



"Everyone needs something they feel good at"

WYNNER Newsletter April 2018



WYN creates opportunities for kids to heal from past trauma, discover their confidence and thrive. This month, one special child experienced the incredible impact of WYN's efforts.

It began when we heard that a previous WYN youth had begun to struggle with anger issues (Note: anger is a natural reaction to stress and the fight-or-flight reflex which triggers in high stress environments like poverty). Though the youth was no longer enrolled at WYN, our staff sought ways to help however they could. When it was discovered that the young man had long held a dream to play the guitar, WYN knew what to do.

Our staff began reaching out to local musicians who offered guitar lessons and found one willing to teach at a discounted rate. All that remained was the funding. Knowing that the chance to follow his dream and find a healthy outlet for his feelings could be pivotal in the life of this young man, WYN contacted one of its supporters about underwriting the cost of the lessons; she agreed in an instant. Suddenly everything was in place and our young man was enrolled!

Now several weeks into the lesson, we hear that the lessons are working miracles. He is a

dedicated student of guitar with a heart for music. He even brings his family members along to sing while he plays! The focus, dedication and opportunity for artistic expression is transforming him and bringing his family closer together. When telling our staff about his experience with lessons so far, he shared that "Everyone needs something they feel good at." He knows because he has found his "thing"! **Through the collaborative effort of members of the WYN family, this troubled young man has found healing, and a home, in music.**

One child at a time, WYN is raising a stronger High Country community.

This beautiful opportunity would not have been possible without the generous donor who covered the lessons' cost. Interested in funding opportunities like music lessons for WYN children? Please contact Julia Roberts at robertsj@westernyouthnetwork.org to add your name to a special list of donors we will ask when unique needs like this emerge.

The Joy of Mentoring

One of WYN's amazing past mentors recently sent this note our way. It was so special, we had to share it with everyone! Thank you to all the volunteer mentors who make the magic of WYN mentoring possible.

"Dear Western Youth Network,

Recently, I made a trip to Boone to visit my former mentee; we had a wonderful time together kayaking, racing each other, and catching up! Over the years, my mentee has become much more than someone I was assigned to help; he feels much more like another member of my family, and the special relationship we have now would not have been possible without you all's commitment to helping youth build lifelong relationships with positive youth role models. I am eternally grateful.

One day when I'm rich, I will cut you all out a big check to show my gratitude for you all's work. Until then, I hope this little check will express the gratitude I have for WYN and the impact you all are making in the High Country. :)"

-Past WYN Mentor





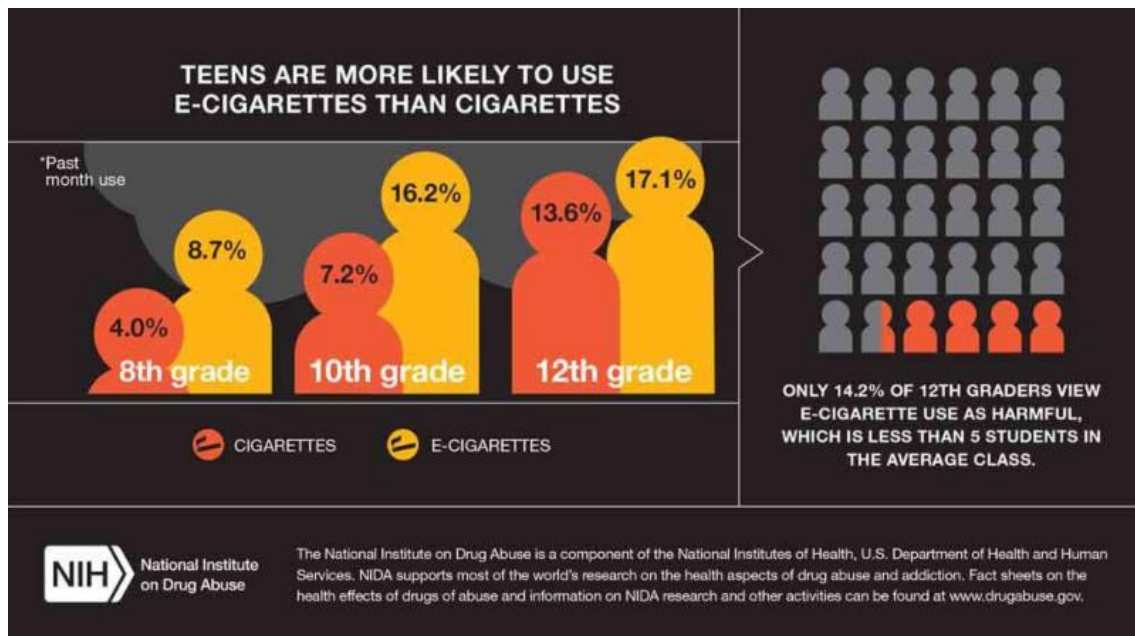
Please consider becoming a monthly donor to Western Youth Network. For as little as \$5 a month, **you can make a difference** in a child's life.

