

Friends of Youth Forum

Fall 2012



From Crisis to Stability: A Young Teen's Journey

Lisa was born into a life of poverty, neglect, and instability. At the age of 11, Lisa ran away to escape her stepfather's sexual abuse. She eventually returned home; the abuse continued.

At the age of 16, Lisa was kicked out of the house after an argument with her mother. Lisa met up with some other street youth who invited her to stay in a hotel. She smoked marijuana and drank alcohol for the first time. After two days, Lisa left and spent a week at a women's shelter. After missing her brothers and her school, and seeing a lot of "scary" things on the street, Lisa decided to go back home.

Things weren't any easier there. After an argument which got physical, Lisa's mother called the police. The police took Lisa to a short term crisis bed. On the third day of her stay, Lisa's 17th birthday, Lisa's mother refused to pick her up and take her home. Child Protective Services was called; CPS then called Friends of Youth's Youth Haven Shelter. Lisa was admitted to Youth Haven within the hour.

Lisa entered our program not knowing what to expect. She was so grateful to have her own room, clean clothes, and a hot meal. Lisa met with the Therapeutic Case Manager who helped her re-enroll at her previous school, provided counseling for her depression and abuse, and worked with her to create a plan with goals and next steps.

Lisa was very thankful for the 24-hour staff support she received at Youth Haven, which she said improved her relationships with adults. Although she and her mother participated in family counseling, Lisa made a decision to not return home. She was feeling safe for the very first time in her life and did not want to return to an abusive environment.

Lisa continues to participate in individual counseling, receives Case Management through Friends of Youth Outreach Program, and attends school daily. She will be graduating from high school in 2013.

Currently, Lisa is living in a permanent transitional living program for youth under 18 and is looking for a job. Lisa plans to attend college and wants to become a veterinarian.

Friends of Youth exists to support young people, like Lisa, who need a safe place, a caring adult and a knowledgeable partner in their journey to a happy, healthy, productive life. We are honored to walk with Lisa on her journey to safety and healing.



Friends of Youth

CEO Corner



November is National Homeless Youth Awareness Month. It's a month dedicated to raising awareness of the issue of youth homelessness in our country. As the primary provider of homeless youth services on the Eastside, Friends of Youth is dedicated to raising awareness of this important issue not only in November, but throughout the year.

Most people I meet don't quite believe that there are any homeless youth on the Eastside. They're pretty sure those kids must come here from somewhere else—like Seattle. But I can tell you that every single zip code on the east and north side of the lake is included in the homeless youth we serve.

Last year we served **2,527** youth, aged 11 to 24 in our homeless youth programs. That was a 26% increase over FY 2011, on top of a 20% rise over FY 2010. Today, homeless youth represent half of the clients we serve.

Not a single one of them is homeless by choice.

Being homeless, and young, is overwhelming. Just surviving day to day without a safe place to sleep, or a reliable way to find a meal, is exhausting. Many of the youth we see are struggling with a legacy of abuse, untreated mental illness, an abrupt exit from foster care, disrupted education, and, increasingly, the profound shock of a household – their home – breaking up from economic hardship or family turmoil. For those who've reached 18, they're facing the worst job market in decades.

We are committed to finding solutions to homelessness, keeping youth off the streets and partnering with them to become healthy and self-sufficient adults. But there are still homeless youth in our communities, and still more work to do. We cannot solve the problem alone—we need to create an entire community of caring to end youth homelessness.

Will you join our team? This November, observe National Homeless Youth Awareness month by becoming a donor, a volunteer, an advocate, or a supporter. Join us in ending youth homelessness—because every young person deserves a safe place to stay each night.

Jenny Patterson

Holiday Giving Tree is Coming



Every year around this time, many of us find ourselves getting more and more excited for the coming holiday season, knowing that it will be a time to reconnect with those we love, sharing meals, gifts, and laughs along the way. It is a time when we are aware of both our blessings as well as the opportunity we have to support others.

Our Giving Tree program offers a very personal way to brighten the holidays for a young person by purchasing new clothes or a gift specifically requested by a youth. Last year, Giving Tree donors provided more than 1000 gifts to Friends of Youth clients for the holidays.

