



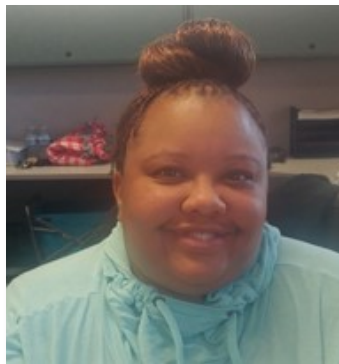
ILP Newsletter

READY FOR THE NEW YEAR!

ILP celebrated the end of 2019 with several holiday events and seasonal activities to bring in the new year! Come by ILP and see what we have to offer in 2020. Read on to learn about staff, ILP events, and more!

EVERYONE'S FAVORITE ILP STAFF, MISS LAWEKA

We [youth advocates] had the chance to sit down with ILP's Program Assistant and Receptionist, Laweka Hopkins. She always looks forward to interacting with young people who come to the ILP office. Laweka enjoys seeing an individual's progress; especially the youth who have been coming to ILP since they've been young. "It's excited to see how they have developed into an adult and how they are accomplishing their goals that they set years ago."



At the front desk, you can expect to find ILP monthly calendar, a list of ILP events and parties, resources for part-time and full-time jobs, and college or housing support information at the resource table. When you participate in ILP, you are participating in workshops that teach you valuable lessons about preparing for adulthood. Additionally, Laweka highlights that a young person is paid for every workshop they attend at the end of each workshop series. Her goal is for more youth to know about the program and to get more out of the program to improve themselves. "I have family that have been in foster care and knowing about ILP would have helped them tremendously. We are here to serve probation and foster youth; we are here to help." Laweka recalls seeing youth attend ILP – getting their education and collecting skills to turn their lives around. She has interacted with people who never thought they would go to school and have seen them end up going to college and living a successful life.

"One thing I would promote about ILP is that everyone at ILP will go above and beyond for the kids. They really care about the youth." To learn more about how ILP can assist you in your life goals and how to get connected, come by the ILP office and ask to talk to an ILP staff member!

- Ally S., WCC Youth Advocate



@AlamedaCountyILP



@ilpAlameda



@ILPAlameda

www.alamedacountyilp.org

INSIDE THIS ISSUE

New Year.....	1
Miss Laweka.....	1
What ILP Offers.....	2
Register for ILP Services.....	2
South County Services.....	2
Distance Learning.....	2
Stay Connected.....	2
Get to know the ILP staff.....	3
Workshop Highlight.....	4
Upcoming Workshops.....	4
CYC Updates.....	5
Community Shoutout.....	6
YAP Updates.....	6
Fright Night with YAP.....	7
Halloween at ILP.....	8
ILP Holiday Party.....	9
Crossword Puzzle.....	10

SPECIAL POINTS OF INTEREST

- See what incentives you can receive for participating in ILP services on page 2!
- Learn about upcoming ILP workshops on page 4.
- See page 5 for ILP general information.
- Check out page 5 for CYC updates!
- Try to complete the crossword puzzle on page 10!



WHAT ILP OFFERS

Alameda County ILP supports youth in education, employment, health and wellness, permanent connections, housing, and money management. These topics are covered in ILP workshops which youth can earn \$25 for each session they attend. Youth can also receive one-on-one coaching with an ILP coach to assist them with creating and accomplishing individual goals! See page 4 for the workshops topics that ILP will be covering this Fall.



REGISTER FOR ILP SERVICES

Complete an intake with a Worker of the Day (WOD) at the ILP office or over the phone. The WOD or an ILP coach will call/email you regarding your eligibility. It takes around 1-2 days to process your intake. Once contacted, you will meet with an ILP Coach to discuss your needs, interests, and goals. Your coach will assist you with registering for workshops, outings, and any services that appeal to you.

INCENTIVES

The following items are what ILP eligible youth may be able to receive by participating in ILP services:

- * ILP Workshops
- * Education Program
- * ACLSA
- * Chromebooks
- * School Stipend
- * Education Testing
- * ILP Scholarship
- * Prom/Senior Portraits
- * Book Money
- * California ID Waiver
- * Driver's Training
- * Gas Reimbursements
- * Security Deposit
- * Baby Stipend



SOUTH COUNTY SERVICES

Do you want to connect with your ILP coach, but you live too far away? We've got you covered! Your ILP coach can come to. ILP encourages young people in the following cities to contact their coach to schedule a meeting: Hayward, Castro Valley, San Leandro, San Lorenzo, and Fremont. If you don't have your coach's number, call the ILP office. See page 5 for the ILP office contact information. We hope to see you soon!