"Do your little bits of good where you are; it's those little bits of good put together that overwhelm the world"
-Desmond Tutu.

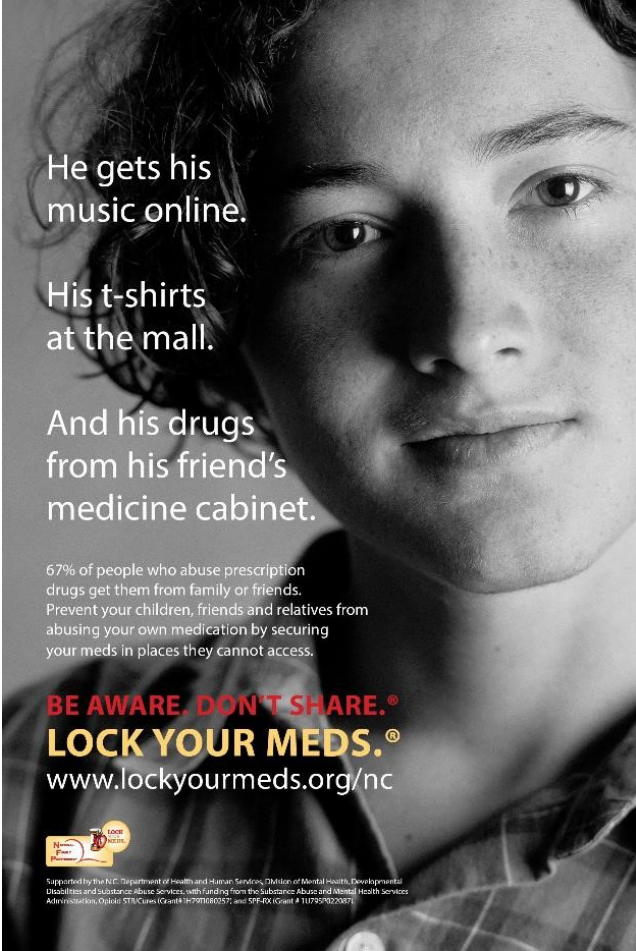
Give Today

Raising a Healthier Community

WYN's Prevention team works at the policy and structural levels to make a healthier and substance free High Country community for all



As e-cigarette use among young people grows, prevention efforts must evolve to respond. WYN's Prevention team works hard to stay on the cutting edge of substance abuse prevention research.



He gets his
music online.

His t-shirts
at the mall.

And his drugs
from his friend's
medicine cabinet.

67% of people who abuse prescription
drugs get them from family or friends.
Prevent your children, friends and relatives from
abusing your own medication by securing
your meds in places they cannot access.

BE AWARE. DON'T SHARE.®
LOCK YOUR MEDS.®
www.lockyourmeds.org/nc



Supported by the N.C. Department of Health and Human Services, Division of Mental Health, Developmental Disabilities and Substance Abuse Services, with funding from the Substance Abuse and Mental Health Services Administration, Digital STB/Cases (Grant #1797060357, and 59F-RX/Grant # 1117957022087)

Western Youth Network's Prevention Department is proud to be working in collaboration with National Family Partnership and the Lock Your Meds campaign. This campaign is designed to reduce youth prescription drug abuse by raising awareness about the unwitting role family and friends play in supplying prescription drugs. According to the campaign, youth often get the prescription drugs they abuse from family medicine cabinets, purses and closets.

To learn more about this campaign or to access resources about the problem of youth prescription drug abuse, please visit the campaign website: www.lockyourmeds.org

