

# Spectrum Sun

Your gifts at work for teenagers & young adults

## THANK YOU

This issue of the *Spectrum Sun* features stories of youth who are thriving today because of your generous support!



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## Sleeping in Gas Station Bathrooms—Until You Came Along...

**Now, thanks to you, Emma has a safe place to go!**

Emma was attending college and working full-time when her landlord unfairly kicked her out of her apartment.

**"Where do I go? What do I do?," said Emma.**

It was all she could think as she walked down the street with all of her belongings stuffed into two bags.

"I went to Greer's on Williston Road—a 24-hour laundromat—and I sat there all day and night just trying to figure out what I'm going to do. I ended up falling asleep there that night."

Emma rented a small storage unit and slept there while working and going to school. When the owner found her living there, she had to go.

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# THANK YOU FOR PROVIDING SAFETY



## MARK'S MISSION MOMENT

### Tian No Longer Feels Alone

**It takes a village—thank you for being part of ours!**

Tian, a young woman who lived with us at Spectrum, recently told me, “Spectrum gave me the small nudge I needed to believe my voice was worth sharing.”

In just two years, Tian had made four attempts to end her life with two of them resulting in hospital admissions to the inpatient psychiatric unit.

But with the support of the staff at Spectrum and the local community, Tian started to find her way.

**She told me, “This was the beginning of a community I didn’t know existed. A community of people who care.”**

Your generous support was life-changing at one of Tian’s darkest and loneliest times.

Tian told me, “It is with great confidence that I can say that I strongly believe in the power of community.” Tian has now finished her degree and works as a case manager in the mental field.

Thank you for being there when young people like Tian need you the most.

**It takes a village. Thank you for being part of ours!**

With gratitude,

Mark Redmond  
Executive Director



### A Better Life, Thanks to YOU!

**Because of you, Caleb is building more confidence and new skills**

Caleb experienced so much abuse throughout his life. His parents were not often around, and he always felt alone.

Because of you, Caleb was able to find a stable living situation in Spectrum’s housing program and a great job that helped him to work toward a brighter future.

Caleb didn’t have a support system until he was able to be part of the team at Detail Works, our full-service car detailing enterprise that employs Spectrum youth and provides basic job skills in a supportive atmosphere.

“It’s because of Detail Works that we’re able to learn and grow,” said Caleb. “They’re teaching us what we need to know so we have the skills for our future. We’re stronger and better because of it.” In just three months at Detail Works, working, Caleb was promoted twice and became a trainer.

Despite a difficult life, Caleb has remained positive. “Life is hard. It’s going to throw stuff at you, but it’s what you do with that stuff that matters—and how you do it,” he said.

## A safe place to “call home,” because of YOU!

Amara had nowhere to go until you provided her with the shelter and care she needed

Because of you, Amara now has a safe place to call home, a new job, and a chance to go to college to pursue her dream of being an anesthesiologist.

But the road wasn't always easy.

Amara's first language was French. She was born in New York, but lived in France as a young child before moving to Quebec. Her life took a terrible turn when her mom kicked her out without explanation. On top of that, her visa didn't allow her to stay in Canada, so she drove to Vermont with no idea how she would survive.

Amara was scared and she did not speak English fluently, which made it even more difficult for her.

While sobbing, she told us, “I didn't think I was going to live for a long time. I thought someone will hurt me or I was going to starve.”

Thankfully, Amara got connected with Spectrum and was welcomed into a caring and loving community. Because of your support, when Amara came to the Drop-In Center, she was able to get a shower, new clothing, hot meals, and a warm bed.

Amara worked hard to rebuild her life in a new place and a new country.

While Amara was at Spectrum, she built a relationship with Allie, the manager of the Burlington Drop-In Center at the time. Allie shared that, “Amara's optimism, sense of humor, and compassion spreads over the room. Her resilience, strength, and kindness have amazed us.”

A few months after that lonely and fearful drive towards the border, Amara was able to find stable housing with a family she adores.

“I thought it was crazy what I was doing when I was driving here but I didn't know what else to do,” Amara said.

