

Friends of Youth Forum

Summer 2013

Finding a Path to Independence

Independence is not easy for a young adult in today's world. That's the lesson Joe learned as he turned 20 without a job or a safe place to call home.

Joe discovered what many young people face as they reach adulthood. It can be overwhelming to find a job, rent an apartment and become independent.

After being told he could no longer live at home, Joe turned to The Landing, Friends of Youth's young adult emergency shelter in Redmond. There, he found the understanding, resources and support he needed to launch for his dreams and aspirations.

Soon after arriving at The Landing, Joe was assigned a case manager who worked with him to identify what resources and support he needed, including assistance with employment and housing. Friends of Youth services and support went beyond a bed and a meal and were tailored specifically to Joe's unique needs and interests. Joe was enrolled in a unique case management program, Groundworks, modeled on High Fidelity Wraparound Case Management.

Joe was lucky. He was able to maintain frequent contact with his mother and even invited her to be part of his wraparound team. It wasn't long before Joe took the initiative to follow up on his plans to pursue employment with Nintendo. As a high school graduate with plenty of high-tech and academic skills, he dreamed of working in the gaming industry. He was encouraged when Nintendo indicated he was a candidate for an upcoming contract job.

He waited for weeks for that phone call from Nintendo. Eventually, Joe decided he needed to start looking elsewhere for work.

Throughout this frustrating six-month period, Joe continued to meet with his wraparound team and work toward his goal of independent housing. His case manager connected him with various housing options. Joe was able to follow through on the application process, developing some problem-solving skills and self-confidence along the way. He was successfully placed in a shared housing program for young adults.

While turning his attention and efforts to housing, Joe's employment fortunes abruptly reversed. The call from Nintendo finally came, along with an offer of a contract job. Full-time work, with overtime hours available, meant enough money for rent in independent housing. In January 2013, Joe signed his very first lease and moved into his first apartment.

Joe's journey toward self-sufficiency included road blocks, falls and disappointments, but with the support and encouragement of his Friends of Youth team, he was able to persevere and find his path to independence.



Friends of Youth



Just in Case

When I have the opportunity to talk about our work, I end my remarks by asking everyone present to join our team. It is a simple thing, I tell them, just accept one of our shelter cards and promise me you'll pass it on if you ever meet a youth in need.

The card has information about our Youth Haven program for kids aged 11-17 who are homeless, runaway, or in crisis. It has information about our Landing shelter for homeless young people ages 18-24 in need of a bed, food, and a hot shower. It has information about our outreach team for youth on the streets. It has information about

Safe Place, a 24-hour lifeline for kids in crisis.

Without fail, people willingly accept my request. Most tuck the card in their wallet, or their pocket, or walk to their cars and toss them on the dashboard. I can see by their faces that they don't really expect to pass that card on despite knowing that Friends of Youth served 2,527 youth, aged 11 to 24, in our Homeless Youth Services programs last year. But they care about kids, and they're willing to be on the team, just in case.

At the ribbon cutting for our new Youth Haven home on June 25th we again passed out our cards, and many more people joined our team.

In less than six hours, one of those cards found its way from a car dashboard into the hands of a homeless young woman, standing in the rain on 124th Avenue in Kirkland, pregnant and alone. It was one of our board members, on her way to our evening board meeting, who saw the young woman on the side of the road, saw the card on the dashboard, rolled down the window, and passed it on.

We cannot do our work alone; we need you on our team. If you need a card for your wallet, pocket, or dashboard, give us a call. 425.869.6490. We'll put it in the mail to you right away. Just in case.

President/CEO

Youth Haven Home Completed!



From left, District Director Julien Loh of Congresswoman Suzan DelBene's office, Friends of Youth CEO 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's First Lady Trudi Inslee, a long-time advocate of services for homeless women and children, helped with the official ribbon cutting at 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. Youth Haven provides a therapeutic home environment with structure and support that helps youth quickly and safely return home or find safe and stable housing.

The facility consolidates two existing sites under one roof and creates capacity to serve up to 17 youth. Construction of Youth Haven, the third project funded by 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 Joshua Green Foundation, Bellevue Rotary, the D.V. and Ida McEachern Charitable Trust and the Matsen Family. Friends of Youth continues fundraising for its \$7.5 million Capital Campaign.

