Dept.
- Lake Country Municipal Court
- Children's Partnerships
- Waukesha Sunrise Rotary
- UW – Waukesha
- Waukesha Rotary
- St. Anthony's on the Lake
- Bayer & Fahl Dentistry
- Carroll College
- MeLeod-Fritz Celebration
- Waukesha Kiwanis
- Systemic Perspectives
- Waukesha County Sheriff's Citizens Academy Alumni Association
- Oconomowoc Rotary



LUNCH & LEARN

NEW PROGRAM LAUNCHED IN APRIL 2018

Lunch and learn is an opportunity for employers and employees to receive information, resources and inspiration regarding the opioid crisis. Participants will learn the following:

- The current trends in drug use among our youth
- The signs and symptoms of drug use, abuse and addiction
- How seemingly innocent items can be used to conceal or mask drug use
- The power of parents in the prevention of substance use



2017-2018 Results:

- 2 events
- 25 attendees

Survey Results:

- ❖ 25 attendees completed the survey
- ❖ 100% agree they have more knowledge to recognize the signs and symptoms of substance use
- ❖ 100% found the presentation effective in providing awareness and education
- ❖ 100% would recommend this presentation to a fellow colleague

Feedback:

"Just very eye opening overall- most informative were the items used to hide alcohol or drug items."



Support Programs

DETOUR

Detour is an alcohol and drug program for people of all ages. It is designed to gently but powerfully challenge common beliefs and attitudes that directly contribute to high-risk alcohol and drug use. Detour uses the evidence-based Prime for Life curriculum.



Certified Instructors



Ashleigh Nowakowski



Katie Morrow

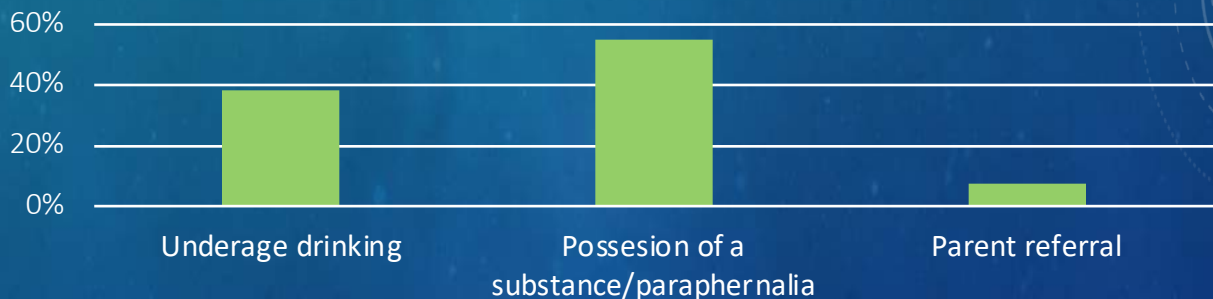


Melanie Crandall

2017-2018 Results:

- ❖ 102 participants completed the class
 - ❖ 68% male, 32% female
 - ❖ 60% age 17 or younger, 40% age 18-24
- ❖ 61 parents attended the mandatory Detour parent night

REASON FOR ATTENDING DETOUR



Feedback:

"I think it was the speakers/teachers that made it real for me and influenced me the most"

"I think it was most useful for us to self evaluate and actually see on paper what we spend time doing and what we are choosing."

"I made a decision that landed me here and I benefited more than I ever thought"

ONE FAMILY TO ANOTHER

The Lybert family can share their personal experiences one on one with a family in need. Our goals for this discussion is to let struggling families know that they are not alone and to encourage them to openly talk about the problems they are facing and how they can work to resolve them.



