

SAYS Talks



Fall 2018
Celebrating 29 Years of Service



BUILDING HOPE
in our 4th house

← Help Us Reach Our Goal & You Can **Help Up to 17 Kids Gain a New Home!**

Check Out the Insert to **Learn How You Can Be a Hero in 2018**

\$600,000
\$500,000
\$400,000
\$300,000
\$200,000
\$100,000

Introducing SAYS Community Action Team (CAT)

We are thrilled to announce the addition of our newest community service, the SAYS Community Action Team (CAT).

Launched in July 2018, CAT provides effective alternatives to out-of-home placements for boys and girls in St. Johns County with mental health conditions.

The team – consisting of a Team Leader, Mental Health Clinicians, a Psychiatrist, a Registered Nurse,

Therapeutic Mentors, and A Case Manager – works in collaboration with other agencies in St. Johns County to build family engagement, develop or strengthen their natural support system, and provide a safe environment for youth and families to work through

past trauma.

“We expect the presence of a multi-disciplinary, individual-centered treatment team will have a significant impact on St. Johns County youth and their families. Children in crisis will be able to remain with their families and in the community while receiving the specialized support they need,” said Schuyler Siefker, Executive Director, SAYS.

For more information on CAT, including referrals, please visit sayskids.org/CAT Team

Meet the CAT Team:

- Amanda Callahan - Clinical Supervisor (Team Lead)
- Dr. Laurie Truog - Psychiatrist
- Tracy Nierrh - Nurse
- Lorri Thompson - Case Manager
- Mckinsey Kemp - Case Manager
- Caitlin Fay - Therapist
- Anja Lazic - Therapist



SAYS CAT Team working hard to prepare their St. Augustine office.

Director SAYS

As SAYS starts celebrating a milestone anniversary, it's important to appreciate the generosity & kindness of those who helped to bring us here.

In five short months St. Augustine Youth Services will be celebrating its 30th

anniversary. We will be hosting several events throughout the 2019 year to celebrate our alumni family, staff and our extended family in the community.

Our “extended family” are the kind people who have believed in our children enough to support our mission through resources and service hours. Recently we created

a Private Facebook group for our Alumni staff and children. The stories and fond memories being shared by the kids make it feel like a funny family reunion.

Speaking of family reunions, we shall be hosting our ‘SAYS Family Reunion’ for the Alumni and staff in May 2019(TBA). A celebration of our community heroes/” extended family” shall take place Fall of 2019.

I would like to take this opportunity to thank everyone for their contributions to SAYS over the past 30 years – whether you are the teacher who taught our children,

the business who donated a gift certificate for a fundraiser, the church that collected socks, the volunteer who painted our home, the donor who made a home possible, a mentor that lifted a child’s spirits, a tutor that helped a child learn to read, a group that helped Santa with supplying Christmas gifts, a staff that shared their love or a child that allowed us to care for you ... I thank you all as I have had the privilege of knowing such amazing, kind, generous, resilient, and talented people.

Schuyler Siefker

Executive Director, St. Augustine Youth Services

SAYS Alumni Talks

Rorye



One of our recent alums, Rorye, stopped by to visit his SAYS family and talk about some of his favorite memories on our campus. Since graduating from our residential program, Rorye is now being served by one of our SAYS Transitional Life Coaches.

“When I first came I was welcomed. I remember the staff giving me a hug and I was a little surprised. I made friends the second I got there. Two of them, I consider my brothers. All of the staff I trusted and they really cared about me. This place taught me to take responsibility for my actions and they accepted me for being funny (I probably played around too much).”

Did you experience many ‘firsts’ at SAYS?

“SAYS let me do a lot of things I wouldn’t have been able to do elsewhere. I went to multiple theme parks which I never would have been able to do. Fishing – I had never even been fishing before. I had by far the best Christmas I’ve ever had and I got to go to my first NFL game.”

If you had to pick your favorite thing about SAYS, what would it be?

