

Spectrum Sun

Your gifts at work for teenagers & young adults

THANK YOU

This issue of the *Spectrum Sun* features stories of how your support helped young people find stability and hope!

INSIDE

You Helped Tyler Find the One Place That Didn't Give Up

Page 2

Your Gift Helped Sofia Move From Survival to Stability

Page 3

A Teen Needs Safety and Warmth Today

Page 4



SPECTRUM
YOUTH & FAMILY SERVICES

You Were There When Eli Asked for Help

Your generosity made sobriety, shelter, and a fresh start possible

Eli stood outside Spectrum's Drop-In Center, pacing back and forth. He was debating whether to walk in or go buy alcohol.

"If I stayed sober, I could have a place to stay," Eli said. "If I didn't, I had nowhere to go."

For most of his life, Eli bounced from place to place. "I've never

really had a permanent spot," he said. "It's always been here, there, everywhere." Over time, that instability took its toll, and substance use became a way to cope.

One day, Eli walked through the doors and asked to talk to someone. Thanks to your support, our doors were open and caring

Continued on page 3

THANK YOU FOR PROVIDING WARMTH



MARK'S MISSION MOMENT

The Difference YOU Make

I want to share this card we received last week because it shows how critical **each of us**—our staff, supporters, and community—is to helping a young person build a life for themselves.

He wrote:

"Thank each and every one of you for supporting my life and goals with positive attitudes—or even just a friendly face."

"Thank you to the drop-in staff who helped me big and small."

"Thank you to all the volunteers who brought warm dinner during the cold season for us at the shelter."

"Thank you to anyone who has devoted their time to giving young adults like me a place to call home, even for just a short while."

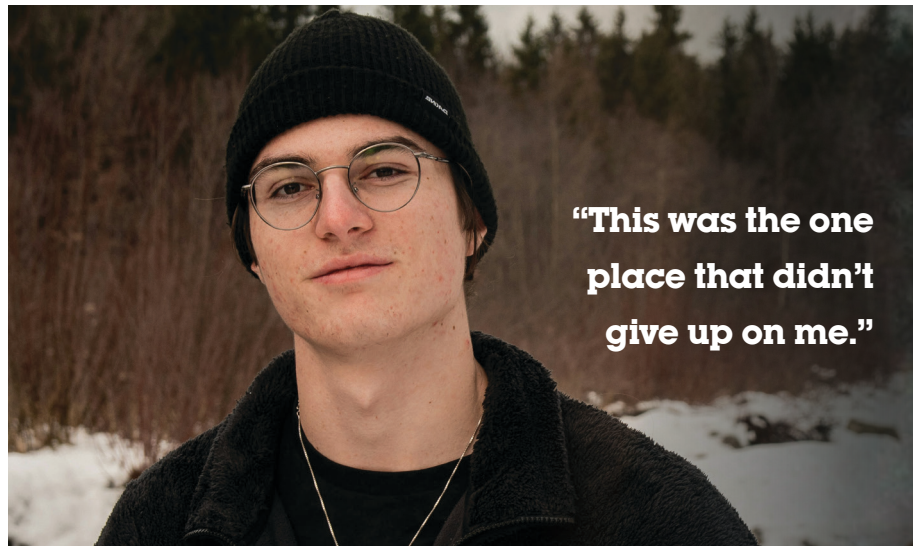
"God bless you all and happy new year."

I couldn't have said it better myself. **Thank you for making moments like this possible.**

With deep gratitude,

A handwritten signature in blue ink that reads "Mark".

Mark Redmond
Executive Director



"This was the one place that didn't give up on me."

You Helped Tyler Find the One Place That Didn't Give Up

After years of moving among shelters, Tyler finally found a place he could trust—and a home of his own

For years, Tyler moved from one shelter to another, sometimes crashing on friends' couches before being asked to leave when things got hard. By the time he found Spectrum, he wasn't sure this place would be any different.

At first, it wasn't easy. He told staff he hated it here. He hated the rules, the structure, the curfew.

But staff kept showing up. They stayed consistent when things got messy. And slowly, something shifted.

