



# Connections

Helping People Fit the Pieces Together since 1969

**Fall 2008**

**CEO**

Cathy Doran

**Youth & Family Services**

Teresa Wright, Director  
Crisis Residential Center  
YouthREACH

**Adult Services**

Tom Murphy, Director  
Chemical Dependency &  
Co-Occurring Disorders  
Treatment

**Financial Services**

Dodge Kerr, Director

**Administrative Services**

Sarah Doering, Director

VOLUMN #10

**EAGLE SCOUT SOARS!**

On Friday April 10<sup>th</sup>, Jake Grover, an area Eagle Scout, delivered over 800 books and two new large book shelves to the Crisis Residential Center! This was a community service project that Jake completed as an Eagle Scout project.

Jake explained that he posted signs around his neighborhood describing his project. Initially, he planned only to buy books for CRC clients. But the response he received was so significant that he used a portion of the money to buy the bookshelves. Enough money was left to buy enough books to completely fill both shelves!

What's more, Jake was able to purchase very high quality new and used books. In addition to many contemporary titles aimed at adolescents, Jake also purchased many classic works of literature.

The book shelves now stand opposite one another in the CRC living room so that CRC youth may access them at any time. CRC is extremely thankful to Jake for all of his hard work on behalf of our kids! His project will benefit CRC youth for a long time to come.



Eagle Scout Jake Grover





Rafaela Ortiz, Board Chair

2009-2010

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of  
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MESSAGE FROM THE BOARD

It appears there is finally some good news on the economic horizon. The recent drop in job losses for the month of July suggests that the recession may finally have hit bottom. The bad news is that any signs of recovery will likely not be seen for months. State and local economic experts predict that the job market will continue to erode with no real employment gains until 2011. What does this mean for YFA? The tough economic situation has already resulted in less revenue for the State which translates into less funding for local social services. The County funded chemical dependency treatment system in Spokane is looking at a 20-25% cut in State funding. The practical impact of this reduction is that there is NO funding available to treat the uninsured working poor or low income person in Spokane. The lack of funding for this service will result in increased costs in other systems of care such as hospitals and jails. YFA has been a community resource for 40 years for people who need treatment for addiction but cannot afford it. It is heart-rending to turn away people who are motivated and committed to recovery

but the loss of funding makes it impossible to continue to be this resource. This is why we are so grateful for any donation/gift that you choose to give. Your tax deductible dollars help to fill this ever widening treatment gap. Please use the enclosed envelope or access our website to help support people in our community having trouble fitting the pieces of their lives together. Thank you.

LOCAL STUDENT STEPS UP TO HELP KIDS

Jaycob Enzler chose the CRC as the recipient of his community services project for Central Valley High School. For his project, he assembled 39 personal hygiene bags for CRC youth. Each bag contains a toothbrush, tube of toothpaste and soap.

Unfortunately, many CRC youth arrive at the shelter with little or no personal hygiene products. Living in an unstable situation, couch surfing, being "on the run," or homeless can often result in a lack of personal belongings, hygiene products, clothing etc. alongside the emotional distress and sense of insecurity.



Donate that old vehicle that's too expensive to fix and guzzles gas anyway; and be sure to designate YFA to receive the proceeds. Call 928-1900 to arrange for a free tow and get all the details. It may even be tax-deductible.

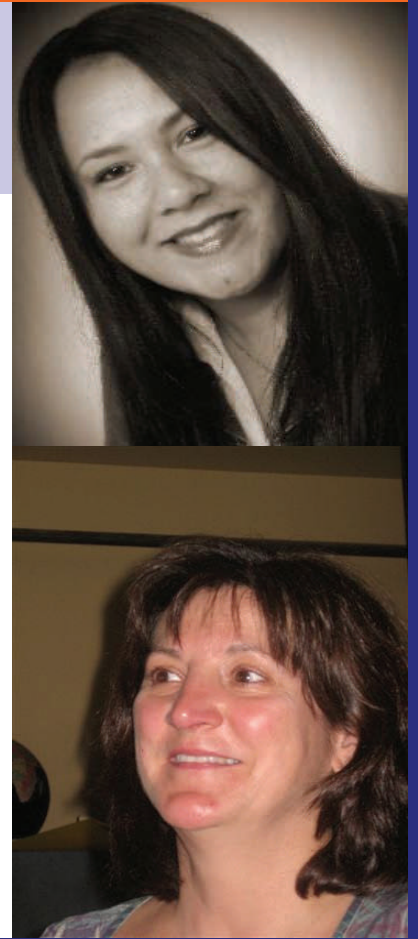
# YFA Board of Directors

## YFA Board of Directors Welcomes Shawna Beese-Bjurstrom and Gudu Fischer

YFA Connections is governed by a committed volunteer group of directors who donate their time and talent to help maintain the Agency's long tradition of service to the Spokane community. YFA is excited to welcome Shawna Beese-Bjurstrom and Gudu Fischer to the YFA Board of Directors.

