

ILP Newsletter

HAPPY NEW YEAR!

Welcome to 2019! Everyone at ILP is excited to continue fun workshops, engaging events, and provide more resources. We hope you connect with ILP to utilize the countless services available. This new year will be jam-packed with workshops, events, outings, and more opportunities available to foster and probation youth. If you are already signed up with ILP, reach out to your ILP Coach for support in accessing services and incentives. You can also check out ILP's website and social media pages for the latest news and updates for ILP. We look forward to providing guidance and support for you to make choices that will make this year the best one yet!

MAKING PROUD CHOICES

Along with making proud choices for the new year, young people have resources at ILP to make educated decisions regarding their sexual health and relationships. Making Proud Choices (MPC) is an evidence-based pregnancy prevention curriculum that provides young people with the knowledge, confidence, and skills necessary to make informed choices. The goal is to empower young adolescents to change their behavior in ways that will reduce their risk of unplanned pregnancies or infection from HIV and other STIs. Youth in the Child Welfare System or Juvenile Probation System have the opportunity to discuss sex and sexuality in an unbiased, safe place. The curriculum has been shown to reduce unplanned pregnancies and make STIs less prevalent in the foster youth population. The project's aim is to enhance permanence, well being, and safety of the youth in care.



This curriculum is taught by well-trained staff from various agencies. Cerise Grice is a Making Proud Choices Master Trainer who has helped train several ILP staff members on the MPC curriculum. She has many years of experience in teaching sexual health and preventive care. Cerise wants to make sure everyone who attends a MPC series feels welcomed and respected, especially non-binary, LGBTQ+ individuals who are not normally included in sexual health discussions. Inclusion is an important aspect to teaching MPC successfully. Along with sexual health, healthy relationships are talked about during MPC sessions. Cerise and trained instructors teach youth about maintaining different types of relationships, how to talk about sexual health and needs with their partner, and feel comfortable talking about it. The knowledge learned through MPC will give young people tools they need to stay healthy and safe.

ILP Coach Perspective

Making Proud Choices is about raising awareness for youth ages 14-18 about the prevention of unplanned pregnancies and sexually transmitted diseases. When I first attended the training, I had a lot of mixed emotions. I was nervous about discussing the topic of sex, especially to people I didn't know. I was even more nervous about being able to speak to youth about such a sensitive topic. After experiencing the MPC training and gaining more awareness on the topic, I felt more confident about co-facilitating it to the youth. I learned so much through the training and hope to share all this information with you all [young people] soon! I hope to see you during the MPC series and let's work together to MAKE PROUD CHOICES!

- James Nguyen, Beyond Emancipation's ILP Coach/Case Manager



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SPECIAL POINTS OF INTEREST

- Check out what's new with CYC on page 2.
- Learn how to get involved with ILP services on page 4.
- See what workshops have been going on at ILP on page 4.

CALIFORNIA YOUTH CONNECTION UPDATES

CYC Alameda Chapter is happy to announce that the Stability Bill AB2247 that CYC promoted has been signed into law this year! CYC youth plan to conduct trainings to increase the knowledge of the new bill and teach the steps to improving living conditions for youth in group homes and foster homes. CYC members will be including the county in the conversation on how to implement bill AB2247 efficiently. Additionally, the youth created a survey they will distribute to Alameda County youth. The survey results will be used to conduct trainings to caregivers to improve living situations.

In other news, CYC has been expanding. There are currently 11 active members and 3 volunteer supporters. Also, members created CYC sweatshirts that they wear during ILP events and CYC outings. Come join the growing group of young individuals that are making their voices heard and creating change in their community!

For more information, contact Ronda Sharp at:

rsharp@alamedacountyilp.org
(510) 667-7604



ILP's Education Coordinator Ronda Sharp sporting the new CYC sweatshirt.



WHAT ILP OFFERS

Alameda County ILP provides weekly life skills workshops in areas like Education, Employment, Health and Wellness, Permanent Connections, Housing, and Money Management. Youth who attend workshops earn \$25 per session. In addition to workshops, youth can receive one-on-one coaching toward meeting their individual goals.



