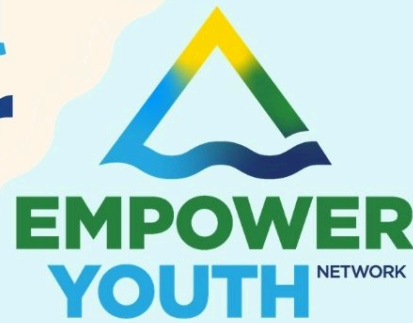


Back to School Newsletter

Back to School Mentoring Challenge, Suicide Prevention Month, Youth Mental Health First Aid, and more.



Back to School Mentoring Challenge



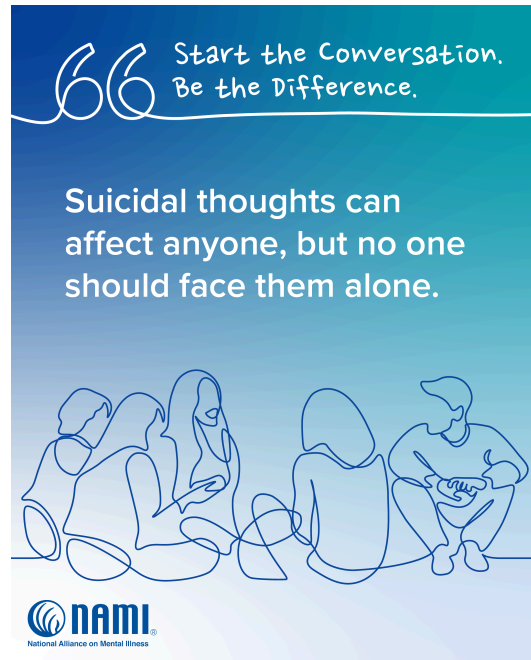
We know a lot of adults reminisce this time of year with the back to school buzz that is in the air. The good news is that with Youth Success Mentoring, you actually can go back. This school year, we are closing tabs, opening conversations, and having fun!

Remember the adult who showed up, listened, and helped you see what was possible when you were younger? Now, you can be that person for a young student in the Riverview or Snoqualmie Valley School Districts.

Becoming a Youth Success Mentor is a great way to get offline, be present and make a lasting impact through mentorship. Click below to **apply today** or to learn more.

[Learn More About Youth Success Mentoring](https://mailchi.mp/empoweryouthnetwork/back-to-school-newsletter-2026-27)

Youth Suicide Prevention Month

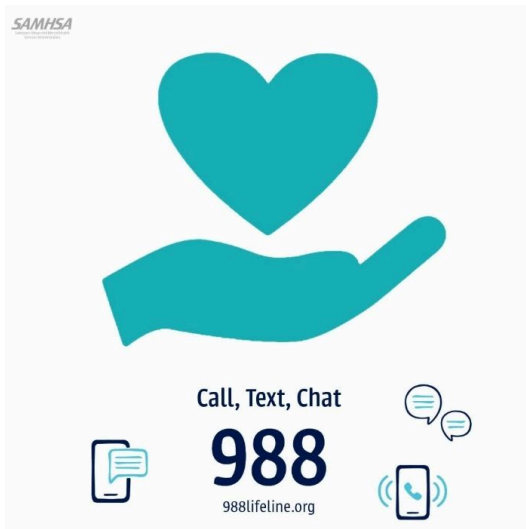


Did you know that September is Suicide Prevention Month? At Empower Youth Network, all of our programs are rooted in prevention. Over the course of September, we will...

- Dive into what prevention means and looks like on our social media platforms, highlighting critical resources, tools, and facts
- Have organic, important conversations about youth suicide prevention with community
- Work with cities, school districts, and the Snoqualmie Tribe to proclaim September as Suicide Prevention Month

As we prepare for next month, we encourage you to follow us on our socials if you do not already (linked at the bottom of this newsletter) and to learn more about our Youth Suicide Prevention program by clicking below.

Youth Suicide Prevention at Empower Youth Network



Key Leaders' Summit Highlights



The 2026 Key Leaders' Summit took place a couple of weeks ago on Thursday, August 13 at Snoqualmie Middle School. 106 local leaders from schools, governments, businesses, organizations, and the broader community joined us. Together, we gathered to explore the topic of **Transforming Behavior Through Connection** with local operational psychologist **Jeff Holguin, PhD**.

Behavior is communication and can be easily misunderstood when context is overlooked; real healing, connection, and regulation happen through consistent, patterned, relational experiences—not one-time interventions.

Dr. Holguin acknowledged how modern leaders are operating under significant psychological and cognitive strain, which weakens their ability to lead with empathy. Rather than viewing empathy failures as personal shortcomings, Holguin frames them as consequences of system conditions that deplete the brain's capacity for connection and understanding.

Leaders then had an important conversation unpacking cognitive empathy, emotional empathy, Fundamental Attribution Error, the ACT Model, Behavior Chain Analysis and more frameworks for restoring or optimizing empathic leadership.

If you were able to join us for this community learning opportunity, thank you! We would also like to thank **King County Local Services** for making this opportunity possible.

Full Presentation Overview & Slides

Weekend Power Pack Highlights



Photo description: Three photos of volunteers from Summer Small Group Weekend Power Packing.

