



## Upriver Youth Leadership Council

*"Empowering our youth to create a healthy, drug free community"*

Meeting Agenda

11/19/2025 Noon Kamiah Recovery Center

Zoom Option:

<https://us02web.zoom.us/j/86528599840?pwd=tCHKGK4GHdzzJNEPawkvaTNaUrap9x.1>

Meeting Called to Order  
October Minutes  
October Financial Report

### Work Session

- Board Elections

### Old Business

- Federal Updates
- Annual Youth Risk and Protective Factor Survey
- Sharing Tree
- October Webinar
- Strengthening Families
- Pie Fundraiser
- Jar Fundraiser
- Olde Fashioned Christmas
- Christmas Show Cancelled
- Festival of Trees
- Breakfast with Santa

### New Business

- Vicki Evans Memorial Donation-Food Pantry
- LC Valley Healthcare reception
- 2026 Lunch and Learns-Nutrition and Mental Health
- 2026 Parent Cafes

### Reports

- Community Garden
- YAB Report
- NAHOVA/Students for Success Report
- Teen Center Report
- K6 Report
- Recovery Report
- Food Services Report
- School Resource Officer Report

- ABM Counseling Referrals
- Social Media Report

### **Grant Updates**

- Pending Grants
  - Charlotte Martin Foundation-Submitted \$20,000-K-12 after school enrichment
  - HealthEquity Community Foundation Submitted \$2500-Food Pantry, Feeding Program and Community Garden
  - ICTF Annual Submitted
- Grant reports
  - ICTF Monthly Report Submitted
  - SPARS STOP Submitted
  - SPARS PFS Submitted

Next Meeting:



## Upriver Youth Leadership Council

*"Empowering our youth to create a healthy, drug free community"*

Meeting Minutes

10/22/2025 Noon Kamiah Recovery Center

Zoom Option:

<https://us02web.zoom.us/j/86528599840?pwd=tCHKGK4GHdzzJNEPawkvaTNaUrap9x.1>

Meeting Called to Order @ 12:05 pm. In attendance were Sandy Russo, Amber Hoodman, Sharlene Johnson, Jessi Noah, Jace Johnson, Kama Payton, Sharon Jacobs, Gina Bowman, Misty Perry, Terry Law, Trianna Hyde, Melanie Milburn, Jennifer Martinez, Daniel Pace, Sara Moffett, Mickie Nielsen, Jasn Davis, Bernie Huber, and Teri Huber.

September Minutes were reviewed. Sandy motioned to accept, Norma seconded the motion, all were in favor.

September Financial Report was reviewed. Amber motioned to accept, Norma seconded the motion, all were in favor.

### Work Session

#### Old Business

- Federal Updates- No updates other than the government are currently shut down.
- Annual Youth Risk and Protective Factor Survey- Daisy administered at both schools. Numbers are way down this year due to changes in legislation requiring parents to “opt in”, to allow their kids to take surveys.
- Sharing Tree- Amber said that the applications are starting to come back in and they are working on filling out tags and planning everything. She reported that a lady from the church in Kooskia came in and said her church is planning to take 20-30 tags!
- October Webinar- Amber reports that we have 65 people registered for this webinar all over the state!
- Strengthening Families – Amber said that SFP is going great and there are 4 families this year.
- VR Focus Group- Amber stated that she is taking headsets to the High School for two of Ms. Boggan’s Technology classes to play through the game and answer a survey.
- Red Ribbon Week- Sharlene reported that Melinda Wimer is having classrooms decorate posters this year. They will also have the kids do sticker shock, and we have provided goodie bags for the kids.

#### New Business

- November Annual Meeting- November 19<sup>th</sup> at Noon.
- Elections- Sharlene sent out nomination requests. Sandy and Terrys seats are up and running for re-election.
- Pie Fundraiser- Sharlene says it has already begun. Pies are Apple Crumb and Pumpkin this year and are \$15 each. Funds raised help pay for Olde Fashioned Christmas.

- Jar Fundraiser- We will be selling Santa Cookies, Taco Chili, and a new edition this year is our Holiday Simmer Pot Jar. These are \$15 a piece and all proceeds will help us pay for events and activities at the Recovery Center.
- Olde Fashioned Christmas- December 5<sup>th</sup> and 6<sup>th</sup>.
  - Sponsorships- We are looking for Sponsors to help offset the cost.
  - Cookie Contest- We are bringing the cookie contest back this year!
- Festival of Trees- Sharlene says we are looking for decorators for wreathes and trees!
- Breakfast with Santa- Sharlene reported that we will be holding our very first Breakfast with Santa on December 20<sup>th</sup>.

### Reports

- Community Garden-None
- YAB Report-Written
- NAHOVA/Students for Success Report-Trianna says that they had a Suicide awareness booth at General Council, a booth at the game in Lapwai, They've been doing Peer to Peer mentoring, pumpkin carving, QPR Training, Talking Circles focused on domestic violence, scary stories and candy bagging for Halloween, NAHOVA went to Scarywood, they had a scary movie night, and they are doing Life Skills Training.
- Teen Center Report- Written
- K6 Report-Written
- Recovery Report-Written
- Food Services Report-Written
- School Resource Officer Report-Jason reported that the SRO position was put on a county line item. Instead of being a full-time SRO, Forrest is doing patrol and is still able to spend time at school.
- ABM Counseling Referrals-Written
- Social Media Report -Forgot to include it.

