

Thank you for the gift of solid ground.

GRATITUDE REPORT 2017



SPECTRUM
YOUTH & FAMILY SERVICES

Thank you for the gift of solid ground.

A few years ago, we changed the name of ‘The Shelter’ to ‘The Landing.’ We did this partly because it’s not a typical shelter, where you take your things with you after a night of sleep—our youth stay for as long as three months.

However, we also wanted to call it what it is: a place to sleep, to put down your belongings, to catch your breath so you can start to put your life together.

Whether your family isn’t capable or can’t afford to take care of you, or you are kicked out, or you leave because your home life is simply intolerable—even if your whole family leaves together, because your home country is no longer a safe place to be—you just want a place to land.

Isn’t that what we all want? A place to put your things. A place you can return to, no matter what. Safety. Home.

So much of what we do here is about helping youth find that solid ground: a hot meal, a place to sleep, a friendly ear, adults they can count on, a way to carve their own path in the world.

Of course, what they are learning is what we all learn at some point: solid ground is something you find within yourself. And finding it is often a long journey.

I think of Ben, a young man who used to live with us. He spent his high school years using drugs and getting into trouble (although he avoided prison, unlike many in his family). At 19, his mother asked him to leave. He came to live with us, where we helped him get sober, get a job, move out on his own, and eventually, pursue secondary education. This spring, he was the first in his family to graduate from college and immediately landed a great job that pays well.

He wrote the following to you, as a supporter of Spectrum:

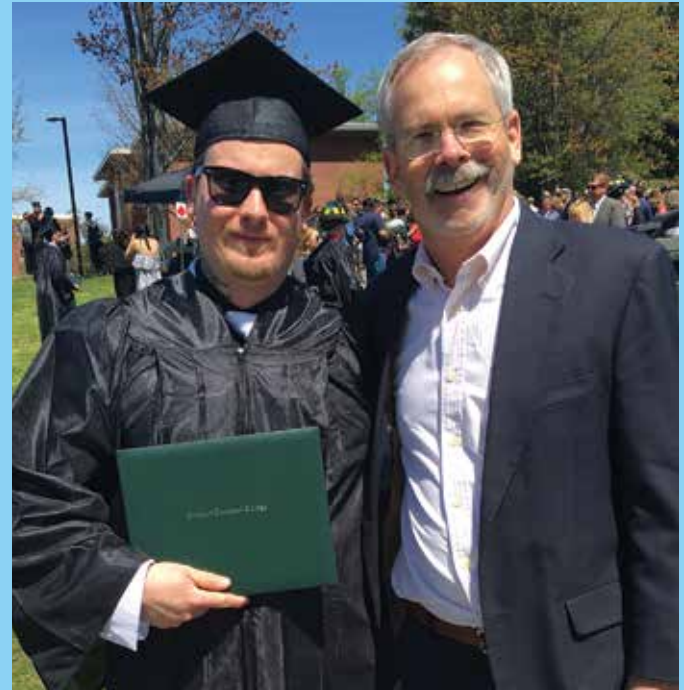
“So many in our society are at risk, so many of our youth are displaced, disenfranchised, or discarded because they don’t have any hope, because they feel lost and they feel society doesn’t care about them at all. My solemn request of all of you in response to this growing crisis before us today: pay it forward and help those who need it most.

“Because of you, I am no longer in poverty. Because of you, I am no longer a statistic of the prison industrial complex that held its iron grip on me. Because of you, I am no longer afraid to stand tall in the darkness. I thank each and every one of you for what you did, and I hope with all my heart that you will continue to help those in need like you all did with me.”

