



**SPECTRUM**  
YOUTH & FAMILY SERVICES

# Spectrum Sun

Your gifts at work for teenagers & young adults

**WINTER 2018**

## Ten More Beds!

**Thanks to you, Spectrum opens a warming shelter for the cold winter months**

Last winter was rough.

With shelters full across the region and a long waiting list for Spectrum's 25 beds, we often had to turn young people away who needed somewhere to sleep.

"It was heartbreaking having to close the Drop-In Center at night knowing that half the youth who were leaving had no place to go," says Allie Forward, our Drop-In Youth Coordinator. "To see them lose hope and energy and feel trapped as the weather turned colder and colder was just awful."

**A true community effort—made possible by you.**

Over the summer, we looked at many locations where we might launch a shelter, but it was thanks to a visit to Burlington Bishop Christopher Coyne that we were finally connected to Father Lance Harlow, rector of the St. Joseph Co-Cathedral in downtown Burlington, who agreed to let Spectrum use their parish hall this winter. *continued on back*



Thanks to you, ten beds line the walls at the warming shelter in downtown Burlington. The shelter opened in early November and will close at the end of March.

"I'm thankful for the warming shelter because if I wasn't there I would be sleeping outside in the freezing cold. Before I was there I didn't even have a sleeping bag, cause someone found it and threw it away when I left my camp. And I love the staff. They are awesome, fantastic and cool."

"If I wasn't at the warming shelter I would probably still be sleeping in the parking garage. It's really been a blessing. The Burlington community has been really awesome too. People are always dropping off food at night so we always have something to eat if we're hungry."

"I'm really grateful for the warming shelter cause it's a safe place to stay when I have nowhere else to go. I really feel the staff care about us. And I appreciate that it's warm. And the beds! They're actually really comfortable."

"If I wasn't at the warming shelter I would probably be sleeping in laundromats like I did last winter, cause it's too cold to sleep outside. I really enjoy it there and always feel safe. The environment is welcoming and the staff are nice."

"I'm grateful for the warming shelter because I would still be sleeping outside if I wasn't there. It's great and I'm really thankful for all the support."

## Mark's Mission Moment

# Belief and Belonging, Thanks to You



Mark Redmond  
Executive Director

Your gifts to help our youth are, in part, supporting our newest program: Detail Works, a car detailing business that hires and works with our youth, teaching them on-the-job skills to help them succeed. Last summer, as we planned to launch Detail Works, we'd been brainstorming a lot—with our social enterprise advisory board, staff, and youth.

We were all at one of these sessions when one young woman who has really struggled in her life, but has overcome a lot, said, "The kids at Spectrum are so excited about this opportunity. They're really thrilled."

And I turned to her and said, "Tell me more, what is it about this that makes them so excited?"

"It's because for so many of us, we've never had anyone believe in us. And kids see this as their first chance to do something where adults will believe in them."

This really struck me. A lot of these young people haven't had support in their lives—whether from their parents, teachers, aunts, uncles, or coaches. But with your help, our supportive employment model makes sure that they're working with staff who believe in them.

And then she added, "This is our chance to belong to something."

Some of us grew up belonging, if we were lucky, to a family, an extended family. But many of our youth grew up in multiple foster homes, or their parents were struggling with drug and alcohol use. Sometimes, our youth struggled too.

Belief and belonging: these two ideas are the backbone of Detail Works. To the outside world, it looks like a car detailing business. And of course, it's a great training opportunity. But to the kids at Spectrum, it means so much more.

**Thank you for believing in our kids, and thank you for belonging to our community.**



## ANNOUNCING:

# Riverstone Counseling

**We've re-launched our counseling program to better serve our community!**

Riverstone Counseling is the new name for our mental health and substance use counseling program for anyone ages 12 to 30.

Riverstone counselors specialize in working with teenagers, young adults, and parents to help youth identify and work with their strengths to achieve their goals.

**"Our approach is to help youth think critically about the choices they're making and how these choices can help them achieve their goals. We give them a process for making better decisions for their futures."**

LESLIE FERRER, clinical director

Our counselors specialize in helping clients using cognitive behavioral therapy, eye movement desensitization and reprocessing (EMDR) for trauma, narrative therapy, and other proven treatments. They're trained mental health professionals, social workers, and substance abuse counselors who follow a client-centered approach to treatment.

"We are accepting each person for who they are at that moment, building trust in a safe and non-judgmental space, and from there, helping them explore the potential changes they may want to make in their lives," says Kristen Vogel, our counseling program manager. "Relationships—what we call strong therapeutic alliances—are really the groundwork for successful counseling."

Riverstone is open to the public, takes most insurance, and, thanks to generous donors like you, accepts clients with no insurance, too. To learn more, visit [www.riverstonecounseling.org](http://www.riverstonecounseling.org). To make an appointment with one of our counselors, call (802) 864-7423 x310.

