

IDAHO YOUTH SPEAK

IDAHO YOUTH COMMITTEE FALL 2020



CHANGE

By Brooklyn Dudgeon

The greatest exchange
Is change
It's swapping the past for the new
Keeps you going forward for you
With it comes challenges
May have you scavenging for direction
This is normal you'll make your way through the
intersection
Don't forget about reflection
Strengthen your perception
Remember who you are where you came from
This will show your work and what good you've
done
You've just begun.

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*These are the years when a man changes into the man he's going to become for the rest of his life... Just be careful who you change into... **Remember: With great power...comes great responsibility.*** -Uncle Ben (Spider-Man)

Although that quote is very cliché, there is a lot of truth to it. You have the freedom to become whoever you want to be. It is now up to you and only you to ensure that you make responsible choices that lead to a healthy positive lifestyle outside.



Firstly, you need to be thinking of your next move. The moment you walk out those doors, your life will change. Let's start with the basics, shall we? Food, shelter, and a job. This may be intimidating to face all at once, the harsh reality of adult responsibilities, but people do it every day, myself included. Never had a job? No worries! There are plenty of entry-level positions you can apply for and thrive in. Many have promotion

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successfully move on from anxiety or depression. Sometimes the biggest hurdle you will experience is just getting through today.

Anxiety and depression effect each of us differently. For some people, the symptoms are mild and pass over and through them like a little wave that builds and then passes quickly. Sometimes what we feel is more like a tidal wave crashing over us and holding us under water. When that happens, it can seem as if pressures are coming at us from every angle and it can be utterly overwhelming. Regardless of how anxiety and depression affect you, it can be important at times to get help.

Sometimes the bravest thing you can do is to reach out for help. You do not have to be crazy, wacko, insane, or totally bonkers to need a little help. Unfortunately, our society has at times stigmatized needing mental health help as being a sign of weakness. Most people need help from time to time. Sometimes, people may have bigger issues they are dealing with and may need some more consistent help. Either way it is normal and completely fine to need some assistance. Here is a little secret...if you are wondering if you might need a little help, then the answer is yes, you do. It is just that simple. So, if you need a little help getting through today, where can you find the help you might need?

There are many resources you can utilize to get some help. If you have an adult in your life that you trust, you can discuss your concerns with them.

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opportunities where you can work your way up the ladder into management positions that have higher salaries. College has been grossly romanticized as a "need" when you don't need a degree in many careers. Most trades only require certifications, and a lot of careers do on-the-job training that you are paid for! Once you have a source of reliable income, the rest will begin to fall into place. Hard work and a good work



If you find yourself struggling, do some research and don't be afraid to ask for help. There are support groups such as Alcoholics Anonymous, counseling, and

Idaho Youth Speak

You can also go online to places like Youth Empowerment Services:

They have some good information on how to get help for youth in Idaho under 18 years old. Another great resource for getting help, that integrates family into the process when possible, is the Idaho Youth Ranch (<https://www.youthranch.org/>). There are also phone numbers you can call for help like the SOS Teen Hotline; their phone number is 1-800-949-0057. From any cell phone you can call the Idaho Care Line by dialing 2-1-1. The Idaho Care Line is a great resource for finding services available in the community. If things have gotten really bad to the point where you are afraid you might hurt yourself, you can call the Idaho Suicide Prevention Hotline at 1-800-273-TALK (8255).

Regardless of whether you sit down and talk with someone you trust, get on a website, or pick up the phone, recognizing that you need help is a great way to be strong. The fact that you are taking action to address the areas you need help in means that you have taken control of your life and taken action to get help that can improve the quality of your life.

Idaho Care Line. (n.d.). Retrieved November 20, 2020, from <https://www.idahocareline.org/>

Youth Empowerment Services. (n.d.). Retrieved October 23, 2020, from <https://youthempowermentservices.idaho.gov/>

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support groups for those that are struggling to fully transition.

There is no shame in *needing* help and asking for it. Everyone has a past, a story, and it's your job to finish that story and give it that happy ending.

