



Funds Distribution Report

Recipient Organization:
Empower Youth Network

Mailing Address:
PO Box 910
Carnation, WA 98014

Contact:
(425) 333-6614
<https://empoweryouthnetwork.org>

Organization's General Goals:
The Empower Youth Network promotes and inspires youth to lead safe, healthy, and successful lives. Together with partners we have assessed needs, built capacity, facilitated planning, implemented strategies, and monitored outcomes addressing a variety of challenges including youth substance abuse, youth suicide, and violence prevention.

Date of Award:	Level:
2022 Q4	\$500 to \$2,500

For more information, please read the attached report from Empower Youth Network.

8802 27th Ave NE
Tulalip, WA 98271

TulalipCares.org

Disclaimer: This report may be a summary of content provided by the recipient, not always complete quoted material.

May 1, 2024

On behalf of Empower Youth Network and the Snoqualmie Valley youth and families that we serve, I am writing to express our gratitude for the generous grant of [REDACTED] awarded to us in 2023. In 2023, we served over 12,000 youth, families, and community members.

**2023
highlights
by the
numbers:**



Youth Engagement
200+
Youth attended youth events

From leadership summits and youth councils to ice skating, pumpkin painting, yoga, and more, youth engaged in positive community-building with their peers in 2023. This is an important part of both suicide and substance use prevention.

Key Leaders Summit

11 High school students spoke to

151 Adult community leaders

The Key Leaders Summit brings leaders together from throughout the valley each August to learn about challenges facing youth in anticipation of the upcoming school year.



Substance Use Prevention

3100+

High school students interacted with Substance Use Prevention materials

Many youth assume their peers are using substances at higher rates than they actually are. Student-designed Positive Community Norm Campaigns use local data to dispel rumors and teach youth facts about peer substance use.

Suicide Prevention

15 High school students trained

1,730

Middle school students in How to Help a Friend



A cornerstone of our Suicide Prevention effort is the How to Help a Friend program. High school students step in as leaders to teach middle school students how to help a friend who is struggling with their mental health.



Youth Success! Mentoring

127 mentees

116 mentors

Mentors are consistent positive role models who provide support, guidance, and friendship to students in the Riverview & Snoqualmie Valley School Districts.

Weekend Power Packs

32,000

Meals served, in over 8,000 packs

Weekend Power Packs serve youth who face food insecurity by providing two breakfasts, two lunches, four snacks, and two milks on weekends and during the summer.



Additional Program Highlights

We listened to community members through **Community Focus Groups**, one mom telling us: *[translated from Spanish]* “I am very disconnected because I don’t know how to approach people, so I think it would be good to be in group to make me communicate more”.

Others communicated similar feelings of isolation, anxiety, mistrust, uncertainty, and lack of feeling welcome. Having built up relationship with a localized population of Spanish-speaking parents through iterations of **Disciplina Positiva**, we partnered with the local King County libraries to offer these sessions at the library, working alongside families to drive attendance and content. Partnership with the libraries has built comfort and trust with an otherwise unfamiliar space and people, educating them on services and supports that the library provides, as well.



Disciplina Positiva Parent Education Series, lead by Paulina Cuevas - March 2023

Quotes from participants of **Disciplina Positiva** (translated from Spanish):

- “I would love for ... [EYN] to do more classes like this to continue learning more about this topic, which is very extensive.”
- “I thank the people who made the workshop possible. I hope they do more workshops that help us learn to improve.”
- “Thank you for bringing these workshops to the community.”

Through the **Summer Reading** program, children and parents alike engaged with diverse storytelling. Adults that spoke one language and youth that spoke another connected through reading and built relationship with each other. Children learned alongside people that spoke different languages and were from other cultures, creating a space where all were equal.



Summer Reading program - Summer 2023

We hosted a **Behavioral Health Collaborative Retreat** for providers to collaborate on gaps and access to behavioral health services. Dr. Gino Aisenberg with the UW Latino Center for Health served as our keynote speaker. His expertise, attitude, and approach acted as a springboard for the subsequent community discussion on tangible changes to better accommodate all cultural backgrounds and perspectives.



Behavioral Health Collaborative Retreat - September 2023

Empower Youth Network is a federally registered private, non-profit charitable organization with the IRS (TIN #46-4274413).
Empower Youth Network | PO Box 910 | Carnation | WA | 98014 | 425-333-6614

Additional Photos



Rise & Shine volunteers, nominated for their commitment to community - June 2023



Students repping #YourLifeYourChoice swag for substance use prevention - September 2023

Empower Youth Network is a federally registered private, non-profit charitable organization with the IRS (TIN #46-4274413).
Empower Youth Network | PO Box 910 | Camation | WA | 98014 | 425-333-6614



Youth engagement ice skating activity - December 2023



Worksite tour to Genie Industries - October 2023

Empower Youth Network is a federally registered private, non-profit charitable organization with the IRS (TIN #46-4274413).
Empower Youth Network | PO Box 910 | Carnation | WA | 98014 | 425-333-6614



Youth engagement painting event - September 2023

Thank you once again for your belief in our mission and your invaluable support. We are truly grateful for the opportunity to collaborate with the Tulalip Tribes Charitable Fund in our shared commitment to empowering the next generation.

Find more information about our work at www.empoweryouthnetwork.org

With deepest appreciation,

A handwritten signature in black ink that reads 'Laura Smith'.

Laura Smith

Executive Director

Empower Youth Network