

— December 2025 —

# Monthly Newsletter

Youth Options Shasta



## CELEBRATING A YEAR OF IMPACT

### A Night of Connection, Celebration, and Community



On December 17th, Youth Options Shasta gathered with staff, youth, families, volunteers, and community partners to celebrate the close of 2025. Our Holiday Party was more than a seasonal gathering — it was a reflection of what makes this work meaningful: connection, belonging, and shared purpose.

Throughout the year, youth have shown up with courage — participating in restorative processes, learning new skills, and choosing growth. This evening created space to pause, reflect, and celebrate those efforts together. Laughter, games, food, and conversation filled the room, reminding us that prevention and intervention are not just programs — they are relationships. For many of the youth and families we serve, moments like this offer a rare opportunity to experience community in a way that feels supportive, respectful, and encouraging.

As we enter the winter season, events like this ground us in why we do what we do: to create positive options for youth and families, and to strengthen the communities that support them. They remind us that lasting change is built not only through accountability and skill-building, but through connection, consistency, and care.

# CLOSING THE YEAR

## with Gratitude, Transparency, and Impact



## PROGRAM PARTICIPATION

(Reporting Data: Jul.–Dec. 2025)

### Engagement, Attendance, and Completion Across Programs

The second half of 2025 reflects consistent engagement across Youth Options Shasta's prevention, intervention, and leadership programs. While December is typically a lighter month due to school breaks and holidays, participation and attendance remained steady across services.

#### PROGRAM OVERVIEW

Youth Options Shasta (YOS) provides restorative and early intervention services for youth referred through Probation, schools, and community partners. The Peer Court program remained the central diversion service, supported by Aggression Replacement Training (ART), Safety First, and the Parent / Family Group. YOS also facilitated the Shasta Youth Leadership Camp (SYLC) and Youth Action Council (YAC) to engage youth in leadership and mentorship roles.

|                        | Peer Court |        |       | Anger Management |        | SafetyFirst |        | Parent / Family Group |        | Shasta Youth Leadership Camp |            | Youth Action Council |            |
|------------------------|------------|--------|-------|------------------|--------|-------------|--------|-----------------------|--------|------------------------------|------------|----------------------|------------|
| Source                 | Probation  | School | Other | Peer Court       | School | Peer Court  | School | Peer Court            | School | Campers                      | Counselors | Peer Advocates       | Volunteers |
| Referrals Received     | 30         | 19     | 2     | 28               | 15     | 15          | 12     | 42                    | 5      | 144                          | 56         | 9                    | 137        |
| Enrollments            | 33         |        |       | 39               |        | 27          |        | 47                    |        | 200                          |            | 133                  |            |
| Average Daily Count    | 9          |        |       | 7                |        | 5           |        | 8                     |        | 200                          |            | 27                   |            |
| Fail to Report         | 4          |        |       | 6                |        | 4           |        | 11                    |        | 15                           |            | 33                   |            |
| Program Completions    | 53         |        |       | 21               |        | 21          |        | 24                    |        | 185                          |            | N/A*                 |            |
| Successful Termination | 13         |        |       | 4                |        | 0           |        | 1                     |        | 15                           |            | N/A*                 |            |

#### PROGRAM HIGHLIGHTS & ANALYSIS

##### Peer Court

Peer Court received 51 referrals, primarily from Probation. The program enrolled 33 youth and recorded 53 completions, including some who were referred prior to this reporting period. 13 youth were successfully terminated post referral due to staff being unable to contact the family. This is a result of inaccurate or missing information on police reports or referrals. Four youth have not reported since intake; since monthly check-ins are required, participants are administratively terminated after 60 days of no contact. Attendance remained consistent, and overall engagement in restorative processes continued to be strong.

##### Anger Management

Aggression Replacement Training (ART) enrolled 39 of the 43 youth referred this year, from Probation & local schools. 21 youth successfully completed the curriculum so far this year. Two additional cohorts are currently in progress and scheduled to complete on 2/12/26. Six youth have failed to report since referral, and four terminated early. Early terminations would be from cases being returned to probation for new charges, invalidating them from the diversion process, or the family opting out.

##### Drug & Alcohol Education

The Safety First harm reduction program received 27 referrals; 15 from Probation, 12 from schools. During this period, 21 participants completed the Drug & Alcohol Education Program, including 5 referrals from last fiscal year. Four cohorts have been completed during this fiscal year resulting in an average daily attendance of 5 youth per class. Only four referrals never attended class, and no participants were terminated early.

