



### A Year in Review

I wanted to let you, our supporters, know a little bit more about what we were able to help our youth accomplish.

16 of our youth moved into safe and adequate housing. 10 of those youth moved into their own apartment with roommates, 4 into transitional housing programs, Crystal into the dorms at San Francisco State University and Domonique at University of LaVerne. We were able to provide these youth with donated goods like cleaning and hygiene supplies, furniture and food.

Education continues to be a primary goal for Journey House and we encourage all of the youth to continue school or certification programs.

This year, 8 program participants are attending colleges including PCC, GCC, and ELAC. 3 girls are at universities, and Alexandria graduated with her Associate of Arts degree. Manny continues to prepare for his GED test. Gabrielle started Marinello Beautician School but did not complete the program. 3 program participants have completed apprenticeship programs and are now union members in various construction trades.

Employment is high priority and can be a very important factor in the success of our youth. Those program participants who experience periods of unemployment tend to struggle to build their self-esteem, to socialize or to be encouraged to continue their education. This year,



In the wake of the recent horrific slaying of innocent children and dedicated educators in Newtown, CT has come an astonishing gasp of disbelief and bewilderment, and a call for serious dialogue to define what is wrong and how to correct it. The single point all people agree upon is that there is an imperative need

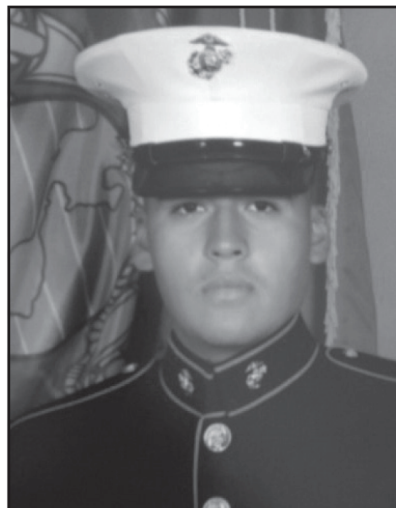
for change. But change is difficult, frightening, and often challenges one's belief system. Maintaining the status quo or sticking to "what I know" or "what I'm used to" or "what my life experience tells me is right and wrong or good and bad" keeps us in a comfort zone that is difficult to escape. Change, therefore, is something not easily confronted and is usually forced upon us out of necessity. A transformation of one's thinking or behavior has more probability when accompanied by the support of others; whether it be an individual or a community.

There is a Greek word - metanoia - I like to use when describing Journey House's mission with troubled youth. Metanoia denotes a change of mind, a reorientation, a fundamental transformation of an individual's vision of the world and of self, and a new way of loving others and the world around us. Theologically, the word is used to describe repentance; a change of heart, a spiritual conversion. In psychology it is used to describe the process of experiencing a breakthrough and the subsequent positive cognitive and behavioral re-building or healing. It is a life-altering change from something negative to something more constructive and affirmative. It is a restructuring of

### In his own words

My name is Rick. I'm 25 years old and live in Pasadena. Another guy who is getting help from Journey House told me about the services they provide to former foster youth. I immediately went to Journey House, knocked on the door and have been getting counseling and direction ever since.

I was born in Mexico in a single parent home with three other siblings. Trauma in my life started at age three when my family led me



across the border. As soon as we crossed the mountains, we were detained by the border patrol. At age 3, I was fingerprinted and found myself in a prison cell. Soon we were bussed back to Mexico.

My family successfully crossed the border when I was 3 years old. I lived with family members in cramped spaces. I also remember how my mother's boyfriend would beat her and us kids often. Between ages 8 and 12, I was abused by my mother's boyfriend. At 15, I couldn't take any it longer. When this man started to attack my mom and

*Continued from Jorge*

we provided employment opportunities and found new jobs for 20 youth. 12 of those youth remain employed and have been employed for over 4 months. We also provided work clothes, transportation assistance, resume writing, and other services to over 35 youth who were employed, and Journey House helped them keep their job.

We try to meet all of the needs for all of our program participants because we believe that we develop a trusting and lasting relationship with each youth through our services. We referred 12 program participants to Young and Healthy and other clinics for medical care this year. Young and Healthy provided dental care for Manny, Joseph, and Selenia. Gabrielle, Domonique, and Paul got new prescription glasses. The rest of the bunch got to see a doctor for various reasons that they would have otherwise not been able to do.

Journey House also provided services for 7 of our program participants who are parents themselves. We provided cribs, diapers, formula bottles, and other in-kind donations, but more importantly, we provided parenting counseling. Our program participants were usually not raised with good parental role models and do not understand the responsibilities of parenthood. We provide the guidance for them to have the skills and understanding to break the cycle of abuse that typically exists in their family histories.

