

2010 Annual Report

Western Wellness Foundation, Inc.



Best Friends Mentoring Program

*Making a positive
difference in children
and families, one at a time.*

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Partnerships mean success for our youth

Kris Fehr

I was fortunate to watch 15 former Junior Friends receive high school diplomas in 2010 — a highlight of my time here at the Best Friends Mentoring Program! It was approximately eight years ago when their teachers, parents or counselors predicted that these children would drop out of high school without the time, attention and encouragement a caring and trained mentor could provide.

Their success could not have been possible without the generosity of our community. You continue to make a difference for at-risk youth in southwest North Dakota!

Best Friends is fortunate to be among the 62 percent of nonprofits nationwide that raised more funds in November and December 2010 than the same time in 2009. Despite the national recession, Best Friends' annual Friendship Drive took in 50 percent more than in 2009. Thank you!

In response to our loss in grant funding, Best Friends Mentoring has cut its budget by more than half and formed a strong partnership with the Amachi Coalition of North Dakota, which is funding four staff positions. Mentoring is such an important prevention effort for our children; therefore, we will continue to seek creative partnerships and funding.

~Kris Fehr
Best Friends Mentoring Program
Executive Director



My Mentoring Story

Dan Conner

When I grew up I always felt a little different from the other kids. I didn't have a father. Today we tend to have "parent and child" events rather than "father and son" events, but at that time it was commonplace. My father passed away when I was two years old, and even though I had three older brothers, they were all significantly older than I was and had their own lives. In addition, my mother worked odd hours to make ends meet, so I spent a good deal of time alone.

In the town I grew up in we didn't have any kind of a Best Friends or Big Brother/Big Sister program, and so for the most part any time there was a father/son event all of my friends attended while I didn't. One time, however, there was some kind of a father/son banquet, and one of the coaches at my high school asked me if I would like to attend with him. The simple act of him asking me was uplifting, and as long as I live I will never forget the gesture, or the feelings it brought out in me. To be honest, I can't remember the banquet at all, but I will never forget the feeling of knowing that someone cared enough to give up their own time to spend it with me. The opportunity to have a mentor would have meant the world to me in those days.

~Dr. Dan Conner
Chair, Dickinson State University Teacher
Education Department



Before joining the Best Friends Mentoring Program...

- 62 percent of youth who were evaluated by teachers were below proficiency in reading.
- 60 percent were below proficiency in math.
- 21 percent were rated as having “poor” social skills.
- 19 percent had “poor” behavior—higher than national studies.
- 17 percent had a “poor” attitude—higher than national studies.

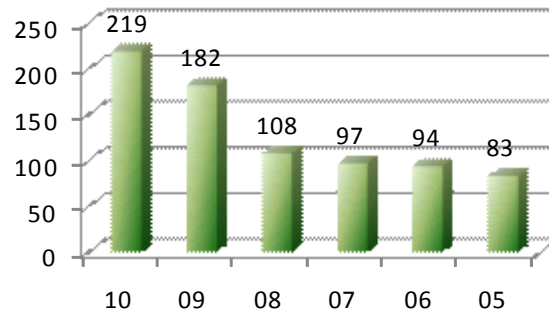
2010 Mentoring Impact

A record number of children were matched with trained and caring mentors last year! A total of 219 youth benefitted from the extra positive adult guidance provided through the Best Friends Mentoring Program. That’s a 17 percent increase from 2009, which also set a record for the number of matches. Nearly 70 percent of mentors returned to the program from the previous year and the average youth in the program had been matched for just under 21 months.

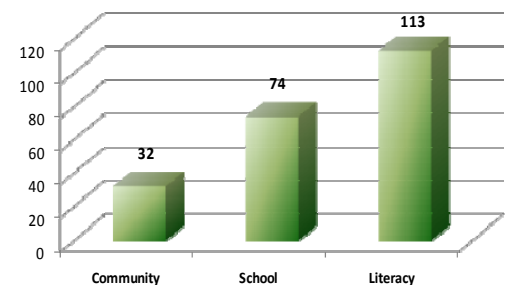
The independent evaluation of the Best Friends Mentoring Program showed that we are meeting the mission and making a difference: parents, youth and mentors continue to be satisfied with the program, with more than 90 percent reporting a rewarding experience. In addition, more than 88 to 94 percent of children improved their academic proficiency, behavior, attitude and social skills – due mainly to the child’s mentor spending just an hour a week with them for a year. When compared to last year, youth demonstrated increases in each of the targeted areas.