### Grant Updates

- Pending Grants
  - Seahawks-Not awarded \$5,000 YAB/Tween Time
  - LC Valley Health Care Large Impact-Awarded \$82,000 Recovery Center
  - Idaho Food Bank Submitted-\$5000 for equipment
  - Charlotte Martin Foundation-Submitted \$20,000-K-12 after school enrichment
  - HealthEquity Community Foundation Submitted \$2500-Food Pantry, Feeding Program and Community Garden
- Grant reports
  - ICTF Monthly Report
  - ICTF Mid-Year Report

Next Meeting: November 19<sup>th</sup> at 12:00 pm.

Meeting adjourned at 12:59 pm.

2:06 PM  
11/10/25  
Cash Basis

UPRIVER YOUTH LEADERSHIP COUNCIL  
Statement of Activities  
October 2025

	21 Century	Beyond the Bell	CACFP	Community Garden
<b>Ordinary Income/Expense</b>				
Income				
Fundraiser	0.00	0.00	0.00	405.00
Donation	0.00	0.00	0.00	0.00
Grants	0.00	0.00	3,681.72	0.00
Vending Machine	0.00	0.00	0.00	0.00
<b>Total Income</b>	<b>0.00</b>	<b>0.00</b>	<b>3,681.72</b>	<b>405.00</b>
<b>Expense</b>				
Advertising	0.00	0.00	0.00	0.00
Bank Charges	0.00	0.00	0.00	0.00
Cleaning & Maintenance	0.00	0.00	0.00	0.00
Contract Labor	0.00	0.00	0.00	900.00
Dues & Subscriptions	17.22	0.00	0.00	0.00
Food	0.00	14.89	2,229.71	43.75
Garden Supplies	0.00	0.00	0.00	439.43
Insurance	1,032.67	1,032.67	0.00	0.00
Interest Exp	0.00	0.00	0.00	0.00
Office Supplies	78.65	0.00	0.00	0.00
Payroll Expenses				
Wages	3,067.52	4,656.62	1,755.00	0.00
Payroll Expenses - Other	1,137.50	1,526.14	1,137.50	0.00
<b>Total Payroll Expenses</b>	<b>4,205.02</b>	<b>6,182.76</b>	<b>2,892.50</b>	<b>0.00</b>
<b>Payroll Tax</b>				
SUTA	31.56	43.46	21.69	0.00
FICA	321.67	473.01	221.29	0.00
<b>Total Payroll Tax</b>	<b>353.23</b>	<b>516.47</b>	<b>242.98</b>	<b>0.00</b>

2:06 PM  
11/10/25  
Cash Basis

UPRIVER YOUTH LEADERSHIP COUNCIL  
Statement of Activities  
October 2025

	21 Century	Beyond the Bell	CACFP	Community Garden
Professional Fees	142.00	0.00	0.00	0.00
Rent - Building	3,300.00	0.00	0.00	0.00
Supplies	0.00	0.00	0.00	8.46
Telephone	0.00	0.00	0.00	0.00
Travel	0.00	1,015.98	0.00	0.00
Utilities	184.77	0.00	0.00	20.29
Youth Activities Expenses	0.00	0.00	0.00	0.00
<b>Total Expense</b>	<b>9,313.56</b>	<b>8,762.77</b>	<b>5,365.19</b>	<b>1,411.93</b>
<b>Net Ordinary Income</b>	<b>-9,313.56</b>	<b>-8,762.77</b>	<b>-1,683.47</b>	<b>-1,006.93</b>
<b>Other Income/Expense</b>				
Other Income	0.00	0.00	0.00	0.00
Interest Income				
<b>Total Other Income</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>
<b>Net Other Income</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>
<b>Net Income</b>	<b>-9,313.56</b>	<b>-8,762.77</b>	<b>-1,683.47</b>	<b>-1,006.93</b>

2:06 PM  
11/10/25  
Cash Basis

UPRIVER YOUTH LEADERSHIP COUNCIL  
Statement of Activities  
October 2025

	DFC	Food Pantry	Forever Idaho	General
<b>Ordinary Income/Expense</b>				
<b>Income</b>				
Fundraiser	0.00	0.00	0.00	0.00
Donation	0.00	100.00	0.00	379.40
Grants	3,668.00	0.00	0.00	200.00
Vending Machine	0.00	0.00	0.00	0.00
<b>Total Income</b>	<b>3,668.00</b>	<b>100.00</b>	<b>0.00</b>	<b>579.40</b>
<b>Expense</b>				
Advertising	83.33	0.00	0.00	0.00
Bank Charges	0.00	0.00	0.00	28.01
Cleaning & Maintenance	0.00	0.00	0.00	0.00
Contract Labor	0.00	0.00	0.00	0.00
Dues & Subscriptions	1,094.47	0.00	0.00	179.13
Food	0.00	845.55	0.00	92.84
Garden Supplies	0.00	0.00	0.00	0.00
Insurance	1,221.70	0.00	0.00	0.00
Interest Exp	0.00	0.00	0.00	457.92
Office Supplies	17.67	0.00	0.00	0.00
Payroll Expenses				
Wages	1,000.00	0.00	0.00	0.00
Payroll Expenses - Other	2,331.88	0.00	0.00	0.00
<b>Total Payroll Expenses</b>	<b>3,331.88</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>
<b>Payroll Tax</b>				
SUTA	7.50	0.00	0.00	0.00
FICA	254.87	0.00	0.00	0.00
<b>Total Payroll Tax</b>	<b>262.37</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>

