



Newsletter

PEOPLE REACHING OUT

September 2009

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Joan Barrow,

There's been a lot happening at [People Reaching Out](#) over the past few months. . .and even more is in the works! Being busy means lots of fantastic things are happening - not only for our organization, but for our communities as well. We like that.

In this issue, you'll find updates on current and future projects, see highlights from this Spring's Art of the Kitchen and Walk 'N Rock For Kids events, learn about alternative ways you can support [our mission](#), and view some great pictures from our accomplishments. That's a lot to look at.

Be sure to become a fan of People Reaching Out on [facebook](#) and [twitter](#) today and [sign on to ONLY receive newsletters by email](#) if you're interested in helping us save paper. Enjoy the newsletter and if you'd like further information about anything, don't hesitate to [contact us](#).

Fresh Start for West Sacramento Drop-Out Prevention

Over the course of 28 years, research and counseling experience by People Reaching Out has linked social behavior and emotional discipline in the classroom directly to academic achievement. Counseling at-risk students can eliminate the potential of academic failure and/or low school engagement when environmental factors of family drug use, homelessness and poverty are present.



The FRESH START program, a partnership between People Reaching Out and River City High School was initiated by an AT&T grant. The program partnership was fully funded with a generous grant from the Wal-Mart Foundation.



The newly established partnership offers the West Sacramento community counseling services in addition to drop-out prevention support for issues that impact the school performance of 9th graders with a GPA of 1.5 or less. "By developing a sense of belonging, addressing external issues like abuse and providing family support, the students obtain the guidance and motivation for academic achievement - precursors to the predicted outcome of higher grades." states Staci Anderson, Executive Director.

Funding from AT&T and Wal-Mart pay for one People Reaching Out (PRO) counselor to be at the River City High School site five days a week. Along with the FRESH START At-Risk Specialist, assessments will be made of the needs and strengths of the students and their families. On-campus counseling resources include placement referrals for individual therapy, Anger Management or Substance Abuse groups, and individual or family therapy outside of school hours.

For more information about the FRESH START program, contact [Kathy](#), 916-576-3300 ext. 306.



People Reaching Out *Drug Free. Dream Big.*

People Reaching Out has developed and implemented programs based on scientific research and proven prevention strategies since 1981. Our mission is to create a safe, drug-free community for youth in the Sacramento metropolitan area through programs that foster the development of positive self-esteem and opportunities for personal growth.

Programs include: youth-to-youth mentoring, youth prevention education, youth-led community coalitions, counseling for academic achievement, and parenting for prevention.

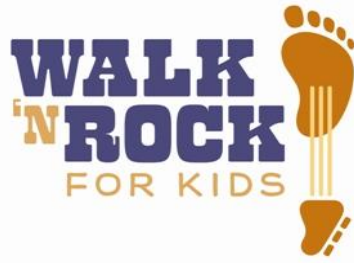
People Reaching Out partners with five Sacramento area school districts and serves more than 13,000 youth and families annually.



Group Discussion

PRO After School Mentors Speak Out

"In life, we all need someone we look up to. We all need someone to set a positive example for us and give us some sort of direction. It's also important to know that there's someone out there that you can talk to when life gets rough. Having a mentor is important because it gives us some sort of purpose and helps deal with



A sincere thank you to our supporters who walked or came out to rock at the Journey concert at Raley Field on May 23rd during the WALK 'N ROCK FOR KIDS fundraiser produced by Hope Productions Foundation. More than 40 teams walked and raised funds on behalf of People Reaching Out. Proceeds of more than \$35,000 will be used to continue to uphold a safe, drug-free community where young people dream big.

Walk teams for next year are forming now! Join us May 29, 2010 for the second annual WALK 'N ROCK FOR KIDS. For more information or to get involved, contact [Cole](#), 916-576-3300 ext. 322.

Art of the Kitchen

In April, guests of People Reaching Out's "Art of the Kitchen" event bid on one-of-a-kind, hand painted Kitchen Aid mixers during the silent auction at Lounge on 20. In addition, local chefs created art of their own at the chef demonstration counter. Guests were given a commemorative, take-home cook book complete with recipes from over 18 local restaurants so guests can create their own kitchen art.