Recovery Month Highlights Hope

Substance abuse and chemical dependency are some of the most pressing public health issues in America. Drug and alcohol abuse affect every community and school, and many households as well. The good news is that more and more young people in East King County are choosing not to reach for alcohol or drugs. For those who do, there are places to turn to find support, sobriety, and lasting recovery: places like Friends of Youth. September – National Recovery Month – is an opportunity to acknowledge and celebrate our successes as a community in recovering from substance abuse and addiction.

At Friends of Youth, we believe that treatment works best when it is collaborative, when clinicians work with kids to determine their goals, while monitoring substance use and working toward sobriety.

Our Prevention staff work directly with students in local schools to help them identify alternatives to drinking and drugs, and to develop the skills to stay safe and sober and to be healthy role models for their peers. Our team of Substance Abuse Counselors in Issaquah, Duvall, and Snoqualmie meet with kids who are struggling with addiction. They conduct assessments, give referrals to outside agencies and services, and provide individual and group counseling.

Recovery Month is an opportunity to celebrate our exciting, challenging, fulfilling lives free from alcohol and drugs. An art show, a poetry or short story reading or a performance can provide opportunities for youth to demonstrate their creativity and insight.

Drugs and alcohol don't take vacations, and neither should the journey away from addiction. Recovery Month reminds us to recognize the good work we've done, to realize how far we've come, and to affirm our commitment to keeping the torch of recovery burning!

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

Joe Matsen Donor Highlight

You can be a donor in so many ways – by giving your time, resources, expertise...over the last five decades Joe Matsen has given all of this and more to support Friends of Youth. Mrs. Iva Matsen, Joe's mother, was one of the founders of Friends of Youth. Mrs. Matsen got the whole family involved in volunteering and advocating. Joe followed his mother's passion by serving on the Board of Directors for many years as well as on our Finance Committee; where he is still an active and much appreciated participant.



Joe Matsen receiving the Foundation Board Legacy Award on February 25, 2013.

Over the years, Joe has provided legal support for the organization's business matters as well as lending his expertise and time to many fundraising efforts.

When Friends of Youth launched our Capital Campaign, Joe asked the other members of the Matsen Family to once again make a lasting impact. He sent out a letter encouraging his grandchildren, nieces and nephews, his brothers and sister's family to make a combined donation as a family. Donations were requested to come in on Joe's father's birthday, June 14th. Each member was asked to donate what they could. The family raised \$33,300 to support our new Youth Haven home.

Joe is an amazing role model for generations of youth and volunteers. Friends of Youth is incredibly grateful for Joe's continued support of our work. Our thanks go to Joe and the entire Matsen family for all they do to support Friends of Youth.

Volunteer Opportunities

Meal Donors Needed All Year Long

Every day of the week, with the help of meal donors, we provide wholesome, pre-cooked meals for 15-20 young adults at our Youth Service Center in Redmond. Friends of Youth provides the condiments, plates, cups, and utensils for our guests and a way to keep the donated food warm or cold. Dinner is served in the evening and breakfast is served in the morning for the overnight shelter. Lunch is available on weekdays for guests of the drop-in center.

Donors are encouraged to stay and serve the meals that they prepare. Not only is this a tremendous help to staff, but it also is a great way to meet guests and strengthen community. 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/Drop-In Center, 16225 NE 87th Street, Suite A-1, Redmond, WA 98052

Friends of Youth School Supply Drive - August 1-16

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 children in need in the Issaquah, Snoqualmie Valley, and Riverview School Districts. Items can be dropped off between August 1 - 16, Monday through Friday 8:30 AM - 5:00 PM, at the following locations:

- Issaquah Office: 414 Front Street North
- Duvall Office: 26420 NE Virginia Street
- Snoqualmie Office: 7972 Maple Ave SE
- Friends of Youth, Main Office, 13116 NE 132nd Street, Kirkland, WA 98034

United Way of King County Day of Caring - September 20

On this day, groups of volunteers support hundreds of local non-profits, including Friends of Youth program sites, for a day of service. Last year, over 11,000 volunteers spent the day helping with a variety of projects from painting, to job coaching, to landscaping and invasive plant removal. Each of these volunteer groups is led by a Project Leader, a volunteer who is responsible for recruiting volunteers for their project and communicating with the organization hosting the project. If you would like to sign-up to be a Project Leader, to volunteer during Day of Caring, or to learn more information about Day of Caring, go to www.uwkc.org/ways-to-volunteer/day-of-caring/.