##### Parent / Family Group

During Q1 and Q2 of the 2025–26 fiscal year, 47 referrals were made to the Parent and Family Groups, including 42 from Peer Court and 5 from schools. Groups are offered monthly, with an average attendance of eight participants per session. Eleven families have not yet participated, primarily due to transportation or child care barriers. To address this, families are being offered one-on-one sessions with the Parent Group Facilitator at a time convenient to them, either in person or virtually. Participation in at least one class is required for successful Peer Court completion; therefore, there were no early or successful terminations during this period.

##### Shasta Youth Leadership Camp

The summer SYLC program hosted 200 youth participants (144 campers and 56 counselors), focusing on leadership development, teamwork, and personal growth. Of these participants, 185 completed the full camp experience, demonstrating excellent retention and engagement. Fifteen participants did not report due to last-minute cancellations.

##### Youth Action Council

The Youth Action Council currently includes nine participants in its primary leadership program and 137 Peer Court volunteers. This total includes all youth who expressed interest at our biannual recruitment event held on August 27. Average daily participation during this reporting period has been 27 youth. Of the 125 youth who initially expressed interest at the recruitment event, 33 have not returned or made further contact.

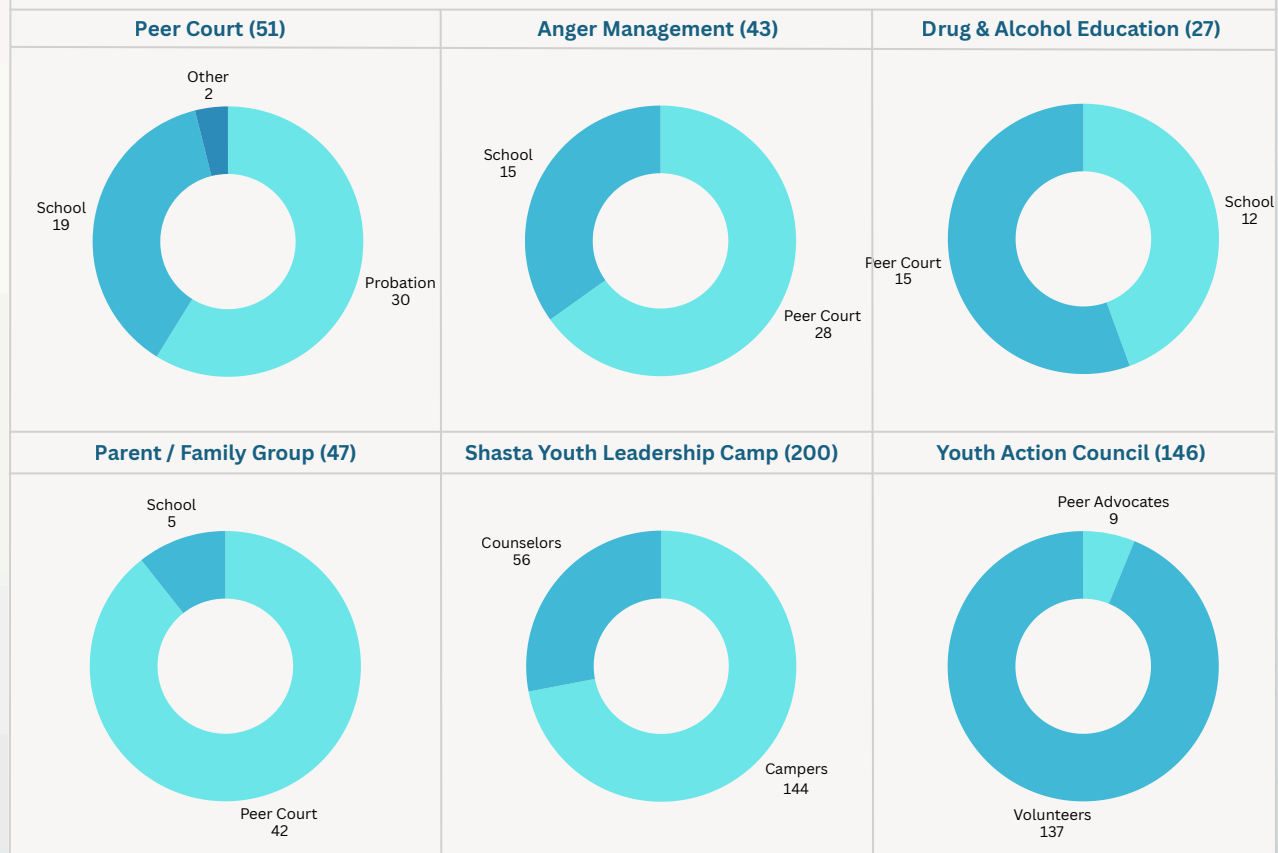
Eight volunteers joined during Q2, with four additional youth planning to begin participation in the second semester due to prior commitments. Another recruitment event is scheduled for Q3 on January 28, at which time additional enrollments are expected.