“Can it be a person? Ms. Pam. She wasn’t afraid to be honest with me and she’s a great person to talk to. I asked her for one thing for my birthday and she got it. Also, my house parents. They helped me through all of the problems I had. It was hard to leave – a lot of good experiences and memories are here. I love that they always have open arms and I can always visit.”

How do you like being in the SAYS Coaches program?

“It’s great. Thanks to the Coaches program I have a job. Mesha (my coach) helps a lot. I’m glad I’ll have the Coaches program when I get older, graduate and start to look at colleges.”

SAYS Boys’ Summer Snapshots

Thanks to generous donors, including the St. Augustine Boating Club, each of our residential SAYS kids were able to attend a camp of their choice this summer!

- Camps Included:**
- Rhino’s
 - Bo Clark Basketball
 - Castillo de San Marcos
 - Fort Matanzas
 - St. Augustine Yacht Club
 - FOSA Music & Arts
 - Surf Station



Community SPOTLIGHT

Lauren from Creekside High School recently added two beautiful lending libraries to our SAYS campus. Not only have the boys been reading a variety of new books, but they absolutely loved helping to set them up!



Thank You Lauren & Friends!

Thank You Colonial Oak Music Park...

...for choosing SAYS as one of your official oak outreach charities.



Stop by the Oak (21 St. George St.) for one of the best music experiences in St. Augustine and, while you’re there, pick up an Oak Outreach T-Shirt! A percentage of proceeds benefit SAYS.

Donate Gift Cards for the Holidays

Gift cards make great holiday gifts for our boys! Consider donating Amazon, fast food, GameStop or Epic Theater gift cards. Feel free to drop by or mail them to the SAYS campus.

Using Trauma-Informed Care to Help Youth Heal from Painful Experiences

A family is huddled in a closet as the winds roar outside.

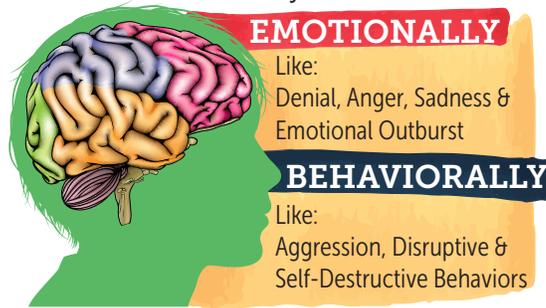
They are worried about their safety and wondering if they will survive the evening. Eight-year-old Johnny huddles under his sheets trying to pretend that he is sleeping, terrified that he will be victimized again. He thinks to himself, "maybe I will be safe tonight".

As we listen to the news, we often hear of devastating events. These events can occur naturally such as floods or hurricanes. Some may be health related or accidental such as cancer or an automobile accident. Other traumatic events can occur at any time and can be perpetrated by others such as physical, emotional or sexual abuse.

Whatever the source, "trauma" is a term used to describe the emotional impact that occurs because of a severely distressing event or series of events. It is the overwhelming amount of stress that taxes one's ability to cope with overpowering emotions caused by the event(s).

The Impact of Trauma

Trauma may manifest itself:



While many individuals have reactions to traumatic events, their resiliency allows them to recover quickly.

Many of the youth who receive services through SAYS have lacked the protective factors which contribute to resiliency. Such factors include good self-esteem, the ability to problem solve effectively, coming from a healthy home environment, having a sound social support system, and being involved in a spiritual belief system.

Practicing a Trauma-Informed Care Approach

Trauma Informed Care is an organizational structure and treatment framework. It focuses on understanding, recognizing and responding to the effects of all types of trauma.

Trauma-Informed Care asks:



Trauma can happen to anyone at any time. Understanding, recognizing, and responding to trauma is the key to facilitating healing and an approach used in all the programs at SAYS.

How SAYS is Helping Florida Youth Move Beyond Trauma



Updates of the Residential & Community services SAYS provides that help shape the future of Florida's youth.

Residential Group Homes

Our Traditional Group Home and Therapeutic Group Homes recognize the role that trauma has played in their resident's lives and work to facilitate healing by building supports, providing problem solving and coping skills, and working with families to provide a healthy home environment.

