

HORIZONS

a publication of Daybreak Inc.

Your gifts make a difference

Daybreak youth soars to new heights, leaves the Daybreak nest

Raymond lands job as flight attendant with regional airline

Do you remember your first airplane trip?

Raymond, a young man in Daybreak's housing program, will never forget his.

But Raymond couldn't sit back, take it all in, and relish the thrill.

On his first-ever flight, Raymond was one of the flight attendants. Can you imagine?

Raymond had applied for the job on a whim. After being hired, he had to complete four weeks of intense training *and* get over his nervousness about flying. He's been confidently working the skies for a few months now.

Raymond's a people person. Being a flight attendant, meeting new people on every flight, is right up his alley. He enjoys his exotic job and is even considering pursuing a career in the industry. He's thinking pilot.

Meanwhile, Raymond's been bitten by the travel bug and takes full advantage of his employee perks. As often as he can, he flies stand-by to wherever the plane is headed. He loves exploring new places.

Now that he has this wonderful job, it's time for Raymond to leave the Daybreak nest. He earns too much to remain in our housing program.

Raymond will have to either take over his apartment's lease (currently held by Daybreak) or find a new place. Either way, Raymond, will now pay 100 percent of his rent and utilities. Without any help at all from Daybreak. He'll be flying solo, and that's what we call success!

We're so proud of Raymond. And so grateful to you. Your gifts to Daybreak made Raymond's achievements possible. Thank you!



Raymond (above) enjoys his new job as a flight attendant but is already thinking about becoming a pilot someday.

Daybreak launches AOD clinic specifically for youth

Offers services, resources to Daybreak youth struggling with substance abuse or addiction

Early in 2018 Daybreak opened an AOD clinic for youth (up to age 24) in our Stuart & Mimi Rose Opportunity Zone for Youth.

You might be asking yourself, "What's AOD stand for?" Alcohol and Other Drugs.

You might also be wondering why Daybreak opened an AOD clinic.

Since our area has a lack of AOD services specifically for youth, Montgomery County's Department of Alcohol, Drug Addiction, and Mental Health Services (ADAMHS) asked Daybreak to help fill the gap.

The state of Ohio provided most of the funding to build out the space. ADAMHS is providing ongoing funding to run the clinic.

Daybreak leadership considered ADAMHS's request carefully before agreeing to take it on. What convinced us? The fact that seven out of 10 Daybreak youth come to us with a history of substance abuse or addiction.

These kids have turned to drugs and alcohol to help ease the pain of their pasts. But they don't understand the long-term, harmful effects of their habits on all areas of their lives.

Without treatment, they'll have a tough time getting a job and keeping a job. Without a job, they won't be able to pay rent. When they don't pay rent...well, you get the picture.

Treatment at our AOD clinic is voluntary, outpatient, and individually tailored to each youth. Our focus is to provide practical recovery strategies to reduce the negative consequences of alcohol/drug use.

Having the clinic so close to our emergency shelter and transitional apartments is a huge and convenient benefit for our youth. They won't need a car or even bus fare to get to their appointments. A short walk across the street is all it will take.

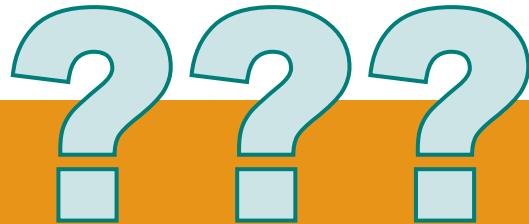
At present only Daybreak youth have access to the clinic. Eventually it will be open to any youth in the community who struggles with substance abuse or addiction.



AOD treatment is being provided by Dave Rex (above right), a licensed chemical-dependency counselor and Daybreak's director of substance abuse services.

Did you know?

Seven out of 10 Daybreak youth suffer from post-traumatic stress disorder (PTSD), other mental illnesses, and/or substance abuse due to adverse childhood experiences (including abuse and neglect) and a chaotic home life. Your gifts to Daybreak provide these vulnerable young people with a safe, calm, supportive environment where they can begin to heal and build new lives.



Your donations change lives

Young woman finds opportunities, sense of belonging at Daybreak

Cathryn: "Daybreak is definitely the reason I'm still standing today."

Over the past few months, Cathryn has excelled at everything she does and stepped into leadership roles without hesitation. We chatted with Cathryn recently about her triumphs and her Daybreak experience. As you read, keep in mind that you, through your donations, played a huge role in Cathryn's success. Thank you!

Daybreak: What have you been up to lately?

Cathryn: I've been working, going to school, and participating in the Dayton Corps* program.

Tell us about your experience with Dayton Corps.

In Dayton Corps I have to serve 675 hours from September to April. My placement is at Lindy's Bakery, where I serve as a role model to other youth.

In Dayton Corps we attend meetings and talk about social justice, our futures, and any updates on our service placements. We're also planning a group project working in community gardens around town.

While in Dayton Corps I've learned how to work with different kinds of people, punctuality, and how to serve as a role model for others.

What have you learned working at Lindy's?

I've learned that you have to be diligent and take initiative. If you say, "What am I supposed to be doing?" all the time, you'll never get anywhere.

Working at Lindy's helped me in my current job. Lindy's taught me how to be punctual and how to make a plan of action each day.

Where else do you work?

I work at a Goodwill store. I love working there! It's walking distance from my apartment. I love the people I work with and my job duties. I like sorting clothes and cleaning. My co-workers are friendly and enthusiastic. They're fun to work with because they like their jobs.

How was the interview process?

It went well. I felt very prepared because Mr. Travis and I practiced the day of my interview. When I first came to Daybreak I learned a lot about interviews.

