

# Community for Youth



## Beyond the Box *a newsletter for our community*

Issue #1

Winter 2004

### Program Highlights

- Student participation continues to grow:  
1989: 30 Students  
1999: 109 Students  
2003: 167 Students
- In 2002-03, 97% of students and mentors believed the program was effective in helping youth be successful.
- The drop out rate in Seattle school District is 31%, but 98% of program participants stay in school.



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To our community,  
We are excited to send you the first newsletter of 2004. Through our newsletters, we hope to:

- keep you informed about Community for Youth's programs and activities
- share our curriculum
- let you know of upcoming events
- exchange ideas and resources with mentors and students and to those of you who support our programs, allow you to see the huge benefit and value of your contribution.

Fall '03 was spent training new mentors, enrolling new students, and culminated in taking mentors and students together on a 2 to 4-day retreat or launch course.

Our launch courses are designed to build a strong community of support, establish trusting relationships, and introduce concepts that support students and mentors in establishing and achieving their goals. During the launch course, students and mentors begin to see what is in the way of getting what they want.

We conduct 6 launch courses each year, one for each of our Steps Ahead and Steps

Beyond programs in 3 Seattle Public High Schools: Cleveland, Rainier Beach and Sealth. Our Steps Ahead program serves freshmen in high school, while Steps Beyond focuses on sophomores, juniors, and seniors. 265 students and mentors attended the 2003 launch courses this fall.

We are well underway with our follow-through program. After the launch course, mentors and students meet 2 or 3 times per month (depending on the program) throughout the school year. Mentors and students attend workshops, group activities, and spend time together. Steps Ahead mentors also receive on-going training through out the year.

I hope you find the newsletter useful, informative, and heart-warming. Thank you for your support and the contributions you make to us.

*Margy Bresslour*

Margy Bresslour  
Executive Director

### Reflections from 2003 Launch Courses

*When I signed up I thought it was something to do. But now that I came, it changed my life.*

*There's nowhere I would rather be than here this weekend.*

#### Steps Ahead Student

*It completely changed how I view myself and exceeded all of my expectations.*

#### Steps Ahead Mentor

*I learned valuable tools to manage my mood. I learned to be open-minded and that trust can be given if you just take the risk.*

#### Steps Beyond Student

*The weekend was incredible! I laughed, I hugged, I cried, I ran, I cheered, I acknowledged, I apologized, I cried some more, I acted silly, I ate, I shared,*

*I cheered some more, I learned...and still I cried some more. But the amazing thing is*

*I didn't do this alone.*

#### Steps Ahead Mentor



**Steps Ahead Launch Course**  
The group supports Randy, a freshman at Sealth, through the Spider Web without touching the ropes.

### Alison Gazarek, Rainier Beach School Manager

I work at CFY because I love high-schoolers and the challenge this job brings and I believe in the power of mentoring.

**Career Highlights:** Crew Trainer, Youth Employment Institute; Executive Assistant, Amigos Latino Center; Girls Initiative Network; Racial Reconciliation Volunteer Intern, Genesis Community Fellowship.

**Fun Fact:** I'm a tap-dancing, horseback-riding, scuba diving freak and my favorite food is frosting.

### Krista Rillo, Chief Sealth School Manager

I work with CFY because I love the youth we serve and believe 100% in the program we deliver. I get to work with some of the most amazing people, staff and mentors alike. The most rewarding part is seeing the growth and changes in the youth while learning from them and growing myself.

**Career Highlights:** Professional Network Incorporated; Kid's Futures Coordinator, Snohomish County Health and Safety Network; Counselor, Catholic Community Services

**Hobbies:** My hobbies include rollerblading, snowboarding, and soccer. I would really like to learn to sew and cook so if anyone wants to help me, I'd be extremely grateful.

### Colby Wilk, Training Director

I get so much out of working at CFY. I get to see others go "aha" when they see what is possible in their lives, support a bunch of incredibly committed people, be around young people, and belong to a staff that is certain transformation is possible.

**Career Highlights:** I developed several award-winning curriculums and programs for youth in schools and jail. The programs were proven to be effective in reducing school violence, reducing substance use, improving ability to problem solve, and increasing ability to employ coping strategies.

**Fun Fact:** I love movies when something explodes or attempts are made to take over the earth.

### Nichole Reber, Cleveland School Manager

I work at CFY because I have always known I wanted a career working with young adults. At CFY, I feel like I also get to witness and motivate others to make a difference in the life of a high school student. It gives me a lot of hope and fulfillment.

