

# TreeHouse—Sandstone Newsletter

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# Fall 2018

## Teen Quotes:

"I have also learned to take my mask off and talk about, and be, the real me. At TreeHouse they say, "you don't have to hide here, you can let yourself show here, put down your mask, no one's going to make fun of you or hurt you. You're safe here." Those words are what it took for me to ditch everything I knew about hiding my emotions. I let my mask down to show who I really am. For this I thank TreeHouse. No matter what kind of person you are, if you are a teen, go to TreeHouse. It will make a difference in your life."



Our biggest change since the last newsletter is the hiring of Kevin Burgess as our full-time Youth Associate. This is the result of over a year-long search for just the right individual, who had the right skills to contribute to the continued improvement and growth of

TreeHouse-Sandstone. We are excited to see where we go from here.

Our 5th Shoot for Hope & Banquet was a success in the areas of fun and communicating the TreeHouse message. We had great weather for the sporting clays tournament and the food and atmosphere were superb. There were so many great auction items from our generous supporters and we had fun bidding and playing the heads or tails game. However our attendance was down this year which means we need to secure additional funds from other sources. Please consider financially supporting TreeHouse-Sandstone. Life transformation is happening here. What a great investment in the future of our teens and our community.

### Please consider becoming a TreeHouse-Sandstone volunteer driver or mentor.

You can commit to as little as one night a month (our routes take less than 1 1/2 hours) to be a TreeHouse-Sandstone Volunteer Driver. We also reimburse our drivers for mileage. This is a great way to get to know our teens and serve them by getting them where they need to be. Offering transportation is one of the components that makes TreeHouse different from other youth programs. No one else in this area offers to pick up teens and bring them home.

Mentoring is a life transforming part of our program. Meeting with a teens as little as once a month and communicating with them by phone makes a huge difference in their lives. Having someone extra in their lives who cares about them enhances their feeling of self worth. What a great way to help our teens break out of generational habits that can harm them. Please consider the impact you could have on our teens by giving them a little of your time.

"My thoughts of suicide have mostly gone away. TreeHouse allowed me to get my thoughts out in a safe place. I learned there are others out there who have been through similar stuff and I am not alone. I also don't drink like I used to. The temptation is still there but I have learned how to make wiser choices."



Our annual trip to Valleyfair was a great time spent laughing and making memories with our teens. When we take trips like this we always make it a learning experience. We used this particular trip to challenge our teens to be more responsible by giving them some freedom with responsibility built in. Additional growth also occurred outside the official plan when teens reported to us that they had faced their fears by going on more challenging rides than they ever had before. These may sound like little achievements but they are huge to our teens when you add up the effects of everything they experience at TreeHouse-Sandstone.

We participated in six local parades this Summer. It was fun to spend time distributing candy, bumper stickers, and TreeHouse-Sandstone information sheets. Our teens and volunteers worked hard and we distributed over 1,750 information sheets. As one of our teens said, "I can't wait to see who starts coming to TreeHouse because of this". They were very proud of the work they did to promote TreeHouse to others so they could also benefit from all we have to offer.



I was driving with a teen and she said, "hey, I just smelled pot there", to which I responded teasingly, "hey, how do you know what pot smells like?". Her saddening response was, "from my mom." For many of our teens, this is their experience, this is their history. It doesn't have to be their future. The programs, activities and mentoring they receive at TreeHouse-Sandstone can make that difference for them.

We continue to keep our friends updated on what we are doing here at TreeHouse-Sandstone. If you do not wish to receive communications from us please email Beth.Kalbow@TreeHouseSandstone.org or call 763-486-3297.

### Our 2018 Shoot for Hope & Banquet Sponsors.

Please support their businesses,  
as they support TreeHouse-Sandstone.



Northern Pawn

Carlson Timber



For more information / sponsorship  
opportunities visit our website  
[TreeHouseSandstone.org](http://TreeHouseSandstone.org)  
or contact Beth Kalbow 763-486-3297  
[beth.kalbow@TreeHouseSandstone.org](mailto:beth.kalbow@TreeHouseSandstone.org)

**Save the date**  
**July 13, 2019**  
**SHOOT FOR**  
**HOPE &**  
**Banquet**