



PNW Helping Hands inc.

Quarterly Newsletter

~Quarter 3 2016~

Balfour



Brooke

The Brooke house has undergone considerable changes this last quarter. They welcomed a new Program Manager, Tiffany Layne, as well as a new Program Supervisor, Brooke Verweil, late this fall! The summer was a time for celebrating three of the girls' birthdays. As usual, the girls celebrated in PNW fashion with home-made Birthday cakes and a small celebration at the house. In addition, the house welcomed a new girl the same day they bid farewell to a recent graduate. The girls were LUCKY WINNERS of a local radio contest, with the prize being four tickets to Silverwood Theme Park! They spent the entire day riding rides and bonding with one another. They had a wonderful time and the energy remained high, creating a warm and inviting atmosphere within the house. The girls grew closer and shared a special moment in time with each closing the summer with a lasting memory of the goals they accomplished.

The girls are excited to make the house more homelike considering the recent move to a new location. There has also been a lot of talk of decorating outdoors in anticipation of the upcoming holidays.

The girls are bright and talented young ladies whom are working hard to achieve, not only their treatment goals, but also their personal goals. They are reaching in the direction of new goals with the next quarter as they plan for moving towards their own graduations.

Over the sizzling summer months, Balfour clients kept busy searching for job opportunities. One client found a great employment opportunity that she has been able to pair with her schooling. Another client had a milestone birthday, celebrating turning 18! She had a blast celebrating on a camping trip with family. One highlight for the quarter was when the team went with the coaches to watch fireworks in patriotic participation of the Fourth of July!

School started successfully; one client began their senior year by joining Running Start at Spokane Community College.

One client recently left the program, moving to a foster family. Another youth successfully graduated, moving into a more independent placement, thanks in part to the dedication of the Balfour Treatment Coach team. During this time, Balfour was happy to accept a new client who was very eager to begin the Independent Learning Program.

Summertime into fall; there never seems to be a dull moment. Between attending the Spokane Pride Parade, celebrating diversity, going to the Garland Theatre almost weekly, and visiting SCRAPS, donating their time to the animals, Balfour clients had ample opportunities to grow while keeping busy!

Elgin

The young gentlemen at the Elgin Program had a summer full of a very special initiative; community volunteerism. The Program Manager, Jared, along with the focused team, helped to schedule service projects several times weekly. These included cleaning up local parks and helping to sort and fold clothing at thrift stores. When they weren't off property, the clients could be found earning extra allowance through organizing the Elgin attic and tending to the beautiful garden.

With school starting, came school sports! One Elgin client has been fortunate to join the football team and another has enjoyed some freedom in skateboarding to school.

With all this hard work, donation of time, and focus on treatment, it's no wonder the boys had to have some great outlets for fun too. They enjoyed time at the SCRAPS animal



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shelter, YMCA to catch up on fitness, fishing trips and most differently - Wild Walls for a rock climbing outing! There has been some major growth in each client at the house and it's been incredible to watch.

Hamilton

One of the distinguishing points for the Hamilton Program boys this last quarter was the fact that they all became involved with Boy Scouts of America! This has been something fun and new filling their weeks as they learn what it means to be part of such a great group.

During the summer months the boys participated in and graduated from a 6-week Spokane Police Activities League, bringing a greater understanding to the youth for the work the police force does and working to bridge any gaps that may be present. Other fun outings included movie nights at the Garland Theater, attending a Spokane Indians baseball game, going on a 'Skate Night' outing, a visit to Cat Tails to observe the large cats, and frequent hikes at the nearby Dishman Mica Hills!

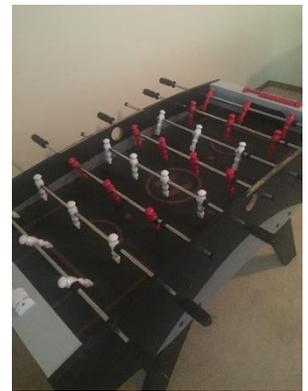


The transition into the schoolyear has been a successful one and clients are grateful to resume the routine that comes with school time.

Hunter

This last quarter meant a freshening up of the interior of the home, with a warm new interior paint color and some new décor! Hunter Program clients and staff welcomed these additions with some self-pride in their environment.

