



YOUTH FOR TOMORROW

BUILDING TOMORROW'S FUTURE WITH TODAY'S YOUTH

New Life Center, Manassas, Virginia

Joe Gibbs, Chairman

Making Christmas a Special Time for YFT Residents

Many hearts and hands come together to support the young people at Youth For Tomorrow during the holiday season. YFT is blessed with hundreds of volunteers who serve in countless functions all year round, but at Christmas, the outreach becomes very personal.

While some residents will go home to visit their families, others will stay on campus because they have no real home to go to or the situation is such that going home is not advisable or feasible. Last year, as many as 20 youths stayed at YFT on Christmas Day. That is when the YFT family steps up to try to make the holidays special in the way they should be for every child.

Admissions Director Maxine Harris is coordinating the YFT Christmas activities this year, which involves the efforts of many volunteers and all the YFT staff. A major project each year is the Angel Tree spearheaded by Board Member Mary Smist, who rounds up

companies that are willing to become Angel Tree gift givers. Each year Smist creates ornaments with a gift idea on each one—items like clothing, toiletries, and comforters, based on houseparents' lists of suggested items. The trees are distributed to participating businesses, and employees match the ornaments with gifts.

The Angel Tree brings gifts mostly for the boys. The Christmas Angels, a group of volunteers

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Help YFT Decorate This House!! At the present time, there are four girls' houses and one independent living residence and three boys' halls and one independent living house for a total of nine homes to be decorated.

Delayed Gratification: Sometimes It Just Takes a While

Recently, a young man who had left the program several years ago came to visit Youth For Tomorrow. He asked to see YFT CEO Dr. Gary Jones, but was nervous. "Based upon my non exemplary behavior while a resident, I wasn't sure he would see me," he said later.

Not surprisingly, Dr. Jones, who has an "open door" policy for all residents and

former residents, warmly welcomed him into his office, and they had an enjoyable visit. After their conversation concluded, Jones told him, "Doug, you have made my day; actually you have made my week." Doug's response: "You have pretty much made my life."

"It took a year or two for me to under-

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headed by Rhonda Macdonald of the Wiser Foundation, is working on gifts for the girls."

"We're hoping people will be generous," Harris says. "We are especially hoping for some special gifts for the young people who have no place to go on Christmas Day."

The YFT staff also is creating opportunities for the residents to be givers as well. "Giving is just as important as receiving," Harris notes. A staff member is taking photos of each of the residents that will be incorporated into picture magnets that the residents can give to family and friends. The YFT girls also are hoping to be able to give a Christmas party for the children at a nearby abused women's shelter where they have volunteered to read and play with the kids.

The YFT Christmas Tree

YFT's official Christmas tree is the personal project of Celia Scanlon, a Home Depot District Human Resources Manager. Scanlon first became acquainted with YFT almost a decade ago when volunteering at the Country Fair and other events. About seven years ago, she heard YFT staff talking about how they wished they could create a better Christmas tree. Since she had been a floral designer and had decorated many Christmas displays, she immediately volunteered.

The 12-foot tree now sports a multitude of lights, ornaments, and 100 red bows made with floral ribbon personally tied by Scanlon.

The tree is shared by YFT residents and greets visitors just inside the library by the front door at YFT

And the YFT staff is creating a host of special celebrations and decorations. Harris reports that the staff is asking churches in the area to adopt the YFT houses and decorate them for Christmas.

One of the decorations each home will receive will be a gingerbread-type Christmas house, made by staff member Dorothy Holland. And Harris is trying to round up wreaths and ribbons to decorate the entire campus.

Special Activities

YFT's Christmas party for the residents will be held Monday, December 22. The evening will include a reading of the Christmas story from the Bible and singing of carols. And each of the girls' homes and boys' halls will have their own celebrations in a family setting.

"We want to encourage those who might find this a sad time," Harris says. The residents get a two-week break from school over the holidays, and a big effort is being made to plan fun activities for them, particularly those who will not be leaving the campus.

"We're looking for movie and entertainment tickets, ski trips, and other fun things to do," she says. "Even a small donation can help us toward that goal."