Friends of Youth Giving trees can be found in many shopping centers, businesses, and retirement communities throughout the area. Each tree is decorated with holiday tags that represent a youth's greatest holiday wish or need. To buy a gift for a young person, donors simply remove the tag from the tree, shop for their youth, and return the unwrapped gifts by the deadline to the Giving Tree volunteer site coordinator or designated location. Friends of Youth will take care of the rest.

Youth Services Center Kirkland Opens in December

In December, our new Youth Services Center will open in Kirkland. This move is a first step in creating a visible heart for our agency while creating more support for homeless youth on the Eastside.

Please note our new address:
13116 NE 132nd Street
Kirkland, WA 98034-2306

Our phone number will not change:
(425) 869-6490

Stay tuned for an invitation to our Ribbon Cutting and Open House in February 2013.

Youth and Family Services and Homeless Youth Services – Working Together

Our Youth and Family Services Division began collaborating with the Homeless Youth Services Division of Friends of Youth in July, 2009. The ongoing goal of this joint effort is to assist youth accessing our emergency young adult shelter in Redmond in managing the long term effects of trauma in their lives. A Friends of Youth master's level mental health specialist is at our shelter three nights a week to counsel guests. Seeing the therapist is completely voluntary. The therapist also collaborates with shelter staff when a crisis arises to offer resources within the community.

The collaboration between these two Friends of Youth's divisions has expanded to include mental health services for clients enrolled in our transitional living programs as well as outreach services. This gives clients easier access to mental health treatment. This increased efficiency assists residents in maintaining their housing while providing important support in their continuing journey out of homelessness. By working together, the resources of our entire Friends of Youth team are there to support homeless youth.

Steve & Carrie Troy

Donor Highlight

Steve and Carrie Troy found Friends of Youth as they were actively searching for a youth-serving organization on the Eastside to support. Through Friends of Youth, they've discovered a variety of avenues to meaningfully contribute to Eastside youth in need. While many in our community start as volunteers and then become donors, Steve and Carrie did it the other way around.



Exploring the programs that Friends of Youth offers, they discovered the work of our Homeless Youth Services Programs. The awareness of the needs of homeless youth struck a chord with them both.

Growing up with a single mother and 3 siblings, Steve Troy knows all too well how it feels to be the one singled out for being different. "Kids need to know there are adults willing to help them while respecting them as people". Looking for ways to expand their support and being something of an amateur chef, Steve became a Dinner Donor at The Landing, our overnight shelter for 18-24 year olds. Dinner Donors prepare dinners for up to 20 guests at the Landing. Carrie says cooking is Steve's passion and he looks forward to planning, preparing and delivering food to The Landing. Laughing, she says, "The kitchen at home looks like a tornado has blown through when he starts cooking!"

Not one to sit on the sidelines, Carrie's enthusiasm introduced Apex Foundation, her employer, to Friends of Youth. Under Carrie's capable direction, Apex Foundation worked miracles at our Emergency Shelter for girls ages 11-17 on their Service Day in August. "These kids are in a difficult time in their lives and we want them to know there are people out here who really care about them."

"Steve and I know that everyone needs a boost sometimes and we're glad to help. We just want young people to know there are people who believe in them."

Volunteer Opportunities

Dinner Donors Needed for This Fall and All Year Long

Looking for a way to make a difference? Join the Dinner Donor program! Friends of Youth has two overnight emergency shelters for homeless young adults ages 18-24 in Redmond and Snoqualmie. We provide safe shelter for the night, a shower, hygiene supplies, laundry and health services. We rely on volunteers like you to provide a hot meal to clients each night. Dinner donors prepare a hot, ready-to-serve meal and bring it by 8:45pm to their assigned shelter. Want to help but can't make the 8:45pm drop off time? Sign up and have pizza delivered on your night. Contact our Volunteer Coordinator, Alex, to apply: (425) 869-6490 x309 or alex@friendsofyouth.org

- **Now 7 Days a Week: The Landing**
16225 NE 87th St, Ste A-1
Redmond, WA 98052
- **Sunday - Thursday: Snoqualmie Young Adult Shelter**
7972 Maple Ave SE
Snoqualmie, WA 98065

Giving Tree

This December, we will be distributing over 4,000 gift request tags. We'll need a lot of help making that possible. If you want to help by donating cookies and snacks, decorating our storage space, or helping organize the gifts as they arrive, please contact our Volunteer Coordinator, Alex Kaul, at 425-869-6490 x309 or Alex@friendsofyouth.org.