# 18 Degrees

That's how cold it was last March when over 100 business and community leaders, and over 450 students, gathered together to sleep out in solidarity with youth who face homelessness year round, even on the coldest of nights.

By joining the Sleep Out, you can raise money to make sure our doors are open for youth who need a warm meal, a safe place to sleep, counseling, mentoring, coaching on life skills, and a supportive community. The funds you raise go directly to helping youth survive and thrive.

Matt Johnson, who slept out in 2017, told us: **"The cold night and winter conditions made everyone aware of the struggle that homeless youth experience every day and how everyone's help and collaboration makes the biggest difference."**

Join us **March 29** for the Executive Sleep Out in downtown Burlington, or **April 5-8** for the Student Sleep Out in backyards, football fields, and town greens across northern Vermont. Sign up at [www.spectrumsleepout.org](http://www.spectrumsleepout.org) or email Jett at [events@spectrumvt.org](mailto:events@spectrumvt.org).



It's cold. The ground is hard. It's loud. And for some youth, it's an everyday reality.

**You Save Lives!** Thanks to you, our youth were fully outfitted for the summer. Here are some things we're looking for this winter. Items can be brought to 177 Pearl Street in Burlington. Thank you!

## Leave a Lasting Legacy.

You can ensure that your investment in our youth lives on by making a bequest or planned gift to Spectrum.

What's a planned gift? Put simply, it's a contribution that is arranged now and pays out at a future date. Commonly donated through a will or trust, planned gifts are most often granted once the donor has passed away. There are many types of planned gifts, including some that pay an income to the donor during their lifetime, with the remainder going to the non-profit when they pass.

We look forward to helping you make these plans as personally gratifying as possible. Contact Sarah at [swoodard@spectrumvt.org](mailto:swoodard@spectrumvt.org) if you'd like to discuss ways to make a lasting impact in the lives of our youth.

If you've included Spectrum in your estate plans, you're a member of our Legacy Society. Thank you!

### Our Wishlist

Snow or ski pants

Winter socks

Handwarmers

Facemasks

Long underwear

Sleeping bags

Clothes hangers

Tents

Winter boots  
(larger sizes)



## Open for Business

### How your muddy car can fuel social good.

Last September, Governor Phil Scott was on hand to help us officially open the doors of Detail Works, our car detailing social enterprise where youth learn on-the-job skills for success, like how to talk to a boss, how to work with a team, and how to keep coming to work, day after day.

Our trained detailing technicians, along with Youth Coordinator Justin Verette and General Manager Mike Cioffi, offer interior and exterior detailings, plus an express service. Learn more at [www.detailworksvt.com](http://www.detailworksvt.com), and check us out on social media!

**10 More Beds...***continued from front*  
The Community Health Centers of Burlington, which runs Burlington's adult warming shelter in the winter, gave us cots to use, and the UVM Medical Center volunteered to do laundry. The Argosy Foundation, Hoehl Family Foundation, Debra and Bill Gottesman, and other generous donors like you pitched in to fund it. The Chittenden Emergency Food Shelf brings by food from its Good Food Truck at night, and St. Joseph's parishioners have often donated dinner.

The warming shelter is already full, but Allie says, "We haven't had a situation yet where youth are leaving Drop-In without a plan. And, they're excited to go to the shelter at night. We have great staff there, there's a TV and they can watch movies. It's cozy."

"Just the basic need of having a roof over your head is the most important thing in order to get other parts of your life back together," Will Towne, our Housing Manager, says. "Whether it's employment, physical health, mental health, getting help with substance use – it's impossible to get those in order when you don't have anywhere consistent to go."



**DONATE** Online at [donate.spectrumvt.org/news](http://donate.spectrumvt.org/news) or in the envelope provided.

**MENTOR** Contact Stephanie at [sball@spectrumvt.org](mailto:sball@spectrumvt.org) or 802-864-7423 x321.

**VOLUNTEER** Sign up to get volunteer opportunity alerts at [www.spectrumvt.org/volunteer](http://www.spectrumvt.org/volunteer).

**CONNECT** Find us on Facebook, Twitter, Instagram, or YouTube.

## Yes! I want to make sure help is there when youth need it most!

I'd like to make a donation of \$ \_\_\_\_\_ (Surprise us!)

Please make my gift monthly!

*Your credit card will be charged on the 15th of each month—or call Beal at 802-864-7423 x351 to set up an automatic draft of your checking or savings account.*

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

EMAIL \_\_\_\_\_ PHONE (IN CASE WE HAVE QUESTIONS) \_\_\_\_\_

Please charge my  Visa  Master Card  American Express  Discover

CREDIT CARD NUMBER \_\_\_\_\_ EXPIRATION DATE \_\_\_\_\_ SECURITY CODE \_\_\_\_\_

PRINT NAME AS IT APPEARS ON CARD \_\_\_\_\_ SIGNATURE \_\_\_\_\_



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