The education team at ILP can assist with senior expenses, graduating plans, college applications, and more. Starting in 2019, the High School Stipend that ILP youth can receive for graduating has increased to \$600! We encourage young people to reach out to one of our education specialists to support with any educational goals.

Your ILP Coach may also let you know if you are eligible for a laptop, driver's training, Distance Learning, reduced California ID fees, pregnant and parenting support, employment readiness services, work permits, college book money reimbursements, uniforms and supplies for vocational programs, college tours, senior photos, and more!

REGISTER FOR ILP SERVICES

Come down to the ILP office and ask for the Worker of The Day (WOD), Monday-Friday from 9am-4pm. Once you have completed an intake, the WOD will direct you to an ILP staff member to discuss your interests. If you are unable to make it to the office by 4pm due to school or work, just give us a call. When the Intake Packet is completed, your eligibility will be checked. If you are eligible for ILP services, an ILP Staff Member will contact you to let you know about upcoming workshops, events, and services you are eligible for. If you are not eligible, we will still contact you and give you resources based on your needs.



Do you live too far from our offices? Try ILP's Distance Learning!

ILP has staff to assist you with using our Distance Learning websites or with mailing paper packets to you. Some reasons for participating in distance learning are as follows:

- ⇒ Extra-curricular activities that overlap with ILP workshops
- ⇒ Living too far away to attend/not having a ride to attend
- ⇒ Missing a workshop series and would like to make up the curriculum

We look forward to having you participate in our program!

EDUCATION RESOURCES AND UPDATES

ILP is committed to providing foster and probation youth the extra academic support they need to succeed. We now offer Education and Career workshops every other Tuesday to provide that support. The education team has worked with so many young people on their education and career goals. Several youth have changed their minds about attending college and want to pursue higher education after high school.

The Education Pathways is a program created by ILP to increase accessible resources for more youth who want to explore the options of higher education. We supply extra support with A-G graduation requirements, college applications, FASFA, and more. In addition to the educational support, youth who attend the workshops are able to earn incentives for participation. Lastly, our support does not end once a person graduates high school. We will provide guidance as a youth pursues their college degree. Come by and speak with one of our education staff to take advantage of what we have!



- Ronda Sharp, Beyond Emancipation's ILP Education Coordinator



ILP's Event Coordinator Razon Tramble played Heads Up with youth who attended Halloween Havoc.



Youth advocates from YAP helped serve food during ILP's Thanksgiving Dinner.



The Holiday Party had all your favorite holiday characters including Santa Claus and the Grinch!

RECAPPING THE HOLIDAY SEASON

In 2018, everyone who attended ILP's Thanksgiving Dinner event got to enjoy a beautiful meal made by Beyond Emancipation's GROW participants. Everyone left the event full and happy.

ILP's Holiday Party consisted of wonderful youth performances, a photobooth, and presents for all. The night was interrupted by the Grinch, who ran and danced around the event trying to steal presents and cause mayhem. Luckily, his heart grew two sizes that night by all the love and joy in the room. He changed his attitude and helped spread the joy of the season. Overall, everyone—even the Grinch—had a fun night!

ILP continued to celebrate the holidays with a trip to San Francisco for the Winter Ice Skating at the Embarcadero Center. The youth met at the ILP office and took a fun stroll over the ramp to the Coliseum BART station. Everyone walked together, taking in the beautiful San Francisco sights and visiting the street vendors to admire their wares. Youth and staff went to the Ferry Building to look at the various merchants and to enjoy a delicious lunch at Gott's Roadside. After lunch, everyone walked across the street to the ice skating rink to create memories for some and relive memories for others. Laughs and funny moments filled the trip.



UPCOMING EVENTS

College Night— This event gives youth an opportunity to discuss education options with college representatives, go over the application process, and learn about the different aspects that are involved with higher education.

Career Night— Young people are introduced to career pathways that will enhance their professional skills and networks.

Princess Project— ILP partners with The Princess Project to provide young people with dresses and accessories to make their prom night memorable.

Foster Care Youth Conference— The conference provides youth with information and workshops on housing, employment, health and wellness, education, and social justice to empower young people with a roadmap for success.



