The Year In Review

Dear Friends,

We are so pleased to provide this report to you celebrating the successes of the children, youth and families of our community. We know that Friends of Youth holds a special place in your heart and we’d like to personally thank you for being on our team. Whether you’ve been a client, a staff member, a donor, a volunteer, or a funder, you have been a part of this year’s success. Thank you!

Here are a few highlights of the year just ending:

Celebrating Our Birthday

In October of 2016 we celebrated our 65th birthday with program graduates, alumni staff and board, and current supporters. It was humbling to acknowledge the legacy we have inherited from the visionary leaders who came before us, and to recommit ourselves to carry their vision forward to create a world where every single young person has the opportunity to succeed.

Renewing Our Focus on Foster Care

Along with 12 other Child Placing Agencies, we renewed our commitment to our Foster Care program. We have accepted the challenge to substantially increase the number of quality foster homes we support and license by 2020.

Expanding Drop In Support for Homeless Youth

With support from the City of Redmond and other Eastside cities, we expanded our drop in services from four to seven days a week. This expansion helps more young people find the safety and support they need while they work to achieve their housing, employment and education goals.

Opening A New Office in North Bend

In response to the increased need for counseling and homeless youth services in the Snoqualmie Valley, we opened a new office in North Bend in June, 2017. The new location includes space for a primary care provider, supporting our goal of a client centered approach to health. It also hosts a weekly drop in for youth experiencing homelessness to meet with our street outreach staff.

We are privileged to have had the opportunity to walk with more than 6,000 young people this year on their journey to happy, healthy and independent lives. Together, we are achieving our vision of a caring world where every young person has every opportunity to succeed.

Terry Pottmeyer, President & CEO
William Savoy, Board Chair, FY 2017
How We Accomplish Our Work for Children & Youth:

We Support Young People Facing Challenging Circumstances...

- Mental Health
- Substance Use
- Behavior Problems
- Foster Care
- Unaccompanied Refugee and Immigrant Youth
- Exploitation
- Abuse and Neglect
- Homelessness
- Pregnant and Parenting
- At Risk for Academic Failure
- Justice Involvement

Working With Them to Ensure They...

- Have their basic needs met
- Can identify their own strengths and set realistic goals
- Know how to access the places, tools, and services they need to meet their goals
- Can self-regulate
- Improve their abilities to meet personal goals for employment readiness, education success, healthy relationships, emotional health and physical well being
- Know the people in their life who they can rely on for support
- Have the ability to build and maintain healthy relationships with their supporters

Achieve Their Goals and Dreams.

- All youth are safely housed and successfully engaged in school or work
- All youth have created goals for their continued growth and success
- All youth possess a sense of belonging within a healthy community
94% of youth in our foster homes reported an increased feeling of safety and they felt that the home was a good placement for them.

At exit 100% percent of youth were enrolled in school full time and 93% transitioned successfully to independent living or to a foster home.

At exit, 97% of youth reported that they show more respect for adults and are less likely to be influenced by negative peers than before they entered treatment. 98% of youth said they felt safe in our care.

Provided 2851 bednights to youth from 33 cities. 100% of youth surveyed, reported feeling safe during their stay, and 97% reported that they received the support that they needed.
Finding a Forever Family

‘Susie’ entered foster care on the fourth day of her life, after testing positive for methamphetamines. She went through three months of intense withdrawal that included tremors, excessive crying, and sleep issues. Placed in a foster home that specialized in caring for drug affected babies, Susie soon turned the corner and started to grow stronger. When she turned two, the State asked relatives to consider caring for Susie in a long-term placement—relatives who also happened to be licensed Foster Parents with Friends of Youth.

When her relatives heard that Susie needed a long-term foster home, they were very excited to foster a toddler, a big change from the teens that had been fostering with Friends of Youth. One month after they were contacted, Susie was placed in their home. Friends of Youth offered Case Management services to the family. Susie has thrived in her new home—she loves to count, practice Spanish and help her Mama out in the kitchen. Susie also loves to spend time with her teenage foster sister and follows her around everywhere. In November, Susie was officially adopted by her foster family, a family that never thought they would become parents in 2017!

Focus on Foster Care

We were founded to provide foster care, and we have never wavered in our commitment to our state’s most vulnerable children. In FY 2017 we committed ourselves, with partners across the region, to increase the quality and quantity of foster homes we license, recruit and support.

Why?

Since 2007 Washington State has experienced a 17% decline in licensed homes.

