

**A year of new possibilities,
thanks to you.**

GRATITUDE REPORT 2023



SPECTRUM

YOUTH & FAMILY SERVICES

Thank you for the gift of new possibilities



Dear Spectrum family,

Recently, I watched a fascinating documentary about the late basketball star Bill Walton. In it, he reflects on his college coach, the legendary John Wooden. He says, “John Wooden was a great leader, because great leaders are always thinking, ‘What’s next?’”

Looking forward is something that we not only strive to do as an organization here at Spectrum, but that we try to make possible for the youth we serve as well.

But, for many of our youth, planning for the future isn’t a reality.

In this report, a young woman talks about the stress of living second to second without a chance to think about what life might look like next week, let alone a year from now.

This is the case for most of the youth at Spectrum. They are focused on living minute to minute: finding a safe place to sleep or their next meal.

Thanks to your generosity and support, many of our youth can look toward the horizon for the first time and ask themselves, “What’s next?”

They can think about longer term goals, like getting a better job, or earning a degree. They are dreaming of new possibilities for themselves, because of the support from people like YOU.

We are so grateful that we've been able to grow our programs at Spectrum to meet the needs of youth in our community. Truly, none of this would be possible without you.

Whether you're making a meal for our Drop-In Centers, attending one of our events, or writing a check for a donation – you are giving the youth the ability to look toward the future with hope and ambition. *New possibilities.*

And what an amazing gift that is.

With gratitude,



Mark Redmond, Executive Director

Mark celebrates opening the St. Albans Apartments with staff members Leslie, Will, Monica, Ellie, and Z.



Basic Needs & Stable Homes

Thanks to you, at both Drop-In Center locations, teens and young adults can come in for food, a shower, clothing, or laundry. They also come in for help with substance use, job applications, prepping for interviews, or finding emergency or long-term housing in one of Spectrum's three residences or in the community.

WHAT'S NEW

The majority of young people receive support from their parents after they turn 18 – often into their 30s. This kind of support is not available to many of the youth at Spectrum.

We are now piloting a Direct Cash Transfer program, which gives 10 youth who were homeless a monthly stipend for 18 months to help them avoid long-term homelessness.

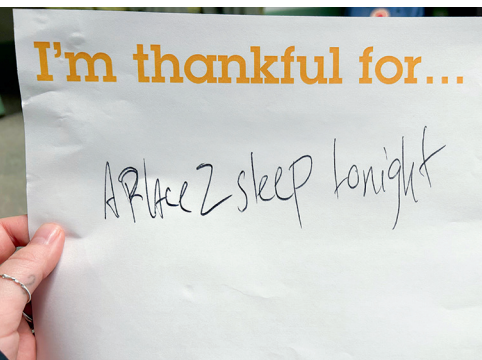
As homelessness is on the rise, waitlists at local shelters are overflowing, more youth are sleeping in unsafe situations, and we are handing out more tents and sleeping bags than ever before.

To meet this need, Spectrum is making our Burlington Warming Shelter a year-round program, and we are in the planning and fundraising stages of opening a shelter in St. Albans.

“The first time I walked into the shelter, I thought ‘this is where I belong.’”

A YOUTH AT SPECTRUM





YOUR GIFT IN ACTION

**Burlington
Drop-In Center**

141
SERVED

**St. Albans
Drop-In Center**

304
SERVED

**Winter Warming
Shelter**

26
SERVED

**The Landing
short-term housing**

29
SERVED

**Pearl Street
Transitional Housing**

13
SERVED

**St. Albans
Apartments**

3
SERVED

Life & Survival Skills

Thanks to your support, teenagers and young adults are learning how to find and keep a job, get accepted into and pay for school, and budget for an apartment. They also develop critical life skills and work on building community connections.

WHAT'S NEW

Now in its ninth year, the Multicultural Youth Program works in Essex, Colchester, and Burlington schools and with AALV to help students from immigrant families thrive and connect with one another.

This summer will mark Spectrum's third year of offering Driver's Education. Many youth do not have someone available to teach them or access to a vehicle to practice. Having a license opens youth up to jobs that require one, have late hours, or are not on a public transportation line.

“Sometimes our culture doesn't get noticed and she helps us see that we have a spot in the school.”

