

October 2025

Monthly Newsletter

Youth Options Shasta



PREVENTION IN ACTION

Empowering youth and staff to build safer, stronger communities.



Youth Options Shasta was excited to participate in Raising Shasta's Annual Trunk or Treat, a collaborative community event at the Mount Shasta Mall where families, friends, and local partners came together for a night of creativity and celebration.

Our **Youth Action Council** joined the celebration with a Candy Land-themed station, complete with bright colors, creative costumes, and plenty of sweets! Students decorated their "trunk" under our pop-up tent and spent the evening handing out candy, greeting families, and spreading smiles.

As Raising Shasta shared, "Our Annual Trunk or Treat was such a blast! From creative trunks to amazing costumes, you all brought the Halloween spirit to life. We loved seeing so many families, friends, and community partners come together for an evening full of fun."

Events like this are powerful examples of Prevention in Action—where youth have the chance to engage, serve, and connect with their community in positive, meaningful ways

📷 Photos courtesy of Abby & Elizabeth, YAC Media Team



COMMUNITY PARTNERSHIP SPOTLIGHT

Thank you to Raising Shasta, Mount Shasta Mall, First 5 Shasta, and all the community partners who made this event possible.

We're grateful for opportunities to participate in collaborative efforts that bring families together and strengthen community connections.



 Photo courtesy of Raising Shasta

PEER COURT & CASE CONFERENCING

Peer Court took place in Anderson this month, giving students the chance to take leadership in restorative justice by serving as jurors, advocates, and peer mentors. Through these sessions, youth learn accountability, empathy, and the power of repair.

Behind the scenes, our staff and peer advocates worked together in Case Conferencing, collaborating with probation, schools, and families to ensure each student receives individualized support and resources for success.

“This month was good practice for me leading discussions and encouraging respondents to reflect.”

— William (YAC Peer Advocate Leadership Intern)



SAFETY FIRST & AGGRESSION REPLACEMENT TRAINING (A.R.T.)

Both our Safety First prevention classes and A.R.T. cohorts for guys and girls continued strong this month. These programs equip youth with real-life tools for emotional regulation, decision-making, and communication—skills that build resilience long after class ends.

Youth consistently share that these sessions help them recognize their choices, manage stress, and build confidence in positive problem-solving.

YOUTH ACTION COUNCIL

Social Media Mentorship Team Launches

October marked the official launch of our Youth Action Council (YAC) Social Media Team — a creative mentoring opportunity designed to help students grow in both skill and purpose. Each month, YAC members will learn to share the heart and impact of Youth Options Shasta through photos, videos, and written content that reflects our mission and the stories unfolding in our programs.



This new initiative gives students space to develop their creativity and confidence while learning leadership, communication, and collaboration. Through weekly mentoring check-ins, they're learning how to write and create in a way that reflects the voice, values, and vision of Youth Options Shasta — bringing authenticity and purpose to every post.

"I think people should hear more stories of youth who went through the program and have benefitted from it. For youth it may bring more community involvement. For families it may show that there is help in their community."

— Abby (YAC Member, Social Media Team)

Do you feel you had enough opportunities to be heard while participating in our programs?

"Yes I had all my questions answered in a way I can understand."

Is there any feedback you would like to share?

Skyler was an amazing mentor and I loved the guitar lessons with me and my cousin.

YOUTH



YOUTH & PARENT PERSPECTIVES:

PARENT



Is there anything about your or your child's experience you would like to share?

"I just want to say that this is a really great program to guide young people. I am happy that my child had the opportunity to do this program, feeling supported by everyone involved, without feeling any judgement."



Financial Update

Community Support Spotlight

This month, Youth Options Shasta received a generous donation from the Save Mart CARES Foundation in support of our Shasta Youth Leadership Camp (SYLC).

This contribution helps us continue providing affordable, high-quality leadership experiences that build confidence, connection, and purpose in local youth.

We're deeply grateful for partners like Save Mart who invest in prevention, education, and youth leadership, helping shape a brighter future for Shasta County.

GIVING THANKS, GIVING BACK...

Upcoming Events:

- **Youth Fire Academy (Night 1)**
Thurs, Nov 6th | 5:30p-8:00p
at Anderson New Technology HS
- **Safety Skills & Harm Reduction Training (for Parents & Teens)**
Sat, Nov 8th | 9:00a-3:00p
at Youth Options Shasta
- **Youth Fire Academy (Night 2)**
Thurs, Nov 13th | 5:30p-8:00p
at Anderson New Technology HS
- **Friendsgiving Dinner Party**
(see flyer attached for details)
Wed, Nov 19th | 5:00p-6:30p
at Youth Options Shasta

LOOKING AHEAD:

November:

- Mon, Nov 3rd - **Safety First** | 4:30p-6:30p | at YOS
- Tues, Nov 4th - **A.R.T. (Guys)** | 4:30p-6:30p | at YOS
- Wed, Nov 5th - **Case Conferencing** | 4:30p-6:00p | at YOS
- Thurs, Nov 6th - **A.R.T. (Girls)** | 4:30p-6:30p | at YOS
- Thurs, Nov 6th - **Youth Fire Academy #1** | 5:30p-8:00p | in Anderson
- Sat, Nov 8th - **Safety Skills & Harm Reduction Event** | 9:00a - 3:00p
- Wed, Nov 12th - **Peer Court** | 5:30p-7:30p | in Redding
- Thurs, Nov 13th - **A.R.T. (Girls)** | 4:30p-6:30p | at YOS
- Thurs, Nov 6th - **Youth Fire Academy #2** | 5:30p-8:00p | in Anderson
- Mon, Nov 17th - **Safety First** | 4:30p-6:30p | at YOS
- Tues, Nov 18th - **A.R.T. (Guys)** | 4:30p-6:30p | at YOS
- Wed, Nov 19th - **Friendsgiving Dinner Party** | 5:00p-6:30p | at YOS



Connect with us online!



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facebook.com/youthoptionsshasta



instagram.com/youthoptionsshasta





NOV 19
5:00 PM



Let us know when
you RSVP if you can
bring anything!!!



JOIN US FOR A

friends giving

DINNER PARTY

In the conference room
@1700 Pine Street, Floor 2,
RSVP to (530)508-6875

