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ANNUAL REPORT 2013



## Because of you, a young woman learned how to live life again.

"When I came into the [Pearl Street Residence]," Chelsea begins, "I was homeless, I had dropped back out of high school, and I had crashed my car. I was in a really big legal situation—I was facing 15 years in prison. I was at a point where I was like, 'there is no possible way I'm going to get my life back together after this.'"

Chelsea was 18 when she moved in, coming from a few months at a rehab facility. "At first, I was not a big fan," she says. "I wasn't a big fan of rules and structure. I had a foster home, but I didn't follow the rules—I just did whatever I wanted."

"But you're expected to hold your own at Spectrum. You're supposed to do chores, follow rules, and go to all your meetings on time. I had to learn how to be responsible. I had to learn basic life skills over again. **They literally helped shape me from the ground up.**"

Chelsea had dropped out of high school, so first up, staff worked with her on getting back in. "They helped me to get to all my appointments, helped me to do my homework, to do the basic things I just needed to do. And **I was able to graduate high school, which I thought I would never ever do.**"

Because she was formerly in foster care, Chelsea also worked with Spectrum's Youth Development Program (YDP), which supports youth aging out of state custody and transitioning to a life on their own. The YDP staff step in where a parent otherwise might, offering coaching and financial support. In Chelsea's case, they helped her get into cosmetology school and apply for financial aid, and then helped her pay for the clothing she needed for school.

Staff also helped her address her legal situation. "**I thought I was going to lose everything, but everybody was by my side the whole time,**" she says. Kandi, her caseworker, went to court and then to trial with her. When she was put on house arrest for six months, she thought her life was over again. But she found Spectrum staff there to help her do everything she needed to do.

"I don't have much family, I really don't, and they helped to fill that," says Chelsea, her eyes filling with tears. "Sorry, I'm getting worked up. **They taught me how to live life again.**"

Now 20, Chelsea is two years sober, lives on her own, and has a job in a local salon. She still comes to Spectrum for counseling and to check in with Kandi once a week.

"I had to be re-taught everything. The way that I was used to living was a dirty way of living. It was just a terrible way to live. I guess I got to a point where I was able to look at the way that I was living my life before and really deep down inside decide that I didn't want that anymore.

**"I would not have anything I have now without Spectrum,"** she says. "That's real."

**"I would not have anything I have now without Spectrum"**

# “You guys are keeping me alive and the food is delicious. I am so grateful.”

## What did you do in 2013?

Maybe you passed a major milestone, like sending a child off to kindergarten or college. Perhaps you went on vacation somewhere incredible, found a new job, or simply enjoyed life as it is.

## Whatever is on your list of highlights for the year, please add this:

**You** helped a teenager obtain substance abuse counseling.

**You** helped a young man get a warm meal and a roof over his head.

**You** helped a young woman just exiting foster care find her way to a new apartment, a part-time job, and school.



This report will give you just a taste of what you accomplished last year. From all of us at Spectrum, thank you for making sure we're here for those who need us.

Sincerely,

A handwritten signature in black ink that reads "Mark Redmond". The signature is fluid and cursive.

Mark Redmond, Executive Director

*Photos: On a cold night in March, Celia Andrews (bottom left), then 9 years old, inspired us all when she unrolled her sleeping bag in her own backyard to join in the Spectrum Sleep Out taking place in downtown Burlington. One year later, 125 students joined her for the Student Sleep Out, raising over \$26,000! Other photos clockwise from Celia: our Drop-In staff; board member Yael Friedman and her son Lee at the Empty Bowl Dinner; sleeping bags lined up at Spectrum's Sleep Out; volunteers Shay DiCocco and Sister Irene Duchesneau welcome guests at the Empty Bowl Dinner.*

**You** opened the door for homeless and at-risk young adults who needed a warm meal and a place to do laundry, take a shower, and access medical care and other services. And you gave a home to those who needed a roof over their heads—along with a path to living independently.

## BASIC NEEDS & A STABLE HOME

Drop-In Center  
**800 served**

Emergency Shelter and Transitional Housing  
**71 served**

Health Center\*  
**488 served**

Youth are staying for longer periods of time in our residential programs, in part because they are coming in with more complex problems and need time to stabilize. It is also difficult for youth to find jobs and affordable places to live and so harder to exit the program quickly. The good news? When youth graduate, they are achieving greater stability and longer-lasting success.



**You** provided young people with coaching and support for such critical life skills as finding and keeping a job, getting into and staying in school, or finding a place to live.

