



T A H O E  
**YOUTH & FAMILY**  
S E R V I C E S  
A SAFETY NET OF SERVICES FOR YOUTH AND FAMILIES

*TYFS Newsletter Fall Winter 2016 · [www.tahoeyouth.org](http://www.tahoeyouth.org)*

Inside this edition

What's going on.....2  
Program Updates.....3 & 4  
Thank you Donors.....5

Board of Directors

**Pam Wheeler**  
Board President  
**Paula Peterson**  
Board Vice President  
**Mickey Madden**  
Board Treasurer/Secretary  
**Patrick Frega**  
Board Member  
**Sabrina Siino**  
Board Member

TYFS Location

South Lake Tahoe Counseling  
Office & Drop In Center  
1021 Fremont Ave.  
South Lake Tahoe, CA 96150  
Tel: (530) 541-2445

Gardnerville Counseling Office  
1512 US Hwy 395 N, Ste. 3  
Gardnerville, NV 89410  
Tel: (775) 782-4202

Gardnerville Drop In Center  
1307 Langley, Unit 1  
Gardnerville, NV 89460

Alpine County Office  
Early Learning Center  
100 Foothill Rd, Bldg D, Rm 5  
Woodfords, CA 96120  
Tel: (530) 694-9459

TAHOE YOUTH & FAMILY SERVICES  
INAUGURAL EVENT

# Night of Magic

7:30 pm, Friday, November 4  
The Loft in Heavenly Village



Tickets price: \$60 which includes Cocktail Party with appetizers and one cocktail, TYFS program displays, magic show and the opportunity to support the work of TYFS.

Space is limited, reserve today.  
Purchase tickets at **TahoeYouth.org**

Unable to attend? Make donations at **TahoeYouth.org**

# What's New at TYFS

## Executive Directors Note



*Greetings! I hope all of you are doing well. As we come into the holiday season, we at TYFS have much to be thankful for. Our staff continues to provide high level services, and lives are being changed. It is a thrilling experience to be a part of this.*

*We are also collaborating extensively with our community partners. One example of this is our partnership with Suicide Prevention Network (SPN) to provide Suicide Prevention and Stigma Reduction Programs in the South Shore. In partnering with El Dorado County, TYFS and SPN will be providing education, creating support groups, and raising awareness through extensive outreach over the next two years in support of this program. We are excited to expand the*

*platform to change even more lives.*

*We would like to invite you to be a part of changing lives this holiday season. We have worked to make donating easier through our website and created a texting portal for Mobile donations (text the keyword 'TAHOEYOUTH' to 41-444). We are also collaborating in ways to maximize donor efforts. Efforts like these have been a staple of our 45 years of operation. We hope you consider TYFS when giving this holiday season.*

*Christopher Croft*

*Executive Director*

---

## *TYFS would like to extend a warm welcome to new Employees and Board of Directors*

*Employees:*

*Kerstin Sidney, Licensed Clinical Social Worker*

*Celese Brown, Peer Advocate*

*Denese Lenker, Accounting/Administrative Assistant*

*Patricia Damian, Mental Health Counselor*

*Shana Kendrick, Supportive Services/Girls Project Assistant*

*Board of Directors:*

*Sabrina Siino, joined TYFS board in late September*

---

## *TYFS has been awarded Basic Center Grants for South Lake Tahoe & Douglas County*

*Tahoe Youth & Family Services is honored to have once again be awarded Federal Basic Center Program funding for both California and Nevada. TYFS was one of the first non-profits in the country to receive these grants from the US Department of Health and Human Services. This recent award means we will continue to work to provide safety-net and supportive services to runaway, homeless, and disconnected youth in South Lake Tahoe and Douglas County. Basic Center Program funding supports the two TYFS drop-in center locations where youth may receive food, clothing, hygiene products, take a shower and do laundry, get help receiving ID's and look for a job, receive counseling if necessary, and be provided with educational and recreational opportunities. The drop-in centers provide runaway and homeless youth with survival resources in our rural communities where permanent homeless shelter services do not exist. At TYFS drop-in centers, youth can GET RECHARGED, GET RESOURCES, and GET RESPECT!*