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stand what Youth For Tomorrow did for me," admits Doug Hagerup. "After all, it isn't fun. But kids need to understand that it's the best place to be. You need to learn not to take stupid chances and don't do stuff that will sacrifice your freedom."

His mother Thalia Hagerup recalls how worried she was about her son before he came to YFT. She feared that he was headed for serious problems as his behavior became more and more troubling. She had heard about YFT and began trying to get him in, begging him to give her a few days and not to do anything that would thwart that goal.

Doug came to YFT in January, 2004. It wasn't easy. Like many residents, he had a lot of anger. He stayed at the youth home until June of 2004, but did not finish the program. He then went home and finished high school. "It took a long time to realize how much I appreciated YFT and what it did for me," he says. "I came to realize I couldn't screw around with my life."

After high school, he entered Old Dominion University. He decided he wanted to be a counselor, working with kids. He got a 3.0 and he loved the work, but he realized that he would need a Master's and a PhD to be successful in the field. He turned to his other passion—cars—and he applied to and entered Universal Technical Institute, which provides professional technicians for the automotive, diesel, collision repair, motorcycle and marine industries.

He has classes eight hours every day, and has earned a 3.98 GPA at the school. He also has been chosen to go to a Ford FACT (Ford Accelerated Credential Training) course where he will specialize in Ford products and eventually be placed in a Ford dealership. In his spare time, he works on a pit crew for a friend racing cars. He's happy with his life.

Thalia Hagerup is looking forward to seeing Doug in a couple of weeks. While he is home, he plans to come back to visit YFT and his counselors and teachers. And he can tell them how his life changed.



"Joan Rivers" with Jim and YFT Trustee Mary Smist at last year's Sweetheart Ball.

*Back for a Second Season...
"Dancing with the Stars"
Sweetheart Ball*

*Master of Ceremonies:
Larry Michael, Voice of the Redskins*

*Valentine's Day, Saturday,
February 14, 2009*

The Ritz-Carlton Hotel, Tysons Corner, Virginia

Red Carpet Reception — Candlelight Dinner

"Dancing with the Stars" Competition!

Tickets: \$450 Couple

For information, call (703) 396-7239

YFT Counseling: Converting Crises to Teaching Moments

It's four o'clock in the afternoon and the counseling office gets an urgent call. Two boys in the residential hall are trading blows that are becoming increasingly serious. A series of verbal taunts and retorts has escalated into near violence. The Youth For Tomorrow duty staff reacts quickly, separating them. A counselor goes to the scene. But what's the next step?

"A lot of times we start by just sitting down with a boy and not saying anything. I'll let him know that when he's ready to talk, I'm here. That seems to create a feeling of safety," says Barry Lawlor, a member of the YFT counseling staff.

"We take these incidents as teaching moments," adds fellow therapist Kate Kellam. "We'll ask, what happened, and what precipitated the incident? Then we'll ask, 'How could you handle a situation like this differently?'"

Anger and bad conduct are common problems presented by young people who end up at YFT. While the residents come from many sources—foster care, probation, and private placement—almost all have relationship-related issues. In some, it manifests in aggression. Others self-medicate. Some withdraw into themselves. Some have severe social anxiety and lack social skills. A substantial majority has substance abuse problems, ranging from experimentation to dependency.

"What we have to do is 're-teaching' or 're-modeling,'" Lawlor says. "A lot of the

problem is that they haven't had a family model in place. They don't handle disagreements well or have coping mechanisms. They may start with horseplay but then they take out their aggression. They don't have the internal restraints."

Progress may come in small doses. The boy who fought before might not retaliate the next time he is provoked. "This is a huge step," Lawlor notes. "All the boys tend to

"We try to give each one a set of values that will enable them to benefit long term."

learn through crisis and trials, and so we capitalize on those moments. We say, 'Okay, remember how you handled it last time?' We remind them of something positive they did."

Girls have special issues. "Most of the girls have never had a father figure and they have a poor understanding of the proper relationships with males. Many have been exposed to sexual abuse or exploitation. We teach them to respect their bodies, respect who they are, have a positive view of themselves and not be used by guys," Kellam explains.

