

# VISTA MARIA

## Volunteer News

You protect. You encompass. You embolden. You empower.

Hello Friends,

Happy New Year! I hope everyone had a happy and restful holiday season. At Vista Maria, we are starting 2022 feeling grateful to all of YOU for your hard work and support of our mission. The last two years have been challenging, to say the least, but our volunteers have continually stepped up to ensure that our clients have everything they need and more.

In 2021, 310 volunteers provided 3,337 hours of volunteer service. That's equivalent to more than one and a half full-time employees! With those hours you have supported our events, brought meaningful programming to our youth, granted Christmas wishes, educated our communities about human trafficking, collected donations, made our campus beautiful, and enabled us to continue meeting the needs of our youth, even during a historic pandemic.

I can't wait to see what we can accomplish together in 2022!

*Jessica B. Marcetti*

Jessica Marcetti, CVA  
Manager of Volunteer Resources

## Thank You, Elves!

**"It was the best Christmas ever!"**

Thank you to all of our volunteer elves who participated in this year's Holiday Wish List Program. With your generosity and support, we were able to fulfill, wrap, and deliver 113 Wish Lists!



Whether you shopped, stuffed stockings, organized gifts, schlepped heavy bins of gifts up to our Boutique, wrapped gifts, or shared our shopping links with friends and family, THANK YOU! Several of our youth said this was the "best Christmas ever", and that is because of YOU!



I don't think I can convey how deeply grateful I am for your support of this program. You have brought so much happiness, and provided many necessary items that we will use throughout the coming year. But most importantly, You made our youth feel seen, worthy, and loved. Thank you for making Vista Maria and our youth a part of your holiday season!



## January is Human Trafficking Awareness Month

### Virtual Statewide Human Trafficking Summit Friday, January 28th, 2022

This virtual event is for advocates and professionals who are active in addressing human trafficking in Michigan through prevention, education, law enforcement, and/or the provision of services to survivors and at-risk populations. The objective of this forum is to increase collaboration and effectiveness in Michigan.



[Learn More and Register](#)

### Join MAP's Abolitionist Program



This program is a way for individuals to use their influence to make an impact in the fight to end modern-day slavery. Join us for a 10-week email-training series that will help you understand more about human trafficking and get you engaged in conversations, hands-on learning, and a community of abolitionists across Michigan.

[Join Now!](#)

**WE PROTECT.**  
**WE ENCOMPASS.**  
**WE EMBOLDEN.**  
**WE EMPOWER.**



### Learn about Vista Maria's Human Trafficking Treatment Program

Every year, thousands of young women suffer the horrors of sexual exploitation. At Vista Maria, we provide a full continuum of care to address the unique needs of young trafficking survivors — from our residential services, to health and wellness, and foster care when appropriate.

[Learn More](#)

### Join us on Social Media!

MAP is posting 30 days of Human Trafficking Awareness information and resources for learning and getting involved. You can also add a Human Trafficking Awareness frame to your own social media profiles.



**MAP**  
Instagram

**Add the Frame to your  
Profile**



### MAP Event Calendar

The amazing team of volunteers and staff at the Michigan Abolitionist Project has lots of events happening this month! Check them out on their website's event calendar.

**Learn  
More**

## Volunteer Training: Supporting our Youth's Mental Health Needs

### Collaborative Mentoring Webinar Series



### Mental Health and Intersectionality: Gaps and Opportunities in Serving Youth

It's a wordy title for sure, but this is another fabulous training from Mentoring.org's series. Volunteer mentors are not therapists, but as supportive adults, it can be very helpful to understand some of the common triggers and feelings our youth experience, as well as how can you proactively support (not treat) their mental health needs.

As we're hearing from mentoring programs and schools across the nation, mental health is a number one concern for youth workers and teachers coming out of the pandemic. However, mental health services and trainings are often geared to the public at large, without specifically addressing the needs that particular sub-populations of youth may

face.