The evaluation also showed that just over half of youth enrolled in the Best Friends Mentoring Program lived at or below the poverty level; at 53 percent that’s considerably higher than the poverty rate of children in Stark County (31 percent) and in the state of North Dakota (34 percent). Mentoring can help break the cycle of poverty, with mentors providing the needed support and guidance to help youth graduate from high school and gain the skills needed to be successful in the job market and higher education.

Total Matches by Year



2010 Total Matches



2010 Year in Review

Spectacular Spring Celebration—March 27, Prairie Hills Mall

The Spectacular Spring Celebration created a carnival-like atmosphere in the Prairie Hills Mall that was enjoyed by children and families. Children were able to test their skills at games such as beanbag toss, fishing pond, hoop shoot, and others. Children were able to register to win a free savings bond and an Easter basket filled with gifts. The Easter Bunny was on hand for children to visit and have their picture taken.



2010 Year in Review Continued

A Chocolate Affair—April 24, Days Hotel

BFMP hosted the first-ever Chocolate Affair: A Chocolate and Wine Tasting event. The event featured eight Dickinson area chefs with 12 desserts for guests to sample. Pat Pender, from Town and Country Liquor, sponsored the wine tasting portion of the evening. Guests were entered in a basket raffle and invited to participate in a mystery wine pull. Overall, BFMP raised \$6200 to support the program.



Glow Ball Golf Scramble—June 5, Heart River Golf Course

BFMP hosted the fourth annual Glow Ball Golf Scramble and attracted a record 69 golfers, playing on 18 teams. The event included golfing nine holes in the late afternoon, dinner, and contests, then finishing the night golfing nine holes in the dark on a specially lit course with glowing golf balls. BFMP raised more than \$4,000 to benefit the program.

Family Fun Day—July 3, Jaycee Park

Family Fun Day provided a festival of giant inflatable bouncers, joust, train rides, petting zoo, horse rides, giant slide and food concessions, along with Joyful the Clown and a giant art mural. Best Friends raised \$10,000 to benefit the program!



Amachi Grant Provides Three New Part-time Positions



The three new positions were created through participation in a national mentoring coalition funded by the Department of Justice and administered by Public/Private Ventures of Philadelphia, a non-profit agency that developed the Amachi Mentoring Model. Best Friends partners with RSVP+ North Dakota, which is in charge of the project and offered the posi-

tions to BFMP. Staff training and support is provided to BFMP through the Amachi Mentoring Coalition of North Dakota.

After joining the Best Friends Mentoring Program...

- 94 percent improved their behavior.
- 90 percent of youth improved their academic competency
- 88 percent of youth improved their social skills.
- 88 percent improved their attitude.
- Overall, the majority of youth enrolled in BFMP were reported to show improvement in social skills, attitude, behavior, and academic competencies.
- Those youth who engaged in casual activities with their mentors demonstrated improvement in academic proficiency.



Mentoring Works!

A National study found that at-risk youth involved in a mentoring program were...