2:06 PM  
11/10/25  
Cash Basis

UPRIVER YOUTH LEADERSHIP COUNCIL  
Statement of Activities  
October 2025

	DFC	Food Pantry	Forever Idaho	General
Professional Fees	268.50	0.00	0.00	0.00
Rent - Building	0.00	0.00	0.00	0.00
Supplies	0.00	10.59	90.10	0.00
Telephone	0.00	0.00	0.00	0.00
Travel	0.00	0.00	0.00	0.00
Utilities	0.00	0.00	0.00	0.00
Youth Activities Expenses	38.34	0.00	0.00	155.36
<b>Total Expense</b>	<b>6,318.26</b>	<b>856.14</b>	<b>90.10</b>	<b>913.26</b>
<b>Net Ordinary Income</b>	<b>-2,650.26</b>	<b>-756.14</b>	<b>-90.10</b>	<b>-333.86</b>
<b>Other Income/Expense</b>				
Other Income	0.00	0.00	0.00	0.00
Interest Income	0.00	0.00	0.00	0.00
<b>Total Other Income</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>
<b>Net Other Income</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>
<b>Net Income</b>	<b>-2,650.26</b>	<b>-756.14</b>	<b>-90.10</b>	<b>-333.86</b>

2:06 PM  
11/10/25  
Cash Basis

UPRIVER YOUTH LEADERSHIP COUNCIL  
Statement of Activities  
October 2025

	Helping Hands Cl...	ICF - Forever	ICF - Future	Idaho Childrens T...
Ordinary Income/Expense				
Income				
Fundraiser	0.00	0.00	0.00	0.00
Donation	200.00	0.00	0.00	0.00
Grants	0.00	0.00	0.00	1,339.36
Vending Machine	0.00	0.00	0.00	0.00
Total Income	200.00	0.00	0.00	1,339.36
Expense				
Advertising	0.00	0.00	0.00	47.62
Bank Charges	0.00	0.00	0.00	0.00
Cleaning & Maintenance	20.00	0.00	0.00	0.00
Contract Labor	0.00	0.00	0.00	400.00
Dues & Subscriptions	0.00	0.00	0.00	66.81
Food	0.00	0.00	0.00	48.36
Garden Supplies	0.00	0.00	0.00	0.00
Insurance	0.00	0.00	0.00	0.00
Interest Exp	0.00	0.00	0.00	0.00
Office Supplies	0.00	0.00	0.00	17.66
Payroll Expenses				
Wages	0.00	1,165.22	200.00	200.00
Payroll Expenses - Other	0.00	0.00	0.00	0.00
Total Payroll Expenses	0.00	1,165.22	200.00	200.00
Payroll Tax				
SUTA	0.00	8.75	1.50	1.50
FICA	0.00	89.14	15.30	15.30
Total Payroll Tax	0.00	97.89	16.80	16.80

2:06 PM  
11/10/25  
Cash Basis

UPRIVER YOUTH LEADERSHIP COUNCIL  
Statement of Activities  
October 2025

	Helping Hands Cl...	ICF - Forever	ICF - Future	Idaho Childrens T...
Professional Fees	0.00	0.00	0.00	0.00
Rent - Building	0.00	0.00	0.00	0.00
Supplies	0.00	0.00	0.00	816.05
Telephone	0.00	0.00	0.00	0.00
Travel	0.00	0.00	0.00	0.00
Utilities	0.00	0.00	0.00	0.00
Youth Activities Expenses	0.00	0.00	0.00	52.98
<b>Total Expense</b>	<b>20.00</b>	<b>1,263.11</b>	<b>216.80</b>	<b>1,666.28</b>
<b>Net Ordinary Income</b>	<b>180.00</b>	<b>-1,263.11</b>	<b>-216.80</b>	<b>-326.92</b>
<b>Other Income/Expense</b>				
Other Income	0.00	0.00	0.00	0.00
Interest Income				
<b>Total Other Income</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>
<b>Net Other Income</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>
<b>Net Income</b>	<b>180.00</b>	<b>-1,263.11</b>	<b>-216.80</b>	<b>-326.92</b>

2:06 PM  
11/10/25  
Cash Basis

UPRIVER YOUTH LEADERSHIP COUNCIL  
Statement of Activities  
October 2025

	Innovia	K6 Program	LC Valley Healthc...	Money Market
<b>Ordinary Income/Expense</b>				
<b>Income</b>				
Fundraiser	0.00	0.00	0.00	0.00
Donation	0.00	190.00	0.00	0.00
Grants	0.00	0.00	0.00	0.00
Vending Machine	0.00	0.00	0.00	0.00
<b>Total Income</b>	<b>0.00</b>	<b>190.00</b>	<b>0.00</b>	<b>0.00</b>
<b>Expense</b>				
Advertising	0.00	0.00	0.00	0.00
Bank Charges	0.00	0.00	0.00	0.00
Cleaning & Maintenance	0.00	0.00	0.00	0.00
Contract Labor	0.00	0.00	0.00	0.00
Dues & Subscriptions	0.00	0.00	0.00	0.00
Food	0.00	0.00	0.00	0.00
Garden Supplies	0.00	0.00	0.00	0.00
Insurance	0.00	0.00	628.50	0.00
Interest Exp	0.00	0.00	0.00	0.00
Office Supplies	0.00	0.00	0.00	0.00
Payroll Expenses				
Wages	0.00	0.00	0.00	0.00
Payroll Expenses - Other	388.64	0.00	1,300.00	0.00
<b>Total Payroll Expenses</b>	<b>388.64</b>	<b>0.00</b>	<b>1,300.00</b>	<b>0.00</b>
<b>Payroll Tax</b>				
SUTA	0.00	0.00	9.75	0.00
FICA	29.74	0.00	99.45	0.00
<b>Total Payroll Tax</b>	<b>29.74</b>	<b>0.00</b>	<b>109.20</b>	<b>0.00</b>

