

# Friends of Youth Forum

Winter 2012



## Art as Inspiration

### One Client's Story

Born and raised in Redmond and a graduate of Redmond High School - 22 year old Melissa is a homeless youth and she lives in our community.

How does someone end up without a place to call home? For Melissa, she and her parents have always had a difficult relationship and this ultimately ended in a dispute which led to Melissa being kicked out of her family home. Couch surfing between the homes of friends for as many months as she could, Melissa finally ran out of places to stay. Working in a regular job, but not making enough money to afford an apartment, she began sleeping in her car. Although not an ideal situation, she is grateful to have a car as shelter from the cold and she is not defeated. She finds inspiration to persevere through her work as an artist, and art is what first brought her to **Friends of Youth**.

Melissa found **Friends of Youth** through an online search of resources for homeless youth and began coming to our Outreach Drop-In Center, located in Redmond, on Wednesdays. Here she met Art Therapist, Jenn Harkness, who offers young people the opportunity to express themselves through various art mediums. This activity allows Melissa and other young people to build trust in our staff while learning about ways to get their lives back on track. Today, Melissa is working with a Case Manager and is in the process of moving towards stability.

"Friends of Youth is like a family who cares," she told Jenn. Through art and with support, Melissa is developing a website to actively promote her desire to become a practicing artist. She is excited about the work she is doing and invites us to visit her web page at [www.mcrossetto.com](http://www.mcrossetto.com).

More than **2,000** young people were served through our Homeless Youth Services Programs last year. These programs include Outreach, The Landing, Transitional Living, Youth Employment and Supportive Housing Services. Your support gives all youth an opportunity to succeed.



Photo by Melissa Corsetto



Friends of Youth

# CEO Corner

Terry Pottmeyer

*Our goals can only be reached through a vehicle of a plan, in which we must fervently believe, and upon which we must vigorously act. There is no other route to success. -Pablo Picasso*

In June, Friends of Youth adopted a new strategic plan with five strategic goals. Evidence of the impact of the plan on the agency's work is already evident: we are moving forward with vigor to address gaps in our homeless services for youth and young adults. Specifically, we have purchased a property in Kirkland that will include:



- A consolidated Youth Haven home - a more cost effective and responsive program serving youth under 18 who are in crisis, homeless or runaway. This home will provide increased capacity for Friends of Youth to meet the needs of these youth.
- Transitional housing for young adults between the ages of 18-24 who are ready to take positive steps to end their homelessness and achieve their goals.

In addition, we will move our administrative offices to the property, co-locating our administrative and program staff while providing a more visible heart for our agency.

We continue to experience increased need for our homeless services for youth and young adults.

We are responding with a solid plan of action, a committed board and staff, and a supportive community. Thank you for joining us on our journey to success: a community where every youth has every opportunity to succeed.

## Exciting News!

Our annual holiday giving program, **Giving Tree**, exceeded all expectations. Despite the gloomy economy, the community responded with record setting generosity. You donated more than 4,000 gifts with a value of over \$100,000. The clients who received these gifts are grateful and amazed at your kindness. Thank you for bringing the spirit of the season to the lives of so many young people and families.

**Grant Awards:** *Greater Everett Community Foundation, Mountain Pacific Bank Employee & Director's Giving Fund* to support New Ground Everett; *Bank of America Charitable Foundation, Inc.* to support Transitional Living Program for homeless youth at New Ground Kirkland; *Elizabeth A. Lynn Foundation, David McKinlay Trust, Windermere Foundation, and Joshua P. Williams Foundation* all gave to support Homeless Youth Services. Thank you.

We're thrilled to announce a new partnership with **Imagine Housing**, moving 16 homeless families to the newly opened Francis Village project in Totem Lake, WA.

We are pleased to announce a new **Internship Program** at our administrative offices for three young adults through our Employment Support program, a service of our Homeless Youth Services Division. This is a 6 week training program teaching skills that will make it possible for our interns to find success in administrative positions.



# Residential Services

## Foster Care Recruitment

There are 10,000 foster children in Washington State. According to United Way King County statistics, 25% of King County foster children are on the Eastside. Since 1951 **Friends of Youth** has been caring for this vulnerable population.

With the help of a team of professionals, Friends of Youth foster parents focus on improving the emotional and behavioral needs of children and youth in a supportive family setting.

What does it take to be a foster parent? You can be single, married, or a partnered couple. You can be a renter or homeowner. Potential foster parents must meet the minimum licensing requirements set by the state of Washington as well as national accreditation standards.

**Friends of Youth** is also seeking bi-lingual foster parents who will care for Spanish speaking youth while their refugee status is determined.

Most of all, Friends of Youth desires foster parents who can provide a loving home to assist foster children in preparation for a successful adult life. This means encouraging life skills and supporting good decisions.

If you are interested in being a foster parent, please contact Paul Tan, Foster Home Recruiter at (206) 859-6290 x221 or Skye Camphouse, Friends of Youth Licensor at (425) 228-5776, x129.

# Art Therapy

## Youth and Family Services

*“Art Therapy is a way to express and explore thoughts and emotions through creative process”*

*– Jenn Harkness, Friends of Youth, Art Therapist*

Youth and Family Services offer parenting resources, substance abuse and counseling services, Healthy Start and prevention services in Issaquah, Snoqualmie Valley and Duvall. One specialized type of counseling service offered is Art Therapy. Art Therapy is a powerful vehicle for communication when a client is struggling to disclose painful information.

Using paints, collage, drawing, photography and more, this therapy technique is a tool for clients to tell their story. Our skilled clinicians' help clients build trust and safely confront their emotions, allowing them to move forward in their lives. Sessions are by referral only and last one hour for individuals and 1 ½ hours for groups.



