

— September 2025 —

Monthly Newsletter

Youth Options Shasta



PATRIOT DAY SUNRISE CEREMONY

Honoring & Remembering: Youth in Service on 9/11

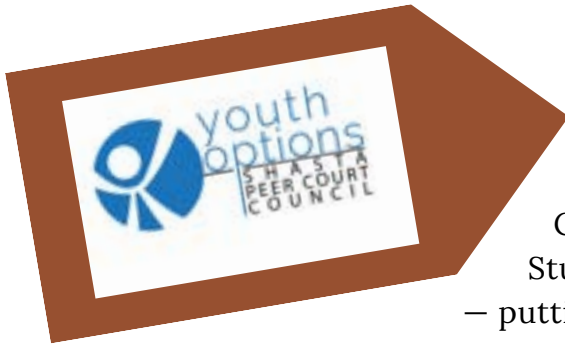


On September 11th, Youth Options Shasta students and staff joined community partners for the annual Patriot Day Sunrise Ceremony. Hosted by the Enterprise Lions Club, this event brings together first responders and the community each year in remembrance of 9/11.

Alongside the Redding Fire Department, CAL FIRE Shasta-Trinity, Redding Police Department, and Shasta County Fire, our youth stood beneath the Giant Flag — a symbol dedicated on the first anniversary of September 11th to honor all who serve and sacrifice for others. Together, we paused to remember the lives lost, the courage of first responders, and the unity that carried our nation forward after 2001.

For many of our students, it was their first time attending a 9/11 commemoration. Peer Court and Youth Action Council members stood shoulder to shoulder with families, first responders, and local leaders, experiencing what it means to lead with respect, compassion, and presence.

At Youth Options Shasta, we believe experiences like this help shape tomorrow's leaders — youth who carry forward the message of remembrance and hope by serving their community with integrity and empathy.



PEER COURT LAUNCHES

in Anderson & Shasta Lake City

September marked the first Peer Court hearings in the City Council Chambers of Anderson and Shasta Lake City. Students stepped into roles as jurors, clerks, and advocates – putting restorative justice into practice and gaining firsthand insight into the impact their decisions have on peers.

As one of our Youth Action Council (YAC) members shared, *“I learned that every kid comes from a different background and needs unique support. I also realized how important the dispositions we give are for the youth we serve.”*

With sessions scheduled to meet in Anderson and Shasta Lake once again in October, Peer Court is already shaping meaningful leadership experiences for students while strengthening community partnerships across Shasta County.



YOUTH ACTION COUNCIL

Leading Forward

September marked the first full month of activity for the Youth Action Council (YAC), and members are already making their mark. From supporting Peer Court conferences to mentoring new volunteers, these student leaders are shaping the way YOS programs connect with and respond to youth.

As one YAC intern shared, *“I was able to practice public speaking, and I enjoyed helping new members learn how to navigate Peer Court.”*

Several members are also stepping into deeper leadership through the Peer Advocate Leaders Internship, where they receive a stipend in recognition of their commitment. Their energy and insight are already inspiring both peers and staff as we move into the school year.

PROGRAM SNAPSHOT

- **Safety First:** Classes continued this month, equipping students with harm reduction strategies, substance use awareness, and practical tools for healthier decision-making.
- **Aggression Replacement Training (A.R.T.):** Our fall cohorts launched with guys' sessions on September 9 and girls' sessions on September 11. Students participated in interactive activities designed to reinforce communication, anger management, and decision-making skills — making learning both practical and engaging.
- **Case Conferencing:** Staff and students collaborated in restorative case conferences, creating personalized plans to help peers take responsibility, repair harm, and move forward with accountability.

“Students in A.R.T. participate in activities that build communication and decision-making skills.”



YOUTH PERSPECTIVES:

WE ASKED OUR STUDENTS:



Why do you think having a Peer Court is important?

“It gives youth who make a mistake a second chance to turn things around and build their best life.”

What’s made the most impact on you?

“Attending A.R.T. and seeing what other youth go through has really made an impact on me.”