Tyler began asking for help before conflicts escalated. He started setting goals. After many setbacks and second chances, he finally moved into an apartment of his own.

One evening, Tyler stopped by to vent about his new couch—how stressful it had been getting it through the door and positioned just right. Staff laughed with him and celebrated that this was the kind of problem he now had to solve.

Before leaving, he grabbed a Spectrum magnet for his fridge.

"Yeah," Tyler said. "I'll represent you guys."

Thanks to supporters like you, Tyler finally found a place that didn't give up on him—and one he's proud to stand behind. 🌟

STABILITY AND SAFETY TO YOUTH IN NEED

Your Gift Helped Sofia Move From Survival to Stability

Thanks to you, Sofia has a safe place to call home and a future she can plan for

For most of her life, Sofia was in survival mode. She spent years sleeping in temporary places, never knowing how long she could stay. Even when she was working, one unexpected expense could undo everything.

When Sofia connected with Spectrum, she wanted what many young people want but that she never truly had: stability. A place to feel safe. The ability to plan beyond the next day.

Thanks to your support, Sofia was selected to receive direct financial support through Spectrum's Direct Cash Transfer pilot program—providing steady income for 18 months to help young people experiencing homelessness work toward housing, jobs, and long-term stability.

For the first time, Sofia could pay her bills without constant fear of falling behind. She replaced a stolen bike, earned her driver's license, and even saved money for the very first time.

Those early steps made it possible for Sofia to move out of shelter housing and into an

apartment with roommates. A year and a half later, she reached a milestone she once thought was out of reach—**signing a lease in her own name.**

“I didn’t feel safe when I was young,” Sofia shared. “Now I finally do.”

Today, Sofia works full-time, pays her rent, and has savings in the bank. Thanks to you, her life finally feels steady enough to look ahead. 🌟



“I didn’t feel safe when I was young. Now I finally do.”

Thank You for Helping Eli

Continued from pg. 1

staff were there to listen, offer support, and connect him with a bed at the new Youth Shelter in St. Albans.

That first night was hard. “I couldn’t sleep. I cried most of the night,” Eli said. “I didn’t know what to do.”

But Eli stayed. Over time, the shelter started to feel like home. With your support, he had warm meals, caring people, and a community that believed in him.

Today, Eli is sober. He’s working, attending counseling, and preparing to return to school. He’s also reached a major milestone—securing an apartment of his own.

“I don’t usually feel proud of myself,” Eli shared. “But after that day, I did.”

Thank you for helping provide the stability and care Eli needed to build a life he’s proud of. 🌟

Learn how you can provide
one day of safety for a youth like Eli 3

Your gift of \$11.49 provides a day of safety, warmth and care for a young person facing homelessness.



A Teen Needs Safety and Warmth Today

A local teen facing homelessness needs your help today.

Winter is here, and the nights are dangerously cold.

Right now, there's a young person in our community with nowhere safe to turn.

For just \$11.49, you can provide a full day of safety, warmth and care.

That means hot meals, clean clothes, counseling, job coaching, and other life-changing support.

Winter is the most dangerous time to be homeless—and your gift matters now more than ever.

It all starts with one night off the streets. One safe place to rest. One chance to begin again.

Did You Know?

When you donate securities held longer than one year, **you may avoid paying capital gains taxes and receive a charitable deduction** for the full market value of the stock.

To learn more, contact your financial advisor or Sarah Woodard at swoodard@spectrumvt.org (802) 864-7423 x350



SPECTRUM
YOUTH & FAMILY SERVICES

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



PROVIDE WARMTH AND SAFETY TODAY!

☒ **YES, Mark! I want to provide a young person with warmth, safety and other life-changing care.**

Here is my gift of:

- ☐ \$34.47 to provide 3 days of warmth, safety, and care
- ☐ \$80.43 to provide 7 days of warmth, safety, and care
- ☐ \$137.88 to provide 12 days of warmth, safety, and care
- ☐ \$321.72 to provide 28 days of warmth, safety, and care
- ☐ \$_____ to provide as much help as possible



To give online visit: spectrumvt.org/donate/winternewsletter