2:06 PM  
11/10/25  
Cash Basis

UPRIVER YOUTH LEADERSHIP COUNCIL  
Statement of Activities  
October 2025

	Innovia	K6 Program	LC Valley Healthc...	Money Market
Professional Fees	0.00	0.00	0.00	0.00
Rent - Building	0.00	0.00	500.00	0.00
Supplies	0.00	83.34	0.00	0.00
Telephone	0.00	0.00	0.00	0.00
Travel	0.00	0.00	0.00	0.00
Utilities	0.00	0.00	0.00	0.00
Youth Activities Expenses	0.00	0.00	0.00	0.00
<b>Total Expense</b>	<b>418.38</b>	<b>83.34</b>	<b>2,537.70</b>	<b>0.00</b>
<b>Net Ordinary Income</b>	<b>-418.38</b>	<b>106.66</b>	<b>-2,537.70</b>	<b>0.00</b>
<b>Other Income/Expense</b>				
Other Income	0.00	0.00	0.00	0.02
Interest Income				
<b>Total Other Income</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.02</b>
<b>Net Other Income</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.02</b>
<b>Net Income</b>	<b>-418.38</b>	<b>106.66</b>	<b>-2,537.70</b>	<b>0.02</b>

2:06 PM  
11/10/25  
Cash Basis

UPRIVER YOUTH LEADERSHIP COUNCIL  
Statement of Activities  
October 2025

Ordinary Income/Expense	Old Fashion Chris...	Optum	PFS	Recovery Committ...
Income				
Fundraiser	0.00	0.00	0.00	521.00
Donation	850.00	0.00	0.00	0.00
Grants	0.00	0.00	63,207.93	0.00
Vending Machine	0.00	0.00	0.00	0.00
<b>Total Income</b>	<b>850.00</b>	<b>0.00</b>	<b>63,207.93</b>	<b>521.00</b>
Expense				
Advertising	0.00	0.00	0.00	0.00
Bank Charges	0.00	0.00	0.00	0.00
Cleaning & Maintenance	0.00	0.00	0.00	0.00
Contract Labor	0.00	0.00	725.00	0.00
Dues & Subscriptions	0.00	0.00	243.49	0.00
Food	0.00	0.00	0.00	-327.97
Garden Supplies	0.00	0.00	0.00	0.00
Insurance	0.00	0.00	1,761.16	0.00
Interest Exp	0.00	0.00	0.00	0.00
Office Supplies	18.01	0.00	17.66	17.66
Payroll Expenses				
Wages	0.00	0.00	1,802.08	0.00
Payroll Expenses - Other	0.00	0.00	4,769.38	0.00
<b>Total Payroll Expenses</b>	<b>0.00</b>	<b>0.00</b>	<b>6,571.46</b>	<b>0.00</b>
Payroll Tax				
SUTA	0.00	0.00	31.79	0.00
FICA	0.00	0.00	502.72	0.00
<b>Total Payroll Tax</b>	<b>0.00</b>	<b>0.00</b>	<b>534.51</b>	<b>0.00</b>

2:06 PM  
11/10/25  
Cash Basis

UPRIVER YOUTH LEADERSHIP COUNCIL  
Statement of Activities  
October 2025

	Old Fashion Chris...	Optum	PFS	Recovery Committ...
Professional Fees	0.00	0.00	200.00	0.00
Rent - Building	0.00	0.00	1,680.00	0.00
Supplies	0.00	0.00	82.73	673.46
Telephone	0.00	0.00	17.22	0.00
Travel	0.00	0.00	0.00	0.00
Utilities	0.00	0.00	162.61	0.00
Youth Activities Expenses	3,166.53	0.00	0.00	1,301.92
<b>Total Expense</b>	<b>3,184.54</b>	<b>0.00</b>	<b>11,995.84</b>	<b>1,665.07</b>
<b>Net Ordinary Income</b>	<b>-2,334.54</b>	<b>0.00</b>	<b>51,212.09</b>	<b>-1,144.07</b>
<b>Other Income/Expense</b>				
Other Income	0.00	0.00	0.00	0.00
Interest Income				
<b>Total Other Income</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>
<b>Net Other Income</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>
<b>Net Income</b>	<b>-2,334.54</b>	<b>0.00</b>	<b>51,212.09</b>	<b>-1,144.07</b>

2:06 PM  
11/10/25  
Cash Basis

UPRIVER YOUTH LEADERSHIP COUNCIL  
Statement of Activities  
October 2025

Ordinary Income/Expense	Recovery Grant	SFSP	Skate Park	STOP Act
Income				
Fundraiser	0.00	0.00	0.00	0.00
Donation	0.00	0.00	75.00	0.00
Grants	3,741.84	0.00	0.00	17,204.38
Vending Machine	0.00	0.00	0.00	0.00
<b>Total Income</b>	<b>3,741.84</b>	<b>0.00</b>	<b>75.00</b>	<b>17,204.38</b>
Expense				
Advertising	0.00	0.00	0.00	120.00
Bank Charges	0.00	0.00	0.00	0.00
Cleaning & Maintenance	0.00	0.00	0.00	0.00
Contract Labor	0.00	0.00	0.00	0.00
Dues & Subscriptions	66.81	0.00	0.00	129.48
Food	0.00	136.97	0.00	0.00
Garden Supplies	0.00	0.00	0.00	0.00
Insurance	0.00	0.00	0.00	1,221.70
Interest Exp	0.00	0.00	0.00	0.00
Office Supplies	0.00	0.00	0.00	17.67
Payroll Expenses				
Wages	0.00	0.00	0.00	1,000.00
Payroll Expenses - Other	2,600.00	0.00	0.00	2,331.88
<b>Total Payroll Expenses</b>	<b>2,600.00</b>	<b>0.00</b>	<b>0.00</b>	<b>3,331.88</b>
Payroll Tax				
SUTA	19.50	0.00	0.00	7.50
FICA	198.90	0.00	0.00	254.89
<b>Total Payroll Tax</b>	<b>218.40</b>	<b>0.00</b>	<b>0.00</b>	<b>262.39</b>

