



# New Beginnings News

NEWBEGINMAINE.ORG 134 COLLEGE ST. LEWISTON, ME 04240 207-795-4077

Autumn 2018

## DID YOU KNOW?

1 in 10 young adults, and 1 in 30 teens, experience some form of homelessness within a 12-month period. New analysis shows that these rates are consistent in rural parts of the country.

Rural youth are more likely to be “hidden” in their communities because they often rely on “couch surfing” at friends’ or strangers’ homes, sleeping in vehicles, or staying outdoors.

Source: Mortin, M.H., Dworsky, A., Samuels, G.M., & Patel, S. (2018). *Missed Opportunities: Youth homelessness in rural America*. Chicago, IL: Chapin Hall at the University of Chicago.

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## Connection Leads to Breakthrough

For most teens, high school is a challenge, but for a young person like Shane\* substance abuse and running with the wrong crowd landed him in Juvenile Detention, where he missed over a month of school.

Things were difficult at home before Shane’s arrest, which led to his mom’s refusal to take him in afterwards. After spending nearly a month in Juvenile detention, Shane’s probation officer offered him an alternative to more incarceration: New Beginnings.

**New Beginnings operates the only 24-hour licensed shelter for youth (ages 12–19) in Maine.** The shelter offers a safe supervised place for young people to stay for up to three weeks. During this three week period staff work with young people on reuniting with family, connecting with supportive services, and ultimately finding safe stable housing for each young person who walks through its doors—young people like Shane.

After arriving at New Beginnings, Shane struggled to adapt to the structure and expectations of the shelter.

He had daily blow ups that resulted in slamming doors and self-isolation. He refused to participate in school and was unwilling to attend weekly groups. Shane continued to work against the grain and was resistant to connect with staff.

One weekend staff planned a bowling trip. Shane decided to go despite his initially reaction of, “that’s stupid.”



### Shane won the game.

He discovered he actually enjoyed bowling and had fun spending time with staff. He mentioned that he couldn’t remember the last time he had experienced fun without drinking or ending up in cuffs.

Shane began asking when the next bowling trip would be.

He started sitting in the office just to be around staff and would occasionally share an experience or story from his life.

### *Shane began making a connection.*

This connection with staff had a remarkable effect on Shane’s shelter stay. He began participating in PowerSource groups focused on helping with

emotional literacy and mindfulness techniques.

He started going to school and worked with staff to catch up on his school work. Shane was an active participant in family mediation with his mom. He became hopeful that his life could improve, and understood that the secret to his success was inside of him.

\*Youth’s name changed to protect confidentiality

# Connection Leads to Breakthrough *continued from page 1*



After leaving the shelter, Shane remained connected to staff. He would frequently call to check in, share a story or seek guidance. Shane went through a residential program, returned home, and graduated high school.

He continued to call to update staff on his struggles and successes. After some time the phone calls became fewer and farther between.

One morning staff received a call from Shane. It had been about a year since he

had called. He was so excited to share the news that he had graduated basic training and was now a Marine. Shane expressed how thankful he was for the unconditional support he received from New Beginnings. He thanked staff for seeing something in him he was unable to see in himself.

\* \* \*

**Referrals to New Beginnings shelter can be made 24 hours a day, 7 days a week by calling (207) 795-4070.**

## Meet the Newest Members of our Board of Directors



**MIKE GIASSON**  
Architect

*"While working with New Beginnings professionally, I was moved by the dedication of staff. I believe that the need for New Beginnings services is great."*



**CASEIGH MOODY-DABNEY**  
Customer Service Rep.

*"I chose to join the Board of Directors because New Beginnings helped me through some tough times and I want to be able to help them help other youth."*



**KELLY NELSON**  
Human Resource Manager

*"I am inspired by the impact New Beginnings makes in the lives of youth (and their families)—providing access to the resources they need to prosper and become self-reliant."*

## Demonstration Project for LGBTQ+ Youth a Success

The Maine Transitional Living Collaborative was a 24-month demonstration project that ended on September 30. The project was designed to provide comprehensive case management and housing specifically for LGBTQ+ youth in Androscoggin, Franklin, and Kennebec counties.

The goal was to assist 14 homeless LGBTQ+ youth. New Beginnings exceeded this number and assisted 19 homeless LGBTQ+ youth.

Most of the youth who come to us are dealing with a range of challenges that require several services. Beyond meeting the long-term housing needs of these 19 youth, we will continue to provide case management services for them in the Outreach Program to help address their ongoing needs.

