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[WWW.YOUTHHOPE.ORG](http://WWW.YOUTHHOPE.ORG)  
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# The YouthHope Post

## How our youth are handling the pandemic

As COVID-19 continues to affect all of our lives, we wanted to see how our youth are coping and how we can better serve them. We surveyed several of them and were shocked by the results.

Here's how our youth are coping:

21% of the youth we interviewed are homeless

45% feel more lonely

52% have increased anxiety

47% have increased depression

10% have suicidal thoughts

25% have increased their drug use because of the stress of COVID-19.

71% of our youth do not feel supported through their AA or drug rehab program.

Our youth are hurting and we are doing our best to help them during this very difficult time!

## Car Show Cancelled

We are so sad to announce the cancellation of our 2020 YouthHope Car Show. We were hoping we would be able to safely put on the show this year, but with current recommendations from the CDC and local government, we have decided to cancel it.



### Lets Get Active!



With National Homeless Youth Awareness Month approaching in November, we will be hosting our "Let's Get Active" for YouthHope challenge to raise funds for our youth and our four core programs. Because we cannot meet in person to host this type of event, we are asking our participants to set a goal to bike, run, walk, or swim a certain distance on their own on the weekend of October 31<sup>st</sup>/ November 1<sup>st</sup>. For \$35, participants will receive a t-shirt and are encouraged to share their training journey leading up to that weekend with us via Instagram and Facebook by using #hopetogether and tagging @youthhope.

On the weekend of October 31<sup>st</sup>/November 1<sup>st</sup>, all participants will run, walk, bike, or swim their goal distance apart, but united together in hope.

To sign up, visit [www.youthhope.org/lets-get-active](http://www.youthhope.org/lets-get-active)

## You Made It by Rachel Reiland

You survived by seizing every tiny drop of love you could find anywhere and milking it, relishing it for all it was worth... And as you grew up, you sought love anywhere you could find it, whether it was a teacher or a coach or a friend or a friend's parents... They are what sustained you. For all these years, you've lived under

the illusion that, somehow, you made it because you were tough enough to overpower the abuse, the hatred, the hard knocks of life. But really you made it because love is so

powerful that tiny little doses of it are enough to overcome the pain of the worst things life can dish out.

### Did You Know?

80% of our youth are school age and are currently doing Distance Learning. Many of our youth don't have stable homes and are not getting the support they need to be successful this year.

## A Note From the Founder



We are very sad that we have to cancel our Car Show, but our first priority is safety, and with the current guidelines set by the State and County, we don't feel like it is in the best interest to hold this fundraiser at this time.

Make sure you sign up for our newest fundraiser "Lets Get Active". This is a great opportunity to get out and enjoy the outdoors while raising money for YouthHope. Make sure you record your journey on social

media and tag us. We want to see how you are training for your activity and want to share it with others to bring inspiration to them.

Also let us know what brings you hope in these times.

YouthHope is funded 3 ways: by personal donors, grants, and fundraisers.

So cancelling the Car Show is a large loss to YouthHope financially.

Our youth have started dis-

tance learning and we miss seeing their faces every day at our Drop In Center. Our goal is to get our computer lab in a position where we can offer a safe place for some of our youth to come and get help when they need it.

I hope the school year started off great for those of you with children in school and you're finding a good rhythm with it all.