In November of 2015, there were 4,946 foster homes in our state, far less than the 6000 licensed homes needed.

If you are interested in exploring whether you can serve as a foster parent please let us know: fostercare@friendsofyouth.org
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Youth and Family Service Outcomes

**Mental Health Counseling** 844

74% of youth who completed Mental Health treatment accomplished three or more individual goals, reporting improved family relationships, increased ability to manage emotions and stress, and a greater sense of wellbeing.

**School Based Prevention Programs** 693

73% of students achieved goals of improved relationships with family and friends, increased awareness of and ability to manage feelings, and improved school attendance and academic performance.

**Substance Use Disorder** 247

62% of youth who completed Substance Use Disorder treatment achieved three or more of their individual goals, including making choices to not have substances around, achieving educational goals, and improving relationships with family and friends.

**Healthy Start** 482

98% of families demonstrated healthy and effective parenting skills, and 96% of families reported improved nurturing and attachment with their children.

*Healthy Start is a collaboration of Northshore YFS, Renton Area Youth Services, Youth Eastside Services and Friends of Youth.*
Students Succeed When They Have Access to a Behavioral Health Counselor In Every School, Every Day

We work with our donors and our partner school districts to support counseling services available during the school day. Here’s why:

Two students asked to see our counselor due to their concerns about a friend, “We heard that you really help people and we’re really worried about our friend, can you please see her?” Their friend agreed to an assessment and began seeing our counselor regularly at school.

Mental Health Needs

Top reasons youth connect with us for mental health services:
- 65% - Depression
- 40% - Anxiety
- 37% - Co-occurring drug abuse/mental health issues

We also support children, teens and young adults experiencing:
- Post Traumatic Stress Disorder (PTSD)
- Sexual abuse
- Child abuse/neglect
- Divorce issues
- Family conflict/dysfunction

Counseling Supports Stronger Families

“Nicole,” was 15 when she started counseling with Friends of Youth to address significant anger issues and what her mother described as “explosive meltdowns”.

Our counseling team in Issaquah supported Nicole and her mom in three ways: with individual counseling for Nicole, parenting support sessions for her mom, and family counseling for the two of them to help improve their relationship.

Nicole learned new coping strategies such as mindfulness, identifying when to take a break and deep breathing. These have been a great help for her as she learns to manage her intense emotions.

With significantly fewer meltdowns at home, Nicole and her mom have better communication and the tools to resolve problems when they arise. Nicole is continuing to work with her Friends of Youth counselor on improved social skills for stronger relationships.
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Linda and Bryan Taylor
Jeff Techco
Theresa and Michael Tenney
The Atlas Group
Edward and Lynn Thenell
Ron and Jillian Thiele
Karen Thies
Catherine Thomas
Lauren and Lance Thomas
Rose Thomas
Kerry and Eric Thoros
Patricia Thrasher
Courtney Thurston
TisBest Charity Gift Cards
T-Mobile
Council Member Brad Toft
Monique Toentino
Tanya Toner
Lee Ann Tostevin and
Jeremy Pankratz
Alexis Traore-Kaplans
Kristin Trostel
Jack and Fritzie Trowbridge
TRUST
David Trull
Michael Trzupek
Roger Tucker
Darcia and Gary Tudor
Daniel Tushar
TVI Inc.
Joshua Ulanon
Joan Umphreyville
Univar USA, Inc.
Alison Uppendahl
Kristin
Carol and James Van Noy
Dirk Van Veen
Tristan Vandermeer
Steven Vincent
Celia Vivieros and Darnell Atkins
Carol Lee von Gortler Baker
Hong Vu
Judith and Joe Vucinovich
Wende Wadsorth
David Wagstaff
Janice Walker
Amy Wallace
Elise Wallick
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Michael Ward
Madeline Warneken
Kimberly and Patrick Washburn
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Watermark Estate Management
Services LLC
Suzanne and Brent Weaver
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Ethan Weil
Robert and Christine Weisel
Kimberly and Michael Weiss
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Sus Welch
Bonnie Wells
Michaela Werner
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Chief of Police Kristi Wilson
Nadja Wilson
Ricardo Wilson
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Esperanza Wood
Melanie Wood
Mark Worthington
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Lisa Yeager
Kathleen Yenci
Eunmi Rachel Yi
Bruce York
Julie Yount
Rose Zare Roberts
Lydia Zavaglia
Edan Zeboolloon
Susan Ziegman
Arthur Zylisha

