

Friends of Youth Forum

Summer 2012



Transitional Housing for Homeless Families *A Success Story*

Brandon became homeless when he was 15 years old. Growing up with a drug addicted mother, Brandon tells us that his mom, “Chose drugs over her kids.” Couch surfing for years, it became too difficult for him to attend a traditional school and he reluctantly dropped out. Brandon had always wanted to complete his high school diploma and was working towards this goal when he met Rikki.

In 2010, Rikki was living at home when her mother's boyfriend moved in and demanded that Rikki move out. Just 18 years old and 6 months pregnant with Brandon's child, Rikki was terrified. Not knowing how she would take care of herself and her baby, she too started couch surfing at the homes of friends. She quickly realized this wasn't a sustainable situation. Through her sister, Rikki learned about Friends of Youth's New Ground Transitional Living Program for *homeless single mothers*. She arranged an interview and was accepted into the program. Her son, Aiden, was born one month after moving into New Ground Sandpoint.

Desperately wanting to raise their child together, in a safe and stable home environment, Rikki and Brandon learned that there was a way for them to parent their child together through Friends of Youth transitional housing program for *young families*. When Aiden was 2 months old they moved to our Transitional Living Program and were able to live together as a family. This has given Rikki and Brandon the stability they need to achieve their goals, including becoming good parents through parenting classes. Both are employed and have consistently paid their rent and living expenses on time.

Now 14 months old son, Aiden is an active, curious toddler. Brandon and Rikki together care for their son's needs and experience the pride a parent feels watching their child grow and master his world. Brandon states his dream is to: “Do better as a family and give Aiden a life he deserves.” Both Rikki and Brandon say that: “Friends of Youth has given us opportunities to better ourselves and give our son what we didn't have growing up. They're like the family we didn't have.”



Friends of Youth

CEO Corner

One year ago last June, Friends of Youth took a leap of faith and expanded our Landing Emergency Shelter for Homeless Young Adults from five to seven nights a week. That leap was made possible by our dedicated staff, our amazing dinner donors, and financial support from generous donors who responded to increased programming costs with an increased giving.

Seven nights of service has made such a difference in our ability to help youth move from crisis to safety, from homelessness to housing, from isolation to community.



When you leap in faith, you trust that there will be a place to land. We “landed” safely thanks to four local faith communities that hosted our shelter on Friday and Saturday nights this past year: **Lake Washington United Methodist Church, St. Peter’s United Methodist Church, Redmond United Methodist Church** and **Mercer Island United Methodist Church**. We are so grateful for their partnership.

This June, one year later, we began the renovation of a permanent, seven night a week home for our Landing program. By September of this year, we will open in a new space in Redmond, designed to fully support not only our overnight shelter but our daytime drop in and outreach services for homeless youth.

I am reminded, once again, that we cannot do our work alone. Thank you for partnering with us to build a brighter future for homeless youth on the Eastside.



Affluence and Youth

Youth and Family Services

Remember Richie Rich comics and Saturday morning cartoons? “Poor Little Rich Boy” was the tagline for this well-known character. These cartoons suggested that wealth does not necessarily mean happiness for children and youth. Studies suggest that youth from high Socio-Economic Status (SES) families and communities report significantly higher levels of anxiety, greater depression and higher substance use than their peers from lower socio-economic groups.

Youth from higher SES groups reported using substances in an effort to alleviate feelings of depression and anxiety, suggesting efforts to self-medicate. According to Suniya S. Luthar, in her article “The Culture of Affluence: Psychological Costs of Material Wealth” from the 74th issue of *Child Development*, Youth also reported fear of failure in academics or activities leading to stress-related symptoms such as insomnia, stomachaches, headaches, anxiety and depression.

Our Youth and Family Services staff work with youth and families from all SES backgrounds and are mindful of the particular challenges faced by youth from varying economic communities. Being emotionally connected to family, friends and community enhances self-esteem and makes youth less likely to experience depression or use substances. Our capable YFS staff works with youth and families helping them learn to make these important connections, teaching effective methods to help all youth cope with the stressors and challenges in their young lives.