DISTANCE LEARNING

Check out ILP's Distance Learning! ILP staff can assist you with using the Distance Learning website 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!



STAY CONNECTED

Do you want to make sure that you don't miss any ILP workshops, outings, and activities? Want to keep up with the latest services, resources, and news for transitional aged youth? Follow ILP on Facebook, Instagram, and Twitter! See page 1 for ILP's social media links.

Are you not on social media? Visit the ILP website for the latest updates on workshops, events, and other important information regarding the program.

www.alamedacountyilp.org/

For more information, contact the ILP office:
info@alamedacountyilp.org
(510) 667-7696



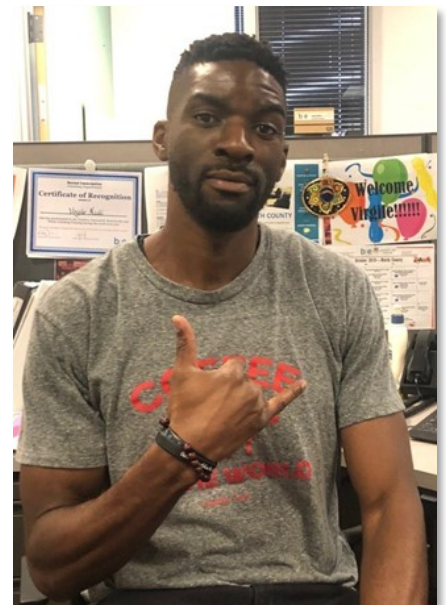
GET TO KNOW THE ILP STAFF!

ILP's Education & Career Program Coordinator

Virgile was a social studies teacher before taking on his current role that would allow him to connect and help youth, and assist them with their individual needs. He enjoys motivating youth, providing opportunities, and helping youth learn about the importance of working on one's self. Virgile's professional goal is to work on his master's degree and come a better resource for youth. The resources he would like to expand upon is mental health care, career exploration, and more collaboration between county and technology companies as it pertains to foster and probation youth.

When asked what he would like to promote about ILP, he stated that "ILP is like Xavier's School for Gifted Youngsters [X-Men reference] in the way that it helps youth find what they want to do and learn what skills they have."

When a youth comes to the ILP office, they should expect "a safe space, great workshops, great food, allies, coaches, and mentors." ILP is a great way to form new connection with other youth and ILP coaches; creating a supportive community. For foster parents, they can motivate youth to go to ILP by learning about the workshops and volunteering. Virgile maintains his drive to connect and help youth in the Bay Area.



- James H., Youth Advocate

"...[youth] should expect a safe space, great workshops, great food, allies, coaches, and mentors."

ILP's Health & Wellness Coach

Ana Ahnen is the Health and Wellness Coach at ILP. She is driven by her belief that everyone deserves access to healthy food and nutritional knowledge. Before working at ILP, Ana worked in a restaurant and was in the peace corps. She naturally gravitates towards food and helping/teaching others. Ana's favorite part of her job is interacting with the youth and being able to connect with them. One of Ana's aspirations is to open her own nutrition non-profit. Maybe she could call it IHSP (Independent Health Skill Program)? She is always working to developing and improving herself, and supporting others to do the same.



ILP is an amazing place but there is always room to expand and change. When asked about one thing that ILP could change or be expanded upon for ILP, she said "I would like to see more housing programs and more collaborative projects with other organizations and the county."

Ana said, ILP is known for its various workshops that help develop life skills. Ana said that they can "...expect a safe space, that is supportive and allows youth to gain knowledge and grow, and most importantly community." She believes youth should go to ILP for the workshops because they are available and they are free. For Ana, what matters most is the youth because they are the future.

- James H., Youth Advocate



WORKSHOP HIGHLIGHT

This November, the Living On My Own (LOMO) workshop series ended with a night of games, food, and fun. This workshop series focused on financial literacy and general budgeting skills and practices. Youth who attended learned about creating good credit, managing bills, and developing a budget plan to keep themselves financially responsible.