Financial News:

Investing in Tomorrow's Leaders

This month, we are grateful to Tri Counties Bank for their generous \$2,000 donation in support of Shasta Youth Leadership Camp (SYLC).

Their investment ensures that SYLC continues to provide middle school youth with a transformative, affordable camp experience focused on leadership, resilience, and healthy choices.

With community partners like Tri Counties Bank standing behind us, we are able to expand opportunities for young people to grow, lead, and inspire others across Shasta County.

LOOKING AHEAD:

October:

- Wed, Oct 1st - **Case Conferencing** | 4:30p-6:00p | at YOS
- Thurs, Oct 2nd - **A.R.T. (Girls)** | 4:30p-6:30p | at YOS
- Mon, Oct 6th - **Safety First** | 4:30p-6:30p | at YOS
- Tues, Oct 7th - **A.R.T. (Guys)** | 4:30p-6:30p | at YOS
- Wed, Oct 8th - **Peer Court** | 5:30p-7:30p | in **Anderson**
- Thurs, Oct 9th - **A.R.T. (Girls)** | 4:30p-6:30p | at YOS
- Mon, Oct 13th - **Safety First** | 4:30p-6:30p | at YOS
- Tues, Oct 14th - **A.R.T. (Guys)** | 4:30p-6:30p | at YOS
- Wed, Oct 15th - **Case Conferencing** | 4:30p-6:00p | at YOS
- Thurs, Oct 16th - **A.R.T. (Girls)** | 4:30p-6:30p | at YOS
- Mon, Oct 20th - **Safety First** | 4:30p-6:30p | at YOS
- Mon, Oct 20th - **Parent Discussion Group** | 5p-7p | at YOS
- Tues, Oct 21st - **A.R.T. (Guys)** | 4:30p-6:30p | at YOS
- Wed, Oct 22nd - **Peer Court** | 5:30p-7:30p | in **Shasta Lake City**
- Thurs, Oct 23rd - **A.R.T. (Girls)** | 4:30p-6:30p | at YOS
- Mon, Oct 27th - **Safety First** | 4:30p-6:30p | at YOS
- Tues, Oct 28th - **A.R.T. (Guys)** | 4:30p-6:30p | at YOS
- Wed, Oct 29th - **Trunk or Treat** | 4:00p-6:00p | at Mt Shasta Mall
- Thurs, Oct 30th - **A.R.T. (Girls)** | 4:30p-6:30p | at YOS

Upcoming Events: (see flyers attached)

- **Trunk or Treat**
(Now collecting Halloween Candy Donations at Youth Options Shasta through Oct. 27th)
Event - Wed, Oct 29th | 4:00p-6:00p
at Mt. Shasta Mall - SE Parking Lot
- **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



Connect with us online!



youthoptionsshasta.org



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2025 Youth Fire Academy



WHEN: Thursday November 6, 2025 & Thursday November 13, 2025

TIME: 5:30 p.m. to 8:00 p.m.

WHERE: Anderson New Tech High School
2098 North Street, Anderson, CA 96007

WHO: Youth Ages 5-18 Years Old
Parents/Guardians and Siblings Must Attend

COST: \$10.00 Per Family

Sign Up: <https://forms.gle/6uEis7y4vHZLSrw6A>



TOPICS: Burn injuries, curiosity, accidental vs. malicious fire-setting, dangers of misuse, civil vs. criminal offenses, escape plans, good kids make bad choices but taking accountability counts.

***STUDENTS MUST ATTEND BOTH NIGHTS AND COMPLETE HOMEWORK FOR CREDIT**

FOR ADDITIONAL INFORMATION CONTACT: JAS SHAW (530) 917-2915 jas@yoshasta.org

SAFETY SKILLS & HARM REDUCTION TRAINING

FOR PARENTS & TEENS

Youth Options Shasta



Saturday, Nov 8th 9a - 3p

Lunch will be provided 12-12:30

1700 Pine Street, 2nd Floor

Suite 250 - Redding, CA

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.

