

Friends of Youth Forum

Winter 2014

Youth Leadership in our YFS Programs

When Robin Lustig was just a sophomore in high school, she knew she wanted to make a difference in her community. She decided to join the Friends of Youth advisory committee as a student representative. Now Robin is a 17-year-old senior at Issaquah High School finishing her third year on the Advisory Committee for Youth and Family Services Counseling Programs. What a difference she has made.

As a member of our Advisory Committee, Robin attended the Action Forum for Youth in May 2012, where she debriefed the results of Issaquah School District's Healthy Youth Survey. Robin commented that the survey accurately described behaviors at Issaquah High School.

Robin continually advocates for Issaquah School District students. She is clear about the benefits of having Friends of Youth counselors available in her school.

"There is no one at school for a student to talk to if a mistake was made over the weekend or if they need someone to open up to about family problems," Robin said at Friends of Youth's first annual Issaquah Youth and Family Services breakfast December 3, 2013. "If granted the mental health resources, I predict we will see a large decrease in students that say they have experienced things such as depression and suicidal thoughts." Her inspirational comments spurred those in attendance to give generously to support access to Friends of Youth counselors at school. As a result, Friends of Youth will increase counseling by 20 hours per week in the Issaquah schools beginning February 2014.

"She's absolutely fantastic," said Paula Frederick, Director of Friends of Youth's Youth and Family Services. "She's such a dedicated and passionate young woman who provides all types of volunteer support and leadership in the Issaquah community and the school that she attends. She is a very talented, educated and poised young woman and has been a big supporter of ours throughout the time she has been a part of our advisory committee."

The Advisory Committee for our Youth and Family Services Counseling Programs is composed of members of the community that meets six times a year to make suggestions, receive feedback, and support and promote Friends of Youth's programs. We value the importance of youth voice in our programs and appreciate Robin's perspective on our work. Together, we can ensure that all students have counseling services available when they need a listening ear. Thank you, Robin!



Sixty-Three Years Serving Youth

Founded in 1951, Friends of Youth has been serving children for over six decades. We began by providing foster homes, work we have continued for sixty-three years. Along the way, we have seen other children who need our support, and we have responded. It is not always easy to respond, but we take our mission very seriously, and we find ways to serve.

For almost thirty years, we have served a very special population—sexually aggressive boys—in our Matsen House program. We don't talk about this successful and important work a great deal, likely because the topic makes many people uncomfortable. Not a lot of people understand our boys, and I think we have been too quiet about how, and why, we serve them.

A few brief statistics describe the very challenging young lives our boys have experienced before they enter our program:

- 20-50% are victims of physical abuse
- 40-80% are victims of sexual abuse
- 30-60% suffer from learning disabilities
- up to 80% may suffer from other psychiatric disorders

Using a proven therapeutic intervention, DBT, with patience and persistence our boys successfully complete treatment. Multiple studies, and our personal experience, clearly show that most juveniles who participate in treatment never sexually offend as adults. That's a powerful outcome.

Our program rests on a belief in the importance of each child, focusing on their strengths, building resilience, and working with their family to successfully complete treatment. We are so proud of the hard work they do while they are with us to change their behaviors, and celebrate their successful graduation from our program.

Our vision is that every young person should have every opportunity to succeed—every young person. Our Matsen House program, like all of our programs, is designed to fulfill that vision.

"Helping, fixing, and serving represent three different ways of seeing life. When you help, you see life as weak. When you fix, you see life as broken. When you serve, you see life as whole."

~ Rachel Naomi Remen



Capital Campaign Projects Continue

Two years ago, Friends of Youth made a serious commitment to addressing the needs of homeless youth and young adult and embarked on a seven building capital campaign designed to more fully respond to youth homelessness on the Eastside. We have completed three of those projects—the Redmond Youth Service Center, our new Youth Haven home, and our new Kirkland Youth Services Center. The next two are underway.

Pictured to the right is one of two transitional living homes currently under construction.

When finished in May, it will provide housing for ten young adults who need specialized support to exit homelessness and move to stable, safe housing and productive adulthood.

In April, we'll break ground on our final two projects, housing for youth in extended foster care.

Our campaign to support this important work is over 94% of the way to our goal. Join us in meeting our goal by making a donation. Learn more at

www.friendsofyouth.org/capitalcampaign.aspx.



Support for Middle School Students

Friends of Youth is in the fourth year of a King County grant funding counseling at Beaver Lake, Maywood, Tolt and Twin Falls Middle Schools. Our free services have assisted more than 500 students.

Our staff focus on helping students solve problems, improve school performance, and cope with stress, anxiety and depression. We help students see their problems as manageable, and we prepare them to better address future difficulties that may arise. These programs have garnered great response, and school officials often express their gratitude. Their support helps students feel comfortable accessing our services, and students have started encouraging each other to meet with our counselors.

Our school-based support programs also connect students and families in greater need of help to other services. Whether the need is for medical care, holiday gifts or additional counseling services we can help students make the connections outside of school.

Middle school can be tough, especially with rigorous academic coursework, moves and stress at home. Our school-based support services are there to help.

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

Grants Spotlight

We are grateful to the following for their support of our work:

Fred Meyer Fund, Microsoft, Quadrant Homes, Rotary Club of Sammamish, Whole Foods - Redmond, The Raikes Foundation, Ballmer Family Giving, and The Windermere Foundation

Janet Turpen Donor Highlight

In December 2011 Janet joined the Board of Directors at Friends of Youth. She brought with her a passion for youth and many years of advocacy experience. Janet is the Regional Vice President of Government and Regulatory Affairs for Comcast Cable's Washington Region.