**Career Highlights:** After graduating, I spent a year in Americorps doing elementary school reading tutoring before moving to Seattle and finding this wonderful job.

**Hobbies:** Some of my favorite ways to pass the time are to read, do crosswords, and play cribbage.

### Sara Stevens, Administrative Manager

I work at CFY because I love being part of a program that makes a difference in the lives of all those involved. I thrive off the dedication of the students and mentors.

Their dedication energizes and pushes me to excel in my job at CFY.

**Career Highlights:** Research

Analyst, DSHS; Case Manager and Intake Coordinator, Big Brothers Big Sisters of King County; Family Literacy Coordinator, Washington Literacy

**Hobbies:** When I'm not tripping on rugs or crashing into table corners, I study several forms of dance: ballet, modern, tap, and Eastern European folk. I also enjoy gardening, cooking, and laughing.

### Margy Bresslour, Executive Director

I work at CFY because I love being a part of an organization that supports people in being who they want to be and learning how to get what they want. I enjoy being a part of building a strong, supportive community.

**Career Highlights:** Program Director, SUCCESS Program; Family Intervention Counselor, Reconnecting Youth; Program Director, Jessie Dyslan Boys Ranch; private counseling practice

**Fun Fact:** I enjoy making things ~ pop-up cards, puppets and puppet theaters, teepees, quilts ~ playing soccer, and making happen what others say can't be done.




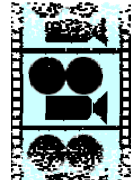





Back Row: Sara, Alison, and Colby  
Front Row: Krista, Margy, and Nichole

# Community for Youth Calendar of Events







Pull Out

Mentoring Youth • Building Futures • Changing Lives

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
February 1st	2/2 Burke Museum <b>Honoring the Dead: Spirits, Skeletons, &amp; Mummies</b> Through 2/22	2/3 Rainier Beach SA Workshop <b>Tour the University of Washington</b>	2/4 Cleveland SA Workshop <b>Arthur Murray School of Dance</b> *** Sealth Steps Up	2/5 Sealth SA Workshop <b>TBA</b>	2/6 <b>Basketball</b> Cleveland vs RB @ CHS 6:15 Girls 8:00 Boys	2/7
2/8 	2/9 Board meeting 6:30-8:30	2/10 Rainier Beach SA and SB Activity <b>Bowling</b>	2/11 Cleveland SA and SB Activity <b>Bowling</b>	2/12 Sealth SA and SB Activity <b>Basketball Game</b>	2/13 	2/14
2/15	2/16 No School	2/17 No School	2/18 No School	2/19 No School	2/20 2/21 Check out what's happening at the <b>Vera Project</b> ., an all ages music club! 1916 4th Avenue, Seattle 206-956-8372	
2/22 <b>Woodland Park Zoo</b> Use their Winter Admission Coupon on the website <a href="http://www.zoo.org">www.zoo.org</a> <b>Buy one - get one free</b> Expires 3/31	2/23	2/24 Rainier Beach SA Mentor Training <b>Learn about Learning</b> **** Rainier Beach SB family group	2/25 Cleveland SA Mentor Training <b>Lead &amp; Coach</b> **** Cleveland SB family group	2/26 Sealth SA Mentor Training <b>Lead &amp; Coach</b> **** Sealth SB family group	2/27 	2/28
2/29 	March 1st	3/2 Rainier Beach SA Workshop <b>I-Click: Entrepreneurship</b>	3/3 Cleveland SA Workshop <b>I-Click: Entrepreneurship</b> *** Sealth Steps Up	3/4 Sealth SA Workshop <b>I-Click: Entrepreneurship</b>	3/5 3/6 <b>Late Night Teen Programs</b> at Delridge, Rainier Beach, Garfield, and Rainier Community Centers. Every Friday and Saturday Night 8:00—12 	
3/7 	3/8 Board meeting 6:30—8:30	3/9 Rainier Beach SA Activity <b>Ice Skating</b>	3/10 Cleveland SA and SB Activity <b>Basketball Game</b>	3/11 Sealth SA and SB <b>Recruitment Activity</b>	3/12 <b>FREE Games, basketball, pool, and swimming</b>	3/13 Every Saturday Garfield CC <b>Hip Hop Showcase</b> 9-11pm 684-4550
3/14 	3/15	3/16 Rainier Beach SB <b>TBA</b>	3/17 Cleveland SB <b>The Drum Circle</b>	3/18 Sealth SB <b>Arthur Murray School of Dance</b>	3/19	3/20