Each YFT residence is headed by a married houseparent couple. "For many, the houseparent is the first father they have ever had.

We have strong male houseparents," Kellam says. "The girls learn to trust. It is incredible to see how it works and how it gives them a healthy interaction."

She adds, "One girl who actually completed the program said she chose to stay at YFT because for the first time, she had a family."

Grief is a constant issue. A full 99% of the residents, the counselors say, have lost a parent or a friend. A year or so ago, a YFT graduate who had returned to his community was murdered, devastating everyone at YFT.

"Group sessions help," Kellam says. "We try to help them walk through with a healthy balance between grieving and moving forward. We ask them, 'What do you do from here in honor of the person who is gone?'"

YFT's program is based on Godly principles, and spiritual help is offered. "We let them know that they are not alone, but there is a heavenly Father who loves them."

How do they define success? "We are looking for lifelong changes in the way they think. It takes a long time. We celebrate decreases in bad behaviors, and know that sometimes the change may even come after they leave. We are striving for transformation, not behavioral modification," says Kellam.

"We try to give each one a set of values that will enable them to leave and to benefit long term. Those values come from a heart change."

The YFT Counseling Program

Counseling is one of the three pillars of the YFT program, along with the education and the residential programs. YFT has a staff of four therapists: Counseling Director Terry Tinsley, Fay LeSane, Lawlor and Kellam, as well as substance abuse counselor Nancy Mele. In addition to the constant "counseling on the fly" that naturally occurs, the department has a full schedule of individual and group counseling sessions.

Each therapist has an individual caseload, and conducts one-on-one counseling and group sessions. Some of the groups focus on specific issues, such as anger management, grief and loss, healthy relations, and sexual abuse. All the residents go through chemical education training, and there are supportive groups to address substance abuse issues.

The residents also meet with a psychiatrist who provides consultation and medication management, and YFT has a full-time nurse on staff who handles health issues.

The YFT staff also provides family counseling, also both with individual families and multi-family groups. Recently the staff began going into the communities to hold meetings with the families of residents, which has facilitated greater participation by the families. They also meet with families of former residents in the community to support graduates of the program.

The counselors work on a daily basis with the houseparent and school staff, so that all three parts of the program can work together to support each boy and girl.

Youth For Tomorrow Christmas Wish List



Alarm Clocks
 Arts & Crafts
 Basketballs, Soccer balls, Footballs
 Bath Robes
 Bed Pillows
 Bedroom Slippers in various sizes
 Belts sizes 30 to 48
 Board games
 Body Spray with Body Wash
 Boot Socks, Dark Socks, and
 White Socks—both regular
 length and ankle
 Chocolates
 Coats
 Collared Polo-type Golf Shirts,
 men's size small thru 4XL
 Colored Pens and Sketch Pads
 Combs / Brushes
 Crochet Needles
 Dandruff shampoo
 Deodorant—non-aerosol
 Dove soap, Safeguard soap, Dial
 soap
 Games
 Gift Certificates (Wal-Mart, K-
 Mart, Clothing Stores, Foot

Locker, Dicks, Old Navy,
 Borders, Barnes & Noble,
 Kohls, Target, McDonalds, Burger
 King, Regal Movie, Modell's)
 Hand and Body Lotion
 Hand-held Electronic Games—no
 poker or gambling games
 Journals with and without locks
 Keyboards, Piano
 Large Bath Towels and Washcloths
 Large Laundry Baskets
 Liquid Hand Soap
 Model Car Kits w/non-toxic glue
 Movies—PG 13
 New Bed Sets
 New or used Card Tables
 New or used Fooseball table
 New or used Ping Pong Table
 New or used Pool Table
 Personalized Hand-held Radios
 without a speaker, with Ear
 Phones
 Quality Alarm Clocks without
 Speaker Radio

