

Friends of Youth Forum

Fall 2013

Congratulations Emily!



Everett School District Superintendent D. Gary Cohn announces that Emily Poletto, right, is the recipient of the Superintendent Scholar Award during the Sequoia High School graduation. Photo courtesy of Mark Mulligan/The Everett Herald.

On Graduation Day at Sequoia High School in Everett, Emily Poletto walked across the stage to accept the Superintendent Scholar Award. Chosen from among students nominated by their teachers, accepting the award was quite an emotional experience for Emily and her many supporters. It was particularly amazing because just one year before, Emily was a homeless teenager.

When she was a freshman in high school, Emily's mother died, leaving Emily with no place to live and no emotional

anchor. For three years, relatives and friends provided temporary places to stay, but she lacked a home of her own. On a regular basis, she cut classes at Everett High. When the school called "home" about the absences, no one answered.

Through a friend, Emily learned about New Ground Everett, one of five Friends of Youth transitional housing programs for homeless young adults that provides both housing and supportive services helping young adults transition to safe, stable, and self-sufficient futures. New Ground Everett provided an apartment for Emily. Her Friends of Youth case manager helped her secure a part-time job at a nearby retirement home.

Finally, Emily had the stability she needed to attend school every day and make up missed credits. The Sequoia program gives students who fall behind or miss school the opportunity to return to class, earn credits, and move forward. Emily thrived there. She was firmly committed to both graduating and continuing her education, and with the help of a school mentor, she used school lunch breaks to apply for scholarships and research college programs. This fall, Emily begins classes at community college, with the foundation, encouragement and security she needs to pursue her dreams. She's an inspiring young woman, and we are honored to have walked with her on her journey to a wonderful future.



Join Us

November is **National Homeless Youth Awareness Month**. It's a month dedicated to raising awareness of the issue of youth homelessness in our country. As the primary provider of homeless youth services on the Eastside, Friends of Youth is dedicated to raising awareness of this important issue not only in November, but throughout the year.

Most people I meet don't quite believe that there are any homeless youth on the Eastside. They're pretty sure those kids must come here from somewhere else—like Seattle. But I can tell you that every single zip code on the east and north side of the lake is included in the homeless youth we serve.

Being homeless, and young, is overwhelming. Just surviving day to day without a safe place to sleep, or a reliable way to find a meal, is exhausting. Many of the youth we see are struggling with a legacy of abuse, untreated mental illness, an abrupt exit from foster care, disrupted education, and, increasingly, the profound shock of a household—their home—breaking up from economic hardship or family turmoil. For those who've reached 18, they're facing the worst job market in decades.

We are committed to finding solutions to homelessness, keeping youth off the streets and partnering with them to become healthy and self-sufficient adults. But there are still homeless youth in our communities, and still more work to do. We cannot solve the problem alone—we need to create an entire community of caring to end youth homelessness.

Will you join our team? This November, observe **National Homeless Youth Awareness Month** by becoming a donor, a volunteer, an advocate, or a supporter. Join us in ending youth homelessness—because every young person deserves a safe place to stay each night.

President & CEO

City of Snoqualmie Joins King County Safe Place Partnership

For the first time in King County, an entire municipal administration has been designated as part of the Safe Place network. Snoqualmie City Hall, Fire Station and Police Station, as well as all city Public Works and Parks & Recreation vehicles, now are Safe Places.

The distinctive yellow diamond Safe Place logo is displayed prominently at the entrance to Snoqualmie City Hall and other city facilities, and logo decals have been added to all city maintenance and utility vehicles. All city staff have been trained about how to respond when young people, ages 12 to 17, approach them and ask for help.

King County Safe Place is one of the largest in a national network of more than 20,000 partnering businesses and community locations that display the Safe Place sign.

Friends of Youth, with partners Auburn Youth Resources and YouthCare, applauds the City of Snoqualmie for their commitment to youth. Learn more about being a Safe Place www.friendsofyouth.org/safeplace.aspx.



All City of Snoqualmie police and fire vehicles are Safe Places where youth can ask for help, and all staff are trained to respond, including (from left) Firefighter Jacob Fouts, Firefighter Darby Summers, Fire Chief Bob Rowe, Police Capt. Nick Almquist, Police Sgt. Paul Graham, Police Officer Larry Warren and Fleet Supervisor Don Harris. at

Beating the Holiday Blues

The holidays can be a time of celebration, love, joy and happiness. But for many of us, the holidays can also bring added worries, stress and sadness. Concerns about money, lack of sleep, excessive demands on time, and intense family relationships can contribute to feeling blue. Feeling sad can make us more likely to become physically sick, depressed, or eat, drink alcohol or consume drugs in excess.