Our Youth and Family Services Program is fortunate to have two trained Art Therapists on staff, Jennifer Patterson and Jenn Harkness, who offer quality services in the community and to homeless youth at The Landing and at our Outreach Drop-In Center in Redmond.

# Aaron & Stacy Bigby

## Donor Highlight



Aaron Bigby has been intimately involved with Friends of Youth most of his life. His parents were Friends of Youth foster parents and he grew up with foster brothers and sisters. Seeing firsthand how Friends of Youth programs change lives for the better, he and wife Stacy felt strongly that “young people need chances to not only escape unsafe situations, but have opportunities to grow up in healthy environments.” Becoming involved with Friends of Youth is an important way to help kids. As a Board Member, Aaron has been part of the governing body guiding the strategic plan for the agency and Stacy has volunteered as chair of the Tee Off Fore Kids golf

tournament. Having children of their own, they believe if they can help one child escape a dangerous environment through their involvement with Friends of Youth it's worth it. “Friends of Youth gives us a vehicle to changing the lives of many young people. It is an exciting program to be involved in.”

# Volunteer Opportunities

## Dinner Donor

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. To provide a hot meal to 15 clients each night, we rely on volunteers like you. Dinner donors prepare a hot, ready-to-serve meal and bring it to The Landing at 8:45pm.

- **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:** (Until February 28, 2012) The Landing is located at Lake Washington United Methodist Church (7525 132nd Ave. NE, Kirkland, WA 98033).

For a complete list of volunteer opportunities, please visit our website at [www.friendsofyouth.org/volunteer.aspx](http://www.friendsofyouth.org/volunteer.aspx)

## Youth Connection

3  
IN  
A  
ROW

### Looking for volunteer hours? Look right here!

Hosted on the third Sunday of each 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 Cheryl at [Cheryl@friendsofyouth.org](mailto:Cheryl@friendsofyouth.org), pre-registration required. See our web site for more details at [www.friendsofyouth.org](http://www.friendsofyouth.org).

- **February 19: "Random Acts of Kindness:" Issaquah** - Make felt hearts, bean bag hearts, stress balls, and magnetic words of encouragement.
- **March 18: "Read Me a Story:" Redmond** - Bring your favorite book(s), make a book plate with an inspirational saying and make a book mark to hold their place. Books will be distributed to all 20 Friends of Youth sites.
- **April 22: "Earth's Birthday Project:" Snoqualmie** - Spring clean the gardens, plant spring plants and create yard art from recycled materials to make the Snoqualmie office peaceful and relaxing for youth and families.
- **May 20: "Sweet Dreams:" Redmond** - Design and make one of a kind pillow cases to be given to young people within Friends of Youth programs.

## Kim Kurtz Volunteer Spotlight

Breakfast bags, Easter baskets and sandwiches for homeless youth are just a few ways Kim Kurtz (along with the Faith Methodist Church) has been supporting Friends of Youth since 2010.



Kim's group, called "Kids in Action," has been focusing on community, local and international service opportunities for the past two years. Helping and having fun, the kids learn about different needs and how their efforts will make an impact in the lives of others.

Thank you Kim and your kids for putting change into action!

## Contact Us

[cheryl@friendsofyouth.org](mailto:cheryl@friendsofyouth.org)

Cheryl Schnelle  
425 869-6490 x309





Friends of Youth




# Upcoming Volunteer Events

February 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
3 IN A ROW	20	21	22	23	24	25
26	27	28	29			

**3 IN A ROW** **Feb. 19:** Issaquah - Teen Volunteer Theme: "Random Acts of Kindness"  
**Feb 12 - 18:** "Random Acts of Kindness Week"

March 2012						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15		17
3 IN A ROW	19	20	21	22	23	24
25	26	27	28	29	30	31

**3 IN A ROW** **Mar. 18:** Redmond - Teen Volunteer Theme: "Read Me a Story"  
**Mar. 16:** Celebration of Youth, 11:30am - 1:00pm Hyatt Regency Bellevue - Register Online Now!

-  [twitter.com/#!/FriendsofYouth](https://twitter.com/#!/FriendsofYouth)
-  [facebook.com/friendsofyouth](https://facebook.com/friendsofyouth)
-  [linkedin.com/company/friends-of-youth/](https://linkedin.com/company/friends-of-youth/)

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

425-869-6490 x309 or [cheryl@friendsofyouth.org](mailto:cheryl@friendsofyouth.org)

April 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	21
3 IN A ROW	23	24	25	26	27	28
29	30					

**3 IN A ROW** **April 22:** Snoqualmie - Teen Volunteer Theme: "Earth's Birthday Project"

**April 15 - 21, 2012:** National Volunteer Week : "Celebrating People in Action"

May 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	18	19
3 IN A ROW	21	22	23	24	25	26
27	28	29	30	31		

**3 IN A ROW** **May 20:** Redmond - Teen Volunteer Theme: "Sweet Dreams"

**MAY IS NATIONAL FOSTER CARE MONTH!!**

## Friends of Youth

425-869-6490

[www.friendsofyouth.org](http://www.friendsofyouth.org)

**Terry Pottmeyer**  
President & CEO

Contact:

**Asa Irwin**

Interim Development Director

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425-869-6490 x308

To make a donation or  
inquire about events:

**Megan Gregor**

[megan@friendsofyouth.org](mailto:megan@friendsofyouth.org)

425-869-6490 x317

To Volunteer:

**Cheryl Schnelle**

[cheryl@friendsofyouth.org](mailto:cheryl@friendsofyouth.org)

425-869-6490 x309

# Our 7th Annual Celebration of Youth Luncheon



Celebration of Youth

Friday March 16th, 2012

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 x317 or email  
[info@friendsofyouth.org](mailto:info@friendsofyouth.org)

Winter 2012

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

Friends of Youth

