

# FRIENDS OF YOUTH FORUM



## November is National Homeless Youth Awareness Month

November's designation as *Homeless Youth Awareness Month* gives us the opportunity to bring attention to the plight of homeless youth and young adults in our community.

Friends of Youth provides the following services to homeless youth:

### **STREET OUTREACH**

Homeless youth are isolated, and often have no access to community resources. Our Outreach Team seeks out these

often invisible members of our community at places where they congregate, meeting with youth on their own turf to help break down barriers and build trust. Our team of case managers and outreach staff work with youth to resolve the root causes of their homelessness and help them to identify resources.

### **OVERNIGHT SHELTER**

The Landing, the only overnight youth shelter on the Eastside, operates 5 nights a week, providing a hot meal, showers,

support and a safe place to sleep. Young people are eligible to stay up to thirty nights, with extensions granted when youth demonstrate steps toward self-sufficiency.

### **TRANSITIONAL LIVING PROGRAMS**

Friends of Youth operates 5 transitional living programs; for homeless mothers and babies in Bothell and Sandpoint; for homeless young adults in Kirkland and Bothell, and for homeless young families in Redmond. Our programs provide a safe place for formerly homeless youth to live while helping them develop independent living skills, find employment and pursue an education.

## Youth Finds the Help He Needs at Our Overnight Shelter

Our overnight shelter, The Landing, has been running at, or over, capacity most nights. In June of 2010, 54 youth were turned away due to capacity limits. We are currently exploring ways to increase capacity.

Mark exited the foster care system with severe drug and alcohol and mental health issues; his biological mother is an alcoholic battling her own mental health issues. Their

relationship has always been destructive and Mark had no place to turn when he left his foster care home at the age of 18.

That's when Friends of Youth entered his life. Mark found his way to *The Landing* to seek shelter and was grateful for the food, clothing, and mental health services that he found there. At *The Landing* Mark met one of our skilled outreach case managers. His case manager met with him regularly and helped Mark set goals for

his future. Mark was able to successfully find housing in one of our transitional living programs.

Today Mark is enrolled at a community college and hopes to become a youth counselor helping other youth with drug and alcohol issues. He enrolled in counseling, takes medication for his mental health issue, and remains drug and alcohol free. When Mark needed us, Friends of Youth was there.

Read more about volunteering at *The Landing* on Page 2.

Follow us on our social media sites:  
**Facebook**  
**Twitter**  
**LinkedIn**

**Save the Date!**  
**Join Friends of Youth on Friday, March 18th, 2011 from 12PM - 1PM for our 6th Annual Celebration of Youth**

**CafeGive.com**  
**Shop online at CafeGive.com and support Friends of Youth while you browse your favorite stores.**

# Drop-In Center

In response to community need, Friends of Youth's Outreach Team has opened the first ever drop-in center for homeless youth and young adults (ages 15-22) in East King County. During Drop-In Center hours, youth can access basic necessities such as snack packs, hygiene products and bus tickets. Our staff engages youth with the goal of reducing the amount of time each person spends on the street.

The Drop-In Center also provides an excellent opportunity to connect young people to our Case Managers and our High Fidelity Wraparound Facilitator. Our staff work with homeless youth to develop plans for immediate needs such as shelter, medical care and possible

family reunification. They also work with clients to identify educational and job training goals, as well as substance abuse treatment and mental health counseling needs. Where appropriate, we make referrals to our on-site mental health therapist at The Landing.

Last year, our Outreach Team engaged 1,006 young people living on the streets. Of those, approximately 70% built long-term relationships with our outreach workers.

Even with our program's experienced Street Outreach Workers and Peer Leaders, the barriers to building these relationships remain high. Because many homeless youth have suffered abuse or neglect by parents or adult caregivers, they often do not trust adults.

Additionally, many homeless youth suffer from mental health and substance abuse problems, as well as physical health concerns. They are also at greater risk of being a victim of criminal activity, including physical or sexual assault, or turning to illegal activity.

All of these factors contribute to the complexity of building trust with homeless youth and young adults. Drop-in hours provide the best atmosphere for building the long-term trust necessary for the success.

The Friends of Youth Drop-In Center is located at:

16315 NE 87th Street, B12  
Redmond, WA 98052  
Phone: (425) 869-6490 x 342  
Current hours: Wednesday  
12PM-2PM; Friday 1PM-5PM

## Acknowledgements

Friends of Youth recently received several notable gifts and we are delighted to recognize these donors for their generosity:

The Healthy Start Consortium – Friends of Youth serves as the lead agency – recently received a prestigious \$100,000 grant from the **Washington Women's Foundation**.

This three-year capacity building award will support expansion of our home-based parent education activities in Snohomish County, as well as enhanced grant writing and fundraising efforts.

A \$2,500 grant from the **Greater Everett Community Foundation Human Services Endowment Fund, in honor of Bob Drewel**, will

support New Ground Everett, a transitional living facility for homeless young adults (ages 18-24). New Ground services help enable participants to achieve self-sufficiency, financial independence and long-term housing stability.

A grant of \$2,000 from the **U.S. Bancorp Foundation** will support the Youth Employment Program designed to help homeless young adults in our New Ground Transitional Living Programs to build the critical employment skills necessary to overcome economic barriers by enhancing job skills and helping them to find sustainable, meaningful work.

On behalf of all of us at Friends of Youth, thank you for your strong support!