It was eye-opening. I didn't know anything about it before.

What are you studying in school?

I'm in my first year at Sinclair Community College studying early childhood education.

What's your ultimate career goal?

I'd like to be a teacher or work in a preschool or daycare. Anything where I can work with kids and help them learn and develop.

How has Daybreak helped you?

Daybreak has helped me by always checking up on me. Daybreak's definitely the reason I'm still standing today.

I was recently thinking about how this time last year I spent my birthday in a McDonald's all by myself. I was homeless and very depressed. Daybreak changed all that for me and has given me so many opportunities.

This year I celebrated my birthday with friends and family. I'm in a much more stable, happier place in my life.

*Thanks!
to you!*

Any advice for fellow Daybreak youth?

I'd say the best thing you can do is to listen to the rules. If you do that and you're working hard, then you'll get somewhere. You have to do something in order to get anything from your life.

Keep it up, Cathryn! You're on the right track.

* Dayton Corps is an AmeriCorps program through ServeOhio, administered by the University of Dayton Fitz Center for Leadership in Community. Dayton Corps members serve at local non-profits, including Daybreak. Members also take part in weekly trainings and statewide AmeriCorps trainings and events. UD students and other community members are eligible to apply. Stipends for living expenses are available, and members may be eligible for an AmeriCorps education award when they complete their term of service.

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Mission

To eliminate youth homelessness in the Miami Valley through comprehensive and results-oriented programs that provide safety and stability for runaway, troubled, and homeless youth.

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Linda L. Kramer, CEO



Your donations at work

Here's what you've helped Daybreak kids accomplish since December

Enhanced education by completing high school or a GED, enrolling or continuing in college or vocational program—Aaliyah, Abigail, Abigayle, Aidan, Aiyana, Alexis W., Amanda, Andrea, Aniha, Aryunna, Aunesti, Bailee, Brett, Brianna, Brooklyn, Cambree, Ceonna, Chad, Chanaye, Cheree, Christopher P., Christopher W., Cole, Dakota C., Daniel, DaShaun, Demetrius, Denzel, Destiny J., Destiny W., Deverell, Dion, Domiono, Dorion, Duane, Edith, Emilee, Francisco, Hailee, Isaiah, Jabriona, Jacob G., Jada, Jalyn, Jana, Jasmine, Jason H., Jason L., Jazmine, Jazzlyn, Jeanna, Jeffrey, J'la, Joseph, Judah, Kailey, Kali, Kattrina, Kearstine, Kelli, Kemit, Keshale, Kishuan, Kiya, Kwamaine, Kyesha, Kyra, LaKendria, Late'Von, Latreece, Latrell, Lloyd, Makenzie, Maliah, Mariama, Matthew, McKynzie, Michael V., Neo, Noah, Phillip, Quentinn, Rachel, Robert, Saftiya, Sandra, Shane, Shaun, Shelby, Taj, Taleah C., Taleah D., Tania, Taylor E., Teauna, Timoth, Travis M., Trevor, Tyesha, Tyler, Tyree, Wilbert, Wynter, Xavier

Participated in our work-readiness program at Lindy's Bakery—Alexander, Arianna, Carol, Cathryn, Charkay, Cody, Dakota R., D'Angelo, DeAundre, Devonnetay, George, Harley, Jamelia, James, Jana, Jared, JaVonn, Jeremy, Kevin, Maleah, Nelson, Sherron, Taylor R., Totsianna, Travis G.

Got jobs or started job training—Andre F., Anthony, Chad, Hailee, Jacob G., Jana, Jared, Jurom, Kortney, Marie, Michelle, Nyesha, Raymond, Richard, Singleton, Taleah D., Timoth, Tyon

Maintained employment—Allen, Andre F., Anthony, Arnold, Audre'Ne, Chad, Darion H., Deiona, Demetrius, Dorion, Elijah, Jared, Jarezz, JaRon, Jasmine, Jawan, Jazzlyn, Jurom, Kenneth, Kortney, LaKendria, Latreece, Maresha, Matthew, Michelle, Prentice, Raymond, Sean E., Shantel, Singleton, Tabitha, Taleah D., Timoth, Tyon

Moved into onsite Beachler Apartments—Aline, Andrea, Breanna, Chanaye, Christopher K., Cody, Darionna, Devonnetay, Izaiah, Jaden, Jalen, Jana, Jonika, Kyesha, Maurice, Michael P., Nelson, Nyesha, Robert, Taylor R., Travis G., Trevor, Tyon

Moved into community apartments—Caleb, Cathryn, Chad, Chellecy, Cheree, D'Angelo, David S., Delaquan, Domiono, Dorion, Joshua, Kenneth, Maria, Singleton, Travis G.

Secured own housing—Alexia, Alexis B., Chanaye, Cheree, Cody, Cynthia, David S., Deiona, Domiono, Don-Riel, Dorion, Jenna, Jerray, Jonika, Kortney, Michael P., Shatana, Tony

Moved off the streets into a safe place—Brandon K., Brooke, Charkay, Christina, Dae'Naesha, Darion C., Darius, DaShaiya, Da'Wone, Elliot, Hannah, Jacinth, Jacob D., Jenna, Jessica, Kai, Keyandra, Krishonna, Ladina, Mariah, Marla, Miah, Morgan, Rahman, Stanichiona, Thomas

Lindy's Bakery is Daybreak's dog treat bakery and transitional job program. The Beachler Apartments are in Daybreak's building. Residents are provided with intensive service and support 24 hours a day, seven days a week. Community apartments are leased by Daybreak throughout the Dayton area. Youth meet with their case managers several times a week and can return to Daybreak as often as they like for training and counseling.