



# Friends of Youth

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July 2013

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## **Friends of Youth Counselors Help Combat Rise in Heroin Use**

Our substance abuse treatment counselors in Issaquah, Snoqualmie and Duvall are seeing increasing numbers of youth using heroin, due to its lower cost and easy availability on the street. Heroin is more potent and addictive than prescription drugs, and increases the risk of overdose and death. The King County Medical Examiner's Office found that overdose deaths attributed to heroin increase from 49 in 2009 to 84 last year, with all of the increase occurring among those ages 18 to 30. Last year, Eastside Fire & Rescue medics responded to 18 heroin overdoses in that age range, up from just two in 2008.

Friends of Youth counselors and therapists are equipped to respond to the dangers of heroin addiction with school and community prevention programs, assessment, early intervention and outpatient treatment services. Expertise in treating co-occurring substance abuse and mental health disorders is also available. [Learn more](#) and help save a young life.

## **Washington's First Lady Helps Open Our New Youth Haven Building**



Cutting the Ribbon to open our new Youth Haven home were, from left, Julien Loh of Congresswoman Suzan DelBene's office, Friends of Youth CEO/President Terry Pottmeyer, Washington First Lady Trudi Inslee, Kirkland Mayor Joan McBride, Kirkland Deputy Mayor Doreen Marchione, Friends of Youth Board Chair Phil Crocker and King County Councilmember Kathy Lambert.

Washington First Lady Trudi Inslee, a long-time advocate of services for homeless women and children, helped open our new Youth Haven home at Friends of Youth's Kirkland Campus on June 25. The newly constructed home will provide a safe and nurturing place for boys and girls, ages 11 to 17, who are experiencing a family crisis, have run away or are homeless. The facility consolidates two existing sites in one location and creates capacity to serve up to 17 youth.

Construction of Youth Haven, the third phase of Friends of Youth's Capital Campaign, was funded in part by grants from the State of Washington's Affordable Housing Trust Fund, King County and A Regional Coalition for Housing (ARCH). Additional support came from the Bellevue Rotary, the D.V. and Ida McEachern Charitable Trust and the Matsen Family. Gifts are still being accepted to support this wonderful new facility for youth.

**Capital Campaign Update**

Friends of Youth is pleased to announce that fund raising for our \$7.5 million Capital Campaign has passed the 50-percent mark. The campaign continues to reach donors who want to be part of creating permanent solutions for homeless youth in East King County.

In addition to Youth Haven, which debuted on June 25, Capital Campaign projects also include:

- Our Homeless Youth Service Center in Redmond, including outreach, drop-in and shelter services
- Our Kirkland Youth Service Center, the new heart of our agency and our homeless programs
- Four homes on our Kirkland campus for homeless young adults and young people exiting foster care

We have much to celebrate with the progress on our Capital Campaign, but we still need your help. Make a donation, buy a brick and help us pave the way to a brighter future for homeless youth, or participate in the Warm Thanks Initiative. [Find out](#) about the many ways you can get involved and help us reach our goal.

## Keep In Touch with Friends of Youth

With so much happening at Friends of Youth, we have many ways for you to keep up with the latest news:

Sign up for our e-mail list [here](#).

[Mailing list](#) – sign up for our quarterly newsletter

[Blog](#) – get in-depth blog posts delivered directly to your inbox

[Facebook](#) – find us and "like" us

[Twitter](#) – breaking news

[LinkedIn](#) – business news and announcements

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