

# Friends of Youth Forum

Winter 2013



## Helping Every Client Succeed

Carrie was 16 years old, addicted to marijuana, struggling with Attention Deficit Hyperactivity Disorder (ADHD) and suffering from debilitating clinical depression when she made an appointment to see a counselor at Friends of Youth. Unable to hold a job, maintain friendships or get out of bed most mornings, Carrie found that just getting to school each day was a challenge.

Carrie's father and stepmother refused to let her live in their house as long as she continued to use marijuana around their younger children. When her mom ended up in a substance abuse treatment program, Carrie moved in with a friend's family. Carrie's parents continued to help her financially and encouraged her to come to Friends of Youth for counseling services.

Carrie's appointment in June 2012 was with one of Friends of Youth's co-occurring specialists, Liana Montague, a dually-licensed Marriage and Family Therapist and Chemical Dependency Counselor. Friends of Youth co-occurring specialists are able to blend approaches from both substance abuse treatment and mental health counseling to help each client succeed.

Together, Liana and Carrie completed a comprehensive, integrated mental health and substance abuse assessment and worked on completing an individualized treatment plan based on Carrie's unique needs. Counseling included working closely with the entire family to help support her healthy choices and to address unresolved family issues affecting their communication and relationships.

Over the course of the next four months, Carrie worked to understand her mental illness, manage her depression and ADHD, and stop smoking marijuana. Counseling sessions focused on recognizing what things were going well and Carrie's many strengths.

Carrie consistently attended her weekly counseling sessions, was evaluated by a psychiatrist, began taking antidepressant medication and started to exercise regularly. She began to focus on the positives in her life and found a new job at a local grocery store. She started going out with non-using friends and spent less time with friends who continued to smoke marijuana. She began developing the skills to say no and not use.

Carrie moved back in with her parents and younger siblings in November 2012 and has been clean and sober for over 90 days. In addition, her mental health issues have stabilized. She and her family are very happy that she is home again.

Carrie plans to transfer from her high school to a program at Lake Washington Technical College where she hopes to attain a massage therapy license and her high school diploma at the same time. She continues to come to counseling at Friends of Youth to focus on her recovery and mental health.

We are inspired by Carrie's hard work and perseverance. We know that she will achieve her goals and we are privileged to have walked with her as she heads toward her bright future.



Friends of Youth

# CEO Corner

The recent shooting tragedy in Connecticut has the entire nation grieving. The lives of those beautiful children and brave teachers and administrators are lost to us, and we struggle in the aftermath to find a way to prevent a recurrence. Gun control is being discussed, as well as mental health treatment, and the entire nation is earnestly engaged in finding solutions.

As a licensed mental health provider for children, youth and families, Friends of Youth is also considering what we can do differently to strengthen our support systems for young people. Our organizational commitment is to provide a dedicated counselor for every school in our service area (Issaquah, Riverview and Snoqualmie Valley), and we will be reaching out in the coming months to tell you more about that initiative.

But there is something more immediate that we'd like to do – send a message of support and encouragement to parents.

Although much remains unknown about the shooter, details have emerged that indicate that he had a history of mental health challenges. His mother worried about him. We've partnered with hundreds of families over the years, and we take them very seriously when they tell us they are worried about their children.

Parents have very reliable instincts about when their kids need extra help.

Parents, please trust yourselves and your instincts as much as we do. When your baby has a fever, or your teen has a sore throat, you call the clinic. We'd like to encourage every parent to make a similar call when they are worried about their child's behavioral health. A child who seems to have lost interest in school, become withdrawn, or just seems to be not quite themselves might need the same professional help to get back to wellness.

Our counselors are experienced in dealing with many issues including behavior problems, school difficulties, depression, anxiety, stress, anger, divorce and blended family challenges, and the illness and death of loved ones. We have a sliding scale fee program, and can help regardless of a family's financial resources. If you are a parent, trust yourself. If you are worried, call us, or another trusted provider in the community.

We are here to help.



## Co-Occurring Assistance Youth and Family Services

The Youth and Family Services Program at Friends of Youth is dually licensed to provide both mental health and substance abuse treatment through outpatient services. This means we have the ability to serve youth and young adults who have both substance abuse and mental health disorders at the same time.

Known as co-occurring assistance, we provide comprehensive, integrated mental health and substance abuse assessment and individualized treatment plans that address both mental health and substance abuse issues based on the unique needs of each youth. Clinical treatments range from education, group, individual, and family counseling to psychiatric services and medication management, when needed.