Awareness of language barriers, dis/ability access, and BIPOC microaggressions is only a start to ensuring that your program takes into account the intersectional identities of our youth.

Join MENTOR Indiana, Write Connections and the League for the Blind & Disabled for a panel discussion exploring the intersectional gaps and opportunities in addressing youth's mental health with the resources and approaches that they need to be successful.

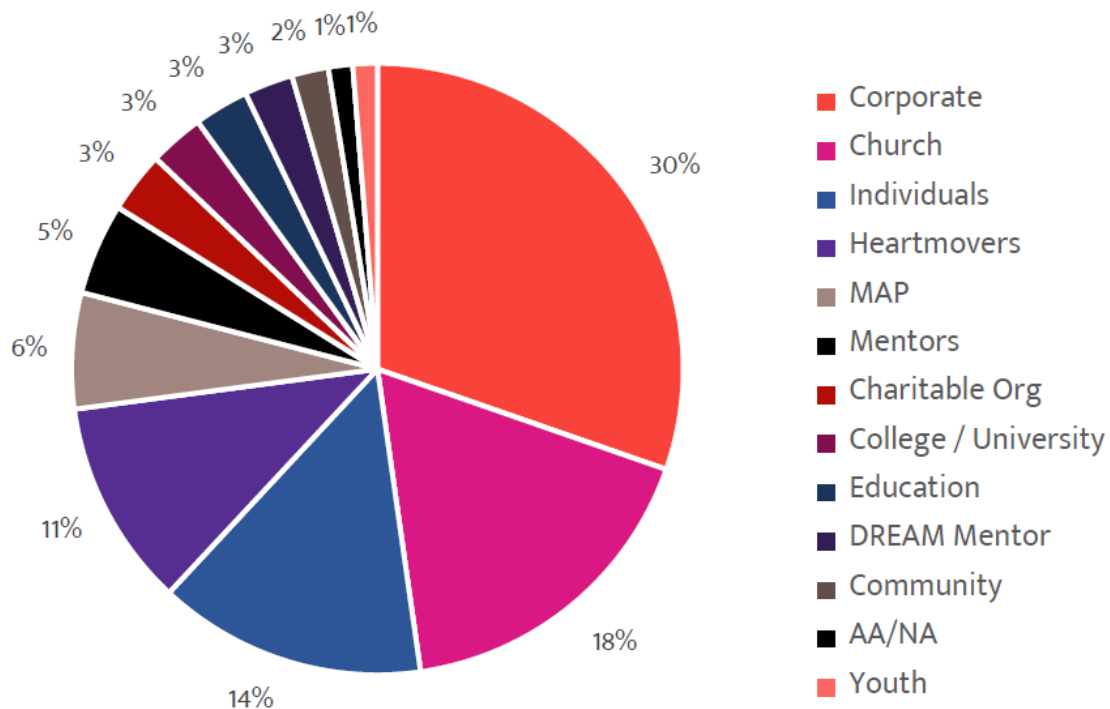
[Watch the Recorded Training](#)