Thank you for your help over the summer putting together Weekend Power Packs for youth in the Riverview School District! We had a total of 27 people that joined us for our first time ever for Small Group Packing and it was a huge success in keeping us stocked up for summer.

We also want to extend a thank you to our partners at the **Duvall Library** and **Carnation Library** for partnering with us to help distribute Power Packs throughout the summer.

Interested in supporting Weekend Power Packs?

[Learn More About Weekend Power Packs](#)[Directly Purchase Items for Power Packs](#)

Save a Life Morning & Nights



It takes the entire valley to prevent youth suicide and substance use. If the big crowds and very high energy of a gala are not your preferred social gathering for a cause, these casual morning and evening FUNdraising events would be the perfect option for you.

Relaxed social setting at beautiful venues. Delicious menus and drinks. An array of prizes at all locations. Our Save a Life Morning & Nights provide the ideal, low-key opportunity for you to join us in supporting our youth suicide prevention work.

You CAN be a life saver and learn more about our lifesaving work at these laid-back events. **Event registration is open now!** Find more event details below.

Morning Light Save a Life

Kick off our Save a Life events with us on **Saturday, October 3** from **9 - 11 a.m.** at **Lavender at Stillwater - Misty Valley Farm** in **Carnation**.

Give a Night Save a Life (Night One)

Join us for Night One of Give a Night Save a Life on **Friday, October 15** from

6 - 8 p.m. at Miller's in Carnation.

Give a Night Save a Life (Night Two)

Join us for Night Two of Give a Night Save a Life on **Friday, October 19** from **6 - 8 p.m. at Saints & Scholars in Snoqualmie.**

RSVP



*You **CAN** be a life saver!*

Care

- "I am worried about you; I want to help."
- "I've noticed . . ."
- Then listen, listen, listen!

Ask the question

"Are you thinking about suicide?"

Next steps

- Do not leave them alone
- "You are not alone, let me help you find help."

Free Upcoming Youth Events



Pizza Making

Limited spots available! We will guide you in choosing the freshest ingredients and baking your pizza to perfection. Youth can join us on **Tuesday, September 15** from **4:30 - 6 p.m. at Carnation Farms** in Carnation. This event is free, and open to youth in middle and high school.

Full Event Details & Tickets



Game Night

Enjoy card games, board games, and more while you fuel up on free snacks! Youth can join us on **Thursday, September 24** from **5:30 - 7 p.m.** at **Si View Community Center** in North Bend. This event is free, and open to youth in middle and high school.

Full Event Details & Tickets

Heads up! E-News is moving to Constant Contact

The next Newsletter you see from Empower Youth Network will look a little different! Get excited for a new approach to the way that we do e-news. Our current subscriber list should merge seamlessly with our new platform, Constant Contact, but in the event that you experience technical difficulties please contact Communication Coordinator, Maddy Horn, at maddy@empoweryouthnetwork.org.

Youth Mental Health First Aid on 10/10



Just as CPR training prepares people without medical backgrounds to help someone who is having a heart attack, Mental Health First Aid (MHFA) trains people to help someone who is at risk of developing a mental health problem or who is going through a mental health crisis.

Youth MHFA teaches adults to identify mental health/substance symptoms, provide initial support, and connect youth to community resources.

This training is hosted by Empower Youth Network and will be held on **Saturday, October 10** from **9 a.m. - 3:30 p.m.** at the **Fall City Fire House** community room at **4301 334th PI SE, Fall City, WA.**

There is online, self-paced pre-work required for all participants to attend the instructor led session on Saturday, 10/10. You will receive an email with instructions on how to complete this approximately 2 weeks before the training date.

Full Event Details & Tickets

Counselor Camp 2026



Counselor Camp is back! Campers can attend again this year from Friday, September 11 – Sunday, September 13 at Cispus Learning Center.

Counselor Camp is an inspiring weekend conference of seminars and activities designed for professionals who work with adolescents or young adults within the broad scope of behavioral health, education, prevention and more.

The organizers mean it when we they say this is camp! Campers sleep in the bunk houses, eat family-style in the cafeteria, and the showers are locker-room style with separate stalls. There is no cell service or Wi-Fi so please plan accordingly.

[**Learn More About Counselor Camp**](#)

[**2026 Counselor Camp Schedule**](#)

[**Register Here**](#)

2024-25 Annual Report



Healthy youth.
Healthy families.
Healthy communities.

2024/25 Impact Report














[View Impact Report](#)

Some Useful Resources for Today



To ensure a smooth start to the year, be sure to check your school websites and calendars - for school-specific dates and activities - leading up to the first day August 26! Take a look at **SVSD's Back-to-School Information.**



First day of school is September 1 in RSD! Find the calendar you need for this school year **here.**

What resources or work should we share in the next newsletter?

Please contact Communication and Engagement Coordinator Maddy Horn

at maddy@empoweryouthnetwork.org.

About Empower Youth Network

Empower Youth Network's mission is to promote and inspire youth to lead safe, healthy, and successful lives. The Network helps build, support, and coordinate community leadership to promote health and wellness through effective strategies to make the Snoqualmie Valley a place where all residents thrive.

Check out our [website](#) to learn more.



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