2:06 PM  
11/10/25  
Cash Basis

UPRIVER YOUTH LEADERSHIP COUNCIL  
Statement of Activities  
October 2025

	Recovery Grant	SFSP	Skate Park	STOP Act
Professional Fees	0.00	0.00	0.00	0.00
Rent - Building	1,000.00	0.00	0.00	0.00
Supplies	0.00	0.00	0.00	0.00
Telephone	0.00	0.00	0.00	0.00
Travel	0.00	0.00	0.00	0.00
Utilities	0.00	0.00	0.00	0.00
Youth Activities Expenses	0.00	0.00	0.00	0.00
<b>Total Expense</b>	<b>3,885.21</b>	<b>136.97</b>	<b>0.00</b>	<b>5,083.12</b>
<b>Net Ordinary Income</b>	<b>-143.37</b>	<b>-136.97</b>	<b>75.00</b>	<b>12,121.26</b>
<b>Other Income/Expense</b>				
Other Income	0.00	0.00	0.00	0.00
Interest Income				
<b>Total Other Income</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>
<b>Net Other Income</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>
<b>Net Income</b>	<b>-143.37</b>	<b>-136.97</b>	<b>75.00</b>	<b>12,121.26</b>

2:06 PM  
11/10/25  
Cash Basis

UPRIVER YOUTH LEADERSHIP COUNCIL  
Statement of Activities  
October 2025

	Vending	YAB	TOTAL
Ordinary Income/Expense			
Income			
Fundraiser	0.00	0.00	926.00
Donation	0.00	0.00	1,794.40
Grants	0.00	0.00	93,043.23
Vending Machine	46.00	35.50	81.50
Total Income	46.00	35.50	95,845.13
Expense			
Advertising	0.00	0.00	250.95
Bank Charges	0.00	0.00	28.01
Cleaning & Maintenance	0.00	0.00	20.00
Contract Labor	0.00	0.00	2,025.00
Dues & Subscriptions	0.00	0.00	1,797.41
Food	0.00	0.00	3,084.10
Garden Supplies	0.00	0.00	439.43
Insurance	0.00	0.00	6,898.40
Interest Exp	0.00	0.00	457.92
Office Supplies	0.00	0.00	184.98
Payroll Expenses			
Wages	0.00	0.00	14,846.44
Payroll Expenses - Other	0.00	0.00	17,522.92
Total Payroll Expenses	0.00	0.00	32,369.36
Payroll Tax			
SUTA	0.00	0.00	184.50
FICA	0.00	0.00	2,476.28
Total Payroll Tax	0.00	0.00	2,660.78

2:06 PM  
11/10/25  
Cash Basis

UPRIVER YOUTH LEADERSHIP COUNCIL  
Statement of Activities  
October 2025

	Vending	YAB	TOTAL
Professional Fees	0.00	0.00	610.50
Rent - Building	0.00	0.00	6,480.00
Supplies	0.00	0.00	1,764.73
Telephone	0.00	0.00	17.22
Travel	0.00	0.00	1,015.98
Utilities	0.00	0.00	367.67
Youth Activities Expenses	0.00	182.27	4,897.40
<b>Total Expense</b>	<b>0.00</b>	<b>182.27</b>	<b>65,369.84</b>
<b>Net Ordinary Income</b>	<b>46.00</b>	<b>-146.77</b>	<b>30,475.29</b>
<b>Other Income/Expense</b>			
Other Income	0.00	0.00	0.02
Interest Income	0.00	0.00	0.02
<b>Total Other Income</b>	<b>0.00</b>	<b>0.00</b>	<b>0.02</b>
<b>Net Other Income</b>	<b>0.00</b>	<b>0.00</b>	<b>0.02</b>
<b>Net Income</b>	<b>46.00</b>	<b>-146.77</b>	<b>30,475.31</b>

## Workshop Objectives

- Educate participants on the link between nutrition and mental health, especially in relation to SUD
  - Provide practical strategies for improving mental health through dietary choices
  - Support recovery through healthy eating habits
  - Foster community connections and peer support
  - Engage participants in garden-based learning
  - Tailor content to meet the needs of youth and individuals in recovery
- 

## Monthly Themes

<b>Month</b>	<b>Theme</b>	<b>Highlights</b>
<b>January</b>	Introduction to Nutrition & Mental Health	Gut-brain axis, nutrient deficiencies
<b>February</b>	Balanced Diet for Mental Health	Nutrient-dense meals, practical tips
<b>March</b>	Omega-3 Fatty Acids & Brain Health	Benefits of omega-3s, food sources
<b>April</b>	Complex Carbohydrates & Mood Regulation	Mood stabilization, healthy carbs
<b>May</b>	Lean Proteins & Neurotransmitter Production	Brain function, protein-rich recipes
<b>June</b>	Hydration & Cognitive Function	Mental clarity, hydration strategies
<b>July</b>	Mindful Eating Practices	Mindfulness techniques, emotional wellness
<b>August</b>	Nutrition & Substance Use Disorders	Nutritional recovery strategies
<b>September</b>	Stress Management through Nutrition	Stress-reducing foods and habits
<b>October</b>	Community & Family Support	Building support networks
<b>November</b>	Holiday Eating & Mental Health	Healthy holiday recipes, emotional balance
<b>December</b>	Reflecting on Progress & Setting Goals	Year-end review, goal setting

---

## Services Provided

- Educational presentations
- Cooking classes and meal planning workshops
- Mindfulness exercises
- Group discussions and peer support
- Resource distribution (recipes, materials, plans)
- Community garden activities
- Youth-specific and recovery-specific components

## **Parent Café Themes & Prompts**

### **January – “New Year, Real Talk”**

#### *Parental Resilience*

- What’s one challenge you overcame last year that made you stronger?
- What helps you stay grounded when parenting feels overwhelming?
- What’s one intention you’re setting for yourself or your family this year?