# YOS Q2 25-26 REPORT

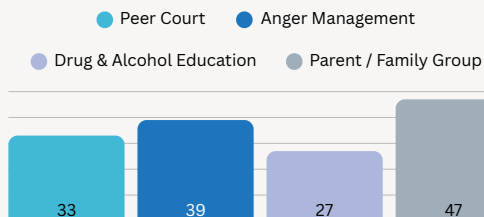
July 1, 2025- December 31, 2025



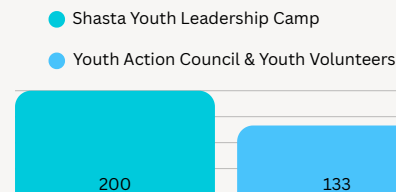
## Referral Sources & # of Referrals



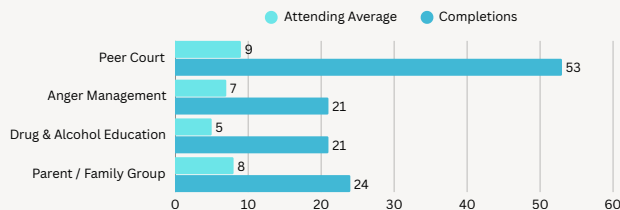
### Intervention Services Number of Youth Enrolled



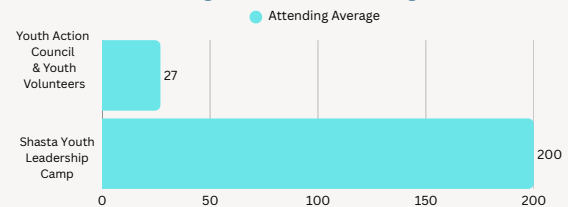
### Volunteer & Leadership Programs Number of Youth Enrolled



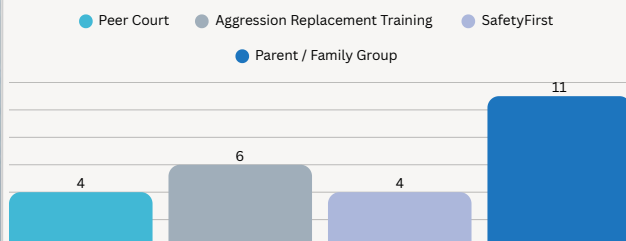
### Intervention Services Average Attending & Completions



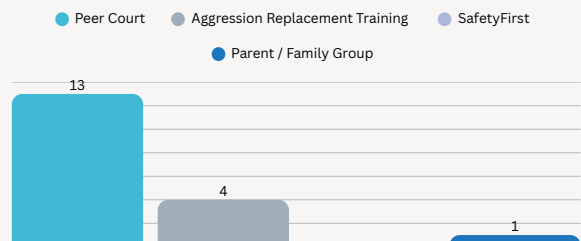
### Volunteer & Leadership Programs Average of Youth Attending



### Intervention Services Number of Youth Who Fail to Report



### Intervention Services Number of Youth Who Terminate Unsuccessfully



# YOUTH PROGRAM IMPACT

## What Changed for Youth Who Completed the Program

### PRE- AND POST-SURVEY OUTCOMES

Beyond participation, Youth Options Shasta measures impact to understand how programs are influencing youth outcomes. During this reporting period, matched pre- and post-surveys were analyzed for youth who completed the full program cycle.