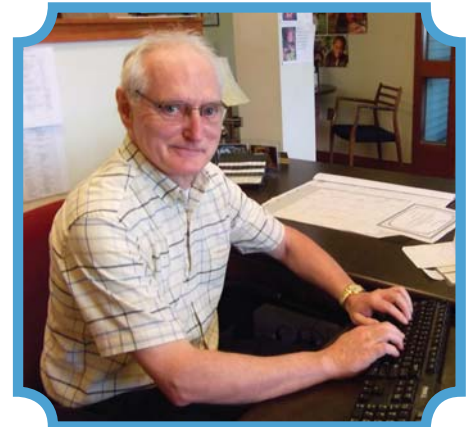
For more volunteer opportunities, visit our website at www.friendsofyouth.org/volunteer.aspx or contact our Volunteer Coordinator at volunteer@friendsofyouth.org.

Bill Davis Volunteer Spotlight

Bill Davis knows how to talk to kids because Bill knows computers, a primary communication tool for today's youth. The independent computer consultant from Seattle has a vast store of knowledge and a library of software that he enjoys sharing with residents at Friends of Youth's Griffin Home.

Bill knows from personal experience the challenges that the boys face. He was a resident of Griffin Home himself, for an eight-month period when his family "came apart" back in the 1960s. He eventually reunited with his mother, graduated from high school and enlisted in the U.S. Air Force. Griffin Home staff asked Bill to return for a visit in uniform and talk about his experiences. That return visit had a big impact on Bill and sparked his interest in becoming a volunteer.

Bill learned computers while working for the phone company, then started his own computer consulting business. With more time on his hands, in 1987 he offered to help Friends of Youth with setting up computer tracking and payroll systems. He volunteered regularly for several years, and then was asked to work with a resident who had an interest in computers. Since then, Bill has visited Matsen House on the Griffin Home campus two afternoons every week, bringing along his laptops. He helps new residents use computers for schoolwork as well as for gaming. Bill said he finds that computer games create a universal, visual language that is particularly useful for working with boys who speak little English. His many years of service are much appreciated at Griffin Home. Thank you for your amazing dedication, Bill!





August 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



School Supply Drive - August 1-16:

We are collecting back-to-school supplies for the children we support through the Youth and Family Services program. Items can be dropped off Monday through Friday, 8:30 AM - 5:00 PM at our locations in Kirkland, Issaquah, Duvall, and Snoqualmie.

September 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		21
22	23	24	25	26	27	28
29	30					

National Recovery Month

Learn more at samhsa.gov



United Way Day of Caring - September 20:

Want to be a part of the biggest volunteer event of the year? Sign-up to participate at www.uwkc.org/ways-to-volunteer/day-of-caring/



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.

October 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		






Fall Festival - October 5: Join in the fun as youth select costumes, do Fall-themed arts and crafts, play games, and satisfy their sweet tooth at Friends of Youth in Duvall!



Issaquah Salmon Days - October 5-6:

Come find the Friends of Youth booth as you celebrate the amazing return of the salmon!

November 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



Youth and Family Services Breakfasts

November 19: Snoqualmie, 7 - 8 AM

November 20: Issaquah, 7 - 8 AM

November 21: Duvall, 7 - 8 AM

Please come join us at one or all of these breakfasts as we highlight the services that our Youth and Family Services provides.



Friends of Youth

Summer 2013

13116 NE 132nd Street
Kirkland, WA 98034-2306



This September, brighten your day with a lovely vase while supporting



Friends of Youth

10% of proceeds from the sale of **MARIGOLD** Little Shirleys will support our campaign to build a better future for homeless youth.

Learn more:
material-good.com or friendsofyouth.org

Questions about donations, volunteering, or supporting our work? info@friendsofyouth.org or (425) 869-6490