Mary’s Story

Several months ago “Mary” first arrived at Friends of Youth Drop-in at our Redmond Youth Service Center in hopes of meeting her basic needs. Our staff connected Mary to our emergency overnight shelter, the Landing, where she could find a safe, warm place to sleep. Mary also enrolled in both our case management and wraparound services where she received guidance and encouragement as she worked towards her goals.

That guidance and encouragement used to come from Mary’s family, but, when Mary was in the 11th grade, things changed. Mary’s mother had a stroke and had to stop working. With the reduction in family income, her father’s income was no longer enough to support the family. When Mary, who is the oldest of her siblings, turned 18 she had to make her own way in the world.

Mary’s journey to our front door is not that different from the journey of many of the young people we support. A healthy, functional family environment can transform in an instant, leaving young adults like Mary unsupported. Mary is resilient, motivated, and extremely hard working. Recently, she landed two jobs on the same day, and, while one was temporary, she continues to hold a position working at a grocery store. Additionally, Mary, who has special needs, is diligently working on her GED at Lake Washington Institute of Technology. We have been privileged to work with Mary and see her hard work and dedication pay off as she takes steps towards self-sufficiency. In the months to come, we are optimistic that Mary will find her way to stable housing as she continues to reach for her dreams.
King County Safe Place is an outreach program designed to provide help and safety for youth in crisis. Homeless and runaway youth ages 12-17 may access Safe Place through a designated and trained Safe Place site or by calling our 24-hour hotline (1-800-422-TEEN). Within 45 minutes of receiving a call, a Safe Place staff will arrive to provide assistance with the goal of family reunification or connection to emergency shelter.

We operate Safe Place in collaboration with our partners Auburn Youth Resources in South King County and YouthCare in Seattle. Our three agencies have the only under 18 youth shelters in King County, and together we create a regional response that supports youth in crisis situations, expands our safety net, and helps save the lives of young people every week.

Since the inception of Safe Place in King County, 100 youth in crisis have made a safe place call. We’ve connected the majority of those youth to either emergency shelter or reunifying them with their families. Safe Place averages roughly 1 in-person response per week, where a Safe Place staff received a call from a youth in crisis, met the youth in the community, and help facilitate transportation to and a plan for immediate safety.

With our 3rd anniversary approaching in August 2014, we recognize that the success of this program relies on the partnership of our community partners, who support the program by becoming Safe Place sites. Safe Place sites are businesses, government buildings, religious organization buildings, and community organizations that volunteer to be an “access point” to the program where a youth in crisis can go and request assistance.

All Safe Place sites are trained and managed by staff, and in the last six months, we have added 26 Safe Place sites on the Eastside. If you are interested in becoming a Safe Place site or learning more about how you can support this vital program, please email info@friendsofyouth.org.

Recently, the City of Shoreline's Spartan Recreation Center and Pool became Safe Place sites. The City of Shoreline has helped to expand this important safety net in our community.

On the 2nd anniversary of Safe Place in King County, the City of Snoqualmie became a site, including all first response vehicles.

The Den Coffeehouse was the first small business to become a Safe Place site.

**TRILOGY FOR KIDS**, Donor Spotlight

Trilogy For Kids is a wonderful organization created by the residents of the Trilogy at Redmond Ridge living community. They support organizations like Friends of Youth whose mission is to enhance the lives of underserved children and youth. In each of the last three years, Trilogy For Kids awarded us a grant to support our work. In addition to financial support, Trilogy For Kids also provides us with in-kind donations and volunteer support. Trilogy For Kids member Carol Rangaram (left) is a great advocate for our work. Carol and her friends volunteer to serve meals at our young adult shelter, The Landing. We appreciate all the support we receive from Trilogy For Kids, and we greatly value their partnership with us to support the children and youth in our community!

Pictured: Carol Rangaram, Daphne Hyde, and Linda Patricelli serving dinner at The Landing.
NEW COUNSELING NOW AVAILABLE IN ISSAQUAH SCHOOLS, Increased Services Available

Thanks to community donations at our December Youth and Family Services Breakfast, we have increased our mental health and substance abuse treatment services in the Issaquah School District.

In collaboration with school staff, our counselors assist students with a wide range of issues, including: anxiety and stress related issues, alcohol and drug use/abuse, depression and mood disorders, anger/conflict management, and other related concerns. By increasing our hours and services, more youth have access to needed support.