## Our Award Winning Staff

New Beginnings celebrated two of its own. Allie Smith, *Educational Support Specialist* and Rosie Moreau, *Shelter Program Coordinator* as they were honored at UPLIFT LA's 40 Under 40 Awards Ceremony.

Pictured Top: 2018 Building LA Honoree Allie Smith with Rachel Spencer-Reed, *Director of Development and Community Services*.

Pictured Bottom: 2018 Local Hero Honoree Rosie Moreau with Marian Carney, *Shelter Director*.



1 IN 10 YOUNG ADULTS WILL EXPERIENCE AN EPISODE OF HOMELESSNESS THIS YEAR.

## POWERFUL ART SHOW COMES TO MAINE FOR RUNAWAY & HOMELESS YOUTH PREVENTION MONTH



Parking Lot (Steve B. Low), Archival Inkjet Print. 34.5 x 34.5 in



Burke Mtn. Quad (Steve B. High), Archival Inkjet Print. 34.5 x 34.5 in

October 26, 2018 - November 30, 2018

### THE HIGHLOW PROJECT

Photographs and audio stories created in collaboration with at-risk youth



INVITES YOU TO  
CALLAHAN HALL  
FOR AN

## ARTIST TALK

November 8th | 6 to 7 pm

Artist **Ned Castle** will talk about the making of the **HIGHLOW** Project in collaboration with Vermont youth experiencing homelessness, followed by time for community members to ask questions. Representatives from New Beginnings will also be available to answer questions about local services and youth homelessness.

This November, New Beginnings and L/A Arts are co-hosting the **HIGHLOW** Project in L/A Arts' downtown Lewiston gallery. The **HIGHLOW** Project originated as a collaboration between artist **Ned Castle** and youth served by the Vermont Coalition of Runaway and Homeless Youth Programs (VCRHYP). Together, Castle and the youth created large-format photographs depicting re-enactments of a high and low moment in each young person's life. Bring your cell phone to the gallery to access audio recordings of the youth telling the story behind each pair of images.

#### EXHIBIT OPENING

Opening reception at 10/26  
storytelling-themed Artwalk.

#### GALLERY HOURS

12 pm to 4 pm W / TH / F  
Saturdays 11 am to 3 pm

**Location:** L/A Arts Gallery 221 Lisbon Street, Lewiston

TO LEARN MORE VISIT [NEWBEGINMAINE.ORG](http://NEWBEGINMAINE.ORG) OR [LAARTS.ORG](http://LAARTS.ORG)

Please note that the exhibition contains mature themes and some explicit language.

To preview the exhibit visit [www.highlowproject.org](http://www.highlowproject.org).

This exhibit has been made possible with support from:





Thank you to Cumberland Farms and to everyone who participated in the Grand Re-Opening of the Cumberland Farms (691 Main Street) partnership with New Beginnings. They donated 10 cents from every dispensed beverage purchased from 6/14–7/12. The partnership raised \$1,893 to support the youth of New Beginnings!



We hosted another group of great volunteers from Androscoggin Bank and Northeast Bank (pictured). The volunteers helped paint at our Transitional Living Apartments, and to spruce up the grounds outside our Outreach Program as part of the United Way of Androscoggin County's 2018 Day of Caring. Thank you for making a difference!

## Dr. Josie, Molina Healthcare's 2018 Community Champion

In September, Molina named "Dr. Josie" Conte one of three of its **2018 Community Champions**. Their annual program is designed to recognize individuals who positively impact their community. Dr. Josie was nominated for her tireless volunteer efforts to positively impact the lives of vulnerable and homeless youth in greater Lewiston-Auburn, ME. Dr. Josie founded the wellness clinic and for the past 2 years has continued to operate free wellness clinic hours at New Beginnings' Youth Outreach Drop-In Center for homeless youth. In addition to being named as a Community Champion, Dr. Josie received a \$1,000 grant to give to a nonprofit organization of her choice, which she donated to New Beginnings to invest in the Wellness Clinic.



## Thank you to New Beginnings' 2018 Annual Dinner Sponsors

FOR THEIR GENEROUS SUPPORT OF OUR CELEBRATION

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Gibson LeClair, CPAs	Norway Savings Banks
Hebert Construction	Rainbow Bicycle

## Agency News Briefs

**Staff Updates:** New Beginnings is pleased to announce the promotion of Denise Vaillancourt to Transitional Living Program (TLP) Coordinator and Joanna Testa to the role of TLP Assistant Coordinator. We have a number of new hires including Christina Macia and Dorothy Towle in the administrative offices; Amy Bocclair, Darren Deth, and Sean Racicot-Psaledakis for the TLP; Rebecca Adamson, Sammy Bourgeois, Sam Buhlig, Sarah Surace, and Connor Tamminen for the Outreach Program; and Anton Brown, Leah Cleland, and Nina Michaud for the Shelter Program.