# Community for Youth Calendar of Events

Mentoring Youth • Building Futures • Changing Lives

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>3/21</b> Every Sunday <b>\$3 unlimited pool</b> at the HUB on UW campus UW students and alum Noon—5:30</p>	<p><b>3/22</b> </p>	<p><b>3/23</b> Rainier Beach SA Mentor Training <b>Lead &amp; Coach</b></p>	<p><b>3/24</b> RB Steps Up *** Cleveland SA Mentor Training <b>Advocate at School</b></p>	<p><b>3/25</b> Cleveland Steps Up *** Sealth SA Mentor Training <b>Advocate at School</b></p>	<p><b>3/26</b> Garfield Community Center <b>Friday Night Jazz Jam</b> 7-9pm 684-4788</p>	<p><b>3/27</b></p>
<p><b>3/28</b></p>	<p><b>3/29</b> </p>	<p><b>3/30</b> Rainier Beach SA Workshop <b>Sexual Decision Making</b> **** Rainier Beach SB family group</p>	<p><b>3/31</b> Sealth Steps Up *** Cleveland SA Workshop <b>UW Tour</b> **** Cleveland SB family group</p>	<p><b>April 1st</b> Sealth SA Workshop <b>UW tour</b> **** Sealth SB family group</p>	<p><b>4/2</b> End of third quarter</p>	<p><b>4/3</b> </p>
<p><b>4/4</b> Check out <b>Laser Light Show @ Pacific Science Center</b> 443-2850</p>	<p><b>4/5</b> Spring Break No School</p>	<p><b>4/6</b> Spring Break No School</p>	<p><b>4/7</b> Spring Break No School</p>	<p><b>4/8</b> Spring Break No School</p>	<p><b>4/9</b> Spring Break No School</p>	<p><b>4/10</b> </p>
<p><b>4/11</b></p>	<p><b>4/12</b> Board Meeting 6:30—8:30</p>	<p><b>4/13</b> Rainier Beach SA Activity <b>TBA</b></p>	<p><b>4/14</b> Cleveland SA and SB <b>Recruitment Activity</b></p>	<p><b>4/15</b> Sealth SA Activity <b>TBA</b></p>	<p><b>4/16</b></p>	<p><b>4/17</b></p>
<p><b>4/18</b></p>	<p><b>4/19</b> </p>	<p><b>4/20</b> Rainier Beach SB <b>Java Coffee Company</b></p>	<p><b>4/21</b> Cleveland SB <b>Making College Happen</b></p>	<p><b>4/22</b> Sealth SB <b>Java Coffee Company</b></p>	<p><b>4/23</b></p>	<p><b>4/24</b> Visit <b>Snoqualmie Falls</b> for a hike and picnic</p>
<p><b>4/25</b></p>	<p><b>4/26</b></p>	<p><b>4/27</b> Rainier Beach SA Mentor Training <b>Advocate at School</b></p>	<p><b>4/28</b> RB Steps Up *** Cleveland SA Mentor Training <b>Transform Behaviors</b></p>	<p><b>4/29</b> Cleveland Steps Up *** Sealth SA Mentor Training <b>Transform Behaviors</b></p>	<p><b>4/30</b> Create a <b>time capsule</b> for the next generation to find.</p>	<p></p>

## Own-up to your mistakes

The mistake process is one of the first concepts introduced to students and mentors at the launch course.

Not keeping your commitments is neither right or wrong, but this process will allow you to keep your dignity and be accountable for your behavior and actions even while admitting a mistake. When you make a mistake that impacts someone, use this process with them.

## The Mistake Process

### Acknowledge

“I made a mistake, I...”

### Take Responsibility

“I am responsible because I committed to...”

### Action

“In the future, I will...”

### Clean It Up

“I apologize for...”

“Do you accept my apology?”

*I know this program has taught my grandson how to be a man. Also it's given him the will to be all that he can be.*

### Guardian of Steps

### Beyond Graduate

*The program helped my child to focus and strive for his goals and dreams.*

### Parent of Steps

### Beyond Graduate



Sherilee, 4th year mentor and Theresa, senior at Sealth High School



Binyam and Alonzo, Program Interns and Steps Ahead/Steps Beyond Graduates from Rainier Beach High School

## AM/FM: Aint Moving/Forward Moving



Next time you're bored while on the road, play this game. You can play alone or with friends.