### IN REMEMBRANCE: Feb 25, 1926-Sept 1, 2010 WALTER WILLIAM RUST

We at Friends of Youth remember the life of Walter "Walt" Rust who passed away September 1<sup>st</sup> at the age of 84.

Walt, and his wife Pat, have been supporting the mission of Friends of Youth for over twenty years. Walt was an Eagle Scout and Scout Leader in Bellevue for many years and in the early days enjoyed sharing his love and knowledge of the outdoors with youth from Griffin Home. Walt believed in the difference a positive, caring relationship with an adult can have in the life of a young person and joyfully contributed his time and gifts through Friends of Youth.

Friends of Youth fondly remembers Walt Rust and we send our condolences to Pat, their children and extended family for their loss.

# Volunteer Spotlight

## Peggy Stansbury

A “Custom Touch” is sometimes what it takes and Peggy Stansbury knows all about it! Former Owner of *The Custom Touch*, a designer window treatment company, Peggy has been volunteering with Friends of Youth for over a year now and has added her “custom touch” to many projects and programs all benefitting our youth. Her designer window treatments adorn the windows at both Youth Haven Bellevue and New Ground Sand Point.

Peggy’s involvement has grown to include weekly office support, serving on the Celebration of Youth Committee, Giving Tree, Tee Off for Kids, Day of Caring and more. Like many custom designers, Peggy has her signature trademark...a smile and “what’s on the agenda for today” attitude. Peggy’s attention to detail and the ease with which she brings each event to life is a volunteer pattern that is stitched into everything she does.

Peggy, we’re glad to have you and look forward to your “Custom Touch” for many years to come!

# Celebrating 60 Years

We all want to make a difference in the world, even in some small way. The story of Friends of Youth is proof that ordinary people can come together to create something extraordinary.

In 1950, a Washington resident named Iva Matsen saw the challenges faced by her community: not enough quality foster homes for at-risk youth; struggles with alcoholism; and a lack of encouragement for those who were most in need of support. She and her husband joined with other members of the University Congregational Church to take the critical step from concern to action.

They started an organization where young people could find a sympathetic ear, grow personally

and contribute positively to their communities. Since then, Friends of Youth has grown into a leader in developing, providing and advocating for services for children, youth and their families. To this day, members of the Matsen family continue to be active and involved in the organization.

While the agency has expanded impressively since its humble beginnings, its founding principles have endured: an unwavering dedication to providing quality services; the flexibility to meet new and emerging needs; and most important, a commitment to securing the futures of the most vulnerable members of the community.

## Rainier Unit Recipe

This recipe was given by Dorothy Allen, a member of the Rainier Unit in 1973. It is listed in the *Favorite Recipes Cookbook* compiled by the “Rainier Unit of Friends of Youth to benefit the Griffin Home for Boys”.

### CRAB CASSEROLE

Make white sauce of butter, flour and milk. Add remaining ingredients to white sauce and cover with cracker crumbs and cheese. Bake at 350 degrees for 30-35 minutes. One-quart casserole.

ENJOY!

1/4 cup butter  
1 pimiento  
1/3 cup flour  
2 hard boiled eggs, chopped  
1 1/3 cup milk  
1/4 cup almonds, slivered  
1 can crab (6 1/2 oz.)  
1 cup sharp cheddar cheese  
1 cup celery, chopped  
cracker crumbs  
1/4 cup green pepper, chopped

## Feeding Homeless Youth

Dinner Donors know what it takes to feed hungry people. A group of dedicated volunteers make and deliver home cooked meals for 15 homeless youth at The Landing each night. These volunteers provide soups, salads, pasta dishes, casseroles and a variety of other hot meals. Collectively, Dinner Donors provide 300 meals each year to the only overnight shelter for homeless young adults on the Eastside.

Dinner Donors are a combination of individuals, families, church groups and civic groups all with a single goal in mind, to help youth in need. Located at the Bellevue YMCA, The Landing is open five nights a week (Sunday-Thursday). We provide safe shelter, showers, hygiene supplies and health services. However, we rely on Dinner Donor volunteers to provide nightly hot meals. If you believe the quickest way to a youth’s heart is through their stomach, this program is for you!

# Angel in Adoption

Congressman Dave Reichert has selected Friends of Youth as a 2010 Angel in Adoption™ for their outstanding advocacy for foster care issues. The Congressional Coalition on Adoption Institute (CCAI), which orchestrates the Angels in Adoption™ program, will honor Friends of Youth, along with more than 190 Angels, at an awards ceremony and gala event in Washington, DC, October 6, 2010.

Friends of Youth is being honored for its compassion and commitment to Puget Sound foster children. All of the foster children Friends of Youth serves have been in the

state child welfare system, but require additional assistance. These youth face a variety of issues, including sexual or physical aggressiveness, mental health struggles and substance abuse. Friends of Youth's therapeutic foster care program helps meet the physical, emotional and social needs of youth struggling with significant childhood trauma.

Friends of Youth would like to thank Congressman Reichert, and the CCAI for this recognition. We have a wonderful foster care staff and applaud their exceptional efforts on behalf of youth.



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To Volunteer:  
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425-869-6490 x309

To Make a Donation:  
**Zoe Finkelstein**  
[zoe@friendsofyouth.org](mailto:zoe@friendsofyouth.org)  
425-869-6490 x317

## *SUPPORT FRIENDS OF YOUTH!*

*Make your gift online today at: [www.friendsofyouth.org](http://www.friendsofyouth.org)*



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