A YOUTH AT SPECTRUM ON THEIR
MYP COORDINATOR

YOUR GIFT IN ACTION

Youth Development
Program

143
SERVED

JOBS: Jump on
Board for Success

102
SERVED

Multicultural
Youth Program

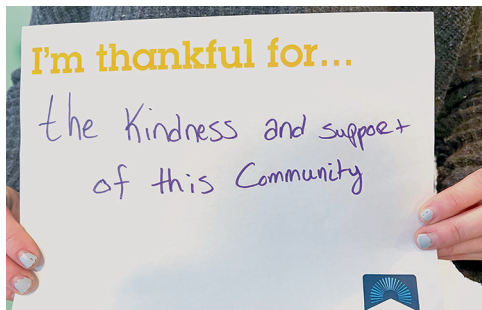
110
SERVED

Detail
Works

13
SERVED

Driver's
Education

43
SERVED



The Multicultural Youth Program staff (top left) focuses on connecting youth to one another and helping them explore new skills, such as cooking (bottom left) or even flying a plane at Beta Technologies' flight simulator (bottom right). Top right: Detail Works, Spectrum's car detailing business, provides youth with supportive job skills and experiences, aiding their future employment.

Prevention & Intervention

Young people today are experiencing more anxiety, depression, and suicidality. This national crisis is showing up in all of Spectrum's programs. Compass works with youth who are at risk of becoming involved with the justice system or foster care, are homeless, pregnant, or parenting, or otherwise at risk for serious problems.

WHAT'S NEW:

Mentoring is the latest program to open in St. Albans, joining our Compass and Youth Development programs and our Drop-In Center. We also cut the ribbon on the new Riverstone Counseling space on Pine Street in downtown Burlington. This has united all 12 counselors and 2 interns under one roof, allowing for better collaboration, training, and support.

YOUR GIFT IN ACTION

Riverstone
Counseling

426

SERVED

Mentoring

85

SERVED

Compass

109

SERVED

“Sharing things like camping, skiing, biking, and how to save a few bucks can have a huge impact on a buddy that might never have been exposed to such things.”

FRANK GIBNEY, MENTOR





I'm thankful for...

all the support
I get here

I wouldn't be in the place
I am right now
without it



Clockwise from opposite page: the Compass and Youth Development teams at recent staff retreats. The mentoring program ensures meaningful matches with shared interests. Mentor pair Tony and Innocent, both Swahili speakers, enjoy a hockey game together. Rebecca Majoja receives an award of recognition from MENTOR Vermont. Mentor pair Frank and Eric participate in the 2024 Spectrum Sleep Out.

**You provided
Adelena and
other youth the
stability they
need to build
a bright future
for themselves!**



Adelena experienced homelessness throughout her childhood. She was in and out of the foster care system and never felt stable or secure. Then, when she was just 18 years old and living with her mom, her mom died of an overdose.

Adelena was suddenly left with her mom's mounting bills and unpaid rent. It was overwhelming.

Adelena worked hard to make ends meet, but she struggled to make rent payments and turn things around. Each day that passed, Adelena was one step closer to homelessness once again.

That is, until she found Spectrum.

Thanks to your generosity, Adelena got the support and help she needed to avoid eviction!

At Spectrum, Adelena got into a special program designed to help youth who are homeless – or about to be – get back on their feet. She was able to pay off the back rent left by her mom, so she could keep a roof over her head.

Once her back rent was taken care of, Adelena focused on her other basic needs like toiletries, food, and finally her first pair of winter boots. She even was able to get her first bed by herself.

“I’ve never had security like this before. I’ve been essentially homeless for most of my life. I’ve never had this sort of stability before with finances or knowing where I was going to lay my head at night. This security has been tremendously helpful and has made a huge impact in my life!”

Thank you for your unwavering commitment to young people like Adelena. Because of your support, Adelena no longer feels insecure and unstable. And for the first time in her life, is taking steps towards creating a positive future.

Your generosity and kindness have provided youth like Adelena with the help needed to succeed and thrive.

Thanks to you, Adelena finally has the stability she has been longing for!



Thank you for the gift of action.

You have given us the greatest gift. **The gift of being able to take action.** There is nothing harder than seeing a critical need in our community and not being able to do anything about it.

But thanks to you, we have been able to serve more youth in more geographic areas with more

intensive support. We've doubled our counseling staff, added new programs in St. Albans, hired staff with crucial expertise, and met the challenge of inflation and skyrocketing housing costs.