#### LIFE & SURVIVAL SKILLS

Youth Development Program  
**126 served**

Jump on Board for Success (JOBS) Program  
**89 served**

Youth in Transition Program  
**54 served**

Drop-In Center Classes & One-on-One Assistance  
**~500 served**

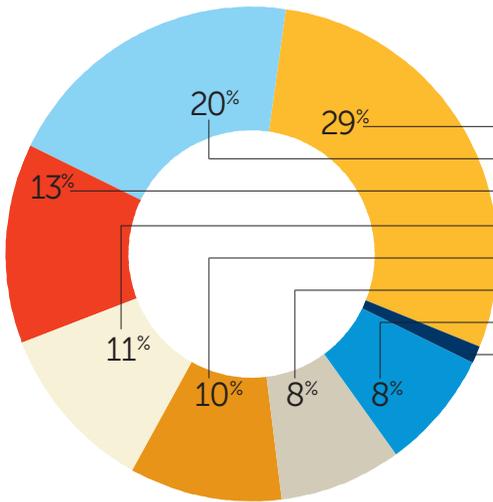
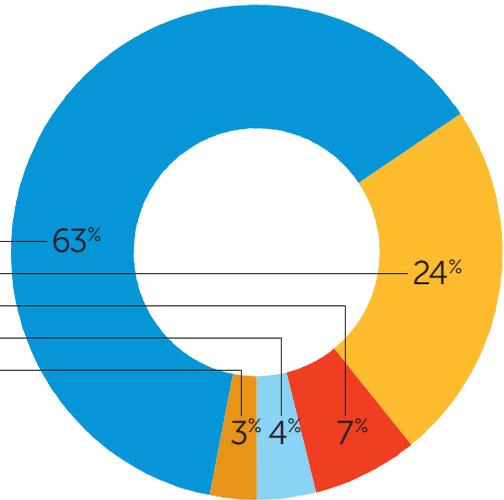
Due in part to a unique partnership with the Community College of Vermont, the number of youth in our Youth Development Program who are enrolled in college or technical schools has risen to 50% (the national average is just 20%). Similarly, the JOBS program has seen long-term employment increase by 65% after implementing a “progressive employment” model that moves clients in stages towards competitive jobs—a partnership with Creative Workforce Solutions.

# Financial Report

10.1.12 to 9.30.13

## SOURCE OF FUNDING

Federal and State Funding	\$2,418,669
Donations	933,763
Program Fees	261,434
Miscellaneous	144,235
United Way	100,000
<b>Total</b>	<b>\$3,858,101</b>



## USE OF FUNDING

Residential Programs	\$1,099,271
Violence Intervention & Prevention	778,157
Administration	505,128
Skills Programs	395,602
Drop-In Center	382,427
Counseling	310,369
Fundraising	315,429
Mentoring	29,586
<b>Total</b>	<b>\$3,815,969</b>

Federal and state funding for nonprofits has plummeted in recent years, and we expect this trend to continue. Luckily, donors from all walks of life have stepped up to fill the gap, and last year, private giving increased by a much-needed 45%. Thank you, for making sure we're here for the next youth that needs us.

**You** gave teens, young adults, and men with a history of violence the opportunity to get counseling, mentoring, and the support they need to turn their lives around.

## PREVENTION & INTERVENTION

Counseling <b>402 served</b>	Mentoring <b>74 served</b>	Domestic Violence Intervention & Prevention <b>404 served</b>
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In May 2014, Vermont lawmakers voted to roll out a statewide program modeled in part after Spectrum's Rapid Referral Program, in which a judge offers immediate substance abuse treatment at arraignment. The *New York Times* profiled the program in January 2013 because participants were shown to re-offend just 18.7% of the time compared to 84.3% for those who did not participate.

**“My mentor has made me realize that school is not really a game or a joke anymore. If you want to do something you’ve got to work for it. He’s worked for everything he has.”**

**“I’ve learned how to get up in the morning on my own for school and get ready, do a daily routine. My case manager has helped me do a meal plan with a meal set out for every day for two weeks, making sure I have groceries. Budgeting is huge—I have my own bank account now, I know how to budget it. I check in every week with staff to make sure I’m not taking money out of savings. I have the Drop-In for classes. I’m just about to start taking a jobs class. The program and the staff just help you with everything. It’s definitely made me thrive as a person.”**

**“This group really helped me to learn the importance of taking responsibility, being respectful, and treating my partner as an equal.”**



**SPECTRUM**  
YOUTH & FAMILY SERVICES

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A UNITED WAY AGENCY