

Friends of Youth Forum

Spring 2013

Bi-Lingual Foster Care: The Power of a Shared Meal

Friends of Youth has been fortunate to work with six bi-lingual, bi-cultural foster families. They have opened their homes to teens in our care and support our Spanish-speaking foster youth.

As they prepare to care for foster children, our foster parents attend a training called "Parenting Plus," covering a wide variety of foster parenting issues, including how to work with different types of behavior issues using positive discipline techniques.

Because our Spanish-speaking foster parents work during weekdays, they are completing the 36-hour training over five Saturdays. The families have chosen to rotate the location and to meet in each of their homes. Each week, a different foster parent generously volunteers to prepare food and host the other foster parents for a five-to-six-hour training session in their living room.

Our foster care staff have translated the state training material into Spanish, and they provide on-the-spot Spanish interpretation with Friends of Youth's recruiter/licenser/trainer, Paul Tan. Each Saturday is packed with lively discussion and learning while tasting one another's favorite recipes. The shared meals feature special dishes from Costa Rica, Mexico and the Caribbean and provide a welcoming, safe place to share emotions, problems and new ideas.



Our foster families are fully engaged in the training. They enjoy these Saturday gatherings so much that they want to continue to meet regularly, even after the 36 training hours are completed. They look forward to the mutual support of the training sessions as their foster youth present challenges and successes.

"Maybe we can do this more often, and even include the kids," one foster parent told us during a training session. "I think the boys would really like to hear some of this."

Taking care of a teenager in your home can be a challenging job. That's why Friends of Youth is there to provide 24-hour staff support. Having the support of one's foster-parenting peers makes the foster-parenting journey a great deal easier and much more fun.

For more information on becoming a foster family, contact Paul Tan at (206) 859-6290 x221.



Friends of Youth

CEO Corner

On a Saturday afternoon in April, I was invited to speak at a luncheon meeting of Friends of Youth's Rainier Unit. They have been meeting in support of Friends of Youth for over 50 years. I always accept their invitations; their company humbles, inspires and energizes me.

Friends of Youth Units were formed to support the work of the Friends of Youth through fundraising and membership activities. There were 8 units in 1962; by December of 1963, reports were filed for 14 units, including:

Unit #1	Highline Unit	Unit #8	Retreads Unit
Unit #2	Rainier Unit	Unit #9	Woodland Park Unit
Unit #3	Capitol Hill Unit	Unit #10	North Seattle Unit
Unit #4	Queen Anne Unit	Unit #11	South District Unit
Unit #5	All City Unit	Unit #12	Wesley Gardens and Terrace Unit
Unit #6	Seal Unit	Unit #13	Ostrander Unit
Unit #7	Lake Hills Unit	Unit #14	Bellevue Unit

This is what community organizing looked like in the 1960s, an era that still included party line telephones and hand written meeting minutes. Today, the group is dealing with the challenges of aging—hearing loss, macular degeneration, mobility issues—but none of that deters them from their work.

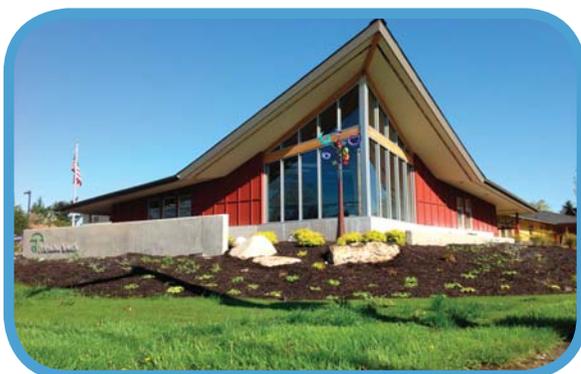
The meeting was formal and began with the reading of the March meeting minutes, approved as read. A thank you postcard from our recent luncheon was also read aloud, and our fundraising total announced. Two recent articles from local papers about Friends of Youth were distributed and excerpts read to murmured approval. A plan was made by the group to tour our new extended foster care home.

With their official business concluded they settled in to view our recent video and hear about our capital campaign to comprehensively address youth homelessness in our community. They asked questions, recalled the early days, and marveled at how much the agency has grown since its formation in 1951.

Although I was a fair bit taller than everyone in the room that day (except Leo, who has a good 6 inches on me), I left knowing that I had been in the company of giants. Taking on the challenge to end youth homelessness or complete a 7.5 million dollar capital campaign can be daunting. But we will succeed because we are traveling in the foot steps of our 50-year supporter, the Rainier Unit. For their example and dedication, we are very grateful.

