

Monthly Newsletter

May 2026



INSIDE, WE ALSO TALK ABOUT:

Youth Mental Health
Awareness

YFPI
Honors Founding
Members

End of the Year
Volunteer
Celebration

Giving Corner

Upcoming
Events

Shasta Youth
Leadership Camp

Youth Mental Health Awareness

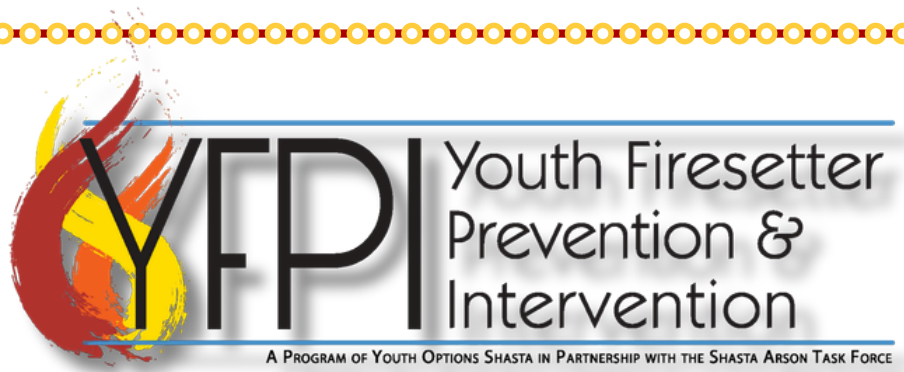
At Youth Options Shasta (YOS), we believe access to mental health support is essential for youth and families. This May, we're shining a light on the tools, programs, and partnerships helping young people in Shasta County thrive.

YOS connects youth to resources like Soluna (ages 13–25), a free and confidential mental health app offering one-on-one coaching, peer support, wellness tools, and multilingual resources. We also promote "Take Space to Pause," a practice that helps youth build self-awareness and healthy coping skills during stressful moments.

Through partnerships with Shasta County Office of Education, Family Dynamics Resource Center, Dignity Health CommonSpirit, Redding Rancheria, and The Health Alliance of Northern California, YOS helps connect youth and families with additional mental health and community-based support. This May, we had the opportunity to table at the SHINE! Minds Matter Mental Health Resource Fair, connecting with youth, families, and community partners while sharing resources and support available throughout Shasta County.

This month, YOS presented to Children's Services social workers, who will begin referring youth to our new Enhanced Care Management (ECM) program. ECM helps eligible youth in Shasta County with Medi-Cal and Partnership HealthPlan of California access professional mental health and supportive care services.

Together, we're building a healthier, more supported future for the youth of Shasta County.



Youth Fire Prevention & Intervention Program Honors Founding Members

On May 9th, the Youth Fire Prevention & Intervention Program had the honor of recognizing three of its original founding members: Patrick O'Connor, JT Zulliger, and Andrea Saltzman.

For more than a decade, these dedicated professionals investigated juvenile-set fires and provided critical education to the youth and families affected by firesetting behavior. Their work laid the foundation for what the program is today and shaped age-appropriate curriculum that continues to make a meaningful difference across communities.

Each of them played a pivotal role in building and advancing the program, contributing not only to its structure and resources but also to the culture of compassion, accountability, and prevention that defines it.

Thanks to the groundwork they established, the Youth Fire Prevention & Intervention Program remains a national leader in innovative, effective approaches to juvenile fire prevention.

We extend our deepest gratitude to Patrick, JT, and Andrea for their exceptional dedication and lasting impact on the entire fire prevention community. We also offer a special thank-you to Patrick for his continued commitment and service to the Youth Options Board of Directors.



Thank you to all our volunteers!

On May 27th, YOS hosted its annual Peer Court Volunteer Celebration, honoring the incredible individuals who make our Restorative Justice programs possible, including jurors, volunteers, judges, and parents.

We highlighted our graduating Youth Action Council volunteers, Abby Wilmot, Maddilyn Conkey, and William Li, for their dedicated service as Youth Action Council members and Peer Court volunteers. We also recognized our community partner, Jennifer Brooks from Shasta County Probation, for her outstanding commitment to Restorative Justice.

A heartfelt thank-you goes to Baron Browning, who is stepping down from our Board of Directors after years of invaluable service and wise counsel.

Finally, we honored Program Manager Skyler Robinson for empowering youth and leading with integrity. Each of you has truly made a difference!



Giving Corner

zeffy

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To support our mission, scan the QR code above to donate to Youth Options Shasta through Zeffy. You also have the option to leave a tip to Zeffy for providing their free fundraising service.

LOOKING AHEAD

June 2026:

- Mon, June 1st - **Safety First** | 4:30p-6:30p | at YOS
- Tues, June 2nd - **A.R.T.** | 4:30p-6:30p | at YOS
- Thurs, June 4th - **A.R.T.** | 4:30p-6:30p | at YOS
- Mon, June 8th - **Safety First** | 4:30p-6:30p | at YOS
- Tues, June 9th - **A.R.T.** | 3:00p-5:00p | at YOS
- Thurs, June 11th - **A.R.T.** | 3:00p-5:00p | at YOS
- Mon, June 15th - **Safety First** | 4:30p-6:30p | at YOS
- Mon, June 15th - **Parent Group** | 5:30p-7:30p | at YOS
- Tues, June 16th - **A.R.T.** | 3:00p-5:00p | at YOS
- Thurs, June 18th - **A.R.T.** | 3:00p-5:00p | at YOS
- Mon, June 22nd - **Safety First** | 4:30p-6:30p | at YOS
- Tues, June 23rd - Thurs, June 25th - **Peer Court Summit** | UC Santa Cruz
- Tues, June 23rd - **A.R.T.** | 3:00p-5:00p | at YOS
- Thurs, June 25th - **A.R.T.** | 3:00p-5:00p | at YOS
- Mon, June 29th - **Safety First** | 4:30p-6:30p | at YOS
- Tues, June 30th - **A.R.T.** | 3:00p-5:00p | 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**
 - **SYLC Camper Applications:**
Enroll by June 1 for \$275 (current grades 5-8)

We are incredibly grateful for our youth participants, families, school partners, community collaborators, and supporters. Your trust and continued partnership make this work possible.

As many students begin summer break and celebrate important milestones like 8th grade and high school graduation, we wish all of our youth a safe, successful, and hopeful next chapter.

Connect with us online!



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facebook.com/youthoptionsshasta



instagram.com/youthoptionsshasta



tiktok.com/@youth.options.shasta



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/