Call the ILP office for more information regarding any of the events listed above. See page 6 for ILP's office phone number.

WORKSHOPS FROM 2018

ILP had several workshop series that kept young people engaged and constantly learning something new. Financial Literacy, Health & Wellness, Living Your Best Life Ever, and Creative Expression were among the favorites of the youth who attended in 2018. For ILP's computer workshops, youth who participated in all sessions received a laptop! ILP's Education Coordinator Ronda Sharp taught the Student Success and College Prep workshop series. She covered topics like high school graduation requirements, college applications, FASFA, scholarships, and vocational education programs. ILP's Coach Cicley Winston managed the Health and Wellness workshop series where she showed documentaries regarding healthy and unhealthy eating habits, and had discussions about how your diet can effect your mood, energy, and other aspects of your daily life. Janine Jackson, another ILP Coach, ran the basketball nights at Ira Jinkins Community Center. She brought in guest speakers to talk to the youth about a variety of topics. If you missed out on any of these workshop series, don't worry! Check our website or social media pages for updates on what workshops are going on. Call our office to sign up!



During basketball, Janine would have everyone line up on one side and do running drills before the game to warm up.

WANT TO JOIN THE FUN?

Contact the ILP office to learn more about what services we offer and to sign up for workshops and outings. If you sign up with ILP, you get to meet with an ILP coach, who will support you in your individual path to success. See page 6 for the ILP office number and information.



The education team running the Student Success and College Prep workshops answered questions that youth had about their college applications, programs that they can take advantage of during college, and the FASFA process.



WORKSHOPS FOR THE NEW YEAR!

The new year is starting with more workshops for youth to build their skills to lead them throughout adulthood. Below are all the workshops that will be offered this year at ILP:

Pregnant/Parenting Workshop—If you are a new mom or about to be, come by ILP for support by mentors and fellow new mothers.

Mentoring—This is an opportunity for you to talk about issues you face and support your peers on experiences they have faced similar to yours.

Entrepreneurship—Learn what it takes to start and run a successful business and whether this is a path you should consider.

Readiness—This series is for you to expand on your professional skills and opportunities to obtain a job and/or start a career.

Be the Change—This workshop is specially designed for our younger youth (14-15 y/o) to develop life skills in a fun and interactive way.

Nutrition and Fitness—Learn how to make healthy life choices, understand food labels, prepare healthy meals, and learn exercises you can do on your own with little to no equipment.

Making Proud Choices—MPC promotes sexual health and healthy relationships, and teaches you how to prevent unplanned pregnancies and how to reduce the risk of HIV and STIs.

Know Who You Are Workshop—This workshop series helps you learn who you are as an individual, how past events may have shaped you, and about cultural identity and experiences.

Healthy Relationships—Come learn different communication tools and skills you can utilize to express yourself efficiently to maintain healthy relationships.

Computer Workshop—Learn about a variety of computer skills that can help you with higher education and career development. You can potentially earn a laptop by attending every session!

LET'S TALK SELF-CARE

As we walk into the new year, we want to make sure that we take care of ourselves by making time to do things that we enjoy. Whether your self-care is playing sports, dancing with friends, or even laying on the couch watching a whole season of your favorite show until four in the morning, it is important to set time aside for yourself. The act of simply taking a step back from everything in your life that is mandatory to do, and doing what you want to do, helps to make everything else a little bit easier. Self-care is a great tool for relieving stress and something to look forward to. I personally practice self-care once a day by attending the gym. By making time to go work out my body, I am also working out my mind. So if you don't already know what you do for self-care, let's think about it. Below are some more options of what you may enjoy doing.

- Corinna Gallo, Youth Advocate for YAP

A Few Self-Care Options

⇒ Spend time with loved ones

⇒ Walks, runs, or hikes

⇒ Singing, rapping, dancing

⇒ Playing an instrument

⇒ Going to the movies

⇒ Participating in sports

⇒ A night out with friends

⇒ Doing makeup on yourself or others

⇒ Cleaning your living space or car

⇒ Writing, poetry

⇒ Card games, video game, or board games



"Of all the judgments we pass in life, none is more important than the judgment we pass on ourselves."