Thanks to all who participated in the evening,

especially those who purchased a mixer to display at home. The artsy mixer created by Pat Orner and Keith Hopkins was purchased by Sacramento Mayor Kevin Johnson and will be displayed in City Hall.



With fun art on display, good food and great conversations, it's no wonder people were asking to come back for seconds next year. Based on that excitement and the evening's success, the Board of Directors of People Reaching Out are already planning

the Second Annual "Art of the Kitchen" event for 2010.

A special thank you to the following local artists and chefs for donating their time and talents to Art of the Kitchen 2009:

Artists--

Marbo Barnard, Steve Memering, Claire Bailey, Kristen Hoard, Maren Conrad-Mininger, Kristina McClanahan, Michael Kennedy, Greg Skewis, Bob Miller, Pat Orner & Keith Hopkins, Alister, Yuko Carson and Vicki Asp.

Chefs--

Beth Sogaard, Beth Sogaard Catering & Amador Vintage Market
Chris Jackson, La Perla Bistro
Tarick Abukhdeir, De Vere's Irish Pub
Dave Brochier, Tuli Bistro
Patrick Mulvaney, Mulvaney's B&L, Culinary Specialists
Bill Snyder, William Glen

Sponsorship opportunities are available. If interested, please contact [DeNelle](#), 916-576-3300 ext. 310.

the questionable feelings about life we all get. That's why I became a mentor."

--Freshman, Encina High

"My parents would be very upset if I used drugs or alcohol, because my mom was a drug addict for most of my life. After she got on drugs when I was born, my sister and I lived with my grandma. Because of drugs, I have not had a mother or a father, and have had a very difficult childhood growing up. It still affects my life now. I would never use drugs, because it destroys you but most importantly it destroys the lives of those close to you."

--Senior, Encina High

One-on-one Mentoring

Mom and Daughter Appreciate Parent-Teen Counseling Series

"Last week I used the feelings words and communication skills to tell her what my feelings were and do it in a more of a positive way than what we have been doing. Thank you for your help!"

-- Irene, Mom

"I have noticed my mom and I have been controlling our anger towards each other and getting along and laughing more. I've also noticed that my mom is giving me a little more space when she knows I'm upset or not wanting to talk."

--Kathryn, Daughter

Parent-Teen Workshop

Recognizing Student Leadership:

2009 Dan Lewandowski Leadership Award



Brittanie McGee, Students Reaching Out (SRO) member and recent graduate of Valley High School, is this year's recipient of the Dan Lewandowski Leadership Award. For the past six years, People Reaching Out has presented the award to the student participant who exemplifies leadership and commitment to youth substance abuse and violence prevention.

Brittanie became involved in SRO because of her interest in bettering her community, the Valley Hi area. She was one of several student leaders spearheading the community's needs assessment project, which focused on youth violence in Valley Hi in the summer of 2008.

Brittanie's academic achievements ranked her 6th in her graduating class and she will be pursuing a degree in aeronautics. Because of her humble and honest character, she serves as a role model to other students. She challenges her peers to think critically about issues facing young people and how to better the community. Congratulations, Brittanie!

Student goes from PRO to City of Sacramento

People Reaching Out is proud to announce that one of our students, Jamee Hawthorne, has been accepted as the newest member of the City of Sacramento Youth Commission. An appointment to the commission is one of the highest leadership positions a young person can have in Sacramento. Jamee is a sophomore at Valley High School and has been involved in People Reaching Out programs over the past two years including PRO After School and Students Reaching Out. We applaud her achievement.



New Faces, New Outcomes

People Reaching Out is proud to welcome these local leaders to our Board of Directors:



Kyle Toyama is the President of Class McClure, one of Northern California's premier full-service advertising firms with a strategic focus on social marketing and retail-driven challenger brands. His People Reaching Out roots began while participating in Students Reaching Out as a troubled teen trying to break more than his share of unhealthy habits. His experience has come back full-circle, and Kyle is excited to sit on the other side of the table and make a difference.