Tribute Gifts
In Honor Of
Sengi Demircan Aygun
Julie Bebee
Alex Beveridge
Aaron Bigby
Dawn Carter
Cheri Causey - 4
Allison Garr
Barb and Larry Griffith
Terry Hall
Christina Hunsberger
Vina & Neelima Khandelwal
Julie Kohler
William Lewallen, the US Partner Team, and Microsoft
Joe Matsen
Margaret Morcom
Mr. and Mrs. Fran Nicoletta
Joseph, Daniel, and Colleen Ochs
Eunice Park
Perkins Coie Bellevue Office Staff - 2
Katie Peters
Terry Pottmeyer - 3
The Rothman Family
Bill Savoy
Matt & Sandlin Seguin
Emily Stallman
Melody Takamori

In Memory Of
Dorothy Allen - 2
Geri Dickson
Louise Hazelton - 5
Louise and Jack Hazelton - 2
Alex Nelson
Julia Nelson
Sheila Nelson - 6
Bob Romeo
James D. Tulloch

*Bold indicates donors of three consecutive years.
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### Volunteers

- Kim Abel
- Cary Adams
- Ivette Aguiler
- Rebecca Allen
- L. Terene Alfred
- Hanan Al-zawady
- Reshen Amin
- Brenna Anderson
- Jessica Anderson
- Charina Antono
- Nick Armstrong
- Rick Askew
- Tim Baer
- Elena Bakker
- Deepa Balasubramaniyan
- Jennifer Ballew
- Patrick Barnhart
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- Olivia Becker
- David Beckerman
- Larissa Beneder
- Jim Berres
- Johnathan Biard
- Matthew Blythe
- Dawn Boucher
- Ellen Boyer
- Jon Brady
- Gizela Brage
- Samuel Branstetter
- Melanie Breitbach
- Jamar Brooks
- Marles Brooks
- Daniele Brown
- Dustin Brown
- Ryan Burch
- Justin Buckingham
- Tyler Burn
- Shandy Burton
- Theresa Burton
- Chris Byrum
- Diniza Caldas
- Marissa Caliano
- Rabhu Canahou
- Dylan Carey
- Nansea Carmichael
- Isaac Chandler
- Alex Chellis
- Cynthia Chen
- Irena Chen
- Lorraine Cheng
- Neha Chhabra
- Danny Chirku
- Elaine Chisholm
- Ruchi Chopra
- Anuraj Choudhary
- Souebah Choudhury
- Rachel Christensen
- Nadar Chunukis
- Nick Cinco
- Scott Clancy
- Abigail Clark
- Sean Clark
- Dave Cohoe
- Scotty Cole
- Christine Collet
- Debra Cornell
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- Rick Corrinn
- Russell Craven
- Stuart Cripe
- Phil Crocker
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- Kelli Culver
- Trana Cundar
- Krista Dalton
- Ben Davies
- Bill Davis
- Lexy Davis
- Michelle Davis
- Maria Davis
- Eric Dawkins
- Sandy Dawson
- Dustin DeKoelkoe
- Rachel Denise
- Jeff Devos
- Natalie Dewitt
- JJ Didier
- Karlyn Dixon
- Nermine Dolic
- Brynids Dottir
- Andrea du Toit
- Francis Dubé
- Bethina Durio
- Karla Easton
- Patricia Elders
- Shaherdar El-Tourkhy
- Kalii Elango
- Cathy Emmons
- John Enslein
- Paulina Escalante
- Niko Evans
- Russ Fairchild
- Yuqi Fan
- Ashley Fanale
- Shijing Fary
- Allison Feldman
- Molly Fisk
- Jeff Fitzgerald
- Valentine Fontana
- Jennifer Ford
- John Forrest
- Lucas Fortune
- Barbara Franklin
- Jen Frazer
- Christina Freels
- Ryan Friesner
- Nick Fuller
- Andy Fulton
- Amy Gabriel
- Trevor Gage
- Jesse Galaway
- Ryan Gams
- Zach Garcia
- Bill Garrard
- Michelle Gates
- Daniel Gebre
- Melinda George
- Bonnie Getchell

### Homeless Youth Services Outcomes

#### RESPONDING TO BASIC NEEDS

<table>
<thead>
<tr>
<th>Service</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Street Outreach</td>
<td>391</td>
</tr>
<tr>
<td>Specialized Case Management</td>
<td>100</td>
</tr>
<tr>
<td>Landing Young Adult Shelter</td>
<td>199</td>
</tr>
<tr>
<td>Drop-In Program</td>
<td>262</td>
</tr>
</tbody>
</table>

- **Street Outreach**: Youth contacted by our outreach team are connected to our Housing Navigator. 50% of youth who engaged with our Housing Navigator obtained stable housing.
- **Specialized Case Management**: The average age of young people who received our support due to an experience of commercial sexual exploitation or sexual assault was 17.
- **Landing Young Adult Shelter**: The Landing received meals from community members 365 days during the year through our dinner donor program.
- **Drop-In Program**: In March, we expanded Drop-in hours to seven days per week to meet basic needs such as, food, clothing, laundry, showers and life skill development.