- Nathaniel Branden

"The only person who can pull me down is myself, and I'm not going to let myself pull me down anymore."

- C. JoyBell C.

"Self-care is how you take your power back."

- Lalah Delia

CREATIVE EXPRESSION

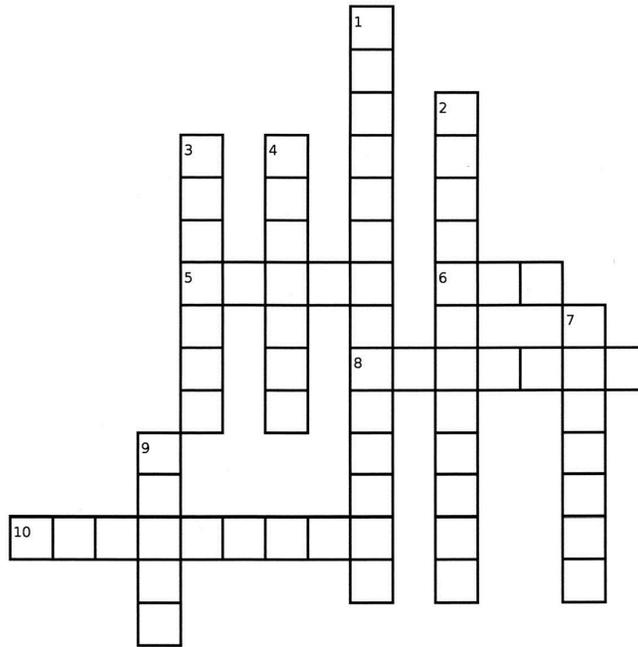
Art has held a great significance throughout history and continues to connect people in ways that other forms of expression cannot. Art can make you feel different emotions, make you think about how you perceive the world, and create dialogue for understanding the reality of one's life. The artwork to the right was created by Youth Advocate Laura R. Instead of explaining her piece of art, I encourage you to think about what it means and what kind of emotion and message she was trying to convey through her work. Everyone has their own perspective—what is yours?

Do you want to include your unique art piece, a poem, spoken word paragraph, or personal story to the newsletter? Call or email our communications representative Kelsey Sanchez at (510)877-0503 / ksanchez@alamedacountyilp.org.

Are you looking for a place to create pieces of art? ILP has an Creative Expression workshop series that dives into different forms of art and allows you to express yourself in a comfortable, fun environment. Call the ILP office to check when the next Creative Expression workshop series begins! See page 6 for ILP's contact information.



ILP SERVICES AND GOODIES CROSSWORD PUZZLE



Down:

1. When school starts, ILP gives students a backpack full of things.
2. ILP can give you a fee waiver so that this is free, DMV.
3. After you graduate from high school you can get this, \$500.
4. ILP will pay for driving lessons so that you can obtain this.
7. If you find your own apartment, ILP may be able to help pay this.
9. Attend ILP workshops and you will receive this.

Across:

5. You will get to work alongside these people during workshops.
6. ILP likes to have this so that youth enjoy themselves.
8. ILP has a lot of these, especially during the holidays, TURN UP!
10. When you find your own apartment, ILP may be able to help pay for this to go inside your apartment.

Answers

- | | |
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| <p>Down:</p> <p>1. School supplies</p> <p>2. California ID</p> <p>3. Stipend</p> <p>4. License</p> <p>7. Deposit</p> <p>9. Money</p> | <p>Across:</p> <p>5. Peers</p> <p>6. Fun</p> <p>8. Parties</p> <p>10. Furniture</p> |
|--|---|

GENERAL INFORMATION

675 Hegenberger Road Suite 100, Oakland, CA 94621

Phone: 510-667-7694 Fax: 510-667-7629

Regular Hours: M-F 8:30am-5pm

Workshop Hours: M-F 8:30am-7pm

ILP WEBSITE

Check out ILP's website for the latest updates on workshops, events, and other important information regarding the program.

www.alamedacountyilp.org/