Homeless Youth Services Campus Project



Friends of Youth is pleased to announce that we have broken ground on our Homeless Youth Services Campus Project in Kirkland.

The ground breaking marks a significant step forward in the implementation of Friends of Youth recently adopted new strategic plan. Central to that plan is creating a campus to accomplish three things: creating a visible headquarters and heart for our agency, consolidating our Youth Haven program for youth in crisis in one home, and providing additional transitional housing for formerly homeless young adults.

Phase One of the project will begin immediately and includes work to remodel the current church building as our headquarters. In October we will begin work on the Youth Haven home. Built to be warm and welcoming for our youth, the home will immediately be available for up to ten youth, 5 girls and 5 boys, in need of a caring home during a crisis.

Grant Updates

Governmental Grants:

- **United Way of Snohomish County to establish a volunteer based financial education program for homeless young adults at New Ground Everett.**
- **AmeriCorps through Washington Service Corps: Friends of Youth will host 2 volunteers in our Outreach and Landing programs for homeless young people.**
- **State of Washington Department of Commerce O&M: \$25,000 in operating support for New Ground Kirkland for one year.**

The Catherine Holmes Wilkins Foundation, Safeco Insurance Foundation, Cooper Levy Trust, and Northwest Children's Fund have partnered with us by providing generous funding for services for youth and young adults who are overcoming great challenges.

THANK YOU TO ALL OUR SUPPORTERS!!

Ellen & Tom Jeffcott Donor Highlight

Service to others has been an important part of life for Tom and Ellen Jeffcott for more than 25 years and Friends of Youth offers them a variety of opportunities to express this caring for youth on the eastside.



First learning about Friends of Youth through a newsletter, they remember feeling compelled to become dinner donors at The Landing. They can't recall seeing kids who stood out as being homeless, and the more they learned about this population, they began to realize eastside homeless youth are in many ways invisible to the general public. Being retired and having more time now, Tom and Ellen talk playfully about how they enjoy food—both eating it and preparing it, so becoming dinner donors was a natural choice for them.

"This gives us a chance to do something together that we feel really good about. It feels nice to drive home and know we've contributed."

Ellen talks about growing up attending private schools where service was part of the academic expectation. She learned early how giving to those in need is good for everyone—the giver as well as the receiver. She and Tom have continued this tradition by raising their children with philanthropy and service to others as a regular part of their lives. "Kids who end up homeless have run out of resources. We look at our kids and see how much support they've had. This is a way for us to let the kids who are homeless know somebody actually cares about them."

As they continue to talk, Tom muses that "There is a big push around the holidays (to feed people), but people have to eat 365 days a year. We all need to recognize that everybody needs help to get through things in life." The Jeffcotts say that for them this means "balancing giving money with volunteering" as the best way for them to give back to the community. "We want our efforts to benefit the people who need it. Staff at Friend of Youth can take a lot of credit for the way they help these kids."

Volunteer Opportunities

Dinner Donors Needed for This Summer and All Year Long

Looking for a way to make a difference? Join the Dinner Donor program! Friends of Youth's Landing Shelter is the only overnight emergency shelter for homeless young adults ages 18-24 on the Eastside. 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 15 clients each night. Dinner donors prepare a hot, ready-to-serve meal and bring it to The Landing at 8:45pm. 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 to apply: (425) 869-6490 x309

- **Sunday - Thursday Evenings:** The Landing is located in the day room at the Teen Center at the north end of Bellevue Family YMCA (14230 Bel-Red Road, Bellevue, WA 98007)
- **Friday & Saturday Evenings:** At a local faith community. Contact us at 425-869-6490 x309 for location details.