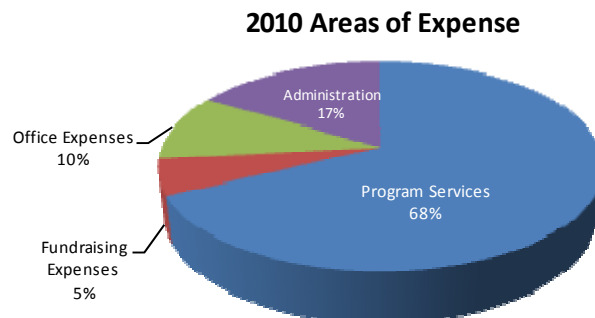
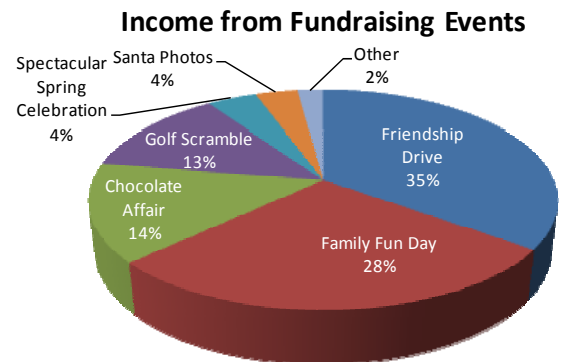
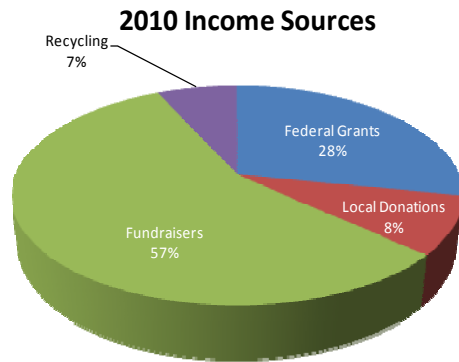
- 52 percent less likely to skip a day of school.
- 46 percent less likely to start using drugs.
- 27 percent less likely to start drinking.
- More likely to earn higher grades and felt better about school.
- One-third less likely to hit someone else to solve problems.
- More trusting of their parents and guardians.
- More likely to feel supported and less criticized by their peers and friends.

2010 Financial Information

Financially, the Best Friends Mentoring Program benefitted from strong support from the community during our Friendship Drive annual giving campaign, the Dickinson Community Recycling Program and our major fundraising event, Family Fun Day. A new event, A Chocolate Affair, and the bigger and better Glow Ball Golf Scramble helped carry the program into 2011. *YOU* made a difference!

Our endowment fund, dedicated solely to the Best Friends Program's future operations, has recovered from the losses sustained in the recession and although some money is set aside, those amounts will cover less than half a year of funding. The program's financial stability was maintained in large part to the U.S. Education Department's Mentoring Programs grant. The year 2010 marked the third and last year for this important funding.

The new year poses a financial challenge: the federal Mentoring Programs grant has ended. We have cut our 2011 budget by half and we are posting a \$44,000 deficit. You can continue to help make a difference in southwest North Dakota by watching your mailbox, email and our website for opportunities to financially support the Best Friends Mentoring Program.



2010 Honor Roll of Donors

We make every effort to ensure an accurate list of our contributors; however, if we somehow made an error, kindly call our office at 701-483-8615 to help us correct our records.

2010 Friendship Drive

Champions (\$1,000+)

Fisher Industries
Anonymous
Armstrong, Mike & Connie

Partners (\$500-\$999)

Consolidated
Continental Metal Products
Rotary Club of Dickinson, ND, Inc.

Associates (\$100-\$499)

Anderson, Daniel & Nicole
Associated Pool Builders-Doug Jaeger
Backes, Rick & Joyce
Badlands Dental, P.C.
Baker Boy
Bob's Oilfield Service
Boespflug Trailer & Feed
Bosch Lumber
Brady Martz & Associates P.C.
Brock, Harvey
Dacotah Bank
Dickinson Press
Dickinson Ready Mix Company
Ellis, Bonita
Fehr, Alan & Kris
Fraternal Order of Eagles
Funshine Express
Gate City Bank
Godes, Tammy
Hansen, Dale & Glenice
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Koppinger, Stan & Lori
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Kadmas, Lee & Jackson
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Kirkwood Bank & Trust
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Kroll, Eugene & Yvonne

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Moberg, Kevin & Susan
Moos, Guy & Sandra
Mosbrucker, Janice & Nick
Nelson Financial Services
O'Brien, Dream
Osawatomie, Inc.
Olin, Jack & Velma
Ozbun, J.L. & Sonja
Pavlicek, Jerald & Melissa
Rapp, Roger "Skip" & Nan
Ramada-Grand Dakota Lodge
St. Joseph's Hospital
Sax Motor Company
Schwartz CPA, P.L.L.C.
Stevenson Funeral Home
Swenson, Sheldon & Mitzi
Virginia Sticka, CPA
Wardner, Richard & Kayleen
West Dakota Vet Clinic
Women of Today

Buddies (\$1-\$99)