## 2021 Volunteer Report

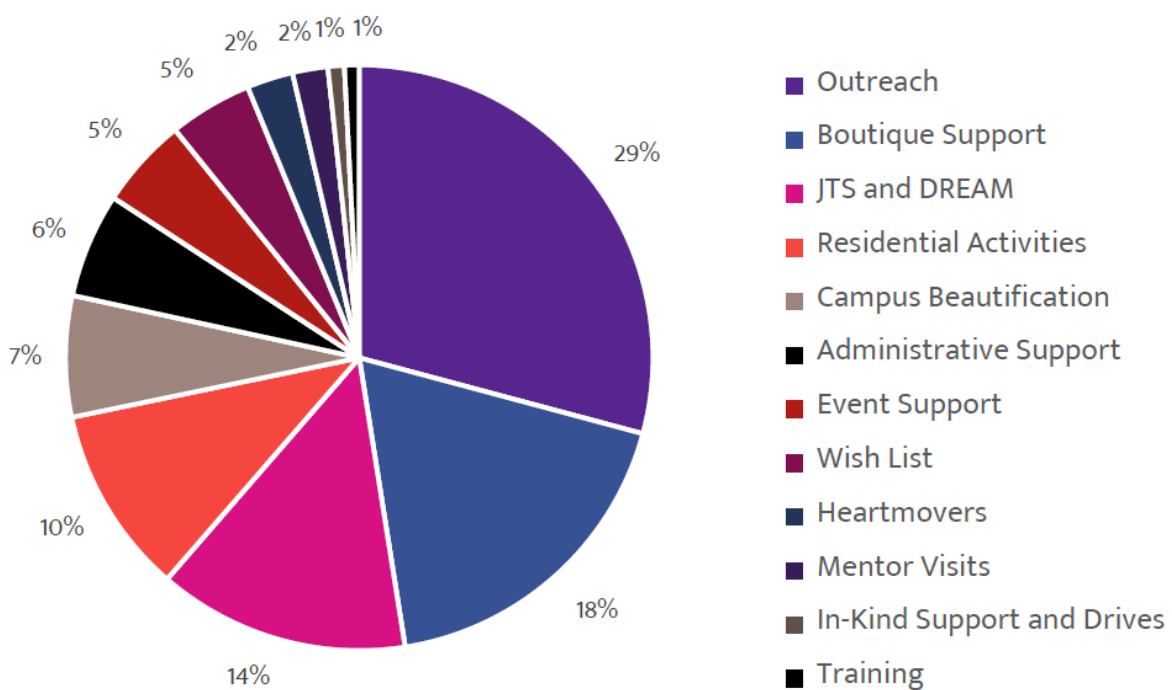
Throughout the year, we track all of the amazing things Vista Maria volunteers do, so that we can share your impact with funders and other stakeholders. I'm sharing it here as well so you can see the effects of your hard work!

- **310 volunteers** contributed **3,337 hours** to Vista Maria this year.
- The value of a volunteer hour in Michigan is \$26.93.
- Volunteers gave the organization **\$89,865 worth of service** in 2021.
- Vista Maria received **\$157,021 worth of in-kind donations** this year.

The chart below shows the different types of volunteers who served Vista Maria in 2021. The legend at the right is organized from largest to smallest, showing the high number of corporate, Church, and Individual volunteers we had this year.



The next chart shows the kinds of things you DID this year. You can see that our new MAP volunteers were busy with their outreach efforts, while our dedicated Boutique volunteers kept everything in order, and our DREAM mentors were a consistent support for our youth.



In the mood for some light reading? You can [find the full report here](#).

## In-Person Volunteering on Hold for January



With the increase in COVID-19 cases in our area, we're going to suspend all client-facing volunteering for the rest of this month. Hopefully, transmission will slow down in February and we can welcome all of our volunteers back to campus!

Until then, wear your mask, wash your hands, keep your distance, and get vaccinated if you can! We want all of our volunteers to be safe and healthy, so we can return to doing the things we love!

## Self-Care Corner



# NO ~~NEW YEAR'S RESOLUTION~~

## Why you shouldn't make a 2022 New Year's resolution, according to a psychologist

When looking for articles about 2022 self-care resolutions, I was coming up empty. There are many lists of the same old types of advice and ideas, but nothing seemed especially helpful or relevant. That's why I really like this article from CNET.

"This is an especially difficult year that we don't really want to set ourselves up for the kind of disappointment and stress that makes it even harder to cope."

The author suggests that, instead of trying to focus on bad habits or fixing what's wrong in your life, we can just focus on mindfulness and awareness, and release some of that self-criticism.

That sounds like a pretty good way to start the year to me!

---

## Volunteer Spotlight: Ally Financial

---



This month's shoutout goes to the many volunteers from Ally Financial who helped to make this Wish List season merry and bright for our kids (and a lot easier for our staff)!