### **February – “Hearts & Hurdles”**

#### *Social & Emotional Competence*

- How do you help your kids express their feelings in healthy ways?
- What’s a recent moment when you felt emotionally connected to your child?
- How do you handle conflict in your family with compassion?

### **March – “Spring Into Support”**

#### *Concrete Support in Times of Need*

- What’s a time you asked for help—and what did it teach you?
- What resources or support systems have made a difference for your family?
- How can we make it easier for families to ask for and receive help?

### **April – “Growing Together”**

#### *Knowledge of Parenting & Child Development*

- What’s something you’ve learned about your child’s development that surprised you?
- How do you adjust your parenting as your child grows?
- What’s a parenting tip or insight you wish you’d known earlier?

### **May – “Circle of Strength”**

#### *Positive Social Connections*

- Who’s in your parenting circle—and how do they support you?
- What helps you build trust and connection with other parents?
- How do you celebrate the wins—big or small—with your support network?

### **June – “Summer of Self-Care”**

#### *Parental Resilience*

- What does self-care look like for you as a parent?
- How do you recharge when you’re running on empty?
- What boundaries help you protect your energy and well-being?

## **July – “Cool Down, Connect Up”**

### *Social & Emotional Competence*

- What helps you stay calm when your child is having a tough moment?
- How do you model emotional regulation for your kids?
- What’s a fun way your family connects emotionally during summer?

## **August – “Backpacks & Boundaries”**

### *Knowledge of Parenting & Child Development*

- What’s your back-to-school parenting strategy?
- How do you set boundaries that help your child feel safe and supported?
- What’s one thing you’ve learned about your child’s learning style or needs?

## **September – “Harvesting Help”**

### *Concrete Support in Times of Need*

- What’s a resource or service that’s helped your family thrive?
- How do you know when it’s time to reach out for help?
- What would a “helping harvest” look like in our community?

## **October – “Spooky Good Support”**

### *Positive Social Connections*

- What’s a fear you’ve faced in parenting—and who helped you through it?
- How do you build trust with other parents or caregivers?
- What makes a support system feel safe and strong?

## **November – “Gratitude & Grit”**

### *Parental Resilience*

- What are you most grateful for in your parenting journey?
- How do you teach your kids about perseverance and gratitude?
- What’s a moment when your family showed grit and grace?

## **December – “Warmth in the Winter”**

### *All Five Protective Factors*

- What helps your family feel connected during the holidays?
- How do you reflect on growth and challenges at year’s end?
- What’s one thing you’ll carry forward into the new year?

## **Teen Center October 2025**

**Attendance:** 24-28

**Daily Activities:** Homework Help, Trivia Activities, STEAM Activities as well as Drug Prevention Lessons, Mental Health Lessons and Career information. The kids enjoy coming, getting a snack and interacting with us. I had a couple of kids helping my hand out candy on Halloween. We had a lot of foot traffic that day.

**Outings:** November 7th we had a Nerf Challenge from 6-8pm. We had 14 attend

**Tween Time Attendance:** 12-17

**Daily Activities:**

We have been doing a variety of tasks this month. We used VR headsets, cup stack challenges in random designs, Skull Masks made from milk jugs, baked and decorated cupcakes, open gym and a Halloween random fun games that we make up as we go. We are enjoying new faces every week.

### **YAB**

Helped with the Halloween parade downtown and trunk or treat at The Life Center. They held a bake sale on November 7 and plan on another one in December to raise funds for Prevention Conferences. They are coming up with Tween and Teen activities.

**October Meal Counts:**

K-6 Snacks: 417

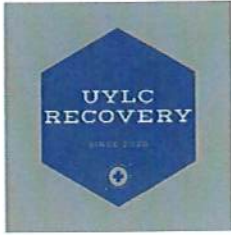
K-6 Supper: 320

Teen Center Snack: 305

Teen Center Supper: 332

## **K-6 Report:**

- Family Friday in October:
  - Cupcake decorating
  - 4 families attended
- October Top Activities:
  - Art show
  - Pumpkin crafts
  - Kinetic sand
  - Outdoor play
- November Top Activities (so far):
  - Hide and seek
  - Fuse beads
  - Kinetic sand
- November Family Friday:
  - Make your own trail mix
  - 2 families attended
- Average Daily Attendance: 25 kids



## Recovery and Family Resource Report- October

We served a total of 254 people in the Recovery Center in August. 28 youth were served during our activities and events. We held a total of 141 activities.

### Events:

10/10-Plant Bingo-15

10/17- Full Plate Friday-17

10/29- Webinar: Blunt Truth: Understanding Cannabis and Youth-42

### Upcoming Events:

11/21- 5<sup>th</sup> Annual Community Thanksgiving and Bingo

12/5&6- Olde Fashion Christmas

We held 26 Recovery Coaching sessions in October and held 12 support meetings.

Strengthening Families is going well! We just finished our 6<sup>th</sup> week on 11/25, so we just have 3 more weeks to go!

We continue to provide food boxes, clothing, and hygiene products daily. We will see an upswing in the need for blankets and coats here shortly, along with warm socks and boots. If you have any of these things to donate, please do so!

