youth options SHASTA

Monthly Newsletter

October 2026



THIS MONTH'S HIGHLIGHTS:

Raising Shasta's Trunk or Treat

Shasta COE's 2026 Substance Use Prevention Summit

Lotus Center Mindwise' Signs of Suicide for High School Students

North State Giving Tuesday

Looking Ahead

YOS Brings a Haunted Jail Cell to Raising Shasta's Annual Trunk or Treat

On October 28, Youth Options Shasta (YOS) staff and Youth Action Council (YAC) leaders joined Raising Shasta's annual Trunk or Treat event at Mt. Shasta Mall. The event drew an incredible crowd of more than 2,000 trick-or-treaters and their families for an evening of Halloween fun!

YAC members helped decorate the YOS booth with a Haunted Jail Cell theme and handed out candy to eager trick-or-treaters. The highlight of the evening was our YAC leaders stepping inside the Shasta County Sheriff's jail cell, playfully shouting, "Let me out!" while handing candy to kids passing by.

We had a wonderful time connecting with families, sharing our community resources, showcasing our youth leaders, and being part of this fun community tradition. A big thank-you to Raising Shasta for organizing another fantastic event and to our YAC leaders for bringing so much creativity and Halloween spirit!

NORTH STATE GIVING TUESDAY: MAKE AN IMPACT IN THE LIVES OF LOCAL YOUTH

Youth Options Shasta (YOS) is proud to participate in North State Giving Tuesday, a community-wide giving campaign that brings people together to support local nonprofits and the important work they do throughout our region. This year, **Giving Tuesday takes place on December 1, 2026**, and we invite our community to join us in investing in the next generation.

Your donation helps YOS provide safe and welcoming spaces, leadership opportunities, mentoring, restorative programs, prevention education, and positive experiences that help young people build confidence, develop life skills, and make healthy choices.

Our Youth Action Council (YAC) members are also getting involved! These young leaders are helping spread the word about the campaign and encouraging friends, families, and community members to mark their calendars for November 17, 2026, the Early Giving date.



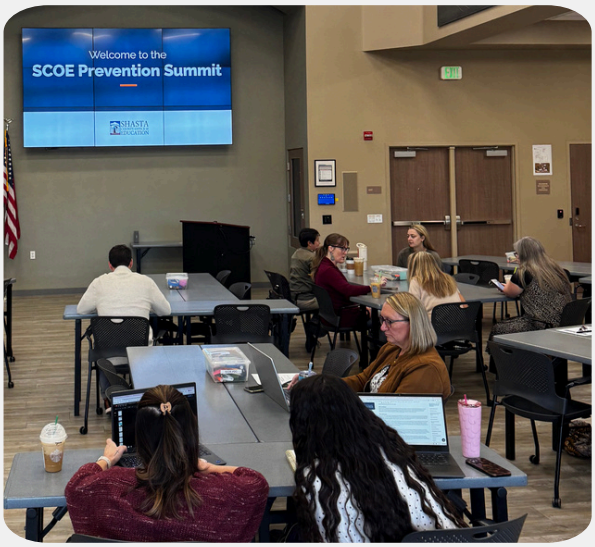


Early Giving begins on **November 17!**

Visit **YouthOptionsShasta.org** to learn more and make your contribution.

Shasta COE's 2026 Substance Use Prevention Summit

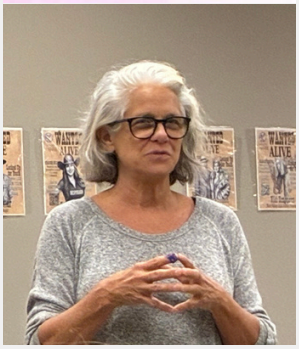
Youth Options Shasta (YOS) staff attended the Shasta County Office of Education's (SCOE) 2026 Youth Substance Use Prevention Summit on Monday, October 19. The event brought together more than 50 educators and community partners to share resources and strengthen collaboration in supporting youth throughout Shasta County.



Highlights included a panel of first responders and health professionals discussing the impacts of substance use, as well as retired DEA Agent Rocky Herron sharing a heartwarming story about connecting with youth who lack guidance around substance use.

YOS staff also learned about Alateen and its support for young people affected by someone else's substance use, reinforcing the importance of connection, understanding, and accessible resources for youth and families.

Mindwise Signs of Suicide for High School Students



On Monday, October 19, members of the Youth Options Shasta (YOS) Youth Action Council (YAC) and other youth volunteers participated in the MindWise Signs of Suicide (SOS) for High School Students training through the Lotus Center, facilitated by Marcia Ramstrom.

The training helped youth learn to recognize when peers may need support, build suicide prevention awareness, and encourage help-seeking. We are reminded of the importance of this work through a recent call from a community member personally affected by teen suicide in our community. Their outreach reinforces the need for continued awareness, prevention, and support for young people and families.

YOS thanks Marcia Ramstrom and the Lotus Center for providing this valuable training and helping strengthen a more supportive community .



These services are funded by the County of Shasta through the California Behavioral Health Services Act.

NORTH STATE GIVINGTUESDAY

Powered by the Community Foundation of the North State

GIVE YOUTH POSITIVE OPTIONS THIS GIVING TUESDAY

The SAVE MART COMPANIES

A special thank-you to Save Mart Cares for generously donating $3,500 to support our Shasta Youth Leadership Camp (SYLC)!

We are grateful for their investment in Shasta County youth!

LOOKING AHEAD

November 2026:

- Mon, Nov. 2 - **Safety First** | at 1700 Pine St (YOS)
- Mon, Nov. 2 - **Mindfulness Group** | at 1700 Pine St (YOS)
- Tues, Nov. 3 - **Aggression Replacement Training** | at 1700 Pine St (YOS)
- Wed, Nov. 4 - **Restorative Circles Training** | at 1700 Pine St (YOS)
- Thurs, Nov. 5 - **Aggression Replacement Training** | at 1700 Pine St (YOS)
- Thurs, Nov. 6 - **Youth Fire Prevention Intervention Academy** | at 1700 Pine St (YOS)
- Sat, Nov. 7 - **Out of the Darkness Shasta County Walk** | at Caldwell Park
- Mon, Nov. 9 - **Safety First** | at 1700 Pine St (YOS)
- Mon, Nov. 9 - **Mindfulness Group** | at 1700 Pine St (YOS)
- Thurs, Nov. 11 - **Youth Fire Prevention Intervention Academy** | at 1700 Pine St (YOS)
- Mon, Nov. 16 - **Safety First** | at 1700 Pine St (YOS)
- Mon, Nov. 16 - **Mindfulness Group** | at 1700 Pine St (YOS)
- Wed, Nov. 18 - **Friendsgiving** | at 1700 Pine St (YOS)

Connect with us online!

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