We want you and your family to stay happy and healthy this holiday season, so we've put together some helpful tips for beating the blues:

- **Set realistic expectations** about gifts and activities.
- **Openly discuss finances** and money available for celebrating the season.
- **Keep things in perspective** by focusing on what is important about the season to you and your family.
- **Take time to enjoy the small things**, a walk with a loved one, the smell of rain, the sound of poetry - be mindful of your environment and try to be more accepting of those around you.
- **Make Connections.** Meet and celebrate with family and friends. Reconnect with friends or family you haven't seen for a while. Reach out to help others in need.
- **Take Care of Yourself.** Accept and ask for the help you need. Try to get regular sleep and exercise. Eat healthy food. Take more vitamin C -which helps stop the secretion of stress hormones. Take short breaks (from 1 to 5 minutes) to breathe deeply and relax.
- **Laugh** as much as possible. Laughing can reduce physical stress in your body, improve your mood and even help you fight off viruses.

Best wishes for a happy, healthy and joyful holiday season!

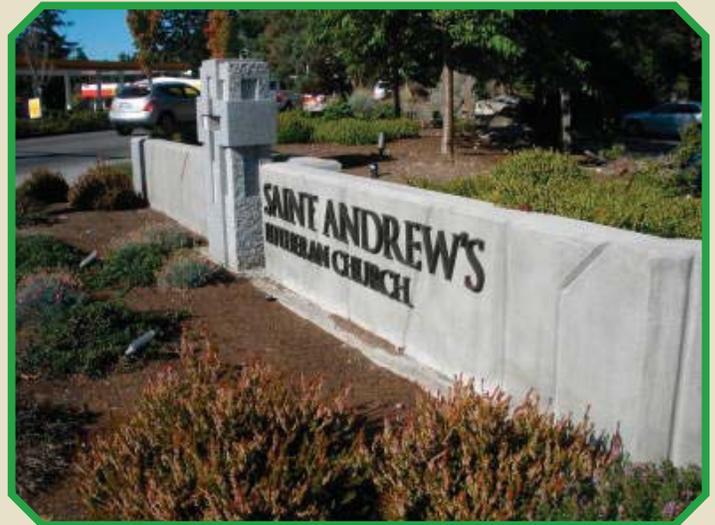
To learn more about the Youth and Family Services program provided through Friends of Youth, please visit www.friendsofyouth.org/youthandfamily.aspx.

Saint Andrew's Church

Donor Highlight

Donors aren't always a person or a foundation; they can also come in the form of a church. One church in particular has become not only a donor but a partner to Friends of Youth: Saint Andrew's Lutheran Church in Bellevue. Over the past three years, Saint Andrew's has become more and more involved with the issues of youth and young adult homelessness, and more connected to our work.

Helping people find shelter is not an unfamiliar calling, Pastor James McEachran explains, "Saint Andrew's Lutheran Church has long been committed to solidarity with non-profits who reach out to unsheltered people. Over 25 years ago, we helped create what was then Saint Andrew's Housing Group, now named Imagine Housing."



As Saint Andrew's learned more about Friends of Youth and our work in the community, the congregation made a donation to Friends of Youth's Capital Campaign to help create a permanent location for the Landing, the only emergency overnight shelter for young adults on the Eastside. "Now we view this partnership as growing and deepening" says Pastor McEachern, "Most recently we became the first faith community in King County to become a SafePlace." Their care and compassion for youth and young adults on the Eastside experiencing homelessness is a true testament to their passion. "It is a joy to share in this outreach to be sure that no one is unsheltered."

We are thankful to Saint Andrew's Lutheran church for their partnership in helping to resolve youth and young adult homelessness.

Volunteer Opportunities

Meal Donors Needed All Year Long

Every day of the week, with the help of our meal donors, we provide wholesome, pre-cooked meals for 15-20 young adults at our Youth Service Center in Redmond. 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. 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

Thanksgiving Basket Drive - Now until November 15th

Thanksgiving is around the corner, and we need your help to ensure that our youth have a true Thanksgiving meal. We are asking for the following donations:

Stuffing mix	Canned yams	Canned green beans	Perishable food (such as turkey) can be given through a grocery gift card
Cream of mushroom soup	Instant potatoes	Gravy mix	
Cranberry sauce	Aluminum roasting pan	Pumpkin pie mix	

We ask that donations be dropped off at the Kirkland Youth Service Center (13116 NE 132nd St., Kirkland) by November 15th. Also, we encourage donors to assemble their own gift baskets for easy storage and distribution. A complete gift basket would be made out of the above items to feed a group of four.