In the weeks leading up to Christmas, we were joined by Ally volunteers nearly every day! Providing 39 hours of service this month, the teams from Ally worked exceptionally hard. They carried bin after bin of stocking stuffers up the stairs to the Boutique and were smiling the whole time! A few volunteers even stayed for an entire day, inventorying and sorting stocking stuffers for hours on end.

When our team was exhausted, the folks from Ally just kept working and asking what else needed to be done. Thank you Ally Financial, for helping to make this year's Wish List program such a success!

## Volunteer Swag is Available on Bonfire

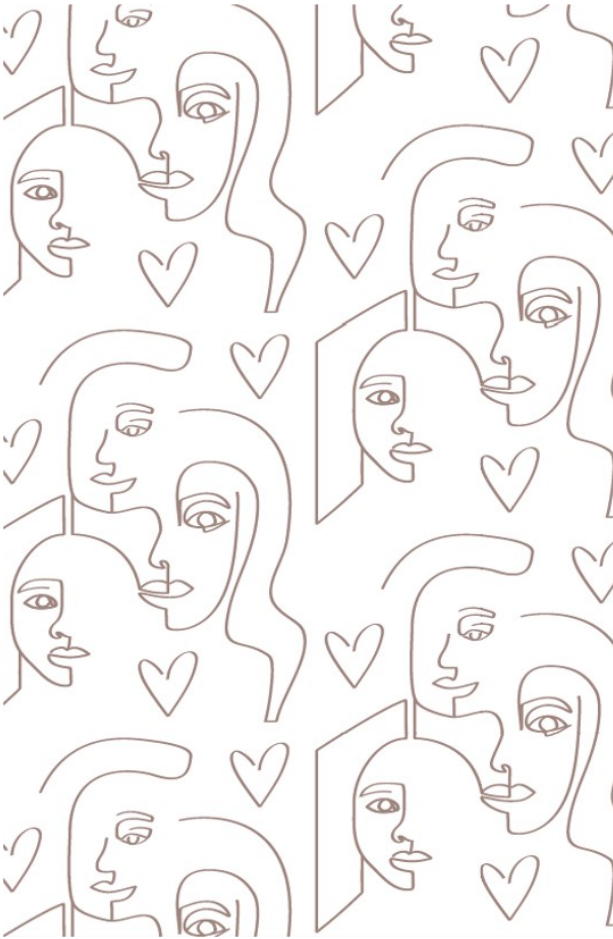
**Protect, Encompass, Embolden, and Empower:**  
That's What Vista Maria Volunteers Do!

[www.bonfire.com/store/vista-maria](https://www.bonfire.com/store/vista-maria)

Proudly display your mission of courage, passion, and boundless mercy by sporting a T-shirt (or a sweatshirt, mug, or tote bag) with our Fearless Heart mantra! We kept the prices as low as possible and the profits come right back to Vista Maria!



## Stay in Touch!



**Jessica Marcetti**  
Manager, Volunteer Resources  
[jmarcetti@vistamaria.org](mailto:jmarcetti@vistamaria.org)

**Ganelle Lesnew**  
Donor Engagement Coordinator  
313-271-3050, ext.400  
[glesnew@vistamaria.org](mailto:glesnew@vistamaria.org)

**Tracey Underwood**  
Mentor Coordinator  
313-271-3050, ext.221  
[tunderwood@vistamaria.org](mailto:tunderwood@vistamaria.org)

**Becky Hermann**  
DREAM Program Manager  
313-203-2027  
[rhermann@vistamaria.org](mailto:rhermann@vistamaria.org)

**Janet Jones**  
Heartmovers Coordinator  
313-271-3050, ext.123  
[jjones@vistamaria.org](mailto:jjones@vistamaria.org)

[Click here to join](#) our  
Volunteers & Mentors Facebook Group