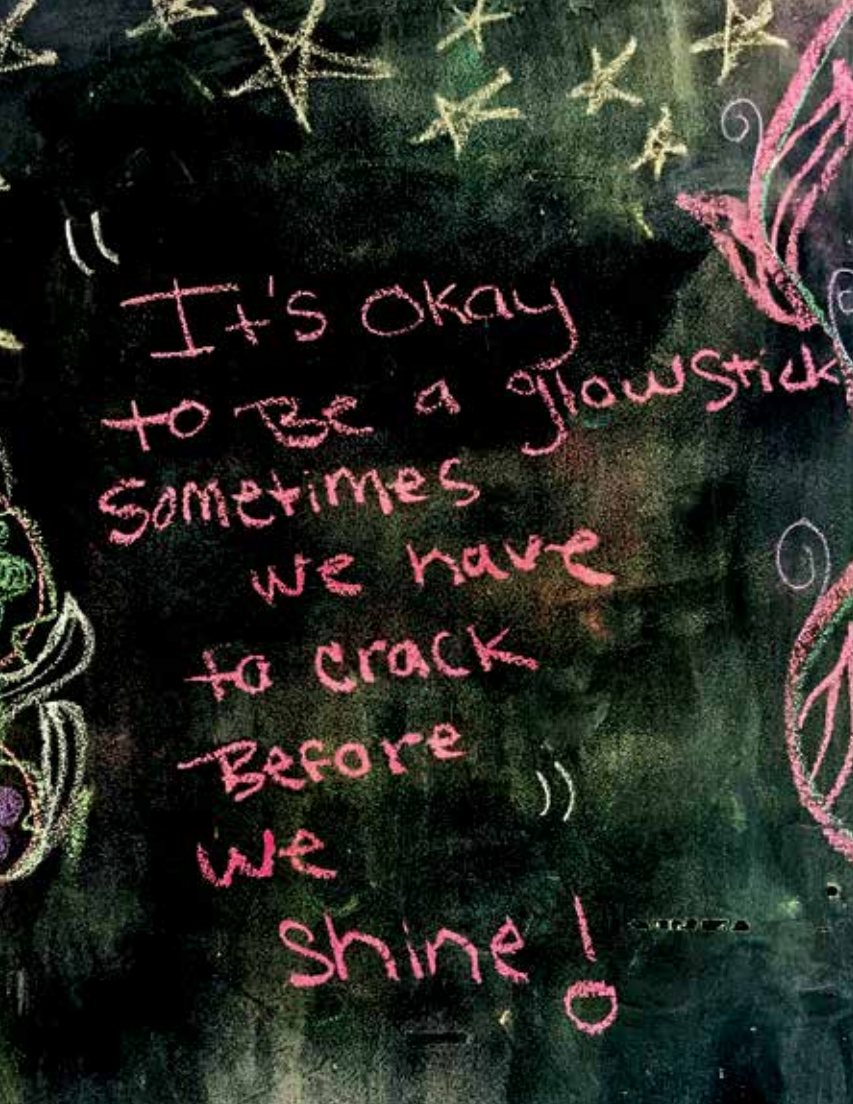
From all of our hearts here at Spectrum, thank you for helping our youth find solid ground.



Mark Redmond, Executive Director



Ben and Mark at his graduation from Vermont Technical College last spring with a degree in automotive technology. Thanks to the Youth Support Fund at Spectrum—funded by donors like you—we were able to help Ben with expenses like books, automotive tools, and even his graduation suit long after he left our residences.



Basic Needs & Stable Homes

Thanks to you, our Drop-In Center and Supportive Housing programs were open for teenagers and young adults who needed a hot meal, clean clothes, a shower, or a place to sleep.

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|----------------------------|------------|
| Drop-In Center..... | 500 served |
| The Landing | 21 served |
| Transitional Housing | 29 served |

What's New: In the winter of 2017, all of our beds were full, and so were those of other area shelters. This meant, heartbreakingly, that we had to turn youth away who had nowhere to sleep that night. We resolved not to let that happen again, and with your help and the help of a number of community partners, we opened a Warming Shelter in the basement of a local church for the winter of 2018. This winter, we had enough beds for every youth who needed one—thank you!

“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.” —JONATHAN

Clockwise from left: A message on our chalkboard at Drop-In; the Warming Shelter on the day it opened in November 2017; our amazing Drop-In staff.



Life & Survival Skills

With your help, teenagers and young adults got coaching on how to find and keep a job, apply and pay for school, budget for and prepare food, and other critical life skills.

Youth Development Program.....157 served
Jump on Board for Success (JOBS) Program..115 served
Multicultural Youth Program.....283 served
Detail Works10 served

What's New: While several of our programs work to help youth find jobs, we have been finding that many youth struggle to keep them, and many employers don't have the bandwidth to provide on-the-job coaching while they are also running their business. With that in mind, last summer we launched our new social enterprise, Detail Works, where youth detail cars and learn soft skills at the same time. Learn more at www.detailworksvt.com.

“I don't know where to start, how Spectrum helped me. I felt like I was home every time I went there. Also, the people who work there are amazing. Thank you for everything you did for me. Without Spectrum I wouldn't have a driver's license or get accepted to college. I don't know how Spectrum finds the most amazing people to help youth like myself, but I am thankful for everything they do.” —ABDI

Clockwise from top left: Old Spokes Home teamed up with our Multicultural Youth Program to train some of our youth in bike repair and then travel to different neighborhoods to fix up bikes—the program is now in its second summer; Detail Works opened for business in June 2017 with a goal of helping our youth learn the soft skills you need to keep a job: how to work as a team, interact with customers, show up even on a bad day, and be accountable to coworkers; Yuol Yuol and Noor Bulle, Multicultural Youth Program staff, at the annual Youth Leadership Conference.



Prevention & Intervention

Thanks to you, teenagers and young adults are working through substance use and mental health challenges with our therapists, befriending positive adult role models in our mentoring program, and getting their health needs met.

