

A gift for a lifetime – made possible by you.

GRATITUDE REPORT 2022



SPECTRUM
YOUTH & FAMILY SERVICES



A gift for a lifetime – made possible by you.

Tian Berry, who used to live in our residences, recently spoke to a group of high school students participating in our Sleep Out event. She said something that stayed with me:

“What you are doing lasts only for a night, but it makes a difference for a lifetime.”

This is what all of YOU are doing.

You are making a difference for a lifetime.

You do this when you take the time to make a meal, meet with a mentee, write a check, or sleep outside overnight in solidarity with our youth.

You are changing a young person's life forever.

When Tian's mother suddenly became incapacitated and could no longer care for her, you made sure she had a safe place to live to get back on her feet. Now she is a social worker with a college degree helping others do the same.

When a teen struggling with chronic thoughts of suicide needed help, your support connected him to one of our mental health counselors.

When a young woman experiencing homelessness became pregnant, you helped her move into her first apartment to bring her newborn home to.

It may seem like a small gesture when you make mac and cheese for our Drop-In Center, attend an event, or write out that check for a donation.

But I can tell you, your gift means a fresh start for young people who just need a little help in a very dark time.

And that may be just what they need to carve out a new life.

With gratitude,



Mark Redmond, Executive Director

Basic Needs & Stable Homes

Thanks to you, at both Drop-In Center locations, teens and young adults can come in for food, a shower, clothing, or laundry. They also come in for help with substance use, job applications and interview prep, or finding emergency or long-term housing in one of Spectrum's three residences or in the community.

WHAT'S NEW

With skyrocketing rent and inflation, many young people turn to parents to help them, well beyond the age of 18. This is not an option for most of the youth that Spectrum serves.

Thanks to your generosity, Spectrum is piloting a new evidence-based approach called Direct Cash Transfer. Ten Spectrum youth will receive supplemental income for 18 months with the goal of helping them secure stable housing.

YOUR GIFT IN ACTION

**Burlington
Drop-In
Center**

155

SERVED

**St. Albans
Drop-In
Center**

304

SERVED

**Winter
Warming
Shelter**

25

SERVED

The Landing
short-term
housing

31

SERVED

**Pearl Street
Transitional
Housing**

13

SERVED

“Thank you
for always being
there for me, for
giving me high fives,
for baking food, for
taking a shower,
for giving hugs, for
cheering me up and
calming me down,
for taking time
to talk to me, but
mostly thank you for
giving me a reason
to keep trying to do
better. Because you
cared – I did, too.”

A YOUTH AT SPECTRUM



Food is a cornerstone of our Basic Needs programs. Hannah, a youth coach, prepares a meal while a resident makes lasagna.



Bottom left: Jasmine and Mason won the Lego Masters competition at the St. Albans Drop-In Center. Bottom right: Thanks to you, the Winter Warming Shelter was ready to welcome ten youth this winter.



Left and center: The Multicultural Youth Program works with youth of color and immigrant families in local schools and at AALV. Staff members speak multiple languages, provide tutoring and assistance with basic needs, and help students adjust to life in Vermont. Right: Josh gets ready to polish a car at Detail Works, our social enterprise.

Life & Survival Skills

Thanks to you, teenagers and young adults learned how to find and keep a job, get accepted into and pay for school, and budget for an apartment. They also developed critical life skills and connected with their community.

WHAT'S NEW

Teens and young adults are faced with limited public transportation in our region and scarce affordable housing close to jobs. When asked what issues loom the largest for them, Spectrum youth cite the need for housing and driver's education. They rarely have access to a car or someone who can teach them to drive. Young people with licenses are twice as likely to be employed and 60% more likely to be enrolled in school.*

Thanks to your support, this year there have been three driver's education classes for youth! Over half the youth who attended now have their licenses. More classes have been scheduled this summer to meet the high demand.

YOUR GIFT IN ACTION

**Youth
Development
Program**

132

SERVED

**JOBS: Jump on
Board for Success**

Howard Center partnership

76

SERVED

**Multicultural
Youth
Program**

110

SERVED

Detail Works

car detailing
business

13

SERVED

**“Thank you
for speaking to me
in my language
and for helping me
learn to navigate
high school and
get my first job.
I owe a lot to
Spectrum because
without the support
they provided,
I don't know if I
would have ever
graduated.”**

A YOUTH AT SPECTRUM

* Opportunity Passport Participant Survey & Opportunity
Passport Data System, 2010-2017

Prevention & Intervention

Young people today are experiencing a mental health crisis and increased suicidality. This national crisis is showing up in many of Spectrum's programs, including Compass, which works with youth who are at risk of becoming involved with the justice system or foster care, are homeless, pregnant or parenting, or otherwise at risk for serious problems.

BUT THERE'S GOOD NEWS!

Last year, thanks to you, Riverstone Counseling doubled the size of its counseling staff and outgrew its current space! This spring, we will move into a new downtown Burlington location that will allow more counselors to be added as needed. Compass also expanded to include Chittenden, Franklin, and Grand Isle Counties.

YOUR GIFT IN ACTION

**Riverstone
Counseling**

443

SERVED

Mentoring

84

SERVED

Compass

crisis intervention

110

SERVED

"I wish people knew that all my past issues were mistakes, and I am changing through all my new life experiences.

Thank you for supporting me, staying by my side, and not giving up on me. You all are literally saving and changing lives."

A YOUTH AT SPECTRUM



Above: The Riverstone Counseling staff in one of the offices of their brand new space that opens in June, thanks to you! Top right: The Compass team has recently expanded to St. Albans. Bottom right: Chief Operating Officer Will Towne visits the new counseling space during construction.



You provided a safe place for young people like Chloe!