For the Fall: Friends of Youth School Supply Drive

Having all the right supplies to begin the school year can make a tremendous difference to a young person's success in school. Friends of Youth is collecting back-to-school supplies for homeless and at risk youth. Items can be dropped off between August 1 - 17, at the following locations:

- Issaquah Counseling office located at 414 Front Street N, Issaquah
- Duvall Counseling office located at 26420 NE Virginia Street, Duvall, WA
- Snoqualmie Counseling Office located at 7972 Maple Avenue SE, Snoqualmie, WA
- The Friends of Youth Administrative Office located at 16225 NE 87th St, Suite A-6, Redmond

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 on the third Sunday of the month. Grab your friends and spend 3 hours (1-4 PM) making a difference while obtaining the credit you need. If interested, please e-mail our Volunteer Coordinator at info@friendsofyouth.org. Pre-registration required. See our web site for more details at www.friendsofyouth.org.

October 21: "Ghosts and Goblins and Cats, Oh, My!" Duvall

New and gently used Halloween costume drive and festival

November 18: "A Spirit of Thanksgiving" Redmond - Thanksgiving food basket assembly

Sara Peake Volunteer Spotlight

For fifteen years, the Timbercrest community has been bringing cheer to Friends of Youth holidays through their Stocking project—together, students, staff and parents provide over 100 homemade, full-to-the-brim stockings.

Sara Peake has headed this amazing effort for the past eight years; as she says, "It's our tradition! It's really important to our kids and the whole community rallies around it. Having the stockings go to kids in need in our area makes it real for our students." Sara buys the fabric in the summer when it's on sale, parents sew the stockings in the fall, and in December, students stuff them with the goodies collected all year long by staff and school families.

Thank you so much, Sara and Timbercrest Junior High School in Woodinville, for your gift of great cheer!



Contact Us

info@friendsofyouth.org

Volunteer Coordinator
425 869-6490 x309



Upcoming Volunteer Events

August 2012						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2		4
5	6	7	8	9		11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



Aug. 3: Issaquah YFS Office Open House
141 Front St. N, Issaquah, WA 98027



Aug. 10: School Supply Distribution Day at
Snoqualmie Counseling Office

September 2012						
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
23/30	24	25	26	27	28	29



Sept. 21: United Way's Day of Caring
We look forward to welcoming volunteers at
several project sites at Friends of Youth



twitter.com/#!/FriendsofYouth



facebook.com/friendssofyouth



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

If you are interested in volunteering
at Friends of Youth, please contact our
Volunteer Coordinator at

425-869-6490 x309 or info@friendsofyouth.org

October 2012						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



Oct. 14: Halloween Costume Drive and Festival
Duvall Counseling Center
26420 NE Virginia St., Duvall, WA 98019

November 2012						
Sun	Mon	Tue	Wed	Thur	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
3 IN A ROW	19	20	21	22	23	24
25	26	27	28	29	30	



Nov. 18: Thanksgiving Food Basket Assembly
Redmond Administrative Offices
16225 NE 87th St., Ste. A-6
Redmond, WA 98052

Friends of Youth

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

Terry Pottmeyer President & CEO

Contact:

To make a donation or
inquire about events:
Megan Gregor
megan@friendsofyouth.org
425-869-6490 x317

To Volunteer:
Volunteer Coordinator
info@friendsofyouth.org
425-869-6490 x309

Make a Difference in a Child's Life Become a Friends of Youth Foster Parent*

Friends of Youth is seeking foster parents willing to share their hearts and homes with children in need. As a foster parent, you can make a profound difference in a child's life by offering love, guidance and understanding. Perhaps you'd like to help but can't become a full-time parent? If so, we are also looking for families that can give our foster parents a break for a few hours or a few days.

Learn more about becoming a Friends of Youth foster parent:

Foster Home Recruiter : Paul Tan (206) 859-6290 x221
Friends of Youth Licensor : Skye Camphouse (425) 228-5776 x129

**Friends of Youth has therapeutic foster homes for children who have faced significant family trauma and need a safe home and counseling. Providing more than just a place to live, our current foster homes offer a stable family and therapeutic living environment for youth ages 6 through 17. Foster parents receive free training, a generous reimbursement, periodic weekend respite and the support of a therapeutic team working with each child in their home.*

Summer 2012

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