"Never doubt that a small group of thoughtful, committed people can change the world. Indeed, it is the only thing that ever has." - Margaret Mead

Kirkland Youth Services Center Debuts



We welcomed dozens of old friends and new neighbors to our new Youth Services Center in Kirkland on a very sunny Friday, March 29, as we unveiled the new "heart" for our organization. Our new facility is the culmination of years of planning, fund-raising and design work. Now home to counseling and housing support programs, administrative offices, meeting spaces and storage for donated program supplies, the facility is the first phase of a campus development that soon will include a new Youth Haven home for ages 11-17 as well as new transitional housing.

Kirkland Mayor Joan McBride, a former staff member at Friends of Youth, welcomed the organization to Kirkland. King County Councilmember Kathy Lambert congratulated Friends of Youth on

their commitment to fully address youth homelessness on the Eastside.

Friends of Youth CEO Terry Pottmeyer thanked and recognized the partners who brought the new facility to life: Lewis Architects, Scott Construction and Common Ground Affordable Housing Solutions. Friends of Youth Board Chair Phil Crocker thanked donors and supporters who have contributed to the capital campaign to build the Kirkland Campus.

Fostering Positive Attachment For Our Youth

At Friends of Youth, we regularly work with children who have attachment issues. We do all we can to help our children bond or “attach” with their current caregiver.

“Attachment” refers to an affection bond or tie between an individual and an attachment figure (usually a caregiver). The bonds between a child and a caregiver are based on the child’s need for safety, security and protection, which are paramount in infancy and childhood.

When treating children in foster care who participate in mental health therapy, it is important to think about personal attachment. When a child is moved or taken from the biological parents, it can affect the formation of future relationships. The specific course of treatment depends on the circumstances of the child’s placement in foster care and the symptoms the child exhibits.

Most children living with foster families who are willing to work on forming this important attachment can achieve success through therapy. Foster families can find specialized training, staff consultation and support from Friends of Youth to help establish stable, positive relationships with foster youth. The strength of personal bonds built in childhood provides the foundation for happy and healthy adults.

Grants Spotlight

We are very grateful for the Businesses, Foundations, Churches and Service Organizations who have recently partnered with Friends of Youth. Thank you so much for your support!

\$20,000: Seattle Foundation

\$10,000: Building Changes; Byron & Alice Lockwood Foundation; David McKinlay Trust; Elizabeth Lynn Foundation; RealNetworks

Up to \$5,000: Assistance League of the Eastside; Bellevue Overlake Rotary; Cascade Community Church; City of Everett; Crane Fund for Widows & Children; Eastside Community Aid Thrift Shop; Holy Family Parish; Maple Valley Rotary; St. Thomas Episcopal Church

Pat Gillis Donor Highlight

For over 30 years, Pat Gillis has been an asset to Friends of Youth. She got her start with us right out of college.

Weeks after graduating, Pat landed her first job at a large public accounting firm, KPMG. The firm was client oriented and all associates were encouraged to get involved in

the community. One of the firm partners was leaving for Alaska and asked Pat to take his place on the Board of Directors at Friends of Youth. Pat agreed. One of the Board’s immediate tasks was to hire a new CEO; enter Howard Finck. From 1979 to 2005, Howard served as the President/CEO and created many new programs. As Pat puts it “Friends of Youth has grown so much from when I came aboard to now, back then we used to have just two homes on the shores of Lake Washington that served only boys, now we help both men and women, families, homeless youth, and provide short term shelter to youth that are in crisis. We have grown!”

Over the next “very many years” Pat developed a place in her heart for this “great agency”. What started off as a need for a little financial help turned into a long standing relationship. You would think that someone involved with an organization for over 30 years would be ready to move on, but Pat says, “Friends of Youth is a fabulous organization that does amazing things in the community, why would I leave?” One of the reasons Pat has stayed around for so many years is because of Howard. Now, Pat remains a steadfast supporter for the love of the organization and the work that we do in the community.

Whether a question of fate or of luck that brought Pat to Friends of Youth, we are so grateful our paths crossed. “Where there is a need there will be Friends of Youth, where there is Friends of Youth there will be Pat Gillis”.



Pat Gillis 60th Anniversary Celebration, 2011, presenting an award to Howard Finck.

Volunteer Opportunities

Dinner Donors Needed All Year Long

Looking for a way to make a difference? Join the Dinner Donor program! Friends of Youth has an overnight emergency shelter for homeless young adults ages 18-24 in Redmond. 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 clients each night. Dinner Donors prepare a hot, ready-to-serve meal and bring it by 8:45 PM to the shelter. 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.