For a complete list of volunteer opportunities, please visit our website at www.friendsofyouth.org/volunteer.aspx

Youth Connection

3 IN
A
ROW

Looking for volunteer hours? Look right here!

Hosted one Sunday a month, grab your friends and spend 3 hours making the holidays a little bit more special for those in need, while gaining experience, volunteer hours, and having a lot of fun. If interested, please e-mail Alex Kaul, our Volunteer Coordinator, at Alex@friendsofyouth.org. Pre-registration required. See our web site for more details at www.friendsofyouth.org.

November 11: "A Spirit of Thanksgiving" Redmond - Assemble Thanksgiving food donations into decorated dinner bags
December 16: "Hopeful Holidays" Redmond - Make cookies in a jar, holiday cards, and stuff holiday stockings

Cecelia Porto Volunteer Spotlight

Cecelia first got involved with Friends of Youth in 2010. She led a Day of Caring project for one of the therapeutic foster homes in Kirkland, which she selected from the many posted on the United Way website because of how well it fit her interest in helping children who find themselves in troubled situations.

From that first experience her relationship with Friends of Youth continued to grow. She became a Table Captain at Celebration of Youth, led several other Day of Caring projects, and inquired about participating on our Board of Directors. Cecelia nows serves on both the Agency and Foundation Board of Directors.

Cecelia has been a great partner throughout her time with Friends of Youth, and is an incredible example of just how much impact a volunteer can have. We're lucky to have her, and grateful for the experience, wisdom, and hard work she brings to the organization. Thank you, Cecelia, for helping to remind all of us what it means to be a "Friend of Youth"!





Friends of Youth

Upcoming Volunteer Events

November 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
3 IN A ROW	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	



Nov. 11: Thanksgiving Food Basket Assembly

Friends of Youth Administrative Offices
Together Center
16225 NE 87th St., Ste. A-6
Redmond, WA 98052

December 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
3 IN A ROW	17	18	19	20	21	22
23/30	24/31	25	26	27	28	29



Dec. 16: Hopeful Holidays

Join us as we make cookies in a jar, holiday cards, and stuff holiday stockings.

Friends of Youth Administrative Offices
Together Center
16225 NE 87th St., Ste. A-6
Redmond, WA 98052



twitter.com/#!/FriendsofYouth



facebook.com/friendsofyouth



linkedin.com/company/friends-of-youth/

If you are interested in volunteering at Friends of Youth, please contact Alex Kaul, our Volunteer Coordinator, at 425-869-6490 x309 or alex@friendsofyouth.org

January 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20		22	23	24	25	26
27	28	29	30	31		



Jan. 21: United Way MLK Day of Service
Join your community, United Way, and Friends of Youth in a day of service to others.

"Everybody can be great because anybody can serve."
-Dr. Martin Luther King Jr.

February 2013

Sun	Mon	Tue	Wed	Thur	Fri	Sat
					1	2
3	4	5	6	7	8	9
	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		



Feb. 10: National Umbrella Day

Feel free to drop off your extra umbrellas all month long to help shelter our youth from the rain.

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13116 NE 132nd Street
Kirkland, WA 98034

Friends of Youth

16225 NE 87th St.
Ste. A-6
Redmond, WA 98052
425-869-6490
www.friendsofyouth.org

Terry Pottmeyer
President & CEO

Contact:
Steve Kepher
Development Director
425-869-6490 x308

To make a donation or
inquire about events:
Rachel Wanamaker
rachel@friendsofyouth.org
425-869-6490 x317

To Volunteer:
Alex Kaul
alex@friendsofyouth.org
425-869-6490 x309

SAVE THE DATE: Our 8th Annual Celebration of Youth Luncheon



Celebration of Youth

Friday, March 15th, 2013

Location: Hyatt Regency Bellevue
900 Bellevue Way NE, Bellevue, WA 98004

Complimentary Luncheon
Suggested Contribution \$200

To become a Table Captain, Sponsor, or for more information
please call 425.869.6490 x308 or e-mail
info@friendsofyouth.org

Together Center
16225 NE 87th St., Ste. A6
Redmond, WA 98052-3536

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