

Monthly Newsletter

April 2026



INSIDE, WE ALSO TALK ABOUT:

Peer Court
Shasta Lake

Parent
Group

Meet our New Staff

Giving Corner
Zeffy

Upcoming
Events

Shasta Youth
Leadership Camp

Peer Court at Shasta Lake City Council Chambers

On March 25, students participated in Peer Court at the Shasta Lake City Council Chambers. Participants served as members of the jury, actively engaging with respondents by asking questions and carefully reviewing each case before making decisions. In this process, respondents had the opportunity to have their cases heard before a jury of their peers. Youth Peer Court is designed to support respondents in building accountability and developing a deeper understanding of the value of repair and restoration.

Peer Court on April 22 was held at the Anderson City Council Chambers, where restorative plans were developed to support both the respondent and the broader community. We're grateful for the opportunity to partner with our local communities and utilize their space to expand the impact of our program across the county.

Both events also welcomed new community members, who were able to witness firsthand the leadership, confidence, and professionalism demonstrated by the youth.

"Our visit to Shasta Lake was a great experience. Using a different community space helps our jurors see that their work extends beyond just one location, creating a ripple effect of impact throughout the community."

- Skyler, YOS Program Coordinator



PARENT DISCUSSION GROUP

WITH SARA BARTOW, CERTIFIED LIFE COACH

Our parent groups are designed to support and empower caregivers of at-risk youth through education, connection, and practical tools. Each session focuses on strengthening communication, increasing understanding of adolescent development, recognizing the impact of substance use, and navigating family conflict in a more effective and supportive way. Through guided discussion and restorative practices, parents gain insight, confidence, and a renewed sense of support in their role.

What Parents Are Saying

"We have been more connected in our talks at home."

"We were relieved to know it wasn't just our child going through these issues."

"We got closer as a family because of this experience."



AGGRESSION REPLACEMENT TRAINING (ART)

Aggression Replacement Training (ART) helps participants build social skills, manage anger, and strengthen decision-making through skill streaming, anger control, and moral reasoning. These activities use roleplay and group practice to improve responses to challenging situations, identify triggers, and encourage more thoughtful choices. Youth Options Shasta offers ART every Tuesday for ongoing skill development and practice for youth ages 12 - 18.



SAFETY FIRST CLASSES

Safety First is a drug education and intervention curriculum designed to prevent and reduce substance use, including alcohol, opioids/fentanyl, tobacco, cannabis, and other drugs. It includes 13 lessons for middle school, high school, and college students and promotes abstinence while also providing harm-reduction information for those who may be experimenting or using. The curriculum is especially relevant for at-risk students or those with peers who use or are experimenting.



Meet Our New Staff

Sara Bartow

- Case Manager -



Sara recently stepped into the role of Case Manager with Youth Options, where she provides Enhanced Care Management support to youth and families navigating complex challenges. Alongside her work in case management, she is a certified life coach focused on restorative communication, strengthening relationships, and supporting meaningful personal growth.

Her background includes over 25 years in the medical field, as well as experience in leadership, team development, and client-centered care. She also facilitates parent groups, creating space for honest conversation, skill-building, and connection for those supporting at-risk youth.

“My most valuable role is as a mother. I have been a supporter of Youth Options since 2019 when my son went through Peer Court and completed the diversion program.”

Irma Rivera

- Executive Assistant -



Irma Rivera recently relocated to Shasta County from Southern California, bringing a background in education, the arts, and business. She holds a master’s degree in Educational Administration and a bachelor’s degree in Music, along with over 14 years of business experience, including 11 in marketing, which she applies to her work at Youth Options Shasta.

Her early involvement in marching band, choir, and youth leadership shaped her passion for community engagement, which continued through her time at Chico State, where she served as a disc jockey, Women’s Center program coordinator, and board member of the Stonewall Alliance.

Irma is dedicated to supporting youth in Shasta County and uses her creativity and administrative skills to help them thrive while contributing to the mission of Youth Options Shasta.

Giving Corner

SCAN ME



To help amplify the mission, scan the QR code above to Donate to Youth Options Shasta through Zeffy. You may also provide a tip to Zeffy for offering their service!

LOOKING AHEAD

May 2026:

- Mon, May 4th - **Safety First** | 4:30p-6:30p | at YOS
- Tues, May 5th - **A.R.T.** | 4:30p-6:30p | at YOS
- Wed, May 6th - **Case Conferencing** | 4:30p-6:00p | at YOS
- Mon, May 11th - **Safety First** | 4:30p-6:30p | at YOS
- Tues, May 12th - **A.R.T.** | 4:30p-6:30p | at YOS
- Wed, May 13th - **Peer Court** | 5:00p-7:00p in Redding
- Mon, May 18th - **Safety First** | 4:30p-6:30p | at YOS
- Mon, May 18th - **Parent Group** | 5:30p-7:30p | at YOS
- Tues, May 19th - **A.R.T.** | 4:30p-6:30p | at YOS
- Wed, May 27th - **Peer Court Volunteer Celebration** | 5:30p-7:30p | at YOS

Upcoming Events: (see flyer attached)

- **Shasta Youth Leadership Camp**
July 15-18, 2026 | at Simpson University Campus
- Congrats to our 2026 **SYLC Counselor**
- **Stounselor Interviews:**
April 22, 2026 at Enterprise High School
- **SYLC Camper Applications:**
(current grades 5-8)

Fee schedule

Pay by May 1 = \$245

Pay by June 1 = \$275

We are so thankful for our youth participants, families, school partners, community collaborators, and supporters.

Your trust and partnership allow this work to continue.

Here's to a strong, grounded, and hopeful second half of the school year.



Connect with us online!



youthoptionsshasta.org



info@yoshasta.org



facebook.com/youthoptionsshasta



instagram.com/youthoptionsshasta



2026 SHASTA YOUTH LEADERSHIP CAMP



July 15-18, 2026

Simpson University Campus

Follow us online and stay tuned for additional camp information for #2026SYLC!


- Counselor Applications will be open online in March (current grade 10-age 21)
- Camper Apps will open online in March (current grades 5-8)

SCAN
ME!



Check us out:

 www.shastayouthleadershipcamp.com

 facebook.com/shastayouthleadershipcamp/