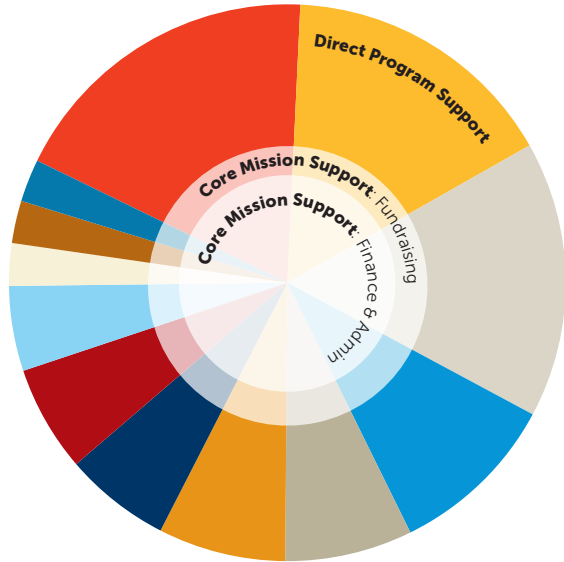
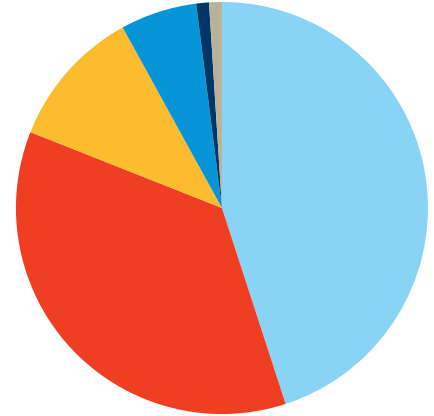
This year, we will keep doing just that, adding beds to help the growing number of youth facing homelessness. ❤️



Financials

REVENUE **\$8,491,809**

Private Donations	45%
Federal & State Funding	37%
Program Fees	11%
Transfer from Investment Fund	6%
United Way	1%
Rental Income & Misc.	1%



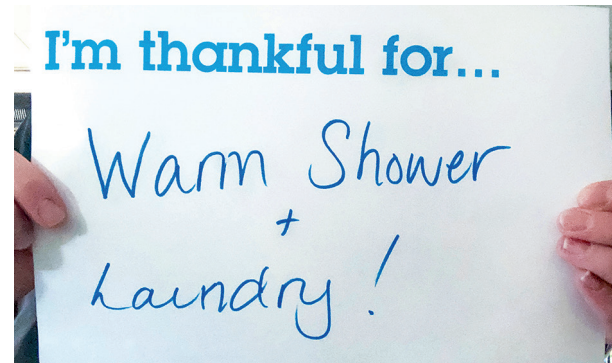
EXPENSES **\$8,490,375**

Core Mission Support

Finance & Administration	11%
Fundraising	9%

Direct Program Support **80%**

Riverstone Counseling	15%
Residential Programs	13%
Pass-Through Programs*	13%
<i>*Spectrum is the fiscal agent for several organizations doing similar work.</i>	
Youth Development Program	8%
Burlington Drop-In Center	6%
Detail Works	6%
Multicultural Youth Program	5%
Compass	5%
St. Albans Drop-In Center	4%
JOBS	2%
Direct Cash Transfer	2%
Mentoring	2%





Clockwise from top left: 123 community leaders slept out in March in Burlington and St. Albans for Spectrum's 13th Annual Sleep Out. The BHS Heroes community service group serve pizza at the Burlington High School Sleep Out, which raised \$25,000! TreShaun buys items from the Giving Board for our youth at the Empty Bowl dinner. Spectrum is named a Best Place to Work for the third year in a row. Volunteer dream team Michell and Isaac head up the kitchen at Empty Bowl event. Iris, Maya, and Mallory slept out along with 339 students across twelve locations raising \$325,000.

“I was a homeless youth and without organizations like this, I would have died out there. To those surviving: Do not let your circumstances now write your forever story in your head. Carry yourself, like a best friend, into your own created future.”

Valerie Walden, donor



SPECTRUM
YOUTH & FAMILY SERVICES

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A UNITED WAY AGENCY

To protect the privacy of the young people you have helped, photos and other identifying details may have been changed.