

# TreeHouse—Sandstone Newsletter

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## Spring 2018

### What We've Been Doing

Beth Kalbow, Area Director

Since some of our supporters like numbers (myself included), I wanted to give you a quick rundown of what we've been doing, by the numbers. In 2017 we served 49 teens. Since the beginning of 2018, 18 different teens have attended TreeHouse. Our attendance is currently averaging 8 teens each Tuesday and Thursday. In 2017 TreeHouse—Sandstone's cost per teen was slightly less than the cost per teen of TreeHouse in the Twin Cities.

I had the opportunity to speak to the employees of Pine County Health and Human Services. How amazing to be able to explain TreeHouse to these individuals who already have such a heart for families and kids. I asked them (and I continue to ask everyone) to let teens know about TreeHouse-Sandstone, and they are doing it.

We are still interviewing for our full-time Youth Associate position. If you know of anyone who would be interested please contact us. The position calls for a 4 year degree and experience working with youth. We have a detailed job description that we would love to share with you. There are some opportunities that we aren't able to take advantage of with this position vacant.

We are very close to launching our website! (Thank you Diane Nelson). This will allow people who search for us to get a real feel for who we are. In addition to providing information about what we do, it will also be kept up to date on recent happenings and opportunities to volunteer and support TreeHouse—Sandstone. This is another way, in addition to our Facebook group and our Shoot for Hope Facebook page, that we are spreading the word.



We had a wonderful Christmas party with our teens. We decorated a tree, enjoyed a meal (thank

you Rachel and Bea Daggett), shared presents, listened to the Nativity story, and sang Christmas carols (Thank you to the band). Our volunteers were included in the party. It was nice for our teens to meet more of the people who do so much to make TreeHouse—Sandstone possible

Our annual retreat "Winter Blast" in February was, once again, the Blast we expected it to be. The topic this year definitely got our teens thinking deeply and our cabin time discussions were equally as deep. One of my favorite experiences from the weekend was watching as our teens encouraged and supported one of their own to overcome her fear and try something new.

Our teens got some practice on the ski slopes in February too. It is such fun to see them experience new things and test themselves physically.

We began providing more guidance to our teens using the TH Next program. Two of our teens who will be graduating this Spring toured Anoka Ramsey Community College—Cambridge. They will both be attending there this Fall.

*(The TH Next is made possible by a grant from the Initiative Foundation.)*



Recently a teen gave TreeHouse—Sandstone the credit for the following change in his life "I am a different person than I was a year ago. My rage is much better. I have learned to control my anger."

As a part of Support Group on Tuesdays we have our teens list 3 to 7 emotions they experienced during the past week. The group then goes through these lists and discusses them offering support and encouragement as we go. When asked about his word "Thankful" one teen responded enthusiastically, "Thankful that I get to be here!"

A parent recently told us how her son doesn't talk much unless it's about Pokemon or video games. But, when he comes home from TreeHouse he talks to her about all kinds of things. She said, "We call it the TreeHouse effect".



We continue to keep our friends updated on what we are doing here at TreeHouse-Sandstone.

We would appreciate your email address to expedite the communication process.

If you do not wish to receive communications from us please email kalbow.thsandstone@gmail.com or call 763-486-3297.

There is no registration process to join us at TreeHouse—Sandstone. Just show up and we will welcome you. Treehouse programs and events are for teens in grades 7 through 12

Tuesday night 6pm—8pm  
**Support Group**

Thursday night 6pm—8pm  
**Going Deeper**

Programs are held year round at 505 State Highway 23, Sandstone, MN

Transportation is available to and from the meetings. Call 763-486-3297 by 3:30 for a ride.

**TREEHOUSE**  
 P.O. Box 34  
 505 Highway 23 North  
 Sandstone, MN 55072  
 763-486-3297  
 LOVE · HOPE · TRANSFORMATION

Everyone needs someone in their life who is irrationally positive about them.



We are looking forward to another great day shooting and supporting TreeHouse—Sandstone.

The first four teams with paid registration get **FREE** Shoot for Hope T-shirts!

Check out our new Facebook page. Search Facebook for *Shoot for Hope Sandstone* to find us. We'll be posting auction items and updates as they come in.

We are actively pursuing sponsors and items for our silent and live auctions. Two new items for the live auction this year are:

**New Zealand Hunting Safari for two**  
**Argentina Big Game Hunt for two**  
*Donated by Global Sporting Safaris, Inc*

We are also looking for donors to participate in the Matching Challenge.



**July 14, 2018**

**5th Annual**

**Banquet**



For more information / sponsorship opportunities please contact  
 Beth Kalbow 763-486-3297  
 kalbow.thsandstone@gmail.com



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