In addition, the Hunter house was lucky to receive a generous donation of both a foosball and mini air hocky table as well as additional game cubes for when the clients have earned reward time. Thank you to the anonymous donor(s), the gesture has been so appreciated.



The Hunter team is extremely proud of one client whom is participating in the Community Based Learning Program at school. This allows him to be able to go out into the community, and with a little direction can work different places for school credit and some wages! Another client is on the JV football team at school. In addition, with the start up of school, another client joined the JROTC program, enabling him to start to see some new potential for his future.

Though Hunter is on the west side of the state, it is wonderful that they experience many of the same opportunities as our Spokane clients. The Hunter boys spend time at the movie theatre (a favorite movie being "9 Lives") and the YMCA when they have free time outside of school, sports, and chores. Swimming at the Y was a great chance to cool down during the long stretches of 90 degree summertime weather.

Lastly, with the seasonal changes, came client changes. Two Hunter boys graduated the program and the Hunter team welcomed two new youth in their place. It is always interesting to see how the dynamic changes and growth occurs with the coming and going of clients.



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Jace

The Jace team was very excited to officially open doors on July 26th, when they received their first client! This is the second PNW Helping Hands location in Western Washington carrying out this important work.

The start-up of a new program means the establishing of routines and rythms, which the team has done well in this. Each client coming into care gets into a well visits routine and all the boys recently got haircuts in anticipation for the new school year.

In addition to exploring the areas waterfront views and doing some YMCA outings, clients had the opportunity to really enjoy the fruits of their labors when they enjoyed ice cream



sundaes covered in black berries they picked from their own backyard!

One young client has been able to re-engage in some important family visits. This is so special when it's the Jace team

and the family team working together so closely to see this successfully happen. As the Jace Program continues to fill up to capacity we are excited to see how each client grows.

Mikhail

At the same time a new program was opening on the West side of the state, Mikhail reopened on the Spokane side! Now Mikhail is recognized as a program dedicated to Unaccompanied Refugee Minors and it has been such a fun new program. PNW Helping Hands has been asked to partner with Lutheran Community Services in this venture and are grateful for the opportunity. Soccer has been a big past time for the clients, among other outdoor athletics. As a welcome to the city, Mikhail staff took the clients on a Skyride at Riverfront Park and took them on an obstacle course to create some ice breakers between the staff and clients. One client had a Birthday already this first quarter, while another client learned to bake and decorate a cake for the celebration. Just

like all the other programs, Mikhail house has weekly Goals Week meetings where the clients create goals for each other, using positive peer pressure. It's a matter of all clients achieving their weekly goals and a small group reward is earned.

Nathan

Nathan house was excited to welcome two new clients this last quarter and that means some change! In addition, one other client was reunited with his biological family and the Nathan team was happy for that. Goals week was met so many weeks in a row that the clients upped the anty and negotiated a larger reward if they met goals again, being careful not to break their streak of success. They accomplished this goal and enjoyed an outing to Golden Corral for the reward. There was a whole new learning process of how to handle a buffet and all that food, and it turned out to be successful for all involved. To finish off the summer, the clients got to attend a Spokane Indians Baseball game and even went to a Heroclix tournament. Above and beyond the yard baseball and football and the Sunday night movie outings, these were two memorable events the boys will not soon forget.

Administration

The summer months always prove to be a busy and fulfilling time! Our efforts have been based around supporting the two new programs while still maintaining excellence in the existing programs. We have added an in-house trainer to increase knowledge in Team Members in the field and we also added a Finance Manager, Fran, whom brings attention to detail and an expertise in the finance field. This we hope will allow our Office Manager and HR person to further build on the retention and benefits programs within the organization.

We would also like to take this opportunity to thank The Spokane Indians, Lutheran Community Services, and our other anonymous donors for your generosity and kindness. As



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always without the dedication and kind hearts of the community, the Social Workers, and our partners, none of this would be possible.

From your PNW Helping Hands Team

Don't forget if you are not on the electronic or paper mailing lists and want to be, please email our Receptionist, Mackenzie to be added:

Reception@pnwhelpinghandsinc.com