Counseling266 served
Mentoring101 served
Pearl Street Youth Health Center 878
(a Community Health Centers of Burlington site)

What's New: In 2017, we had plenty of openings in our counseling services, which are open to the public, and yet, we knew that waiting lists for local therapists specializing in working with teens and young adults were months long. We found that many people didn't know about our counseling program or thought it was reserved for youth who live with us. So we relaunched with a new name: Riverstone Counseling. We worked hard to make sure youth and parents knew about our practice, and as a result we saw a 34% increase in the number of young people using our counseling services. If you know a teen or young adult who needs help, give us a call today.

“Because of your support, Spectrum provided me with a more comprehensive understanding of what it means and looks like to be successful in life, and a chance to fall in love with life and participate in the beautiful, messy world in which we live.” —TIAN

Clockwise from top left: Our Riverstone Counseling staff are all trained in EMDR, a proven method for resolving traumatic experiences; Spectrum mentoring pair David and Logan playing disc golf; Spectrum mentoring pair Terry and Kiara meeting with Lt. Governor David Zuckerman.

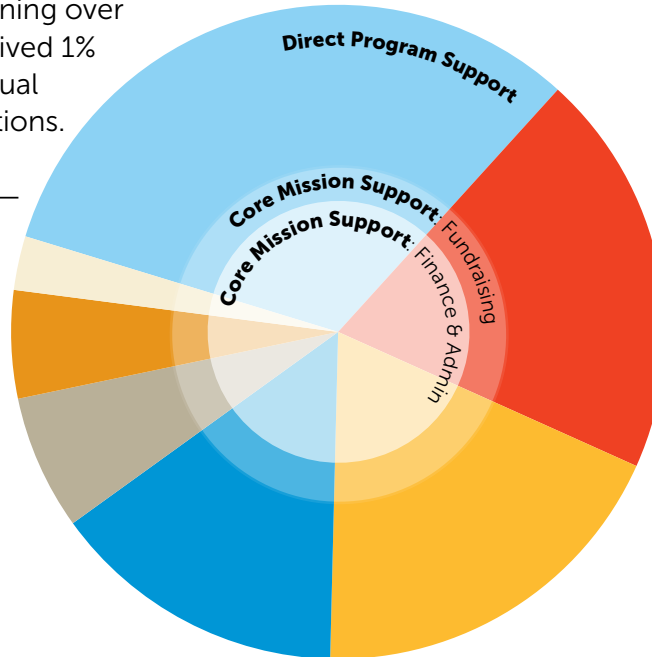
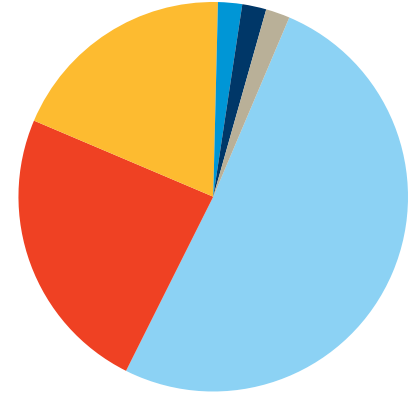
FINANCIALS

We asked for help. You answered our call.

Following national trends, state and federal funds have slowly been waning over the years. In 2004, we received 1% of our funding from individual donors and private foundations. In 2017, 51% of our funding came from private sources—people like you stepping in to make sure our doors are open for the next youth who needs help. Thank you!

REVENUE \$3,495,194

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|-------------------------------|-----|
| Donations | 51% |
| Program Fees | 24% |
| Federal & State Funding | 19% |
| Investment Income | 2% |
| Rental Income/Misc | 2% |
| Cash Reserves | 2% |



EXPENSES \$3,495,194

Core Mission Support

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|-----------------------|-----|
| Finance & Admin | 14% |
| Fundraising | 11% |

Direct Program Support

| | |
|-----------------------------------|-----|
| Residential Programs | 24% |
| Skills Programs | 15% |
| Counseling | 14% |
| Drop-In Center | 11% |
| Detail Works | 5% |
| Multicultural Youth Program | 4% |
| Mentoring | 2% |



Ella Byers sleeping out for Spectrum youth. This year, Ella won the Prudential Spirit of the Community Award for her volunteer work in the community.



In 2017, eight nonprofits, including Spectrum, were surprised with \$390,472 from the estate of Benjamin Schweyer, a Burlington lawyer for 40 years. He and his late wife, Margo, loved Burlington and wanted to see the work of these nonprofits continue well into the future. To that end, he asked that we reserve the gift as an endowment, in part to encourage other donors to include Spectrum in their wills and estate plans. If you would like more information on how to do this, please contact Sarah Woodard at swoodard@spectrumvt.org.



Charlie and Winston Smith with their chosen bowls at our Empty Bowl Dinner.

Sumeya and Fartum attend the annual Multicultural Youth Leadership Conference.





**“Everyone who works
in this community to
help Spectrum become
what it’s become,
we owe a portion of
our success to you.”** —CHARLES



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A UNITED WAY AGENCY