

— November 2025 —

Monthly Newsletter

Youth Options Shasta



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SAFETY SKILLS & HARM REDUCTION TRAINING:

Building Stronger Foundations Together

On November 8th, Youth Options Shasta hosted our first quarterly Safety Skills & Harm Reduction Training, bringing together families for a full day of real-world tools, honest conversations, and hands-on practice.

The event was led by a collaborative team including our Youth Options Shasta staff: Jennifer Coulter, Skyler Robinson, Felicia Ramirez and Jamie Richardson, along with Sara Bartow (YOS Parent Group Facilitator), Amanda Faith (Fentanyl Awareness Advocate), Mr. Rick Crowley (A.R.T. Facilitator) and Reena Dixit (Shasta County Public Health) – each contributing to different parts of the day.

The training focused on communication, substance-use realities, the growing influence of social media, and safety strategies that empower both youth and parents.

SAFETY SKILLS & HARM REDUCTION TRAINING (CONTINUED)

Families began the day in a strength-based circle, followed by sessions on brain development, risk-taking, and what substance use looks like for youth today. One of the most impactful moments came through Amanda Faith's lived-experience talk, which opened meaningful dialogue about fentanyl awareness, online risks, and how social media platforms—especially Snapchat—are being used by individuals to directly target, contact, and groom teens with substances, creating high-risk situations that can unfold quickly and privately.

After lunch, parents and youth joined separate breakout sessions that explored practical communication skills, harm-reduction tools, and safety planning. The afternoon wrapped with Narcan training and role-play scenarios, including overdose response, safe decision-making, and supporting peers in risky situations.

The day closed with a powerful moment of reflection, as parents and youth exchanged promises of support, honesty, and safe communication.

We are grateful to every family who participated and to our staff for creating a safe, compassionate, and hope-filled environment for learning and connection.



FRIENDSGIVING DINNER

“Community is built one shared table at a time.”

Our YOS community gathered on November 19th for our annual Friendsgiving Dinner, and the evening was filled with warmth, gratitude, and plenty of laughter. Students, families, and staff came together around a shared meal to celebrate connection, community, and the growth we've seen throughout the year.

In addition to sharing dinner and conversation, students enjoyed a fun round of “Pin the Gobble on the Turkey,” which brought lots of smiles and friendly competition. It was a lighthearted way to celebrate the season and helped create an atmosphere where everyone felt welcome and at ease.



We're grateful to every family who joined us, contributed food, and helped make the night meaningful for our youth. Events like this remind us that community is built not just through programs — but through shared tables, shared joys, and shared moments of belonging.



YOUTH FIRE ACADEMY 2025



This November, our **Youth Firesetter Prevention and Intervention program (YFPI)**, in partnership with the **Shasta Arson Task Force** hosted its annual **Youth Fire Academy**, a transformative early-intervention program designed to educate youth and families about fire safety, responsibility, and prevention. Held on November 6th and 13th, the academy brought together youth, siblings, and parents/guardians for two powerful days of learning and reflection.

Students were divided into three age-specific groups (ages 5–18), allowing instructors to teach at developmentally appropriate levels through hands-on activities, demonstrations, and guided discussions. While youth learned about fire behavior, consequences, and safety planning, parents participated in their own breakout session, gaining insight into home and property fire risks and how to support safer habits at home.

For many parents, the academy was eye-opening. Several expressed how helpful the information was and wondered why the event isn't open to the broader public — a testament to the value and impact of the program. Many also shared how grateful they were to have this space to learn alongside their children.

The atmosphere across both days was meaningful and deeply moving for youth, parents, instructors, and volunteers alike. Families left with practical tools, renewed awareness, and a stronger understanding of how to prevent dangerous situations before they occur.

We extend our heartfelt gratitude to **Jas Shaw**, Youth Fire Prevention Specialist II and founder of the YFPI program. We are also grateful for the collaboration of **CAL FIRE**, **RPD**, **APD**, the **District Attorney's Office**, and **Shasta County Probation**, whose collective expertise strengthens this life-changing program. Special thanks to **Clean Right Build Right (CRBR)** for providing meals for staff and volunteers, and to **Anderson New Technology High School** for faithfully hosting and supporting the academy each year. We also appreciate our many **donors** and **community partners** whose support helps make this program possible.



YOUTH ACTION COUNCIL

Student leaders shaping their community.

This month, our Youth Action Council continued to grow as leaders and encourage their peers through service, creativity, and consistent engagement. Each month, members reflect on their experience in YAC how the program is shaping them (see reflections below).



Their growth has been evident in how they show up – ready to participate, eager to help, and willing to take on new responsibilities. Whether serving at events, brainstorming content, or encouraging younger peers, YAC students continue to model maturity, teamwork, and the heart of youth leadership.

We are proud of the steps they are taking and excited to see how they continue to grow in the months ahead.

DECEMBER'S FOCUS: HOPE & HEALING

"This month I learned that every single youth has their own background and have gone through their own things."

"One of the activities that had the most impact on me was the Safety First drug & alcohol cessation class led by Skyler. It really shows what drugs can do to youth."

– Maddie Orr (YAC)

- Mon, Dec 1st - **Safety First** | 4:30p-6:30p | at YOS
- Tues, Dec 2nd - **A.R.T. (Guys)** | 4:30p-6:30p | at YOS
- Wed, Dec 3rd - **Case Conferencing** | 4:30p-6:00p | at YOS
- Thurs, Dec 4th - **A.R.T. (Girls)** | 4:30p-6:30p | at YOS
- Mon, Dec 8th - **Safety First** | 4:30p-6:30p | at YOS
- Tues, Dec 9th - **A.R.T. (Guys)** | 4:30p-6:30p | at YOS
- Wed, Dec 10th - **Peer Court** | 5:30p-7:30p | at Redding City Council Chambers
- Thurs, Dec 11th - **A.R.T. (Girls)** | 4:30p-6:30p | at YOS
- Mon, Dec 15th - **Safety First** | 4:30p-6:30p | at YOS
- Tues, Dec 16th - **A.R.T. (Guys)** | 4:30p-6:30p | at YOS
- Wed, Dec 17th - **Holiday Party** | 5:00p-6:30p | at YOS
- Thurs, Dec 18th - **A.R.T. (Girls)** | 4:30p-6:30p | at YOS
- Mon, Dec 22nd - Mon, Jan 5th - **Winter Break** | No Programs or Classes

Upcoming Events:

Holiday Party

(see flyer attached for details)

Wed, Dec 17th | 5:00p-6:30p
at Youth Options Shasta



Connect with us online!



youthoptionsshasta.org



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facebook.com/youthoptionshasta



instagram.com/youthoptionsshasta



HOLIDAY PARTY

Join us for
Cookies, Cocoa & Karaoke

December 17th at
5:00PM



Location: Youth Options Shasta
1700 Pine Street - 2nd Floor Conf. Room

Dress code: Ugly Holiday Sweater
(optional)