2017-2018 Results:

- 277 families reached out for guidance, support and/or resources
 - Person of concern
 - 86 adults
 - 191 youth
 - Recommendations
 - 75 referred to inpatient treatment
 - 31 referred to intensive outpatient
 - 64 referred for an assessment
 - 33 referred to counseling
 - 28 referred to after care
 - 42 were provided with support and guidance

CONFERENCE PRESENTATIONS

Your Choice to Live, Inc. presented at the following conferences:

- ❖ 2017 Rebuilding for Learning Summit – LaCrosse, WI
- ❖ Wisconsin School Social Workers Association Conference – Green Lake, WI
- ❖ Service Support Staff Institute 50th Anniversary Conference - Wisconsin Dells, WI
- ❖ Elmbrook School District Family University - Brookfield, WI



1ST ANNUAL FUNDRAISER OCTOBER 17TH, 2017

Keynote Speaker: LeRoy Butler, *former Green Bay Packer*



Due to the generous donations, silent auction and sponsorships, we were able to raise over \$10,000 which helped us:

- Purchase a trailer that holds our Wake Up Call bedroom, allowing us to travel to different communities.
- Provide organizations, churches, schools and community groups with information on how to identify an opiate overdose and administer Narcan
- Provide five Waukesha County schools with prevention programs for students and parents at a reduced cost.
- Assemble 5,000 resource folders to be given out during the 2018 spring presentations.



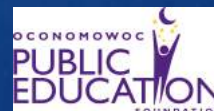
THANK YOU TO OUR SPONSORS



rosecrance®

Aurora Health Care
Corey & Kim Denman
Dottie's Convenience Stores
Kaiser Holahan, LLC

Lybert Landscaping & Grading
Norman & Janet Thomson
Ryno Painting Services, LLC
Western Lakes Golf Club



2ND ANNUAL FUNDRAISER MAY 18TH, 2018

Keynote Speaker: John McGivern, *Emmy-award winner*



Words cannot express how grateful we are for everyone who helped make our 2nd annual fundraiser a HUGE success!!! Over 170 people attended our event and we were able to raise over \$20,000 to:

- Implement free Lunch and Learn educational sessions to local businesses
- Continue public and private tours of the Wake Up Call bedroom in Hartland at no charge
- Offer free in-service trainings on signs and symptoms of substance use/abuse to schools, organizations and other clubs
- Purchase Narcan to provide to families in need
- Continue to assist families by providing information, resources and support



Buckley Bischel, who will be a junior at Mukwonago High School this fall, heard positive responses from fellow students who attended a Stairway to Heroin presentation at the school. Because of the response from his friends, along with the spotlight the fight against the opioid epidemic has gotten, Buckley decided he wanted to help raise money for Your Choice by creating a GoFundMe page. Buckley spoke at the fundraiser to highlight his upcoming Appalachian Trail hike to raise money for Your Choice. \$10,000 was raised at the event.



THANK YOU TO OUR SPONSORS



Kaiser Holahan, LLC
Lybert Landscaping & Grading
Mrs. Janet Thomson
Saz's Catering

rosecrance®



Oconomowoc Area School District
Red Oak Counseling
Westerman Family
Western Lakes Golf Club



THANK YOU TO OUR SPONSORS

AFFILIATE SPONSOR



rosecrance®

CORPORATE SPONSOR



FUNDRAISER SPONSORS

Oconomowoc Public Education Foundation – Jennifer Bukosky Memorial Fund

Aurora Health Care
Corey & Kim Denman
Dottie's Convenience Stores
First Bank Financial Centre
Kaiser Holahan, LLC
Lybert Landscaping and Grading
Mr. and Mrs. Thomson

My Lake Life Photography
Oconomowoc Area School District
ProHealth Care
Red Oak Counseling
Ryno Painting Services, LLC
Saz's Catering
Westerman Family
Western Lakes Golf Club

GRANTORS

Friends of Nashotah
Greater Delafield Community Foundation
The Townsend Foundation

Waukesha County Community Foundation
Waukesha Service Club

DONORS

Qdoba Mexican Grill
In Loving Memory of Ali Raddatz
Unfinished Life of Tyler Maynard
100+ Women Who Care - Waukesha
Peter Fox Memorial
Nikosh Droegkamp Memorial
Private Donors

Express Employment Professionals –
Waukesha Office
Buckley Bischel's Appalachian Trial Hike
Davidson & Harley Fund Inc.