#### LAUNCHING TO SUCCESS

<table>
<thead>
<tr>
<th>Program</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>New Ground Transitional Living Programs</td>
<td>263</td>
</tr>
<tr>
<td>Rapid Rehousing and Supportive Housing Programs</td>
<td>47</td>
</tr>
<tr>
<td>Education Support</td>
<td>77</td>
</tr>
<tr>
<td>Youth Employment Support</td>
<td>76</td>
</tr>
</tbody>
</table>

- **New Ground Transitional Living Programs**: One of our six TLP programs, New Ground Avondale Park, provided 43,112 bed nights and housed 98 unduplicated moms, dad and children. 90 percent of the families served transitioned to safer and more stable housing. Six families maintained or increased their employment/benefit income.
- **Rapid Rehousing and Supportive Housing Programs**: Our RRH program helps identify and secure housing with landlords and at properties that young people may not have been able to connect with on their own.
- **Education Support**: In the first year of our program, 38 youth achieved measurable academic progress. 32 youth passed one or more GED subject tests.
- **Youth Employment Support**: 35 youth increased employment skills, 5 youth completed internships and 20 obtained employment.
First Lady Trudi Inslee – On the Team for Youth!

We encourage everyone to join our outreach team by providing wallet sized cards to everyone we meet, including guests at our annual Celebration of Youth luncheon. This year, we honored First Lady Trudi Inslee at our luncheon with her very own Friends of Youth outreach jacket, acknowledging her leadership in ending youth homelessness in Washington State. Everyone can be on the team, ensuring that ALL youth have a safe home each and every night.

Re-starting His Education Dreams

“Kevin” made it to his senior year in high school before dropping out. He was staying in Redmond at Friends of Youth’s emergency shelter for young adults, the Landing, when shelter staff referred him to our Eastside Reengagement Center.

Inspired to complete his GED, Kevin met with specialists who helped him create a plan for his education. He set a short-term goal of earning his high school equivalency and a longer term goal of pursuing training to become a computer programmer.

Like many youth we serve, Kevin’s past educational experience had been negative. We were able to provide him with the individualized support, self-paced learning, and flexible class sessions he needed to complete his GED. While finishing the GED tests, an Education Advocate helped Kevin explore post-secondary options and connected him with a mentor who works at a local hi-tech company.

Recently, Kevin enrolled in computer science classes at a nearby college and is currently pursuing his goal of becoming a computer programmer.
FY2017 SUPPORTERS