Thank you for supporting us in 2012. Our youth would not have been able to do so much without you.

Jorge Camarena, Program Director



*Continued from Tim*

one's thinking, behaving, and living.

The mission of Journey House from its onset has been to foster and encourage a metanoia (both a spiritual one and a psychological one) within the foster youth that we serve. The young people that come to Journey House have all experienced, to some degree, depression, psychological neglect, physical, sexual, and/or mental abuse, and often, violence. They have witnessed violent acts (domestic abuse and murder), have been victims, and often the perpetrators with their own fists or a deadly weapon.

Conversion from a dysfunctional or violent world view is possible by teaching these young people new ways of coping and providing the ability to believe in their own worth while eliminating the negative aspects of their lives and the violence which is often the only way they have known how to survive. Journey House has been successful in witnessing true metanoia in our clients over the years. It takes time, patience, trust and action; both eradicating detrimental components while providing a supportive system (counseling, mentoring, job training, etc.) for change and growth.

As a supporter of Journey House, you should know that your contribution does change lives in very real long-term ways. Journey House's philosophy and approach to youth is individualistic and non-punitive because each person reaches a readiness for a personal metanoia at different times in their maturation process. It is because of our benefactors, Journey House remains open and ready to transform lives when the time is right. Journey House is proud to have established and utilized a philosophy that works: eliminate violent avenues of expression, heal wounds, relocate, and enhance opportunities for new understandings and experiences of self, the world and one's role in it.

Thanks to our supporters, we have a place for serious change – a lasting metanoia – for former foster youth.

Tim Mayworm - Executive Director

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## **Journey House Opened My Eyes – Penny Arroyo**

I suppose I'm pretty similar to most people who enjoy daily latte's, visiting with friends and family over the holidays and fussing over decorating our homes. The holidays are a time to give and think of those less fortunate, so as many others, I've delivered food to shut-in's, sang holiday songs to senior citizens, passed out turkeys at food distributions; then I go home and my life continues. I walk away feeling very proud and satisfied to have made a contribution. Not until I learned about Journey House did I even consider that young men and women are not in need of a song or a turkey; they need security, family, warmth. These are needs that Tim Mayworm and Jorge Camarena are all too familiar with. Pointing out the hope when it all seems hopeless to youth has to be all consuming and challenging. My passion for event planning allowed me to be part of the 2013 Journey House Open House & Home Tour. My hope was to open the doors of Journey House to community members and enhance awareness of the Journey House mission. As with many small non-profits during these struggling financial times, it's important to ensure the work and needs of organizations like Journey House are in the forefront. I hope I'm able to continue my relationship with Journey House, to make a difference and see the positive impacts of my efforts. Thank you Tim and Jorge for allowing me in your world.







sister, I grabbed a bat and started hitting the man. He called the police and I was taken into child protective services. I couldn't return home because my mother's boyfriend continued to live in the house. For 3 years I bounced around from different foster homes, and eventually ended up in a large placement with 100 other minors. It was a horrible part of my life.

I emancipated from the foster care system at age 18 with a high school diploma and some college credits, but since I had no place to live I entered an after care facility for former foster youth. Finding a way out of the system and ending the trauma I experienced in the foster care system, I joined the US Marine Corps. It was a last resort for finding some freedom and independence, discipline, but also to serve my adopted country.

Boot camp was an extremely difficult time because of the pain I was carrying. The daily drilling experience

resurfaced all the abuse I experienced as a child. I wanted to quit the Marines every day after the first month of boot camp, but desired to honor my enlistment oath and complete the required years of service

My tour of duties included Operation Iraqi Freedom (OIF) and Operation Enduring Freedom (OEF) between the years 2008 and 2009. For five months I was assigned to drive fuel trucks and Marines to the rifle range. At the same time, I ran a computer lab in the evening. I helped demolished Camp Fallujah and assisted in the construction of Camp Baharia. In my last two months of tour duty I was assigned as a Camp Guard (12 hours on and 12 hours off). During my tour in Iraq, the violence and atmosphere brought out all my repressed feelings of abuse I experienced as a child and teenager. Witnessing a fellow Marine shoot himself in an act of suicide didn't help my depression. I felt hate and rejection by my own fellow Marines almost every day. It became clear to me after a few months in Iraq that someone like me (a Mexican national) didn't belong in the Marine Corps and I had very little to look forward to.