In addition, a new contract from the Issaquah School District and funding from the Issaquah Community Network supported students at two school district schools: At Tiger Mountain Community High, we added hours for both individual mental health counseling and substance abuse groups. At Issaquah Valley Elementary, we continue to provide mental health counseling.

Friends of Youth is the primary referral source for substance abuse assessments and treatment for the Issaquah School District.

We now offer weekly substance abuse counseling group services at four Issaquah high schools. By offering additional services on-site at the schools, we have created an effective way to provide counseling and support to both students and the schools themselves.

To learn more about the Youth and Family Services program provided through Friends of Youth, please visit www.friendsofyouth.org/youthandfamily.aspx.

CEO COLUMN
New Beginnings

Most of us think of new beginnings in September (when school begins) or January (the start of the New Year), but July 1st marks a new beginning at Friends of Youth — the start of our fiscal year 2015. As we stand on the threshold of that new beginning, we look both backward and forward, at past accomplishments and new challenges.

The past year was busy. We opened our new Youth Haven home in September, increasing our capacity to serve at risk, homeless and runaway teens to twelve. We opened a new foster home in Bellevue, and we cut the ribbon on two new transitional living homes to serve homeless young people ages 16-21. We broke ground on two new homes for youth in extended foster care, added a Community Advocate to our staff to support CSEC youth and increased our employment and family reconciliation work with homeless youth. We implemented a new electronic medical records system for our Youth & Family Services team, and we hired new team members to assist us as we transition to paperless case files.

We have equally ambitious plans for the year ahead. We will complete the final construction project for our Housing Our Future Campaign, while at the same time wrapping up our fundraising to achieve our $6.7M capital campaign goal. We will open new extended foster care homes to serve ten young adults. We will continue to advocate for state wide support for homeless youth, and we will use our voice to articulate the important steps we must take, as a community, to ensure that all of our children have the support they need to live safe, productive lives, and to prepare for the future of their dreams.

Thank you for all that you do to help the young people of our communities. We appreciate your partnership and look forward to a great 2015!

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

VOLUNTEER OPPORTUNITIES, Get Involved!

Meal Donors
Every day of the week, our meal donors provide wholesome, pre-cooked meals for young adults at our Redmond Youth Service Center. Dinner is served in the evening and breakfast is served in the morning. Lunch is available on weekdays for guests during drop-in hours.

Donors are encouraged to stay and serve the meals that they prepare. Want to help but can’t make the 8:45 PM drop off time? Sign up and have pizza delivered on your night. Contact our Volunteer Coordinator to apply: (425) 869-6490 x309 or volunteer@friendsofyouth.org.

Day of Caring
In September, the United Ways of Snohomish and King County will host their annual Day of Caring. This event unites volunteer groups with community organizations, accomplishing large projects that help to benefit both the organizations and the clients they serve. Friends of Youth will be posting Day of Caring opportunities for both days of service at www.uwkc.org and www.uwsc.org. Consider joining us on this annual day of giving back.

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

**JULY**

**Stay Out of the Sun Drive**

During July, we are encouraging donors to remember our homeless youth with a summer donation of sunscreen, lotion, ballcaps, and other “heat beating” items. Donations can be dropped off at our Kirkland Youth Service Center at 13116 NE 132nd Street, Kirkland, WA 98034.

**AUGUST**

**School Supply Drive**

Aug. 1-15

We are collecting back-to-school supplies for the children we support in our Youth and Family Services program and our boys at Griffin Home. In Issaquah, we are participating in the Tools 4 School drive. Items can be dropped off during business hours at our locations in Kirkland, Issaquah, Duvall, and Snoqualmie.

**SEPTEMBER**

**National Recovery Month**

Recovery Month promotes the importance of prevention, treatment, and recovery for mental health and substance abuse disorders. Learn more at recoverymonth.gov.

**Day of Caring**

Want to be part of the biggest volunteer event of the year? Sign up to participate and make a difference in Snohomish County at www.uwsc.org or King County at www.uwkc.org.

**OCTOBER**

**Issaquah Salmon Days**

Oct. 4-5

Salmon Days, a community celebration, is presented by the Issaquah Chamber of Commerce. Visit us at the Friends of Youth booth as you celebrate the annual return of the salmon.