# Program Updates

## Drop In Centers

### South Lake Tahoe:

Homeless youth are living on the streets in thousands of communities nationwide including our own. However, often we don't stop to think about what led them to find refuge on the streets. Many of these young people are runaway and throwaway youth. Tahoe Youth & Family Services is proud to be participating in honoring National Runaway Prevention Month this November. The goal of this campaign is to promote awareness and to educate the public about solutions to prevent youth from running away. There are many different factors that lead youth to run away or to be thrown out of their home. Some of the most common factors include: family conflict, abuse, sexual orientation, drug/alcohol related issues or escaping state care, such as foster care services. For whatever reason youth choose to run away, life on the streets further exposes them to life threatening risks such as pregnancy, suicide attempts, substance abuse, sexual exploitation, or participating in criminal activity. This way of life may seem unimaginable to many of us; but the truth is that there are many young people in our community sleeping in the wilderness, wandering the streets, couch surfing and trying to find the means to survive. Tahoe Youth & Family Services' drop in centers serve as a point of entry and strive to provide information, resources and supportive services to all youth who are homeless, couch surfing, living in poverty or who may be at risk of becoming homeless. Our drop in centers offer food, clothing, socks, showers, laundry services, hygiene essentials, sleeping bags, tents, and help with obtaining proper identification to gain employment, apply for funding to attend LTCC and get off the streets.



### Douglas County:

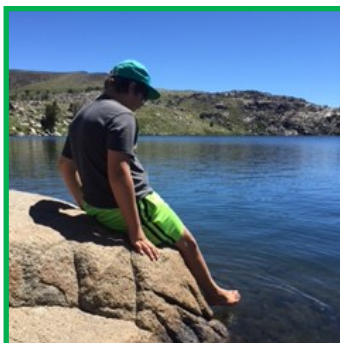
The Douglas County drop in center held its 4<sup>th</sup> Annual Safe Place Halloween Party on Oct 22! TYFS' drop in clients participated in costume contests for best male and female costume, had a mummy wrapping contest, and a candy corn guessing competition to win prizes. All 20 youth that attended the party were provided a fun and safe environment to celebrate Halloween, have fun and eat pizza. We would like to give a big shout out to local DJ Greg Sellers for donating his time once again this year to provide music for the party, we would not be able to do it without his generous support!



## Mentor Program

We would like to welcome two new mentors to our mentoring program, Brenda Kolobakken who works for Engage Nevada and Pamela Portocarrero who is a teacher at Douglas High School. We are again collaborating with Douglas High School's mentoring program. On October 21<sup>st</sup> we had a meet and greet with students and teachers interested in mentoring program. It was very well attended and we are looking forward to have many more mentors/mentees. We currently have a total of 39 mentees in the Douglas County/South Lake Tahoe mentoring program.

Last month our mentors spent a total of 182 hours with their mentees. Way to go Mentors you rock!!



## Program Updates continued

### South Tahoe Drug Free Coalition

The South Tahoe Drug Free Coalition is gearing up for their fourth year and are busy planning some exciting activities and programs for the community. The DFC recently held a retreat for members to collaborate and plan the direction and goals for the next two years. Members met at Stanford Sierra Conference Center at Fallen Leaf Lake to enjoy lunch and begin discussing which drugs and activities the DFC will be focusing on. This year, we are excited to announce our newest program designed for parents with the Parent Group Texting Network! Parents can sign up for one-way text messages from the DFC to keep updated on the latest drug trends going on in the community and the local schools. Parents can learn the signs and symptoms to look for, the street names, and be equipped to talk with their kids about drugs. To join, parents can simply text STHS or STMS to 888777 to follow the trends in their child's school. One of the new trends hitting South Lake Tahoe is the increasing prevalence of prescription drug abuse which often leads to addicts turning to heroin, which is cheaper and more readily available. To combat this trend, the DFC has free prescription lock bags available for the public! Many teens turn to their relative's medicine cabinets looking for drugs that have the potential to get them high. One of the most at risk groups of medication theft is the elderly since they usually have a large amount of medications in their home. One solution to curb this theft is to keep medications locked up in a cabinet safe or a drug lock bag. The DFC has prescription drug lock bags available for the public at no cost. Simply contact our coordinator, Kelsey Magoon, through email at [kmaagoon@tahoeyouth.org](mailto:kmaagoon@tahoeyouth.org) or by calling the TYFS office to obtain a bag. Keep an eye out for the DFC commercial coming to a T.V. near you starring our very own Vice Chair Hannah Greenstreet!



---

### Girls Project

Currently we have 135 girls signed up, that is an increase of 50 percent since 2014, and our numbers are increasing each year. This is due in part to our Evidence Base group curriculum which we facilitate with the girls. Evidence Based practice is research findings resulting from the systematic collecting of data through observation and experiment and the formulation of questions and testing leading through scientific research. For the South Tahoe Middle School girls, we currently have enrolled 23 girls and expect those numbers to increase as the girls become a sisterhood for each other and facilitator's become positive role model in the girl's life's.