You must live in the present, launch yourself on every wave, and find your eternity in each moment. Fools stand on their island of opportunities and look toward another land. There is no other land; there is no other life but this. -Henry David Thoreau

Recovery AIN'T for Losers

By Justin Hunter

When I was thinking about a title for this article, I kept remembering how I felt when I thought I wanted to get clean off drugs. I truly thought, "my life is over". I really believed that people who were clean and sober were bored and miserable. Most of all my biggest fear in getting clean was, who am I going to be without drugs in my life. Today, I have been clean for over 16 years and my life has been amazing. Some of the things I like most about recovery are camping, traveling, playing games all night and mostly I have true "Ride or Die" friends that care about me and my family. It seems like people in recovery are always down for everything. This led me to wondering if young people in recovery are experiencing as much fun and adventure while clean

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Resources for Juveniles with Incarcerated Parents

By Bailey Findlay

To Anyone Who Has a Parent in Jail or Prison, There Are Five Things You Need to Know.

Your parent's crimes (or alleged crimes) do not define you. I learned at an early age not to discuss the fact that my father was in prison. When I did, my friends treated me differently, and *their* parents had decided I was a bad influence. It becomes something people can use against you. It starts becoming a label you carry around with you. My church leaders attributed any misbehavior to a family pattern and my high school teacher told me I was going to end up like my dad, and asked if I, "wanted to follow in his footsteps." This kind of treatment is what causes some of us to think, "what's the use in trying?" Which leads us to delinquency behavior, drug use to cope, aggression, etc.

There is nothing shameful about loving someone who is in jail or prison. Loving them doesn't mean you are agreeing with them. Loving them doesn't

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and sober, as I am. So, I decided to ask some of the people who participate in local recovery events for young people about their experiences.

First, I spoke with Jesse who has been clean and sober for 3 years. The interview is below.

Me: What are some of the fun recovery-based things you do on a regular basis?

Jesse: My friends and I have a fire pit recovery meeting every Friday night. It starts out a potluck dinner around 6:30 pm followed by a recovery-based meeting at 8:00 pm. There are usually around 30 to 40 people who show up. A lot of my friends ride motorcycles so there are usually 10 to 15 bikes parked in the front yard. We always end up staying late and playing cards and talking trash or we go to Merritt's Restaurant for karaoke and laughs.

Me: That sounds like a good time. You do that every Friday? What other kinds of things do you enjoy?

Jesse: Yes, every Friday night. I also go to a lot of concerts with other people in recovery, and I like playing sports and I work out (at the gym) with my friends in recovery as well.

Me: What is your favorite memory in recovery?

Jesse: Every year about twenty of us ride our motorcycles to Portland for a crash derby. We usually like to hit recovery meetings when we are out of town, but because of COVID-19 we couldn't this year. We still have a lot of fun traveling together in large groups.

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mean that you support their actions, and it doesn't mean you encourage it. Loving them doesn't even mean you have to talk to them (If you don't want to). I had such a hard time dealing with my guilt which stemmed from me still loving my dad, although my mom wanted so badly for me to be just as mad at him as she was. I had to accept that I do love my dad. I will never stop loving him even if I never see him again. That's my dad.

It's okay to be mad. For me, the anger didn't start until after my father had been released. I was soon turning 18 and would be homeless. I had begun to realize that he had missed out on not only over half of my life, but the most crucial years of my development as a person. I realized that he didn't even know who I was anymore. Not only had he been absent, but he didn't have the means to help me when I was struggling the most, and he didn't get to help me as a child either. This brought up a lot of confusion for me because well, he was my dad. I love him but I also still feel angry? There were so many times I felt pressure to forgive him and jump into his arms immediately, just because he was my dad. It took me time to forgive him, and that's okay. You don't get back what you missed, it's normal to feel hurt-or whatever you feel. You won't magically wake up and feel complete forgiveness again. Forgiveness is a long and painful process.

You aren't alone. I have struggled so much with feeling that I am alone in this. I found peace in

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My next interview was with Lauren, she has been clean and sober for 9 years. She also is heavily involved with the local & international youth in recovery. The conversation with Lauren went as follows.

Me: What is the most exciting thing you have done in recovery?