Career paths and exploration was also discussed during LOMO. There were discussions about growing up on the Bay Area and how that can portray a limited amount of career directions. The ILP facilitators, James and Jacob, encouraged career exploration by having a panel of professionals in different careers. The panel included people in media production, construction, science, beauty and product industry, the tech industry, and more! These community leaders talked to the youth about expanding their thought on the ideal career path for them; encouraged our young people to be open to fields that they supports their personal interests.

See page 5 for ILP staff contact information. Call us and see what workshops are happening now!



From left to right: James, ILP Coach/Case Manager; Jacob, former ILP Coach/Education Coordinator

UPCOMING WORKSHOPS

Basketball—This winter, ILP will be playing basketball at Ira Jenkins Community Center in Oakland! Future fitness workshop series will include soccer, flag football, and workout routines that required little to no equipment.

Entrepreneurship—In this workshop, you will learn the basics of starting and running your own micro business, as well as, how to scale the business.



Nutrition—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—Making Proud Choices! is a 10-module curriculum that provides you with the knowledge, confidence and skills necessary to reduce your risk of sexually transmitted diseases (STDs) and pregnancy. MPC provides a series of fun and interactive learning experiences designed to increase comfort with practicing condom use, addressing concerns about negative effects of practicing safer sex and building skills in negotiation, and incorporating social cognitive-behavioral skill-building strategies.



CYC UPDATES

Congrats to our partners at CYC for opening up their new office. As one of their staff and a former foster youth said at the CYC opening event, “Foster youth have a seat at the table because of CYC.” We are proud to help provide that seat as the host of CYC’s Alameda County chapter.

Additionally, CYC’s Alameda County Chapter has a new Bay Area Regional Coordinator, Miguel Almodovar! Miguel is a former foster youth and former member of CYC who recently graduated with his Bachelor’s in Political Science from California State University, East Bay. Congratulations, Miguel!

Interested in learning more about CYC? Come to the CYC meetings at ILP! Meetings take place the first and third Tuesday every month from 6-8pm at the ILP office. See below for ILP’s office address.

For more information regarding CYC, contact Virgile Nzali at 510-667-7625.



Miguel (lower right) and fellow CYC participants and supporters.



ILP GENERAL INFORMATION

675 Hegenberger Road Suite 100
Oakland, CA 94621

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

Regular Hours: M-F 8:30am-5:00pm

Workshop Hours: M-F 5:00pm-7:00pm

SPECIFIC NEEDS

Stipend Information: 510-667-7696

Education & Employment Information: 510-667-7625

Health & Wellness Information: 510-667-7631

Distance learning Information: 510-667-7602

COMMUNITY SHOUTOUT

By Razon, ILP Event Coordinator

Martin Luther King Scholarship Update— I wanted to share this awesome opportunity that our organization and some of our youth are a part of. Miss Vickie (shown in photo) invited me out to their monthly meeting where I had a chance to share the way in which we support our youth. We recently submitted bios for four ILP youth to be considered for the MLK Scholarship. Also, I shared narratives about these particular youth. After meeting with the team, they decided to consider giving all the applicants a scholarship. Final decisions will be made at the end of the year.

Scholarship awards will be presented at the MLK Rally in January 2020. Stay tuned!



YOUTH ADVOCATE PROGRAM UPDATES

The Youth Advocate Program (YAP) is a three-year training and employment program through West Coast Children's Clinic for young people ages 18-24 and have been in foster care in Alameda County. Specialized internships with West Coast teams help Youth Advocates to further their education while gaining valuable work experience. There were two conferences that YAP participants where youth advocates had the opportunity to advocate for foster and probation youth.

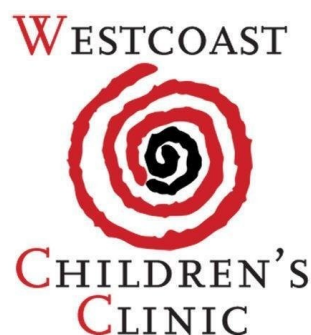
2019 Blueprint for Success Conference: The 2019 Blueprint for Success Conference is a two-day event that includes a networking reception and workshops. The conference offers workshops for supporting foster youth to achieve their higher education goals. The conference was held in Los Angeles.

Healthy Teen Network National Conference: The 40th Healthy Teen Network national conference is for professionals who work with youth. Some of the topics of the conference include sexuality education and services, gender identity, sexual orientation and reproductive health. The conference was held in New Orleans.

For more information regarding YAP and to get involved, contact us at 510-667-7696.