#### Key Outcomes:

- 67% reduction in 30 day substance use
- 39% increase in protective factors
- 100% report a caring adult
- Improved family connection, refusal confidence & school motivation

*These outcomes affirm that when youth feel supported, connected, and accountable, meaningful change is possible.*

Youth also shared qualitative feedback describing increased emotional regulation, stronger communication skills, improved school experiences, and greater confidence in decision-making.

### LOOKING AHEAD:

#### January 2026:

- Thurs, Jan 1<sup>st</sup> - Mon, Jan 5<sup>th</sup> - **Winter Break** | No Programs
- Tues, Jan 6<sup>th</sup> - **A.R.T. (Guys)** | 4:30p-6:30p | at YOS
- Wed, Jan 7<sup>th</sup> - **Case Conferencing** | 4:30p-6:00p | at YOS
- Thurs, Jan 8<sup>th</sup> - **A.R.T. (Girls)** | 4:30p-6:30p | at YOS
- Mon, Jan 12<sup>th</sup> - **Safety First** | 4:30p-6:30p | at YOS
- Tues, Jan 13<sup>th</sup> - **A.R.T. (Guys)** | 4:30p-6:30p | at YOS
- Wed, Jan 14<sup>th</sup> - **Peer Court** | 5:30p-7:30p | at Redding City Hall
- Thurs, Jan 15<sup>th</sup> - **A.R.T. (Girls)** | 4:30p-6:30p | at YOS
- Mon, Jan 19<sup>th</sup> - **MLK Day** | Office Closed
- Tues, Jan 20<sup>th</sup> - **A.R.T. (Guys)** | 4:30p-6:30p | at YOS
- Thurs, Jan 22<sup>nd</sup> - **A.R.T. (Girls)** | 4:30p-6:30p | at YOS
- Mon, Jan 26<sup>th</sup> - **Safety First** | 4:30p-6:30p | at YOS
- Tues, Jan 27<sup>th</sup> - **A.R.T. (Guys)** | 4:30p-6:30p | at YOS
- Wed, Jan 28<sup>th</sup> - **Peer Court Recruitment Night** | 5:00p-6:30p
  - at Redding City Hall (Community Room)
- Thurs, Jan 29<sup>th</sup> - **A.R.T. (Girls)** | 4:30p-6:30p | at YOS

#### Upcoming Events: (see flyers attached)

- **Peer Court Recruitment Night**  
Wed, Jan 28<sup>th</sup> | 5:00p-6:30p  
at Redding City Hall  
(Community Room)
- **Safety Skills & Harm Reduction Training (for Parents & Teens)**  
Sat, Feb 7<sup>th</sup> | 9:00a-3:00p  
at Redding Teen Center

*We are grateful for the trust placed in us by families, partners, and the community.*

*Your support makes it possible to continue providing positive options for youth and pathways toward growth.*



### Connect with us online!



youthoptionsshasta.org



info@yoshasta.org



facebook.com/youthoptionshasta



instagram.com/youthoptionsshasta





**SHASTA COUNTY  
YOUTH PEER COURT**

# **PEER COURT RECRUITMENT EVENT**

**January 28, 2026  
5:00pm-6:30pm**

**@ City Hall - Community Room  
777 Cypress Ave, Redding, CA**

**Bring a friend to enter  
a raffle to win a gift  
card!!**

**RSVP with this  
QR Code to earn  
an extra raffle  
ticket!**



(530) 244-7194



skyler@yoshasta.org





# SAFETY SKILLS & HARM REDUCTION TRAINING

FOR PARENTS & TEENS

Youth Options Shasta



Saturday, Feb 7<sup>th</sup> 9a - 3p

Lunch will be provided  
at Redding Teen Center  
2981 Churn Creek Rd

## Substance Safety Skills Training

Substances often play a motivating role in high-risk teen behavior. This experience is invaluable to helping families have open and effective conversations on how to support their child during this complicated time of development and easy drug accessibility.



## Program Elements

A core component of the training is role-playing life altering scenarios. Teens are often each other's first responders, and they need the skills to be effective in that role.

## Addiction

Most teens who experiment with substances will outgrow the behavior by their mid-twenties. It is our job to help them avoid addiction and the more serious consequences of substance use.



RSVP!  
Here! ↓



## Bringing families together

Many of the activities will work on bringing parents and teens closer. The moments spent together bonding and sharing stories, time, and ideas will help families to come together during a time that can be difficult.



Call or Text: (530) 244-7194