There are no parts to assemble, no age or height requirements and it does not cost anything. First, find a partner. Look around at the other cars, select someone who you can see clearly and seems to be listening to something— maybe the guy in the next lane. Notice: is his head bobbing? Is he singing or silent? Does his face change? How would you say he feels? Try to guess what he's listening to: Jazz? Hip Hop? The news?

What people listen to impacts how they move. On the radio, there are two bands: AM and FM. In your own head, there are also two bands: AM and FM. AM stands for “ain't moving thinking” and FM stands for “forward motion thinking”. Depending on what band you are tuned to, you move in a particular way. If you think positively, you will be able to take those actions that move you forward: like going to class, doing homework, working out. If you think negatively, it will make you feel like you are unable to get what you want: like staying in bed a few minutes later instead of going to the gym or class.

Now, in those areas of your life

by Colby Wilk

where you are not experiencing success, observe how you are thinking about it. Are you encouraging yourself on like a cheerleader at a playoff game, or are you ripping yourself down the way your worst enemy would? Are you on FM or AM? Once you become aware that the voice in the head is not you, you have two choices: listen to it or flip your station.

What students and mentors have set off to do in this program can be challenging: better grades or attendance, becoming more fit, building healthy relationships. These outcomes are not easy to come by and nearly impossible if tuned to AM. They may not realize they are on AM. All they can hear is how difficult it is going to be, or how impossible it is, or how unfair life is. Flipping from AM to FM is something that may need to be done several times an hour, day, or week. We stand the best chance of getting what we want by staying tuned to FM.

So play this game with each other mentors and students. Is there someone in the community or your family group tuned to AM? How is their body moving? Is their head bobbing? Are they on the path to get what they want or do they have an excuse for why they did not move forward?

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*Together, mentors and students learn about how to think about ourselves differently, and how to see possibilities in ourselves that maybe we didn't see before.*

**Steps Ahead  
Mentor**

We're on the web:  
[www.communityforyouth.org](http://www.communityforyouth.org)

*The program has impacted me by supporting me and keeping me off the streets. It has given me a positive outlook towards life by not letting me give up when I want to and holding me to my commitments.*

**Steps Beyond  
Student**

**Mentoring Youth • Building Futures • Changing Lives**

**THANKS to our SUPPORTERS**

Community for Youth would like to take this opportunity to acknowledge some of our major supporters of 2003. Much of our support comes from foundations and priceless in-kind donations. Without them, the successes and achievements of students in Steps Ahead and Steps Beyond would not be possible. This list is not comprehensive.

**In-Kind Donations**

**Equity** office space, parking, and contributions **Sue Kresovich** staff training and coaching **Jonathan Mark** computer work **Gavin McDougal** website and email **Eagle Home Mortgage** computers **Cutter and Buck** t-shirts for mentors and students **BearCom** walkie-talkies for launch course **Lisa Fernow** marketing plan **Microsoft & Sheridan Jones** computer software **Voice and Vision** producing our video **Lon McGowan** digital cameras and providing workshops **Sakson and Taylor, Inc** computer monitors **Kelley Meister** wine for mentor appreciation party **Mike Seymour** camp scholarships **Mt. Baker Community Clubhouse** space for fundraising event **Power of Hope** camp scholarships **Bank of America** office furniture **Montessori Gardens** gifts **Lori Roberts** recruitment and resources **Brenda Sugita Seeley** recruitment and resources **Jim McGinley** strategic planning **Venture Law Group** computers **John Primeau** brochures **Greg Hay** paid internships for program graduates **McDonald's** snacks for students **Blake Park** marketing plan **Mail Advertising Bureau** numerous printing and mailing projects **YMCA** camp scholarships

**Foundations**

**\$1,500 - \$5,000**•RealNetworks•US Bank•Jeffris Wood Foundation•E.K. and Lillian F. Bishop Foundation•Boeing Employees Credit Union•PacifiCare Foundation  
**\$7,000 - \$15,000**•Wood Family Foundation•Project Lift-Off (City of Seattle)•Hasbro/Wizards of the Coast•Qwest/Ceridian Life-Works Services•Nesholm Family Foundation•Northwest Children's Fund•Laurel Foundation/Opportunities for Education•Islands Fund•Mannix Canby•Medina Foundation  
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