Micneisha V. and Leeosha N. are advocates that recently have moved on to school and life goals. Thank you Micnisha and Leeosha for your hard work!



The new hires from left to right: Greyson, Ally, James, and Alex. Congratulations and welcome to the YAP team!

FRIGHT NIGHT WITH YAP



For ILP's Great America's Fright Fest trip, there were about 20 youth who attended to enjoy the park.

There were no rides that youth did not go on. One of the rides that attracted youth the most was the Rail Blazer. It is a single car roller coaster with a 90 degree angle.

There was a haunted house where park employees that were dressed up like clowns would scared people as they walked by. The aspect of the trip that seemed to be the most fun was being out and having an adventure, receiving more freedom than youth are used to having on a daily basis. More youth should participate in activities like this because it is an opportunity to be out somewhere having fun and building new relationships with their peers.

- James H., WCC Youth Advocate



I had an amazing time at the ILP Fright Fest at Great America! The rides I went on were Patriot, Rail Blazer, Demon, and the Centrifuge. What made it a great night was how excited the youth got to go on rides and have fun. Everyone was able to do their own thing.

If you are a youth and are interested in ILP events, you should definitely come because they are fun and can help take your mind off of things that are going on with your personal life.

- Jazmine SC., WCC Youth Advocate



My time at Fright Fest was fun. I went on all of the rides, except for one called the Drop. That's one ride I will never get on. The most memorable ride was like a theater performance of a video game called Mass Effect. It was supposed to make you feel immersed, as if you were really on the ship getting a tour of the planet.

The youth that went on that ride with me and my fellow advocates enjoyed that experience. Every time I bumped into youth or went on the same ride as them, they were all laughing and having fun.

I encourage everyone to come out to ILP events and outings! There's enough stuff out there to stress y'all out, so why not have a night meant just for you guys to have fun?!

- Leonard W., WCC Youth Advocate



HALLOWEEN AT ILP!

On Halloween, we [youth advocates] spent the day at ILP, decorating the office with spooky decor. I stuck Halloween stickers everywhere and set up little scarecrow statues and a skeleton figure around the office. Youth who attended enjoyed pizza, cupcakes, and other delicious snacks provided by the ILP staff. There were little kids that went trick-or-treating throughout the building. It was really cute to see how excited the really little ones were about getting candy. My favorite costume was a Mulan costume that a teenager wore!

- Alexandria S, WCC Youth Advocate



The youth who visited the ILP office on Halloween day participated in trick-or-treating through all the offices, including upstairs. There were cupcakes and other treats the youth could grab on their way in or out. There was music and pizza. There weren't really a lot of activities set up for the youth, other than the trick or treating. A lot of the youth were just hanging out and talking with other youth and with YAFs, mostly about Halloween plans. The staff were also joking around which was nice. My favorite costume was worn by a little boy who wore a Black Panther costume. It was so touching when TK asked for his autograph.

- Greyson W, WCC Youth Advocate

A few youth advocates and I helped set up and host the ILP Halloween event. During this event, youth came to trick or treat, hang out and have a good time. We [youth advocates] escorted two youth through the building to trick or treat. I got an autograph from the Black Panther himself (A YOUTH), which made my little heart melt. The best part of this event was going around the building to trick or treat, as well as the pizza and cupcakes. The people dressed for Halloween loved getting into the Halloween spirit. The best costume was Black Panther (especially because he gave me an autograph) and he also had the majority of candy. Thank you to the people who came out! I hope to see you at the next event!!



- Tyray K., WCC Youth Advocate



Other youth advocates and I took youth trick-or-treating around the building. Trick-or-treating was my favorite activity, as well as setting up the office with Halloween decorations. This event allowed me to get to know my fellow advocates more and talk to ILP youth. One of the younger kids was wearing a Black Panther costume. It looked good on him!

- Alex T., WCC Youth Advocate

ILP HOLIDAY PARTY

Clothes and other items were donated for our boutique that was set up at the holiday party and at the ILP office. Youth enjoyed looking through shoes, blouses, t-shirts, pants, and more!



Graffiti Wall was set up for people to take pictures of themselves and edit the picture with a digital paint can. ILP Coach James had a fun time drawing!