"I've lived a life filled with its troubled phases. And I know what a difference it can make when an opportunity to constructively fill a void is presented to teens who are walking a thin line. I'm excited to be a part of People Reaching Out and change some lives in the process."



Dana Mitchell serves as the Chief Consultant to the Assembly Committee on Arts, Entertainment, Sports, Tourism and Internet Media. During her 14-year tenure with the legislature, Dana has developed policy expertise in consumer, employment and labor law and constitutional law, with a particular emphasis in privacy issues. A former civil rights attorney, she is an appointed member of Sacramento's Human Rights/Fair Housing Commission, a Community Board Member of SETA, and a long time board member of CapPAC, Sacramento's LGBT political action committee.

"Substance abuse is a learned behavior. People Reaching Out offers kids a different and

constructive path, and empowers their parents to support these positive choices." Dana says. "There are very few social issues where individuals can have as direct an impact on lives as in drug prevention, which is why I'm excited to be part of People Reaching Out."

Students Reaching Out to Improve Community Safety

The summer months sizzled with community passion for members of Students Reaching Out (SRO), an after school community engagement program of People Reaching Out. Partnered with the Valley Hi Youth and Adult Coalition (VHYAC), student members conducted a walkability audit in 12 locations in the Valley Hi community of South Sacramento. The audit examined both assets and challenges of neighborhood conditions impacting safety within a physical environment (e.g. how safe people feel moving in and around the community); assessed the necessity of environmental elements (e.g. traffic/street lights, stop signs, and cross walks) and community climate (e.g. people loitering in parking lots, violence occurrences in public areas such as parks, etc.).



The Valley Hi Walkability Audit was the second phase of a student led community assessment survey project studying the issue of youth violence in the Valley Hi community. Launched in June 2008, SRO surveyed 218 youth and 178 adults who live and work in Valley Hi. From that assessment emerged the following results:

- Youth violence occurred in neighborhood streets, schools, and parks.
- 13% of youth & adults did not feel safe in neighborhood streets, 16% of youth & adults did not feel safe in schools, and 22% of youth & adults did not feel safe in parks.



Utilizing the data and experience gained from 2008, the SRO presentation of the results of the 2009 Valley Hi Walkability Audit will be made during the Valley High Youth and Adult Coalition's 4th Annual Family Fun Day to be held on September 19, 2009 at Prairie Elementary School. Audit results will be presented in PhotoVoice: photo displays with narratives of the 12 site audit. Policy makers and community members are invited to join us on the occasion.

Youth members have begun assembling a documentary project about living in the Valley Hi community utilizing the results collected from their community assessment survey, walkability audit and PhotoVoice presentation.

For more information on the project, VHYAC or [Family Fun Day](#) contact [Erika](#), 916-576-3300 ext. 304.

Giving Art a Chance

In partnership with Sacramento Metropolitan Arts Commission, People Reaching Out will make the arts more accessible to youth enrolled in the PRO After School mentoring program. C.K. McClatchy High and Bret Harte Elementary schools are the initial sites to give art a chance.



Support our Mission With Gently Used Items

People Reaching Out relies on [your support](#). Looking for ways to support our programs other than with a cash donation? Our thrift store partners offer three convenient locations to accept your donations. A portion of all proceeds directly supports People Reaching Out's youth and family programs.

This 'N That Thrift and Gift: East Sacramento
3257 Folsom Blvd. between 32nd and 33rd streets
Sacramento, CA 95816
916-457-1877

Family Tree Thrift Shoppe: Rosemont Shopping Center
9181 Kiefer Boulevard, Sacramento, CA 95826
916-361-7445

Valley Hi Big Lots Shopping Center (NEW!)
6626 Valley Hi Drive, Sacramento, CA 95823
916-361-7445

www.peoplereachingout.org
Contact us at info@peoplereachingout.org or 916-576-3300

[Remove my name from all future email correspondence](#)