Lauren: I would say when Western Area Conference of Young People in Alcoholics Anonymous (WACYPA) was in Boise last January. We had a Drag show which was a blast! We also had a hypnotist that was extremely inappropriate in the best kind of way! Around 2000 youth showed up for the event and turned Boise into a great big party! I met young people from all around the world who are on fire for recovery and are loving life to the fullest.

Me: What is your favorite memory at a recovery event?

Lauren: I have traveled all over the country going to youth recovery events. On New Year's Eve, I went to Sacramento California for a WACYPA event. We were at a giant event center with thousands of youths. My friends and I were outside dancing and getting fresh air when cops and an ambulance pulled up. We thought we were in trouble, and instead of them saying anything, they jumped out of their cars and started dancing with us! It was hilarious!

Me: What does recovery look like during your regular week?

Lauren: I spend a lot of time with true friends, people

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meeting others in support groups online, or friends that I've met through the years who have gone through the same thing, or worse. Knowing that there are other people in similar situations and discussing our feelings, thoughts, and experiences with each other helps immensely. Find your support system, whether that be a counselor, a friend, a teacher and remind each other that these struggles are temporary, trials and tribulations will come and go.

You can overcome this. I found myself in Juvenile Corrections the first time when I was 14. This was a very scary moment for me because I knew how the system worked. I felt that once I was in, it would be impossible to come out. Court? Probation? How was I supposed to catch up in school? I felt like I had lost my life just like my dad did. My teenage brain decided my best solution would be to drop out of high school, because I couldn't handle that much stress and I gave up. I found myself pregnant at 17 and felt there was no turning back now. I had dug myself too deep.

I am not sure what kick-started the turn in my life, but something clicked in my brain one day with my counselor and I realized I had to stop playing the role of the victim. My life sucked, it did with a drug addicted mother and an incarcerated father, and I was constantly packing up bags, moving from house to house just to unpack the bags again. But I knew that regardless of how much I wanted to

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who actually care about me? We have BBQs and birthday parties, and we celebrate our successes in recovery. We always stay up after the parties' playing cards and hanging out. We also have many campouts, believe it or not recovery campouts are a TON of fun!

Me: What are some examples of things you do in the community?

Lauren: I do a lot of volunteer work for the Hays House and the Detox center. A group of my friends picked up the kids from the Hays House (a home for homeless and runaway youth) and the Interfaith Sanctuary in a limousine and escorted them with over 80 motorcycles to dinner and then rode them through downtown on a Saturday night.

Lauren also wanted me to share a list of items she feels is cool about recovery.

1. Meeting invasions (large groups of people blowing up a recovery meeting)
2. 25th Hour (dressing up in Halloween costumes and blowing up recovery meetings)
3. Talking trash with friends (sometimes all night long)
4. Late night coffee (more trash talk and shenanigans)
5. Road trips (caffeine overloads and trash talk)
6. BBQs/Parties (Red Bull Pong and games)
7. Recovery events
8. Christmas Parties

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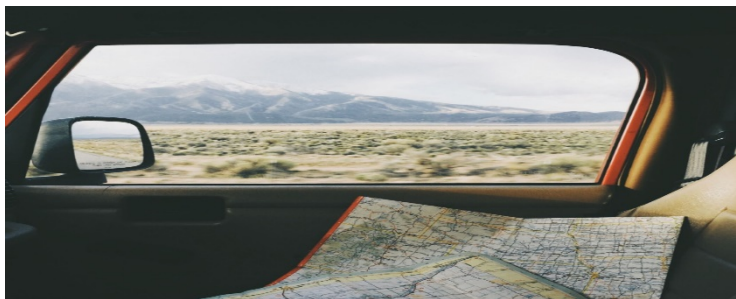
blame my mom and my dad for how messed up I was, I was responsible for turning it around. I could overcome my adversity and prove that I was not hopeless. How cool would it be to show everyone they were wrong? That I'm not my parents? I am now 21 years old, working part-time while going to school full time for my Social Work Degree. Things can get better if you put in the work and don't let anyone convince you that your life is already destined for negativity.

You are more than your parent's mistakes and you are more than your mistakes.