Giving Tree

Our Giving Tree program offers a very personal way to brighten the holidays for a young person by purchasing new clothes or a gift specifically requested by a youth. Last year, Giving Tree donors provided more than 1,000 gifts to Friends of Youth clients for the holidays.

This December, we will be distributing over 4,000 gift request tags. We'll need a lot of help making that possible. If you want to help by donating cookies and snacks, decorating our storage space, or helping organize the gifts as they arrive, please contact our Volunteer Coordinator, Will Lemke, at 425-869-6490 x309 or volunteer@friendsofyouth.org.

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

Jenn Whitney and Cheryl Swartz Volunteer Spotlight

Jenn Whitney and Cheryl Swartz both work in Corporate Real Estate with AT&T. They've been volunteering in the community for over 10 years. After helping homeless teens in Seattle, they decided to bring their efforts to the Eastside. They quickly discovered Friends of Youth and chose our emergency shelter, The Landing, as their United Way Day of Caring project. Starting in August, they organized lunch fundraisers at AT&T, raising over \$2,500. They used those funds to purchase new shelving, shower curtains and mats, bathroom supplies, clothing, and food for The Landing—enough supplies to fill a half dozen SUV's! For the actual Day of Caring, they recruited 13 coworkers to join them in cleaning and organizing the shelter. They also threw an Italian feast for lunch, socialized with clients, and staffed a tie-dye station for t-shirt creation!

Each AT&T volunteer that day was touched by what they experienced at The Landing. Many did not know that teen homelessness was an Eastside issue—or that the only overnight shelter for young adults is just one mile from their AT&T office. Cheryl and Jenn have continued their commitment to The Landing by becoming meal donors—earning them the nickname “The AT&T Angels” from the clients.

We are so appreciative of Jenn, Cheryl, and AT&T for the amount of support they have provided for the young adults at The Landing. Thank you!





November 2013						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						2
3						9
10						16
17	18			21	22	23
24	25	26	27	28	29	30

Homeless Youth Awareness Month



Youth and Family Services Breakfasts
November 19: Snoqualmie, 7:30 - 8:30 AM
November 20: Duvall, 7:45 - 8:30 AM

December 2013						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1		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				



December 1 - 20: Giving Tree
 Help make the holidays bright for youth!



Youth and Family Services Breakfast
December 3: Issaquah, 7:30 - 8:30 AM



December 3: #GivingTuesday
 A national day of giving to kick off the giving season.



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.

January 2014						
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	31	



January 20: United Way MLK Day of Service
 Join your community, United Way, and Friends of Youth in a day of service to others.

"Everybody can be great because anybody can serve."
 -Dr. Martin Luther King Jr.

February 2014						
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	



Canned Food Month

Meals using canned ingredients are similar in nutritional and taste value to those made with fresh or frozen vegetables or fruit. Please drop off any canned food for our youth at our Kirkland Youth Service Center.
 13116 NE 132nd St., Kirkland, WA 98034



Friends of Youth

Fall 2013

13116 NE 132nd Street
Kirkland, WA 98034-2306

Friends of Youth

13116 NE 132nd Street
Kirkland, WA 98034-2306
425-869-6490
www.friendsofyouth.org

Terry Pottmeyer
President & CEO

Contact:

Dan Johnson

Development Director
425-869-6490 x308

To make a donation or inquire
about events:

Rachel Wanamaker

rachel@friendsofyouth.org
425-869-6490 x317

To volunteer:

Will Lemke

volunteer@friendsofyouth.org
425-869-6490 x309

To support our Capital Campaign:

Kami Dockery

kami@friendsofyouth.org
425-869-6490 x338

Support mental health and substance abuse services for school-aged kids in the Snoqualmie Valley, Riverview, and Issaquah School District communities.

Youth and Family Services Breakfasts

Tuesday, November 19, 2013 -
7:30 AM, Snoqualmie Elementary School

Wednesday, November 20, 2013 -
7:45 AM, Riverview School District Educational Service Center

Tuesday, December 3, 2013 -
7:30 AM, Pickering Barn

The need for counseling services for young people is growing. Friends of Youth is here to help. We hope you will join us at one or all of these breakfasts to learn more about our efforts to increase counseling services for our youth.