Radio with Head Phones
 Razors for both boys and girls
 Sewing Kits
 Shampoo & Conditioner
 Shaving Cream for both boys
 and girls
 Slipper Socks w/non-skid bottom
 Sneakers/Tennis Shoes—new only,
 any size
 Sport Water Bottles
 Stationery Sets
 Ties (can be used)
 Toothbrushes and Toothpaste
 Twin-size Comforters
 Twin-size Mattress Pads
 Twin-size Polar Fleece Blankets
 Twin-size Sheets—Jersey knit or
 flannel
 Used or new Pool Sticks
 Vacuum Cleaners
 Wallets
 Watches
 Winter Hats and Gloves
 Winter Headbands
 Yarn, lots

The Fairfax Connection

Youth For Tomorrow has a wealth of talented staff members, many with long years of experience in the top local education systems. For instance, there are six with outstanding records from Fairfax School System. They include YFT School Principal Ed Tabish (33 years); Teacher Will Mizner (30); Campus Operations Staff Willie Washington (25); Athletic Director Bill Hanley (31); Basketball Coach Jim Warren (30+); and Guidance Director Jean Jones (14 years). And YFT CEO Dr. Gary L. Jones was a member of the Fairfax County School Board for seven years and chairman for two years, after serving as Under Secretary of the U.S. Department of Education.

Student Wins National Essay Contest

A YFT student has won a \$3,000 scholarship from the National Foundation for Women Legislators and National Rifle Association for her essay on "Women's Suffrage." Gabi, a senior at the YFT school, was sponsored by Virginia State Senator Linda "Toddy" Puller. She will use the scholarship for a college of her choice.

In her essay she wrote, "Just as the suffragettes had their Seneca Falls, after all my life's hardships I had my Youth For Tomorrow, an organization that made me feel anything was possible. Just like the suffragettes, I do not stand alone; and, with determination, I will succeed."

From Associates to Management—Team Depot Turns Out for YFT

Volunteers from some 20 Home Depot stores swarmed on to the YFT campus September 17 and did a complete clean-up and fall landscaping and planted trees and flowers. Not only did the group include district and store managers and associates, but also Home Depot suppliers who pitched in to help with strong backs and donated products.

“Getting volunteers is never a problem,” says Erik Dardas, Home Depot’s Mid-Atlantic Regional Pro/Rental Manager. “We got more volunteers than we had asked for.” Dardas, along with Walter Garcia, Regional Merchandising Manager, and Paul Ginetti, a local Home Depot Manager and member of YFT’s Board of Advisors, marshaled the troops and planned the event.

The day before what YFT refers to as “Home Depot Day,” the company sent a truckload of shovels, wheelbarrows, power tools and equipment including edgers, leaf blowers, gloves and other supplies.

Bell Nurseries provided all the “live” products for the beautification project. The company’s representative, Kendell Connor, visited YFT several times prior to the event to assess what was needed, and created a landscaping plan. Bell Nurseries’ owner, Gary Mangum, approved the plan and donated about \$7,000 worth of nursery stock. Bell volunteers came out to help with the planting of trees, shrubs, and hundreds of mums, pansies, and cabbages.

In addition to Home Depot and Bell, sup-

pliers such as Ridgid Tools, Behr Paint, DeWalt Tools, and Scotts Landscaping Supplies Co. provided volunteers for the day, as well as for the Country Fair/Auctions held October 4. Each of the companies also donated \$1,000 worth of tools and products for the Home Depot tent silent auction, Dardas said.

Home Depot has many ties with YFT, with the Home Depot tent at the Country Fair each year, the annual beautification day, and the Home Depot Joe Gibbs Racing NASCAR display.

“Giving back to the community is one of our values, going back to the founders of Home Depot,” Dardas says. “We call it ‘Team Depot.’ It’s what we do.”



TOP LEFT: Erik Dardas (orange shirt), Regional Pro/Rental Manager for the Mid Atlantic Region and Walter Garcia, Regional Merchandising Manager of the Mid-Atlantic Region for Home Depot. They and Home Depot store manager Paul Ginetti were key to the Home Depot Day and Country Fair involvement. **TOP RIGHT:** Kindal Connor, Bell Nurseries; An unidentified volunteer; Tom Schenck, Home Depot Store Manager; Stacey Benge, Bell; and Julie Welsh, Home Depot Store Manager. **BOTTOM LEFT:** Elena Castronova and Jake Snider, Field Sales Representatives for Techtronic Industries/Ridgid Tools. **CENTER:** The volunteer army arrives at Youth For Tomorrow. **BOTTOM RIGHT:** Beth Kelly, Bell (blue shirt), Vernon Maupin, Home Depot Store Manager (sunglasses), Lisa Morris, Home Depot District Human Resources Manager (black shirt) with Home Depot and other volunteers.