7 Days a Week: The Landing
16225 NE 87th Street, Suite A-1
Redmond, WA 98052

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 - 16, Monday through Friday 8:30 AM - 5:00 PM, at the following locations:

- Issaquah Counseling office: 414 Front Street N, Issaquah
- Duvall Counseling office: 26420 NE Virginia Street
- Snoqualmie Counseling office: 7972 Maple Ave SE
- Friends of Youth, Youth Services Center, Kirkland, 13116 NE 132nd Street, Kirkland, WA 98034

For a complete list of volunteer opportunities, please visit our website at www.friendsofyouth.org/volunteer.aspx.

Youth Connection

Looking for volunteer hours? Look right here!

3
IN
A
ROW

Hosted one weekend day a month, grab your friends and spend 3 hours helping those in need, while gaining experience, volunteer hours, and having a lot of fun. If interested, please e-mail our Volunteer Coordinator, at volunteer@friendsofyouth.org. Pre-registration required. See our web site for more details at www.friendsofyouth.org.

May 27: Memorial Day - May is National Foster Care Month! We will spend the afternoon helping make a difference at one of our foster home locations.

Art Mabbott Volunteer Spotlight

Art is a recently retired high school math teacher; he spent the last 11 years as a secondary math specialist for Seattle Schools. Since retirement, he has found an abundance of time on his hands and sought out ways to use that time. Over the past year, Art has become an increasingly active volunteer. He first connected to Friends of Youth volunteer opportunities through The Landing. He is a member of All Saints Episcopal Church in Bellevue, and his congregation is committed to bringing a meal each month to shelter guests.

More recently, Art has become involved as a Safe Place volunteer. He heard about a new opportunity with Safe Place – on call support to respond to crisis calls from youth. He went through training, scheduled to be on call and has even recruited his wife as another volunteer. He and his wife, MaryAnn, have also been dedicated event volunteers, supporting Celebration of Youth and several events at our new location in Kirkland.

Art currently works with home-schooled students in a virtual on-line setting, is an instructor for Texas Instruments providing professional development for teachers and university students and offers workshops at math conferences nationwide. You may also find Art hiking along the numerous trails in our area; his favorites are the Redmond Watershed Trails, the Trails around the Tuscany development and the Pipeline Trail. We are grateful that he continues to dedicate his time to support the work of Friends of Youth and look forward to his continued involvement. Thank you for your commitment, Art!





Friends of Youth

Upcoming Volunteer Events

May 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	5	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	3 IN A ROW	28	29	30	31	

3
IN A ROW

May 27: Memorial Day

May is National Foster Care Month! We will spend the afternoon helping make a difference at one of our foster home locations.

E-mail volunteer@friendsofyouth.org to sign up today!

June 2013

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	22
23/30	24	25	26	27	28	29

June is National LGBT Pride Month

Lesbian, gay, bisexual and transgender youth represent 10% of the general youth population but 20% of the homeless youth population. Take the 'It Gets Better Pledge' in June - www.itgetsbetter.org.



twitter.com/#!/FriendsofYouth



facebook.com/friendsofyouth



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

volunteer@friendsofyouth.org.

July 2013

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	22	23	24	25	26	27
28	29	30	31			

July is National Grilling Month

Consider being a Dinner Donor and bringing a home-grilled meal to The Landing for dinner.

August 2013

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	20	21	22	23	24
25	26	27	28	29	30	31



August 1-16: We are collecting back-to-school supplies for homeless and at-risk youth. Items can be dropped off Monday through Friday, 8:30 AM - 5:00 PM at our locations in Kirkland, Issaquah, Duvall, and Snoqualmie.



Friends of Youth Spring 2013

13116 NE 132nd Street
Kirkland, WA 98034-2306

Friends of Youth

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Kirkland, WA 98034-2306
425-869-6490
www.friendsofyouth.org

Terry Pottmeyer President & CEO

Contact:

To make a donation or
inquire about events:

Rachel Wanamaker
rachel@friendsofyouth.org
425-869-6490 x317

To volunteer:

Clare Moe
volunteer@friendsofyouth.org
425-869-6490

To support our Capital
Campaign:

Kami Dockery
kami@friendsofyouth.org
425-869-6490 x338

Foster Care and You

In Washington State, more than 10,000 children live in foster care. According to United Way of King County, 25 percent of King County foster children are on the Eastside. Since 1951, Friends of Youth has been caring for this vulnerable population, focusing on improving the emotional and behavioral needs of children and youth in a supportive family setting.

No matter their age, all children in foster care need a meaningful connection to at least one caring adult who can be a supportive and lasting presence in their lives. Without families or stable relationships, too many of these formerly neglected and abused children and teens will end up facing life's challenges alone.

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 our national accreditation standards.

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 would like to help but can't become a full-time parent? If so, we also are 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