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9. Movies with a group of friends
10. Dances (New Year's Eve, Valentines etcetera)



The simple truth is that most people who use drugs and alcohol think that life would be boring without them. I know, I did. In my experience, nothing could be farther from the truth. Recovery has been my greatest adventure compared to my old life.

The Girl That Overcame

By Charity Miller



I would like to tell you about my next-door neighbor, where I lived in Okinawa, Japan. I was born and raised in a small town called "Tomishiro" in Okinawa, Japan and lived there until my senior year in high school. The girl that lived next door was called, "Risa." She was very smart and extremely rich. She was bullied at school and was called a nerd because she would choose to study,

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rather than to hang out with friends. Bullying is when someone treats you unkindly, and says mean things to you, or to others about you. It can come in many different ways, such as being made fun of, hitting or stealing from you, humiliating you, and being treated in a mean manner, etc. The girls at school were jealous of her, due to her wealthy family and lifestyle, and bullied her daily. Bullying can impact a person to want to stay home so they won't see anyone, losing their self-worth and having low esteem. Depression and anxiety is also very common. One day, it was too much for Risa, and she broke down on the side of the road on her walk home from school. She had a mental breakdown.

Risa refused to leave her house after this. She was filled with so much pain and did not want to see anyone. She took her anger out on the world and would open her window and scream and cry at anyone who walked by. She would leave threats at our door and would yell at children that went by. This went on for years. She didn't shower and would cut her clothes with scissors and would cut her own hair unevenly. Bullying can cause long-term effects such as being anti-social, living with fear and depression, and trying to find self-worth. Our family took it upon ourselves to show this girl the power of kindness.

We started to leave notes at her door along with homemade baked goods and little gifts.

We told her she was special and loved and

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come into our house. She acted like a wounded kitten and would jump at any movement or sound. We let her in and talked to her and she hugged us and cried and apologized for the mean things she had said and done to us in the past. This was the beginning of her journey to healing.

She came over every day after this and told us her story. Little by little, we saw a change in her. She started to bathe and washed her hair and put-on clothing and started to venture out of the house more. She began to sing and play the piano and laugh and cry in joy. She was able to overcome her past, and she enrolled in a college and is a business lady. Today, if you saw her, you would never know she was the same person as that young girl that had been bullied. If someone is being bullied, how can they find help? They can start by reaching out to a trusted adult, teacher, or family member. Loving people are out there to help, if we reach out! Another question that can be asked is, how can we intervene if we see someone being bullied by another? It may be hard to stick up for someone, whether it be out of fear or embarrassment. The old saying, "Do unto others as you would have them do unto you" means, we must treat others how we want to be treated. Would we want others to stick up for us if someone was being unkind towards us? We should stick up for others, and tell a trusted adult what the situation is so they can help.

Kindness kills hate, and hate spreads hate. I learned a lot from her, and I know that she is happy that I got to
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continued to do this for about one whole year. At the end of this year, she came tiptoeing down her stairs and asked to share her story with you.



The Idaho Juvenile Justice Commission is a board of governor-appointed volunteers from each district working to represent the interests of Idaho concerning its youth. We, the Youth committee, are the heart and spirit of the Commission, made up of young adults who have experienced the situations that many Idaho youth currently encounter.

Visit www.ijjc.idaho.gov to learn more about your local District Council!

Contact the Idaho Juvenile Justice Commission Youth Committee:
Katherine Brain, (208) 334-5100,
katherine.brain@idjc.idaho.gov





WINTER WORD SEARCH

FIND THE WORDS!



A	Y	G	X	D	V	Q	O	S	O	O	L	H	R	R	S	C	A	R	F
Q	L	J	A	N	U	A	R	Y	X	J	O	Y	R	M	R	T	G	D	T
X	D	X	J	Q	X	G	M	S	S	N	O	W	F	L	A	K	E	U	Q
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BOOTS
COLD
FREEZING
HAT
SCARF
SLEDDING
SNOWFLAKE

CHRISTMAS
DECEMBER
FROST
ICE
SHOVEL
SNOWANGEL
SNOWMAN

COAT
FEBRUARY
GLOVES
JANUARY
SKIING
SNOWBALLS
WINTER