Chloe was very quiet and introverted when she first came to the Spectrum Drop-In Center. She struggled with her mental health and distrusted those around her.

Through no fault of her own, Chloe lost her student housing. She needed a place to stay while attending school.

With your support, Chloe became a resident at The Landing, our short-term, emergency housing option for young adults facing homelessness. But rather than talking with other youth or engaging in daily activities, Chloe would sit quietly alone.

This went on for months.

Until one night, seemingly out of nowhere, Chloe opened up to a staff member.

As Chloe's sense of safety grew, she began to open up more and more. She soon revealed that she had nearly no support from her family that lived out of state. This left Chloe on her own to navigate challenges like finances, school, and housing.

But thanks to your generosity, Chloe had a safe and stable environment at Spectrum as she found her footing again. She connected with a Riverstone mental health counselor, a youth coach, and a case manager. This supportive team provided the guidance she needed as she pursued employment opportunities and started to get back on track.

When Chloe first arrived, she was reluctant to trust service providers. Because of your support, she finally felt safe and became open to accepting help. Chloe received the care she needed, moved into her own apartment, and became self-sufficient.

Chloe has since started a job and is pursuing a career in social work. Because of you, Chloe received the mental health support she needed and a safe place to stay while she followed her dreams. Now she is an advocate for others facing similar challenges.

Thank you for continuing to support youth like Chloe as they overcome challenges and build better futures for themselves.



It's all thanks to YOU!

You make it possible for youth to be greeted warmly when walking through the door and hear, "We're here for you. What do you need?"

As the need for shelter, food, mental health counseling, and other critical services have skyrocketed, you have given generously to make sure young people can get help when they need it most.

And that compassionate care can change a life forever.

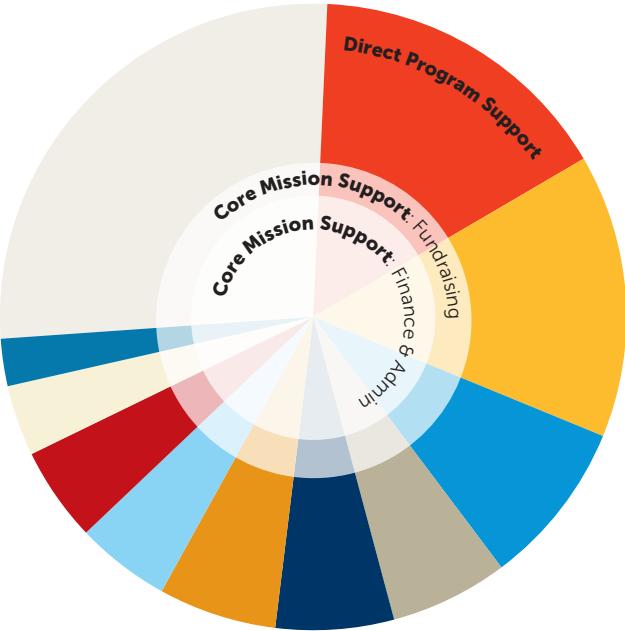
Thanks to your overwhelming support, we ended the fiscal year on September 30 with \$162,837 more in revenue than expenses once the Riverstone Counseling building purchase is accounted for.
(see footnote on opposite page)

Thank you for making this possible!

Your support has helped youth overcome difficult challenges and provide a safe place to pause, take a deep breath, regroup, and take the next step forward. Thank you!

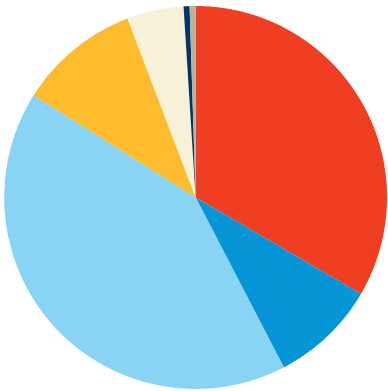


Financials



REVENUE.....**\$9,167,037**

Private Donations.....	33%
Riverstone Counseling Building*.....	9%
Federal & State Funding.....	41%
Program Fees.....	10%
Transfer from Investment Fund.....	5%
United Way.....	>1%
Rental Income & Misc.....	>1%



EXPENSES.....**\$8,184,200**

Core Mission Support

Finance & Administration.....	10%
Fundraising.....	9%

Direct Program Support

Pass-Through Programs**.....	22%
Riverstone Counseling.....	13%
Residential Programs.....	12%
Youth Development Program.....	7%
Burlington Drop-In Center.....	5%
Multicultural Youth Program.....	5%
Detail Works.....	5%
St. Albans Drop-In Center.....	4%
Compass.....	4%
JOBS.....	3%
Mentoring.....	2%

These numbers are currently being audited and are subject to change.

* Private donations include \$820,000 to purchase the Riverstone Counseling space, which is not reflected on the expenses side as building purchases are depreciated according to accepted accounting standards.

** Pass-through programs are those for which Spectrum is the fiscal agent, but another entity carries out work.





Thanks to you, young people have hope and are making positive changes to better their lives. Clockwise from top left: Students in the Multicultural Youth Program take up cooking. Binti and Kali are two of the incredible volunteers at our Empty Bowl Dinner fundraiser. The Spectrum Sleep Out is held in person in St. Albans for the first time. Kath, Ilka, and Tian from the Red Hot Chilly Dippers Sleep Out team dipped in the lake AND slept outside for our youth. Spectrum is one of the best places to work in Vermont for the second year in a row.

“Thank you for being the people that believed in us. Thank you for being our hope. Thank you for giving us a chance to find a better life for ourselves.”

CHARLES HEMINGWAY, Spectrum Board Member & former youth



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A UNITED WAY AGENCY

To protect the privacy of the young people you have helped, photos and other identifying details may have been changed.