We use the curriculum "Girls in Real Life Situations" this curriculum helps to enhance social and emotional development, while teaching the girls about body image, choices, communication with parents and self-esteem. These are just a few topics of what we teach in the groups. The Girls Project summer groups have increased from 15 girls attending in 2015 to 25 girls in 2016 and those numbers are cumulative because of the variety of outdoor educational activity's we provide.



# Donations May 2016 through September 2016

7-Eleven  
 AT&T Employee Giving  
 Darlene Alvarado (M)  
 Anonymous  
 Kristen Atkinson  
 Back Pack Buddies (Gardnerville)  
 Jan Barnett (M)  
 Gregory Bennett (M)  
 Trisha Berman (M)  
 Connie Billington (M)  
 Cheyenne Bova  
 Randy Brandmeyer  
 Bread & Broth (St. Theresa Church)  
 CardinaleWay Toyota  
 Carson Lanes Family Fun Center  
 Carson Valley Community Food Closet  
 Carson Valley Swim Center  
 Casey's  
 Cami Chavez (M)  
 Matt Cole (M)  
 Sarah Corder (M)  
 Christopher Croft (\*\*)  
 Douglas High School  
 Patrick Frega (\*)  
 Doug Friendshuh  
 Frontier Communications  
 William Frye  
 Cindy Gaffny  
 Cara-Lee Garrett  
 Richard Glasson  
 Len Gollnick  
 Michelle Gomez  
 Wait Griswold  
 Shara Harvey (M)  
 Betty Hathaway (\*M)  
 David Hathaway (M)  
 Teresa Horse (M)

Harrah's/Harveys Lake Tahoe  
 Taylor Hibler  
 Jacks Valley (PTSO)  
 Julie Joldersma (M)  
 Lauri Kemper (M)  
 Linda Kleiner (M)  
 Marilyn Kolpacoff (M)  
 Lake Tahoe Winter Experience  
 Lake Valley Firefighter's Association (DSP)  
 Live Violence Free  
 Jesse Laca (M)  
 Morgonna Lafae (M)  
 Lilly's Tire Service  
 Susan Lippmann (M)  
 Live at Lakeview (Bike Valet)  
 Leesa Lopazanski (M)  
 Savannah Lowther (M)  
 Lou Mack  
 Mickey Madden (\*)  
 Shalon Marangi (M)  
 Bill McKenzie (M)  
 Rick McGuire (M)  
 John McWilliams  
 Amy Mecak (M)  
 Narcotics Anonymous  
 Alissa Nourse (M)  
 O'reilly Auto Parts  
 Sean O'Malley  
 John Olivera (M)  
 Deb Page (M)  
 Parasol Tahoe Community Foundation  
 Kenn Parr (M)  
 Carolyn Proto (M)  
 Carole Romanwitz (M)  
 Kris Robison (M)  
 Elizabeth Rau  
 Laura Salinas (M)

Starbucks  
 Sierra Community Church  
 Tim & Gail Salter  
 Salter Revocable Trust  
 Soroptimist International of Tahoe Sierra  
 Kyndra Sierfine (M)  
 Sacramento Region Community Foundation  
 Thomas Suk  
 South Tahoe Refuse  
 South Lake Tahoe Optimist Club  
 Robert & Darlene Stone (\*\*)  
 Soroptimist International Of South Lake Tahoe (PATH)  
 South Tahoe Middle School PTA (DFC)  
 Mike Torres (M)  
 Katherine Thielen (M)  
 Kristen Teigen  
 Thorolf Teigen  
 Tahoe Mountain Lab  
 Terry Lee Wells Foundation  
 Ben Trevino (M)  
 United Way of Northern NV  
 Vail Resorts Echo  
 John Vanek (PATH)  
 Gary Vannice (M)  
 Kathy Vaughan  
 Rhonda Vega (M)  
 Daniele Waterhouse (M)  
 Todd White  
 Winks Silver Strike Lanes  
 Women of the Moose

(DFC) = Drug Free Coalition  
 (DSP) = Drug Store Project  
 (PATH) = Partners Against Trafficking of Humans  
 (M) = Mentor  
 (\*) = Board Member  
 (\*\*) = TYFS Employee



The Girls Project would like to give a BIG thank you to the following donors:

O'Reilly Auto Parts  
 Thomas Suk  
 South Tahoe Refuse  
 Lake Tahoe Winter Experience  
 Casey's Grill  
 Women of the Moose  
 Cesar's Entertainment Services LLC.