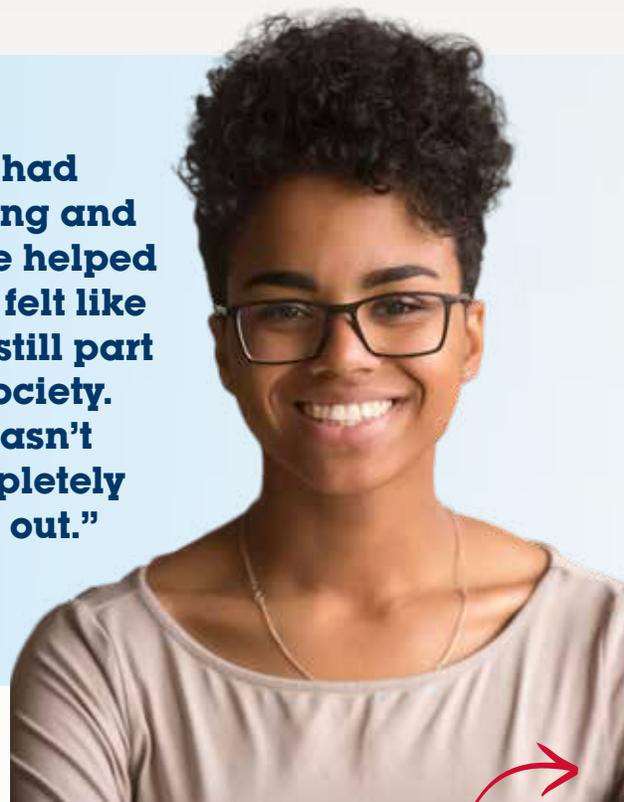
**“If something happened to me, who will even realize that I disappeared?!”**

But now Amara knows... “Allie will realize, because she always cares about me. I had nothing and people were still helping me. I felt like I was still part of society.”

Amara now has a job as a phlebotomist and is going to college to pursue her dream of becoming an anesthesiologist.

**Thank you for helping Amara restart her life!**

**“I had nothing and people helped me. I felt like I was still part of society. I wasn't completely left out.”**



Learn how you can provide one night of safety

**“Now that I know that there are people out there that care, it just makes living each day even better.”**



## **Sleeping in Gas Station Bathrooms** *Continued from pg. 1*

“But once mid-terms started to approach, I was like, ‘I can’t do this,’ it’s just draining, keeping up this same facade.”

She tried applying for food stamps to free up funds for housing, but she made too much money. However, the worker there told her about Spectrum. Emma felt hopeless until she walked into the Drop-In Center.

Because of your generosity, we were able to give Emma a room, a comfortable bed, and a home-cooked dinner.

Not only did Emma get what she needed, but Emma told us that, “it was the opposite of what I had been feeling and it felt so good to take a deep breath and just say, ‘okay, I’m going to be fine.’”

“And from there, things just kind of got better,” Emma said. After everything Emma had been through, she earned a 3.8 GPA and even got promoted at her job.

**You provided Emma with life changing safety and care that helped her to thrive.**

### **Get Involved!**

Here are a few other ways you can help:

**Make a Meal for one of our Drop-In Centers:**  
<https://spcv.org/meals>

**Join one of our community events:**  
<https://spcv.org/events>

**Become a Mentor:**  
<https://spcv.org/mentor>

### **Stay connected**



**SPECTRUM**  
YOUTH & FAMILY SERVICES

31 Elmwood Avenue  
Burlington, VT 05401  
(802) 864-7423  
[SpectrumVT.org](https://SpectrumVT.org)

*To protect the privacy of the youth you have helped, photos, names, and other identifying details may have been changed.*

## **PROVIDE SAFE SHELTER AND CARE TODAY!**

**YES, Mark! I want to help teens and young adults get safe and warm shelter and other life-changing care this winter.**

**Here is my gift of:**

- \$26.73 to provide 3 nights of safe shelter and care
- \$62.37 to provide 1 week of safe shelter and care
- \$124.74 to provide 2 weeks of safe shelter and care
- \$267.30 to provide 1 month of safe shelter and care
- \$\_\_\_\_\_ to provide as much help as possible



To give online visit: [donate.spectrumvt.org/wintershelter](https://donate.spectrumvt.org/wintershelter)