Country Fair/Auctions: One of the Best Yet Thanks to Volunteers and Corporate Support



Youth For Tomorrow's Country Fair/Auctions, held on October 4, provided the perfect antidote to economic worries with thousands of families taking advantage of the modest admission prices to enjoy a day of fun, activities, and good food.

The gates opened at 10 a.m. on a bright sunny day, and more than 5,000 people streamed in to enjoy hundreds of different rides and activities with something for all ages.

This year, as every year, the success of the Country Fair/Auctions is the product of hundreds of volunteers and scores of generous businesses. A total of 82 corporations supported YFT as CF/A sponsors. The event raised \$619,000, and is one of four annual events that YFT depends upon to provide operating funds.

Chesterbrook Academy once again provided a wonderland of children's activities, with storytelling, face painting, games, crafts, and other entertainment.

Best Buy brought more than 30 volunteers who pitched in to sell raffle tickets and do other chores. Best Buy also sent its NASCAR show car, provided gaming systems with NASCAR software and other games, and made many donations of goods that were offered in the raffle and Silent Auction.

Target also provided more than 20 volunteers. Coke Zero brought its Racing Experience virtual reality simulator equipped with five three-axis NASCAR driving stations.

A team of about 15 older Boy and Girl Scouts, called Venture Scouts, managed the main food tent.

NOVEC once again ran the registration, making it about a dozen years that the company has taken this big responsibility.

William A. Hazel Co. spent several days before the event to prepare the site and set up security fences for crowd control.

Dominion Resources made donations and sent volunteers.

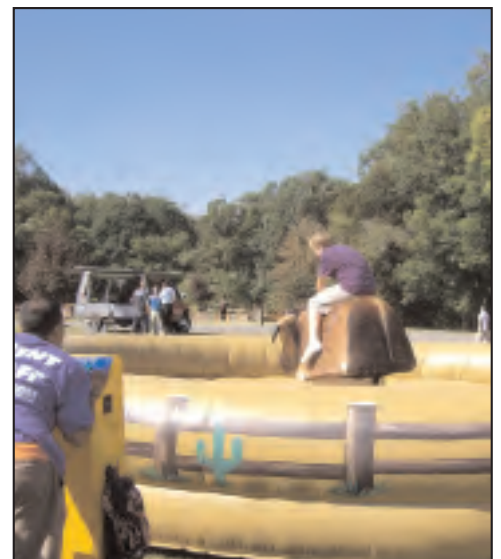
Clyde's, Southwest Grill, the Original Steak House, Chick Fil-A, and Westpark provided food.

The Home Depot tent was a major draw again with dozens of Home Depot volunteers offering crafts for young people as well as valuable silent auction items donated by Ridgid Tools, DeWalt Tools, Behr Paint, and Scotts Landscaping Suppliers. Home Depot also donated a lawn tractor for the Live Auction.





This page, clockwise from top: Hello llama; The highest fairgoer; Coke Zero experience; Bull rider; Motorcycle cop; The littlest fairgoers; Inflatable fun.



Opposite page from top: Best Buy's NASCAR experiences; Home Depot Tent volunteers; NOVEC's Jim Moxley, Robin Harper, and other NOVEC volunteers ran the registration; Joe Gibbs with Best Buy volunteers; Target provided many willing hands; Venture Scouts volunteers have worked in the food tent for seven years.

MARK YOUR CALENDARS!!

2009

Saturday, February 14: YFT Sweetheart Ball—Dancing with the Stars!

Wednesday, April 15: Burgundy & Gold Banquet

Tuesday, May 12: Peterson Family Foundation/Joe Jacoby Golf Classic

Saturday, Fall, (TBD): YFT 24th Annual Country Fair/Auctions

YOUTH FOR TOMORROW

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