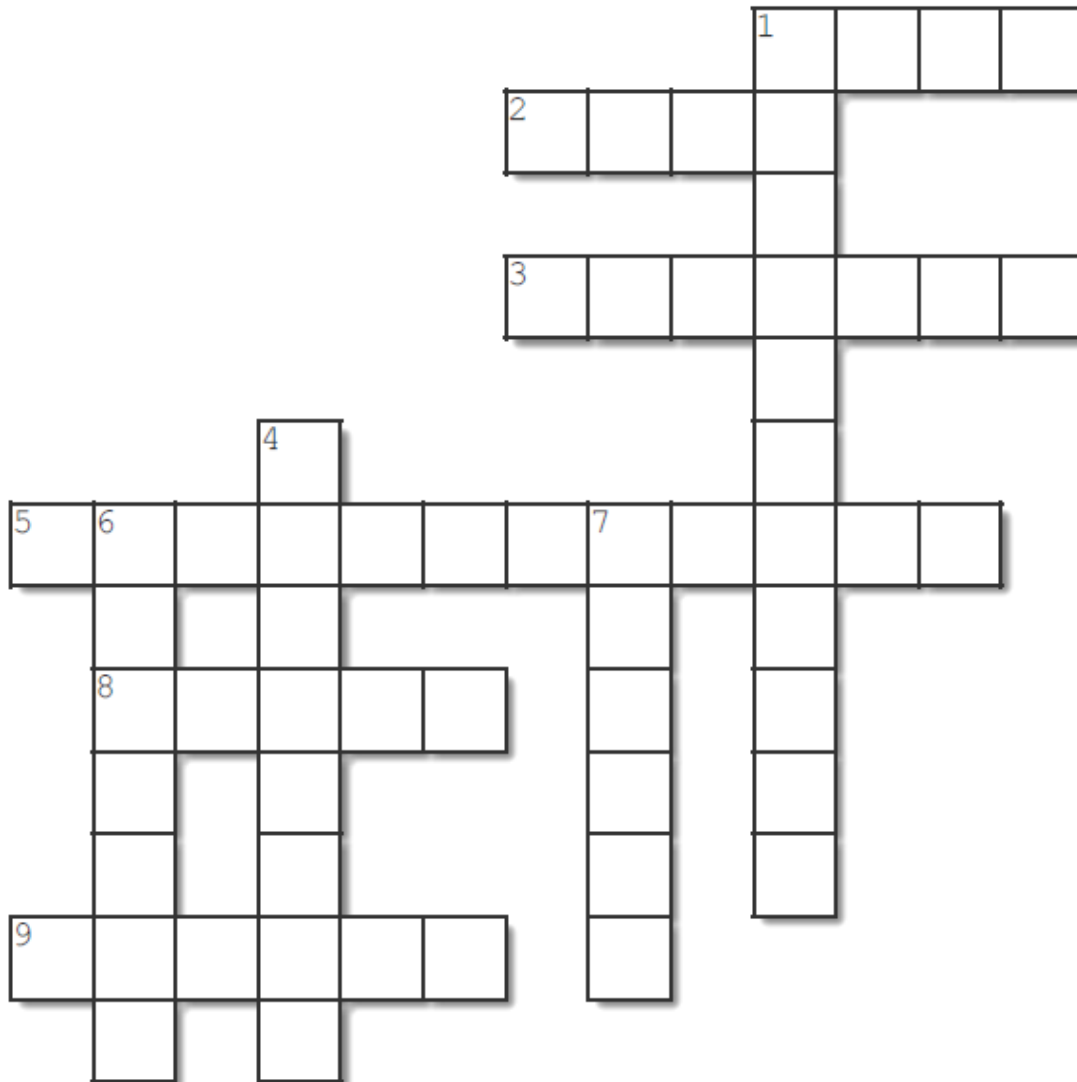
One of our ILP youth dressed up as a gingerbread man and took pictures with staff, youth, and children who attended.



Staff and youth had a fun time singing classic Christmas songs. Each person who sang got the crowd into the holiday spirit!



HOLIDAY SEASON CROSSWORD PUZZLE



ACROSS

1. Things you eat
2. An intense feeling of deep affection
3. Gatherings, ILP has them frequently
5. Enjoyment of the good qualities of someone or something
8. Always playing in the background
9. The season in which there is snow and the ILP ball

DOWN

1. Activities or events celebrating a special occasion
4. another word for gift
6. you might've come to ILP to paint one of these
7. Another word for fall

Answer Key

Across: 1. food 2. love 3. parties 5. appreciation 8. music 9. winter
Down: 1. festivities 4. presents 6. pumpkin 7. autumn

