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YouthHope



HOPE FOR THE FUTURE STARTS WITH TODAY

VOLUME 4

APRIL 1, 2014



YouthHope Construction Needs

- New Plumbing
- Commercial Kitchen Equipment
- New Bathrooms

Or

Donate Now
By Visiting
www.YouthHope.org

Or

Send a Check to:
P.O. Box 7803
Redlands, Ca. 92375



YouthHope Works with Parents

Over the past four and a half years, YouthHope has not only journeyed in the hardships and trials with our youth, but with many of their parents as well. We are often asked the question “What about the parents? Where are they?” Quite honestly we don’t always know. We frequently meet youth who lack parental figures in their lives. Some only have a shell of a parent, whose being has been so overcome by drugs and addictions that they can no longer function as a stable adult in their child’s life. Many come from single-parent homes, where the strain of providing for their child physically overtakes their time to provide for their child emotionally. Still a greater number of our youth are simply neglected. In fact, neglect is one of the most common forms of abuses among our population. However, there remains a por-

tion of youth who come from homes that **truly do care** about their need for nurturing love and attention. These are places where the parent desires to understand their child and makes an effort to give them time and care. These are the parents who come to us for help when they struggle grasping the difficulties our youth face.

We recently received a call from a mother in desperate need of help for her son. This young man had visited YouthHope in years past but had only been a handful of times. Since his absence in seeing us, he had developed an addiction to heroin. He knew that this is not where he wanted his life to go and desired to get clean. The young man confessed to his mother where his choices have led him and that he truly desired to get better. His mother, ready to help her son

move forward, began to look for help in getting him clear of this addiction. The first and only name he gave her was YouthHope’s. He asked for her to call Heidi and start getting help with YouthHope.

This is not the first time we have received a call from a parent in need of advice or assistance. Bringing families back together is something worth working towards and we strive to make this happen in every healthy setting possible.

YouthHope was created four and a half years ago to help the hurting and broken youth, but it begins in the home, and we seek to help be a support system in any way we can, including the adults in their lives.



Fundraising Ahead: Chili Cook-Off & Rummage Sale

CHILI COOK-OFF: Saturday, April 5th at 3 p.m. a microbrewery in Yucaipa known as Brew Rebellion, will be hosting its first Chili Cook Off to help support YouthHope! Local business vendors, opportunity drawings and chili tastings will all be a part of this fun and community-centered event. The cook off is free to attend and free to participate! Simply email Brchilibenefit@gmail.com to apply as a competing chili recipe participant. Admission tickets to Six Flags Magic

Mountain, and gift certificates to local restaurants and business are included in this opportunity drawing and are ready for the winners’ taking. Homemade Root Beer will be specially brewed for this event! The Cook Off will be held at Brew Rebellion, located at 13444 California St. Yucaipa, CA 92399.

RUMMAGE & BAKE SALE: Clean your closets and mark your calendars for Friday and Saturday May 2nd and 3rd! YouthHope will be

hosting a rummage & bake sale and is in need of gently used items to sell and support our many programs and services, along with baked goods. The sale will last from 7 am—1:30 pm both Friday and Saturday. Please drop off donations for this fundraiser at our building (1175 W. Redlands Blvd.) the week of April 28th—May 1st from 2 - 6 pm. For questions, pick-ups or alternative drop-off times contact Cherise at (909) 810—3848 or Cherise@youthhope.org.

Interested In
Helping YouthHope,
But Don't Have
Time to Volunteer?
Consider Donating
The Following...

- **Gifts In-Kind for Fundraising Events**
- **Gently Used Items for a Rummage Sale**
- **\$5 Gifts cards to Fast Food Restaurants**
- **Bus Passes to Help Our Youth get to School (value of \$35)**



Youth Story....

Jasmine: There are not a lot of people that know about me. I'm the girl that everyone sees but never notices. It's easy for me to be the "good girl" and to say "everything is ok" on the outside, but on the inside I feel out of control and hopelessly sad. I'm awkward and shy, but there's so much more to me than what meets the eye. Our electricity at home has been shut off or has come very close to being shut off every month for as long as I can remember. There have been many months where I cannot find even a can of food inside of my home. If I find any food, I usually make sure my sister eats before I do. She means everything to me. Sometimes I'm scared that if I don't take care of her, then nobody will. She doesn't seem to have a clue about what is going on in our house. She laughs and smiles a lot. I don't really get it, but I'd like to keep it that way.

My mom works two jobs and hardly spends any time at home, at least not when we are at home. My mom works very hard to keep a roof over our heads, and for that I am grateful. Her boyfriend is a Heroin Junky and has been living with us off and on for years. I hate him. He yells at me. He doesn't work. He doesn't pay rent. He cheats on my mom. He steals her food stamps and other things around the house to sell for his next fix. My mom knows that he does this

yet continues to stay with him. She is scared to death of being alone, but she has little or no regard for me and my sister. She doesn't get that she is ruining our lives by letting him stay.

I scratch. I scratch and I scratch until my skin is raw. I hardly notice I do it until I see my skin bleeding. I have a lot of scars from my scratching- it's embarrassing because I always tend to do it on places that everyone can see. I try to cover them up with bandanas or bracelets, but I catch people staring. Everyone stares but nobody asks. Nobody cares.

I feel like my scratching is my body's weird way of letting the world know I'm not ok. I've never taken anything sharp to my body because it feels wrong and unnatural- but I find comfort in the natural scratching of my nails against my flesh. It reminds me I'm alive. It soothes my pain that I feel so deep. The only safe place I've found in years is at Heidi's, or "YouthHope". They provide a meal and a place to hang out a couple times a week and EVERYONE asks how I'm doing. I hardly respond with the truth- but some of them look at me as if they see me and my pain. It's the only place I feel like I belong and it provides an outlet for me to get away from my house. The longer I'm out of my

house, the more normal I feel. They really seem to care about me there. A few weeks ago I broke down to one of the volunteers, who asked me how I was doing when I was on the verge of a meltdown. I told her everything- even about the scratching. She was immediately ready to hug me and to help me. For the first time, I cried about my situation to someone outside of myself. I felt noticed and loved. She gave me a journal and some paints as an outlet. That was the first gift I'd received in years.

Since then, my home life has not changed much, but I've found a place of refuge to ease me from my pain. I haven't felt alone in my pain in months. I have people who look forward to seeing me and who care enough to call if I haven't shown up in a while. I feel safe to call when I'm not ok. YouthHope makes me feel like everything is going to be ok.



Note From the Founder....

Spring is officially upon us and Easter is just around the corner. I'm sure that I don't need to remind any-one that the April 15th tax deadline is also fast approaching. The beginning of the year has just flow by at YouthHope. We have accomplished so much with the renovations of the Drop-In Center this year, but there is still a tremendous amount to do before we can officially utilize the space for the youth and our offices. If you are fortunate enough to receive a tax refund this year, please consider making a tax-deductible donation to

YouthHope either toward our many programs and services or toward our many Drop-In Center construction needs. One of our most pressing needs is Commercial Kitchen Equipment. By law, we are required to have certain types of commercial kitchen equipment in the facility. We are in need of a commercial stove, commercial sinks, commercial dishwasher, and a commercial refrigerator. If you are able to make a donation toward any of these items, please contact us at: www.youthhope.org

and we can provide you with more information about our requirements. All of the YouthHope volunteers, youth, and staff hope that you and your families are able to enjoy the beauty of Spring this year. We also hope that you all have a wonderful Easter holiday with your family and friends. We ask that you also remember the homeless, run-away, and underserved youth in Redlands and the surrounding areas this Spring and Easter season. -Heidi Mayer, Executive Director