Addition of Ameris Bailey House increases SAYS residential capacity from

30
to
40
Beds

Mobile Crisis Response Team (MCRT)

MCRT works within the community to assess youth who are experiencing traumatic events and may be in danger of taking their own lives. This team works in collaboration with the youth's family, school personnel, law enforcement and area Mental Health Providers to help build resiliency factors and empower these youth to better solve problems within a supportive environment.

899 Safety Assessments conducted on children experiencing behavioral crisis events

82% of Children not Baker Acted

733 Children diverted from hospitalization

\$2,858,700 Community Savings due to interventions

Targeted Case Management

TCM services provides linkage, advocating, planning and monitoring to St. Johns County youth and families to aid in providing a safe, supportive environment in which they can develop positive problem-solving skills and increased resiliency. Thus helping these individuals and families better deal with both past and future trauma.

Meet our Targeted Case Manager, Cage! He is the only community serving TCM in St. Johns County.



Transitional Life Coaches (TLC)

TLC uses key principals of Trauma-Informed Care by providing Mentoring, Case Management, and Coaching to help provide a sound support system for youth who have a history of behavioral health issues and have not been successful with traditional services. As these youth near adulthood, the TLC Program provides both support and empowerment.

81
Youths

Supported by **4 TLC Coaches**
Since Program Launch in June 2017

Turning our new House into a Home

Our SAYS community has come together to make our new house look truly amazing inside and out. Thank you to our supporters who joined us for Community Day in June to paint the exterior of our house and to our Room Angels who graciously and creatively decorated the interior of our new bedrooms and bathrooms.

Room Angels

Cathy Garland & Cynthia Dodson

Common Finery Boutique

Debbie's Day Spa

Gina Zaffino & Family

Gwanda

JD & Leah Nock

Jen Hayes & Family

Katie Sebaka & Family

Palencia Publix

STAFW

Stephanie Cross & Family

St. Johns Golf Women's Club

Taylor Laskoski, Meredith Pearson & Matthew Gass

Victoria Long & Christina Mills



Wildwood Fishing Tournament

Thank you to the generous sponsors and participants of the 19th Annual Wildwood Inshore Fishing Tournament presented by TBL Services.

With your support we were able to raise a record breaking \$21k!



Summer of All Stars

On July 17th we held our annual SAYS Awards Banquet to recognize each of our kids for the qualities that make them truly unique! Thank you to our volunteers and supporters for joining us on this special night.

Thank You GATE

Thank you GATE for choosing St. Augustine Youth Services as the official charity of the 2018 GATE Charity Golf Tournament!



Thank You Hutson Family!

SAYS appreciates the continued support from this generous family and thanks them for their recent gift of \$100,000. Their generosity has left a lasting legacy in the lives of every boy who has called the Hutson Family Campus their home.

Have You Visited SAYS Lately?

Schedule a tour of our beautiful campus!

Email ChelseaR@sayskids.org for more information

SAYS Upcoming Events & Fundraisers



INCREASING ACCESS TO IMPROVE OUTCOMES
in substance abuse & mental health care

Free Event — CEU's Offered!
Teacher's Inservice Points
Register Now Online!
SJCBC.eventbrite.com

Monday, October 15th 2018
8:30AM - 3:00PM
Sebastian Middle School
2955 Lewis Speedway
St. Augustine, FL



3rd Annual Davidson Cares Clay Day
October 18th @ 11am
Jacksonville Clay Target Sports

Can't Make It to the Event?
Purchase raffle tickets online for 3 amazing prizes!

For Raffle Tickets and Registration:
davidsoncares.com
\$30 to Register.



27th Annual SAYS Holiday Auction

Hosted by Tradewinds Lounge
November 18th @ 1pm - 1am

Join us for live music and hundreds of great items!

Visit: sayskids.org/auction



SANTA SUITS ON THE LOOSE 5K - 2018

DECEMBER 8TH

RUN • WALK • JOG

December 8th @ 8am

St. Augustine Beach Pier

Register now at racesmith.com