Feruza Ghias
Zach Gian
Roelice Girly
Gail Glasgon
Lori Glass
Barton Goft
Lenny Gonzaga
Raskeeda Grant
Paula Grassell
Don Gray
Alan Green
Dan Greene
Daniel Greene
Jessica Grimes
Kelly Groack
Quynh Ha
Amanda Haderly
Terry Hall
Peggy Hammerle
Sara Harrison
Renee Harrison
Richard Harrison
Emily Hausman
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Alee Heidar
Matt Hendricks
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Susan Iverson
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Kamran Janjua
Grace Jean
Kacie Jederbery
Denise Jensen
Marissa Jessica
Renee Jian
Bethany Johnson
Cary Lynn Johnson
Calvin Jones
Yaminah Jones
Pipsa Jordan
Vijay Kaishin
Sanjeev Kameshwaran
Shubhagi Kanetkar
Mark Kao
Ramua Kapala
Sudarshan Karappillli
Sandepa Katurmala
Swak Kaul
Sukhman Kaur
Peddi Keelari
Andrew Kennelly
Jessica Kerr
Haeliy Kieug
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Jennifer Lane
Jake Lamsche
Jaisheen Lawrence
Tina Le
Erin Lebaron
Alex Lee
Allison Lee
Deeua Lee
Eddie Lee
Belinda Leung-Tiberio
Cameron Lewis
Doug Lewis
Jeffrey Li
Kirk Li
John Lian
Evan Lin
Jestyn Lin
Jonathan Lin
Jun Zhao Louis Lin
Layay Lin
Michael Lorente
Kelly Lochert
Krista Lockhart
Doug Lora
Marlen Loughlin
Cheryl Lucero
Keita Lyles
Anastasia Lyon
Katrina Lyon-Smith
Catherine Magisioni
Raveja Mahmood
Gary Maioel
Arindam Majumder
Caolin Mannion
Jon Martinez
Noelia Martinez
Paul Matthew
Dan McDaniel
Marcus McCleary
Scott McFadden
Giles McGarry
Kern McGee
Andon McIvor
Anthony McLean
Brittany McNabb
Natasha Melnikova
Erika Menezes
Jamie Merritt
Oscar Meza-Garcia
Arabinda Mhyr
Dakota Miller
Isabella Miller
Michelle Miller
Dorothy Mitchel
Erin Myake
Mark Molumbry
Angela Moniaga
David Monroe
Jarad Monero
Courtney Moore
Samantha Moore
Makoto Morimoto
Michelle Murdock
Pauline Mutumikina
Judy Myers
Bekah Myrove
Suma Nagmote
Anand Naik
Vidya Nallathimmayagari
Briane Nasman
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Ayssya Nelson
Aditya Nivarthi
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William Norton
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Skyler Olson
Femi Okoloyi
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Rosanna Ongoco
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Ravi Ramachander
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Nate Redd
Kristin Reed
Robin Reents
Amanda Reinhard
Doug Ricard
Thomas Ricard
Luke Robertson
Rumi Robinson
Eve Rodriguez
Meg Rohacek
Marilyn Romatka
Sandy Roquet
Chris Rossi
Brian Ruddy

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Thank You

Friends of Youth is grateful to the many individuals, foundations and corporations whose gifts help change the lives of the youth we serve. We have taken great care to accurately list all of our donors. We sincerely apologize for any misspellings or omissions and would appreciate the opportunity to correct our records; please email our Development Team at devsupport@friendsofyouth.org with any updates or corrections.
Honoring Our Volunteers

We are lucky to have hundreds of people who give of themselves in support of the young people we serve. Some of them cook, bringing delicious dinners to our shelter each night. Some tutor refugee and immigrant youth who are enrolled in an American school for the first time. Some paint apartments in our transitional housing programs, some babysit so that our young parents can attend house meetings, some stuff envelopes, some help with our annual holiday giving program and some, the intrepid, weed and help with landscaping at one of our 26 sites.

We are so grateful for our amazing volunteers. Here are a few photos from volunteer projects in FY2017. So many happy faces—who leave so many happy faces behind when they wrap up their volunteer time with us.
Our FY 2017 Investments in Youth $13,504,869**

<table>
<thead>
<tr>
<th>Service</th>
<th>Amount</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Residential Treatment</td>
<td>$5,982,380</td>
<td>44%</td>
</tr>
<tr>
<td>Homeless Youth Services</td>
<td>$3,174,022</td>
<td>24%</td>
</tr>
<tr>
<td>Youth and Family Services</td>
<td>$1,847,645</td>
<td>14%</td>
</tr>
<tr>
<td>Management and General</td>
<td>$1,484,363</td>
<td>11%</td>
</tr>
<tr>
<td>Fundraising</td>
<td>$596,407</td>
<td>4%</td>
</tr>
<tr>
<td>Healthy Start</td>
<td>$420,052</td>
<td>3%</td>
</tr>
</tbody>
</table>

**Includes $563,797 Depreciation Expense

FY 2017 Revenue and Support $13,425,557

<table>
<thead>
<tr>
<th>Source</th>
<th>Amount</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Federal, State, Local Fees and Grants</td>
<td>$10,258,090</td>
<td>76%</td>
</tr>
<tr>
<td>Contributions and Special Events</td>
<td>$2,246,496</td>
<td>17%</td>
</tr>
<tr>
<td>United Way (King and Snohomish County)</td>
<td>$464,042</td>
<td>3%</td>
</tr>
<tr>
<td>Fees for Service</td>
<td>$268,099</td>
<td>2%</td>
</tr>
<tr>
<td>Investment Income/Other</td>
<td>$163,830</td>
<td>1%</td>
</tr>
<tr>
<td>Capital Campaign</td>
<td>$25,000</td>
<td>1%</td>
</tr>
</tbody>
</table>
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Former President, Vulcan

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