My real problems started when I returned to Camp Pendleton. Not knowing a positive way to express my anger and confusion, I resorted to drinking. This led to behavior unbecoming of a Marine, so the Corps let me go. So, now I'm a

Marine vet and suffering from PTSD from my experience in Iraq. It is hard for me to concentrate and find steady employment. Going into the Marine Corps was the only thing I could do after leaving foster care. I wasn't that good in college and found myself lost with no direction. The Marine Corps helped me get discipline and some focus, but it also brought out some old painful memories. And that is where I'm at today – trying to heal old wounds.

Journey House is helping me with counseling, especially dealing all the pain I've been carrying with me. They are helping me find employment. They are helping me treat the medical issues I have – bad knees, fungus growth and more. One of the biggest things they are helping with is applying for my US citizenship. I started that process with in the Corps, but when the drinking took over that process stopped. The other thing I'm grateful for is that they are helping me change my discharge status from less-than-honorable to honorable.

Journey House has been a wonderful link helping me get me life back together. I feel very comfortable calling them when I need to talk and stopping by the house for assistance. I would like to see more youth benefiting from great programs like Journey House.

# JOURNEY HOUSE MAKES PASADENA HISTORY

On September 22nd, Journey House hosted a Centennial Craftsman Home Tour. We always knew that the building where Journey House does all of its work was significant to the city. It was built by David

M. Renton who also built the Mount Wilson Observatory and most of the homes on Catalina Island.

Our building is a 100-year-old Craftsman Home located at 1232 N. Los Robles Avenue in Pasadena, and is now a City Of Pasadena Designated Landmark.



followed by a home tour. The food was sponsored by Panda Express. Over 50 people enjoyed the event's festivities.

We would like to recognize our organizer Penny Arroyo and our Board of Directors for their effort and time to ensure that our event was a success. -JH

Our Centennial Celebration featured a lecture by D.M. Renton Historian Patricia Moore, Kathrine Renton (Granddaughter of D.M. Renton), and John Ripley of the Pasadena Heritage,

# Domonique Describes Her Needs



*Director's Note:*

We received the letter below from Domonique, a Senior at the University of La Verne (ULV). She has been a member of Journey House for almost four years. Journey House has supported her through her studies at Pasadena City College and now her two years at ULV with books, tuition assistance, parking permits, and more. She is a wonderfully talented student and young lady. She plans to continue her studies in a law-related field after she graduates from ULV. If you would like to help Domonique, please contact Journey House or send a check payable to Journey House with her name in the memo.

Hello, my name is Domonique Revis. I am a senior at the University of La Verne. In May 2013, I will be receiving a BA in Speech Communications, for which I am pretty excited. After I graduate, I intend to go to graduate school for Mediation, Negotiation, and Arbitration at Cal State University, Dominguez Hills.

I am sitting here in my dorm today dreading the thought of how I will be able to continue to live in this dorm with a meal pass if I cannot pay my tuition for this – my last semester in college. I have a \$4,000 deficit. For the last three semesters I (with the help from Journey House) have been able to raise enough money to pay all tuition and living expenses. I have tapped out my financial aid and scholarships. Tim and Jorge, can you help me? I need:

- 1) \$4,000 for tuition
- 2) I need a paid internship or a summer job after I graduate that will help further my career goal of becoming a licensed Mediator. I have secretarial experience in Microsoft office, budget recording, and many more office related tasks. I also have experience in the food area, customer service, ESL students, Daycare. You know I have a bubbly personality along with a serious attitude towards my work. I am also very punctual.
- 3) I desperately need a car. Do you know anyone that wants to donate a used car to Journey House for me?

I know this is a lot to ask for, but I promise to do my best in my studies. You guys have been so supportive of me and have helped me out so much. I rely on you more than anyone in the world, including my family. Being the first in my family to be this close to graduating is remarkable, but I cannot do it without your help. Very Grateful, Domonique

## Haven House

Journey House is able to provide comprehensive services for emancipated foster youth because of donor support and partnerships with local community agencies. This year, we are happy to have developed a partnership with Haven House, Pasadena. Haven House is a shelter for single women and their children. They have provided Journey House with donations of their surplus hygiene products and furniture that our youth can use.

## Foothill Vocational Opportunities, Inc.

To extend employment services, Journey House established a partnership with Foothill Vocational Opportunities who's mission is to; create jobs for people with barriers to employment. They have hired 4 Journey House program participants to be the designated, on-call employees.

### Mission Statement

Journey House is a vital, multi-service non-profit organization established in 1983 whose sole purpose is to assist emancipated foster youth over eighteen years of age to meet their initial independent living needs, to access adequate and appropriate housing, education, and employment, and to build their self-esteem through personalized attention and positive outreach services.

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