The Sharing Tree in Kamiah and Kooskia are in full swing! Please stop by and pick up a tag or two if you're able 😊

---

## October UpRiver Referral Report

1 message

---

**Kai McMinn** <kaim@abmhealthservices.com>

Fri, Nov 7, 2025 at 9:04 AM

To: upriverylc@gmail.com

Cc: Patrick Fithen <patrickf@abmhealthservices.com>, Michael Cooper <michaelc@abmhealthservices.com>, Miste Bernasconi <misteb@abmhealthservices.com>, Yolanda Gaona <yolandag@abmhealthservices.com>

Hello,

Please see the report for October below.

Month: October

Referral #'s for month: 11

Intake #'s: 4

Current # Youth being served: 9

Current # Adults being served: 16

Current # Families being served: 24

Total number of appointments: 72

Best,

Kai



### **A BODY & MIND**

HEALTH SERVICES, LLC

**Kai McMinn | Lead Intake Coordinator**

*they/them/theirs*

148 S Cole Rd | Boise, Idaho 83709

411 Main St Unit F | Kamiah, Idaho 83536

509 S Middleton Rd | Middleton, Idaho 83644

213 N Main St, Suite 1B | Moscow, Idaho 83843

496 Shoup Ave W Unit F | Twin Falls, Idaho 83301

P 208.683.8320 | F 208.969.8380

kaim@abmhealthservices.com | www.abmhealthservices.com

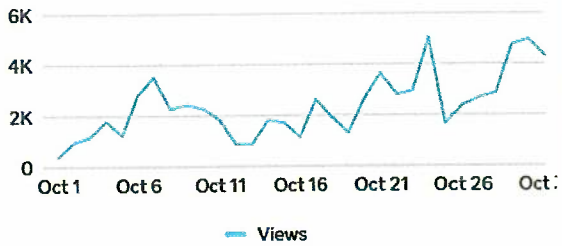
#### CONFIDENTIAL COMMUNICATION

This electronic message and any attachments are intended only for the use of the addressee identified above and may contain information that is privileged, confidential and prohibited from disclosure under state and federal law, including the Health Insurance Portability and Accountability Act ("HIPAA"). If you are not an intended recipient, or the employee or agent responsible for delivering this e-mail to the intended recipient, you are hereby notified that any dissemination, distribution or copying of this communication is strictly prohibited. If you received this e-mail message in error, please immediately notify the sender by replying to this message or by telephone. Thank you.