Shawna Beese-Bjurstrom works at Providence Sacred Heart Medical as a Peds-ICU nurse and change facilitator. She has served on YFA Connection's Development Committee for the last two years and this summer joined YFA's board. As a former resident of CRC 18 years ago, Shawna feels it is her pleasure to give back to an organization that has meant so much in her life. Married with one son, Zachary, Shawna is a lifetime Spokane resident graduating from Gonzaga University with a B.S. in Nursing. Shawna is currently in school, studying for an MBA.

Gudu Fischer has recently moved back to Spokane. She is employed at Avista Utilities and wanted to dedicate some of her time to serving her community. We are excited to have someone with Gudu's expertise in Federal grant reviews on the YFA Board. Gudu is "looking forward to working with YFA and learning about all they have to offer."



### YFA Clients Offer Peer Outreach Program

A group of dedicated and supportive clients in YFA's Adult Out-patient Program are offering a Peer Outreach Program "sponsored by clients for clients". The program started on July 29<sup>th</sup> and features a Peer Support Group that meets weekly at YFA. The clients that facilitate the weekly meetings are nothing short of remarkable and inspiring. They are in recovery and are becoming excellent mentors for clients who are struggling with attending treatment. This group is a confidential forum for YFA clients who are having trouble committing to the recovery process for a variety of reasons.

According to the group facilitators "clients are invited to share their struggles and laugh; to vent, make suggestions and brainstorm ideas." The hope is that they will make a positive commitment to their recovery "I am extremely excited about the Client Peer Outreach Program because I have wanted clients to be more involved with the development of treatment services for a long time and this program fits beautifully," says Tom Murphy, Adult Treatment Services Director.

### CRC Wish List

- Hoodies in dark solid colors
- Boxers in all sizes
- Socks
- Travel size shampoo & conditioner
- Hairbrushes & combs
- Toothbrushes
- Travel size Toothpaste





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509.532.2000 FAX: 509.532.2005

**Crisis Residential Center**

201 West 6th Ave. Spokane, WA 99204

24/7 Crisis Hotline 509.624.2868

[www.yfaconnections.org](http://www.yfaconnections.org)

**Prevention, Intervention,  
Education and Treatment  
Services for Youth, Adults  
and Families in Conflict or  
Crisis.**

## YFA Partners with Family Service Spokane

YFA and Family Service Spokane established a partnership in March 2009 to better serve the chemical dependency and mental health needs in the Spokane community. "I am very excited about this opportunity to work more closely with an outstanding behavioral health services agency such as Family Service Spokane," says Tom Murphy, Adult Services Treatment Director. The partnership provides a full time YFA Chemical Dependency Professional (CDP) who has been integrated into the treatment team at FSS to provide on-site co-occurring disorders treatment including evaluations, referrals, individual and group counseling and case management.

Mandy Anderson, MSW, who serves as the on-site CDP deserves a great deal of credit for the program's quick success. Mandy really cares about the well being of her clients and strives to ensure that their treatment needs are met as they work to stabilize their mental health symptoms and remain abstinent from alcohol and/or drugs. Individuals must be enrolled with Family Service Spokane to access the program. YFA looks forward to a long and successful partnership with the treatment team at Family Service Spokane as we assist individuals toward healthier, happier and more productive lives.

# YFA Connections celebrates its 40th ANNIVERSARY

## Please help us celebrate 40 years serving the Spokane community at our Annual Benefit Luncheon

Tuesday September 15, 2009 11:45am

The Spokane Club

MC: Comedian Dan Cummins

Tickets: \$25.00



For information and reservations please call 509-532-2000 x 18 or email us at [info@yfaconnections.org](mailto:info@yfaconnections.org) to order your tickets.

*Proceeds benefit the youth, families and adults served by our programs.*