Known as the "care coordinator" of services, our counselors also coordinate any additional care each youth needs such as psychiatric services, crisis management, or further educational or occupational training.

If you or someone you know is suffering from depression, anxiety, the lasting effects of a traumatic situation and/or using or abusing substances such as alcohol, marijuana, prescription medication or other substances, they may benefit from the collaborative, outpatient services offered by the Youth and Family Services program at Friends of Youth. Contact us at (425) 228-8962 for more information.



## A 'Healthy Start' for Babies

Healthy Start is a voluntary home visiting program for first-time parents. To qualify for services the mother and/or father must be under the age of 23 and parenting their first child. The family can begin to receive services as early as in-utero up until 6 months after birth and stay enrolled in the program until their child is 3 years of age.

Healthy Start uses the Parents as Teachers curriculum to assist these new parents in learning about their infant at different developmental stages. The home visit has three areas of focus: parent-child interaction, development-centered parenting and family well-being and are held twice a month or more.

Friends of Youth has two Family Support Specialists that meet with families in the Eastern part of King County including Duvall, Carnation, North Bend, Issaquah and Snoqualmie. The Family Support Specialists create an individualized plan with goals that the family would like to achieve. Not only does the Family Support Specialist assist the family in learning more about their infant's developmental stages, they also assist the parent in achieving personal goals such as employment, stable housing and continued education.

Learn more on our website:  
[www.friendsofyouth.org/healthystart.aspx](http://www.friendsofyouth.org/healthystart.aspx)

## The Affordable Care Act and Friends of Youth

The Affordable Care Act was passed on March 23, 2010. This new legislation will expand healthcare coverage to more people by expanding Medicaid. It also creates healthcare insurance exchanges and expands prevention services, including behavioral healthcare such as mental health counseling and substance abuse treatment. As a provider of behavior healthcare, Friends of Youth will be impacted by the new law.

One of the requirements of the Act will be to collaborate with other healthcare organizations to provide easy access to a comprehensive range of services.

Currently, our Youth and Family Service Programs work collaboratively with a variety of medical and dental healthcare organizations, as well as many other social service agencies. As we learn specific information about the requirements of the Healthcare Reform Act, we will be enhancing our partnerships and expanding our relationships with other medical and social service providers.

We look forward to partnering with others to strengthen and expand our services to youth and families.

## Phil & Debbie Williams

### Donor Highlight

In Sammamish, when one thinks about community, chances are Phil and Debbie Williams and the Joshua P. Williams Foundation (JPW) comes to mind.



The JPW

Foundation has

been supporting Friends of Youth for a decade, but the Williams' Family connection to Friends of Youth began over 15 years ago.

In 1997, Phil and Debbie, along with their 3 children, moved into a new neighborhood in Sammamish. As a way of building community, the neighborhood started a philanthropy project showcasing the many skills of their children in a talent show. The kids sold tickets for the show and all the proceeds went to a chosen charity. That charity was Friends of Youth.

In 2002, tragedy struck the Williams' Family when their 16 year old son, Joshua, was killed in a snowboarding accident. Through their grief, with support and guidance from friends and family, the Joshua P. Williams Foundation was founded to celebrate Josh's life and to recognize the "valuable role community, family, leadership and teamwork play in the lives and development of our youth". Family members, community volunteers and many of Josh's friends participate each year in the primary foundation fundraising event, a golf tournament.

"It's a healthy thing for our daughters to see us working on behalf of others and it's a glue for our friends, too."

Becoming more involved with Friends of Youth, Phil and Debbie learned about the problem of Eastside youth homelessness. "We worry about safety and can't imagine what it might be like for these kids living in the woods or under bridges." Recognizing the many ways their family has been affected by this community goal of helping others, Phil and Debbie don't ponder the ways their efforts are helping, but continue to be thrilled by the ongoing support of friends, family and the larger community through the years. "We throw a good party and people want to come" is their modest response to the outpouring of support for their work.

Phil and Debbie see themselves as a conduit for others who want to help. Touring our new Homeless Youth Services Center in Redmond they considered their hopes for the youth served through Friends of Youth. "We hope they realize somebody cares for them and they can maintain some confidence and trust in people. This is the first step."

Thanks to the Williams' Family and the JPW Foundation, young people who come to our Homeless Youth Services Center have the opportunity to take this critical step towards safety and stability.