Views

Export

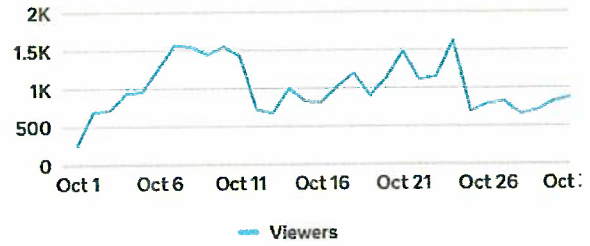
73.8K ↑ 46.2%



Viewers

Export

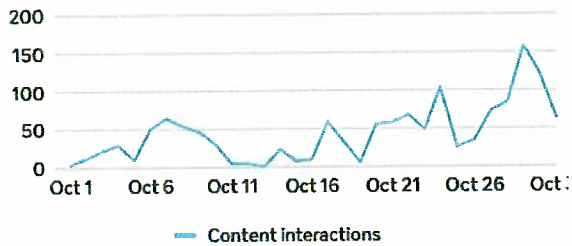
16.9K ↑ 111.8%



Content interactions

Export

1.4K ↑ 34%



Link clicks

Export

482 ↓ 22.8%



Audience

Export

Demographics

Trends

Potential audience

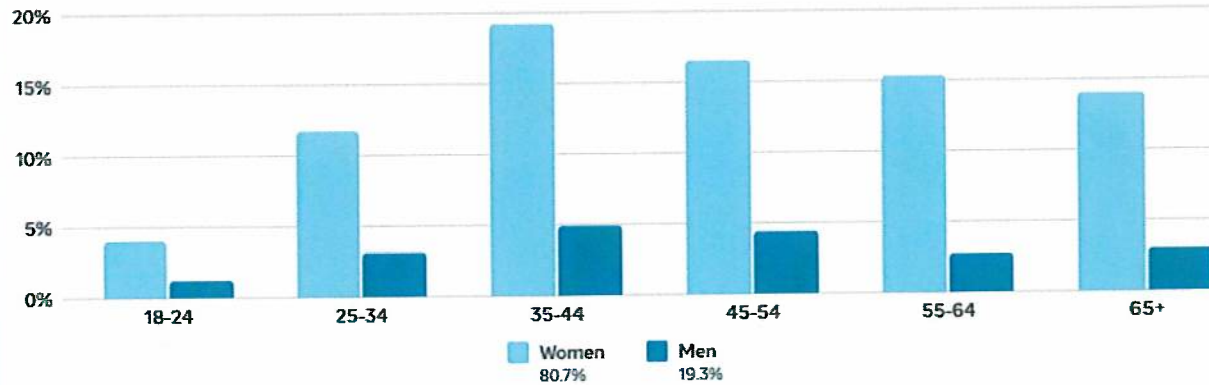
Followers

Lifetime

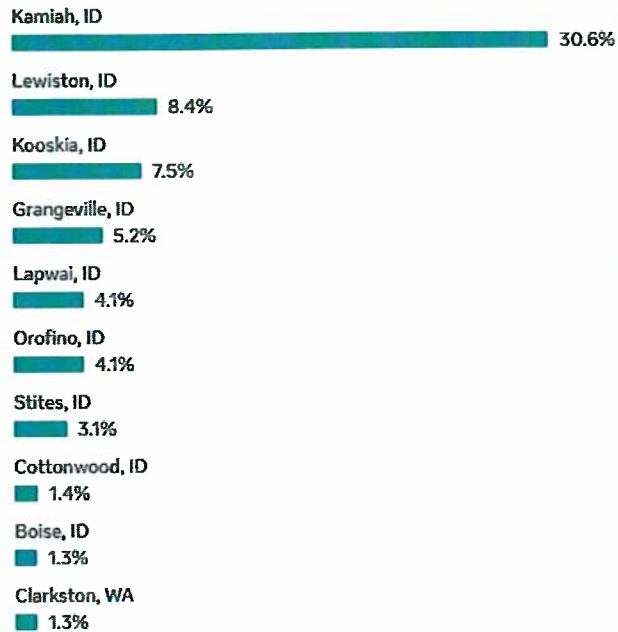
1,796

- Export as png
- Export as csv
- Export as pdf

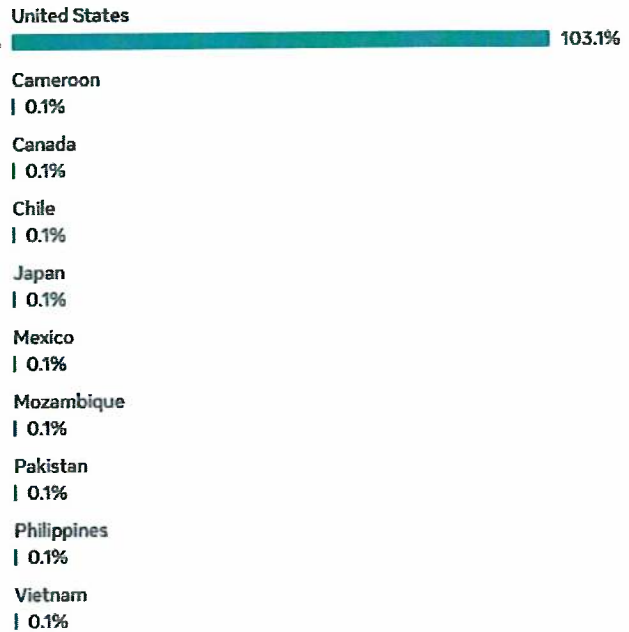
Age & gender



### Top cities



### Top countries



### Benchmarking

Business comparison

Businesses to watch

#### Compare your performance against businesses in the Non-Profits & Religious Organizations category

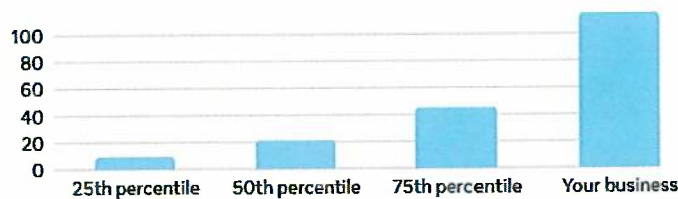
Results are based on businesses with similar organic 28-day reach in your category. [Edit category](#)

#### Published content

115

Higher than others

#### How often your business published versus others in this category



Over the last 28 days, you typically published more posts and stories compared to other businesses in this category. Keep up the great work by scheduling content in advance.

Create post

#### Faceb...

1.8K

Similar to others

Typically:  
3.2K

#### Follows

25

Similar to others

Typically:  
41

#### Content ...

1.6K

Similar to others

Typically: 1.1K

1. Overall, our views, viewers, and interactions are up from last month by a good amount. The only thing that went down is our link clicks which isn't really a reliable metric because we fluctuate how many links we actually post.
2. Our highest demographic is still 35-44 year old women. Women are still up by a large margin for every age range. They make up 80 percent of our interactions. I am not sure how to make content that is more interesting to males.
3. Kamiah makes up 30 percent of our viewers followed by Lewiston, Kooskia, and then Grangeville.
4. For our benchmarking this month, we are about average compared to other similar non-profits and businesses.

## **Youth Advisory Board Meeting**

**October Minutes 10/3/25 Teen Center at 2:00 PM**

“Youth voice to prevent substance use by providing a safe environment.”

Meeting Called to Order: **2:10 PM**

**Present: Gabe, Michael, Jenney, Arianna, Adelena  
Keith, Vincent. Absent: Ryan.**

Review Ground Rules

Financial Report: Vincent Stein Balance: 773.90

Deposits: 1678.39

Expenses: 367.36

Ending Balance: 2085.29

Review Minutes: Minutes by Ryan Helgeson

New Member Applications:

Happy Birthday this month to: Sharlene

Team Builder: Bucket Fillers

YWCA Presentation-Joan-Hanging Purple Ribbons

### **Work Session:**

- Review Goals
- Adelena's presentation
- Binder Organization
- VR Headsets
- Upcoming Community Service:
  - Food Pantry ( 26th, October 3rd, 10th, 17th, 24th, 31st)
  - Tween Time (26th, October 3rd, 10th, 17th, 24th, 31st)
- Plan Tween Time Activities for October (October 3rd, 10th, 17th, 24th, 31st)

### **Old Business:**

- Tween Time and Food Pantry
  - How is everything going? What could we do to make it better?
- Community Garden
  - How did it go? What could we do to make it better?
- Trunk Or Treat
  - How did it go? What Could Have Made It Better?
- Halloween Parade
  - How did it go? What Could Have Made It Better?

### **New Business:**

- Event Planning Oct, Nov, Dec



- Nerf War/ November 7th
- Fundraising Ideas:
  - Bake Sale/ November 14th
- Next lesson instructor?
  - Jenney
- Any prospective new YAB members?

Anything Else?

Meeting Adjourned: 3:49 PM

Next Meeting: 11/14/25 At UYLC Office 10:00 AM