When asked why she was said yes to serving on the Friends of Youth Board she said "I was invited to attend the Celebration of Youth luncheon and was so impressed by the work of the organization that I wanted to lend a hand. Joining the board seemed like a perfect way to bring my skills and expertise to bear." Prior to her career in the cable industry, Janet was an early childhood educator, parent educator and director of for-profit children's learning centers.

Sharing her skills with Friends of Youth, a youth serving organization, was a perfect match. The more she learned about the services we provide to youth in challenging circumstances the more she wanted to get involved.

Recently, Janet has become a major supporter of our Youth and Family Services program. Friends of Youth's Youth and Family Services are provided in the Riverview, Issaquah and Snoqualmie Valley School District communities. Just as Janet was an educator, so is Friends of Youth. We teach youth how to work through substance abuse and mental health issues while growing into healthy, happy, self-sufficient adults.

Thank you Janet for giving so generously of your time, resources and expertise!

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 20 young adults at our Youth Service Center in Redmond. Dinner is served in the evening and breakfast is served in the morning at The Landing. 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

Celebration of Youth - March 7

Celebration of Youth is on March 7 at the Bellevue Westin. We need enthusiastic volunteer support to help make our event a success. On March 6, we need a volunteer group to help assemble and organize name tags for the event at our office in Kirkland: 13116 NE 132nd Street, Kirkland, WA 98034. Additionally, we need eight to ten volunteers to help set up and tear down at the event in Bellevue. We also are seeking fifth or sixth graders with our raffle during the luncheon. If you are interested and available or know someone who may be interested, please contact our Volunteer Coordinator at volunteer@friendsofyouth.org or (425) 869-6490 x309.

Volunteer Appreciation

Did you know that April is Volunteer Appreciate Month and April 6-13 is National Volunteer Week? Keep your eyes open for Friends of Youth's annual volunteer appreciation event in April. We'll be saying "thank you" to all of the hard-working, dedicated and committed volunteers who help serve youth in our community.

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

Peggy Shay Volunteer Spotlight

Peggy Shay volunteers with Friends of Youth at The Landing and the Kirkland Youth Service Center, working the morning shelter support shift and helping the Development Team with numerous projects. Morning shelter support is in greater need with the increased capacity of 20 guests this winter, and Peggy has been there to help with morning routines as guests who have stayed overnight prepare to start their day. She brings energy, support and consistency to The Landing's staff.

Peggy's work at The Landing has brought her closer to those in need, and she has developed strong connections to many of our young guests. Peggy gives a smile or an encouraging word, and she gets a smile and thank you right back. "The best part of volunteering at The Landing", she says, "is the success stories. When a guest gets a new job or apartment, it makes my day." Peggy's favorite thing to hear from a guest is "You won't see me here anymore!"

Following her morning work at The Landing, Peggy often visits our Kirkland Youth Service Center to work with the Development Team. From organizing the donation storeroom to mailing projects, Peggy is here to help. Thank you for your continued involvement and commitment to Friends of Youth, Peggy!





Friends of Youth

Upcoming Events

February 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	20	21	22
23	24	25	26	27	28	



February 6: "Race to the Top" Capital Campaign Event - Contact Capital Campaign Manager, Kami Dockery for details.
kami@friendsofyouth.org or 425-869-6490 x338

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



March 7: Celebration of Youth
 11:30 AM - 1:00 PM, Bellevue Westin



March 16-22: National Safe Place Week
 Highlighting Safe Place; providing immediate help and safety to young people in crisis.



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.

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

National Volunteer Appreciation Month



April 17: Ribbon Cutting and Ground Breaking for Four New Homes for Young Adults - 12 PM - 1 PM

Friends of Youth Kirkland Campus
 13116 NE 132nd Street
 Kirkland, WA 98034-2306

May 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	29	30	31

National Foster Care Month

Friends of Youth has been a foster care provider since 1951. We are looking for families in King and South Snohomish County to open their homes to these children in need. For more information, please visit us at www.friendsofyouth.org/tfc.aspx.



Friends of Youth

Winter 2014

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 support our Capital Campaign:

Kami Dockery

kami@friendsofyouth.org
425-869-6490 x338

To volunteer:

volunteer@friendsofyouth.org
425-869-6490 x309

Celebration of Youth

Celebration of Youth is just a month away! Mark your calendar for **Friday, March 7** and attend our ninth-annual luncheon, this year at a brand new venue, the **Bellevue Westin**. Registration begins at 11:30am with lunch following from 12-1pm.

Each year, Friends of Youth provides support, shelter, homes and help to more than 4,800 youth and young adults. At our annual luncheon, we celebrate our youth while raising funds to ensure that every young person has the support and opportunities they need to succeed.

There are many ways to be a part of the event. You can become a sponsor or table captain, or register as a guest. Learn more and sign up to attend at www.friendsofyouth.org/CelebrationofYouth2012.aspx. Unable to attend? You can still participate by making a donation at <https://community.friendsofyouth.org/page.aspx?pid=366>.

For questions or additional information, please call Development Assistant Rachel Wanamaker at 425.869.6490 x317 or email info@friendsofyouth.org.