

July 2025

Monthly Newsletter

Youth Options Shasta



INSIDE, WE ALSO TALK ABOUT:

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Shasta Youth Leadership Camp

Empowered to Rise

From July 7–11, middle school students from across Shasta County gathered for an unforgettable week of growth, connection, and leadership at **Shasta Youth Leadership Camp (SYLC)** — a four-day, three-night summer experience designed to equip youth to stand against drug use, gang involvement, bullying, and violence while building stronger relationships with peers and local law enforcement.

SYLC is a collaborative effort between Youth Options Shasta, local educators, and community sponsors — including Anderson Police Department, CAL FIRE, CHP, Redding Police Department, ABC, Shasta County Probation, and more. With the help of volunteer counselors and camp staff, SYLC offers students a supportive environment to grow in confidence, build new friendships, and become leaders in their schools and communities.



While each day brought new games, sessions, and fun, the heart of SYLC remained the same: helping youth recognize their potential and choose a life of leadership, character, and purpose.

We are deeply grateful to every sponsor, staff member, counselor, and community partner who made this year's SYLC possible.

Together, we're shaping a generation of youth ready to rise.

Class Highlights

Continued Learning in July

Aggression Replacement Training (ART):

In July, 15 students enrolled in our Aggression Replacement Training (ART) program — a powerful tool for helping youth manage anger, build communication skills, and make better choices. Of those enrolled, 11 students completed the course, with 1 student still in progress and 3 unable to finish.

Through engaging sessions focused on social skills, anger control, and moral reasoning, students learned how to pause, think, and respond rather than react. ART offers youth the tools to handle stress, resist peer pressure, and reduce risky behaviors — especially those tied to substance use or emotional conflict.



This program is helping shape stronger, more self-aware leaders in our community — one choice at a time.

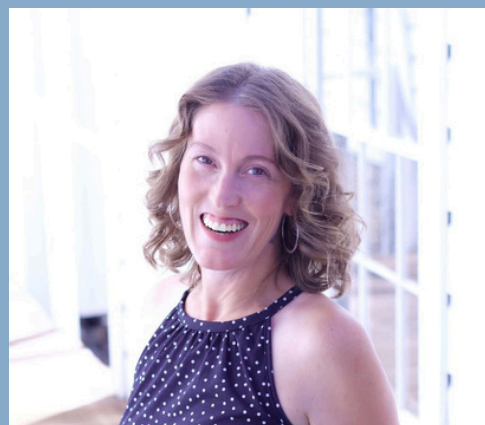
PARENT DISCUSSION GROUP

You're Not Alone

Parenting a teen can be challenging — but you don't have to walk it alone. Our monthly Parent Discussion Group offers tools, encouragement, and honest conversation in a safe, supportive space.

Led by Certified Coach Sara Bartow, sessions explore how to build trust, handle conflict, recognize early signs of substance use, and create calm at home.

Join us as we grow together in clarity, connection, and confidence.



Meets the 3rd Monday
of Each Month
1700 Pine St, 2nd Floor

Financial Spotlight

Transparency. Stewardship. Impact.

We're incredibly grateful for the continued support of community partners who believe in the mission of Youth Options Shasta.

Every gift makes a difference — and every dollar goes directly toward building stronger futures for youth in our community.

Here are a few highlights from July:

Thank you for standing with us!

- A \$25,000 grant from the Shasta Arson Task Force is helping fund our Fire Prevention Specialist and support our Youth Fire Prevention & Intervention (YFPI) program.
- Umpqua Bank generously donated \$6,000 toward our ongoing youth programs and services.
- SYLC received a \$5,000 donation from Save Mart, plus an additional \$2,000 in sponsorships raised by our incredible counselors and staff.
- We also received the final \$23,000 payment from the COVID Employee Retention Credit, which has been instrumental in helping us sustain our team and programs through recent years.

IMPACT MOMENTS



Real Stories. Real Change.

"This program has helped us come up with solutions for stressful situations."

— YOS Parent

"ART helped me take a step back and think more before I act."

— Student in Aggression Replacement Training



Meet Our New Staff

Welcome, Jamie Richardson
— Office Manager —

We're thrilled to welcome Jamie Richardson to the Youth Options Shasta team!

Jamie brings over 25 years of administrative leadership, with a heart for creating spaces where people thrive.

She's passionate about clarity, strategy, and seeing people step into their full potential.

When she's not organizing systems, or supporting and encouraging the team, you might find her with a journal and coffee in hand — dreaming up ways to build stronger community.

NEXT MONTH'S FOCUS:

Back to School, Back to Purpose

August is a fresh start — a time to step into the new school year with purpose and vision.

At Youth Options Shasta, we're leaning into leadership, responsibility, and connection as we help students re-engage with who they are and what they can bring to their communities.

One of the best ways we do this is through our **Shasta Youth Peer Court** program — a powerful opportunity for youth to volunteer in real courtroom settings, gain hands-on leadership experience, and give back through restorative justice.

To kick things off, we're hosting our annual **Peer Court Recruitment Event:**
Wednesday, August 27th
5:00–6:30 PM
at Youth Options Shasta
1700 Pine Street
(2nd Floor - inside US BANK)

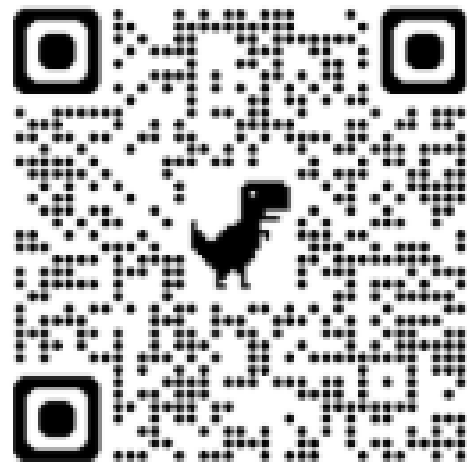
Bring a friend and you'll be entered to win a gift card! RSVP with the QR code for an extra raffle ticket.

Students in grades 8–12 are invited to join us for pizza, prizes, and an inside look at what it's like to serve as a student volunteer on our Peer Court team.

Whether you're interested in justice, leadership, or simply giving back, Peer Court is a great way to make an impact.

Let's start the year with purpose — and make this a season of stepping up, giving back, and leading well.

Questions? Contact Skyler at
(530) 244-7194 or skyler@yoshasta.org



Connect with us online!



youthoptionsshasta.org



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