**Federal Funding Renewed:** We are pleased to announce that we have been awarded two three-year federal grants from the US Department of Health & Human Services, Family & Youth Services Bureau to support our Emergency Shelter and Transitional Living Programs.

**Recent Grants:** New Beginnings couldn't accomplish our mission without support from corporate and private foundations, including the John T. Gorman Foundation, the Frances Hollis Brain Foundation Fund, Maine Association of Realtors® Foundation, Bangor Savings Bank Foundation, and the MainStreet Foundation. This support will help fund our educational programming, establishing an emergency client assistance program; mental health services, and to develop youth friendly outreach tools.

**Mission & Vision:** After a process of feedback and ideas, the Board unanimously approved a new mission & vision that will be announced publicly at the Open House on November 28.

## New Beginnings on the National Stage

In May, Topher Balderas, Outreach Program Director was on Capitol Hill where he briefed members of Congress on key accomplishments and learnings from the Franklin County's 100-day project. During that project New Beginnings' and community members focused on: creating safe spaces, available 24-hours a day, for youth who are experiencing homelessness or who are in crisis; and creating a shared knowledge of the available resources for youth experiencing homelessness in Franklin County. A Way Home America, who recently partnered with New Beginnings on the 100-day challenge, organized the briefing which was co-hosted by a select group of Members of Congress including U.S. Senator Susan Collins.



*Pictured (L to R) are representatives from True Colors Fund, Funders Together to End Homelessness, New Beginnings, and the City of Tacoma, WA.*



This September, New Beginnings' Executive Director, Chris Bicknell participated in a Think Tank in Washington D.C. The event brought together a select group of thought leaders from around the country to examine how under the strategic guidance of MANY, agencies like New Beginnings can work together to strengthen outcomes for youth and young adults at highest risk for victimization and/or delinquency.

We are incredibly proud that Chris was invited to share his knowledge of what works best for Maine's homeless youth.

## Save the Date: Lewiston-Auburn Candlelight Vigil

FOR NATIONAL HOMELESS PERSON'S MEMORIAL DAY

**Friday, December 21, 2018**

*The first day of winter. The longest night of the year.*

Co-Sponsored by Lewiston-Auburn Alliance for Services to the Homeless.



**NEW BEGINNINGS, INC.**  
**134 COLLEGE STREET**  
**LEWISTON, ME 04240**

Save a tree and get this newsletter via email! Visit [newbeginmaine.org](http://newbeginmaine.org) and click [Subscribe to Newsletter](#).



**SAVE THE DATE**  
**November 27, 2018 IS**  
**#GIVINGTUESDAY™**

**Make a difference!** Kick off your annual giving at [NEWBEGINMAINE.ORG](http://NEWBEGINMAINE.ORG)



### November is Runaway & Homeless Youth Prevention Month

This year we are asking for your support to “Shine a Light” not only on the issues runaway and homeless youth (RHY) face every day, but also on the resources available to youth in crisis and those experiencing homelessness.

*See the insert inside for special Runaway & Homeless Youth Prevention Month events.*

### Mark Your Calendars!

- Nov. 1st—30th **Attend the HIGHLOW exhibit at L/A Arts Gallery (221 Lisbon St, Lewiston)**
- Nov. 6th **Wear Green Day!**
- Nov. 8th **Artist Talk with Ned Castle, HIGHLOW Project at Lewiston Public Library 6-7pm**
- Nov. 20th **Tune in @8am—92.7 Maine’s BigZ**
- Nov. 27th **GIVING TUESDAY**
- Nov. 28th **Drop-In Center Open House**
- Dec. 12th—14th **Holiday Drive Drop-Off**
- Dec. 21st **Lewiston-Auburn Candlelight Vigil**



### Help make the holiday season brighter for homeless youth!

Thanks to the generosity of supporters like you, every December New Beginnings distributes holiday gifts to youth in our programs in Lewiston, Augusta, and Farmington. **This year we need your support to make it possible for 100 youth to each get a care package containing gifts and winter necessities.**

**The 2018 Holiday Wish List is online at [newbeginmaine.org](http://newbeginmaine.org)**

**SIGN-UP TO DONATE!** Call (207) 795-4077 or email: [amber@newbeginmaine.org](mailto:amber@newbeginmaine.org)