Dolezal, Bruce & Lisa
Farstveet, Rex & Myrna
Frank, Ben C.
Haas, Beverly & C.B.
Heiser Motors, Inc.
Irsfeld Pharmacy, P.C.
Klusmann, Terry & Kelly
Lamestee Publishing
Libis, Sherry
Logo Magic
Lookin' Good Hair Design
Melbye Law Office
Midwest Doors of Dickinson, Inc.
Nechiporenko, Danna
Paasch, David & Renee
Peters Chiropractic
Quigley, Del
Pokorny, Fern K.
Ross, Leslie
Scherr, Julie & Jerry
Schnaidt, Dorene

Buddies continued

SolarBee, Inc.
Steffes Corporation
Wal-Mart
Williams, Dean & Connie Jo

2010 Events

Sponsors (\$1,000+)

Roughrider Electric
Fisher Industries
Stark County Fair Board

Event Sponsors (\$500+)

DSU Foundation & Alumni
Dukart, Shirley K.

Major Sponsors (\$100+)

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American West Real Estate—Bryan Nelson
Badlands Dental, P.C.
Baker Boy
Braun Distributing
Bob's Oilfield Service
Border States Electric
Bosch Lumber
Charbonneau Car Center
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Coca-Cola Bottling Company of Dickinson
Consolidated
DCI Credit
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Dickinson Dental Center
Dickinson Press
Dickinson Optimist Club
Dickinson Roughrider
Kiwanis Club
Dickinson Truck Equipment
DLN Consulting
Don's Filters & Furnaces
Eyewear Concepts
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Hanson, Jason
Hawks Point Employees
Heiser Motors
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continued

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Pizza Hut
Pizza Ranch
Pheasant Country Storage
Pump Systems
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SW Business Machines
St. Anthony Club
St. Joseph's Hospital
Steiner Pharmacy
Total Control/Tooz, T.J.
Virginia Sticka, CPA
Western Cooperative Credit Union
West Dakota Vet Clinic
Wyoming Casing

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19th Hole
Advanced Vison Center
Anonymous
Continental Real Estate
Cornerstone
Dickinson Ready Mix
Howe & Howe
Hulsing & Associates
Karsky Insurance & Financial Services
Midwest Doors of Dickinson, Inc.
Peters Chiropractic
Schlabsz, Dorothy
Steffes Corporation
Yost Veterinary Service

Miscellaneous

Conner, Dr. Dan
Hansen, Dale & Glenice
Herberger's
LoAnn's Marketing
Pizza Ranch
Wal-Mart

Miscellaneous Contributors Continued

Western Wellness Foundation Board
White Drug
2010 In-Kind Contributors
19th Hole
A&F Fehr Properties
AK Investments, LLP
Badlands Brew
City of Dickinson
Clear Channel Radio
Coca-Cola
Cornerstone
Custom Design
Dakota Community Bank
DJ's BP Amoco
DLN Consulting, Inc.
Dakota Community Bank
Dan's Supermarkets
Dickinson Catholic Schools
Dickinson Parks and Recreation
Dickinson Public School District
DLN Consulting
Dockter, Kim & Larry
Don's Filters & Furnaces
Fehr, Dr. Alan
Four Season's Trophy
Frito-Lay
Frontier Liquor
KDIX Radio
KQCD-TV
KXMA-TV
Pennysaver/Dickinson Finder
Pepsi Cola
Prairie Hills Mall
Quality Quick Print
Ramada-Grand Dakota Lodge
RSVP+ North Dakota
St. Benedict's Health Center
Smart Computers
Stevenson, Michael
Tour Ice of Dickinson
Wal-Mart
Wells Fargo Bank
White Drug



2010 Western Wellness Foundation, Inc.



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www.westernwellness.org

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Facebook!

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Jose Silva
Intern

Alyssa Slinn
Intern

2010 Grant Sources

Otto Bremer Foundation

St. John Lutheran Church
Trust Fund

U.S. Department of
Education

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Best Friends Mentoring Program

135 West Villard Street
Dickinson, ND 58601
701.483.8615 ph
1.877.877.8685 toll free
701.225.6225 fax
Email: friends@westernwellness.org
www.westernwellness.org