# 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, Alex, to apply: (425) 869-6490 x309 or alex@friendsofyouth.org.

- **Now 7 Days a Week: The Landing**  
16225 NE 87th St, Ste A-1  
Redmond, WA 98052

## **Giving Tree Thanks**

A big thank you to everyone for the incredible outpouring of support at this year's Giving Tree. Over the course of several weeks, we received 2,200 gifts, worth over \$80,000. Our wonderful volunteers gave over 50 hours of their time collecting and organizing the gifts at our workshop. Hundreds have benefitted because of such generosity. On behalf of the many youth we serve, thank you!

**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

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

**3**  
IN  
A  
ROW

Hosted one Sunday 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 Alex Kaul, our Volunteer Coordinator, at [Alex@friendsofyouth.org](mailto:Alex@friendsofyouth.org). Pre-registration required. See our web site for more details at [www.friendsofyouth.org](http://www.friendsofyouth.org).

**March 17: Youth Services Center Landscaping** - Spend the afternoon helping Friends of Youth add color and warmth to our new campus by planting, landscaping, and cleaning up around our new service center in Kirkland.

**April 21: Youth Haven Moving** - Help our Youth Haven Program pack-up and organize in preparation for the big move to their new home in Kirkland.

**May 26: Foster Care Support** - May is National Foster Care Month! We will spend the afternoon helping make a difference at one of our Foster Care homes.

## **Anna Agar** Volunteer Spotlight

Anna recently graduated from Interlake High School and is currently a pre-nursing student at Bellevue College. She volunteered for the first time with Friends of Youth at Giving Tree in December.

While many students use their Winter Break as a chance to sleep in till noon, Anna had a different idea. Her first day was Microsoft gift pickup, where over 800 gifts are processed and sorted in a single day. She returned day after day over the next two weeks to help make sure each donated gift would get to the youth we serve in time for the holidays.

Anna hopes to enroll in the University of Washington nursing program next Fall, and eventually pursue a Master's Degree specializing in pediatrics. How lucky we were to have such an impressive and dedicated young woman spend her break with us. Join us in thanking her for the many hours of hard work she provided, and wish her luck as she pursues her career!





Friends of Youth

# Upcoming Volunteer Events

## February 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		



**Feb 10: National Umbrella Day**  
Feel free to drop off your extra umbrellas all month long to help shelter our youth from the rain.

Friends of Youth Service Center  
13116 NE 132nd Street  
Kirkland, WA 98034

## March 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14		16
<b>3</b> IN A ROW	18	19	20	21	22	23
24/31	25	26	27	28	29	30



**March 15: Celebration of Youth**  
11:30 AM - 1:00 PM, Hyatt Regency Bellevue  
E-mail Alex at [alex@friendsofyouth.org](mailto:alex@friendsofyouth.org) to volunteer.



**March 17: Youth Services Center Landscaping**  
Spend the afternoon helping Friends of Youth add color and warmth to our new campus by planting, landscaping, and cleaning up at our new service center.



[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, Alex Kaul, at 425-869-6490 x309 or [alex@friendsofyouth.org](mailto:alex@friendsofyouth.org)

## April 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
<b>3</b> IN A ROW	22	23	24	25	26	27
28	29	30				



**April 21: Youth Haven Moving**  
Help our Youth Haven Program pack-up and organize in preparation for the big move to their new home in Kirkland.

## May 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
<b>3</b> IN A ROW	27	28	29	30	31	



**May 26: Foster Care Support**  
May is National Foster Care Month! We will spend the afternoon helping make a difference at one of our Foster Care homes.

## Friends of Youth

13116 NE 132nd Street  
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:

#### Alex Kaul

alex@friendsofyouth.org  
425-869-6490 x309

To support our Capital  
Campaign:

#### Asa Irwin

asa@friendsofyouth.org  
425-869-6490 x338

# REGISTER TODAY Our 8th Annual Celebration of Youth Luncheon



Celebration of Youth

**Friday, March 15th, 2013**

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 x308 or e-mail  
info@friendsofyouth.org

Register at: [www.friendsofyouth.org/CelebrationofYouth2012.aspx](http://www.friendsofyouth.org/CelebrationofYouth2012.aspx)

Winter 2013

13116 NE 132nd Street  
Kirkland, WA 98034-2306

Friends of Youth

