

ILP Newsletter

THE NEW NORMAL

By Jazmine SC., WCC Youth Advocate

Hello everyone. I hope you are doing well during shelter in place. Since shelter in place began we have had to form new habits on what we do. This includes constantly washing our hands; making sure we watch our health even more than we usually do; wearing a mask when we go out, and standing 6 feet or more away from other people.

COVID-19 has paused our lives and has made us have to do things that we normally did not do. I know it has been difficult for me as I have had to adjust many things in my life



including going to work and school. These routines have changed. I went from going to work and interacting with my coworkers, and going to school and interacting with my classmates—to moving all of those interactions from in person to online. Connecting with others has been hard to do solely through virtual platforms.

In my home life, I have rearranged everything in my room since seeing the

same four walls can be tiring. It has also been an adjustment when going out to run errands. For example, stores only allow a certain amount of people in at a time. There is often a long line, depending on what day and time you go shopping.



When we are able to do normal things like go to the movies, go-karting, amusement parks, etc., it is going to be different. We will still have to be careful and make sure we wash our hands. It is also going to take time for people to feel comfortable and safe while going out without fear of COVID-19. Until then, stay safe out there!



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www.alamedacountyilp.org

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SPECIAL POINTS OF INTEREST

- See what incentives you can receive for participating in ILP services on page 2!
- Learn about upcoming ILP virtual events on page 6.
- Check out page 9 and 10 for ongoing resources!
- Try to complete the crossword puzzle on page 11!



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 3 for the virtual activities that ILP is offering.

REGISTER FOR ILP SERVICES

Complete an intake with a Worker of the Day (WOD) 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 virtually meet with an ILP Coach to discuss your needs, interests, and goals. Your coach will assist you with registering for workshops, activities, 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



For more information, contact the
ILP office:

info@alamedacountyilp.org
(510) 667-7696



VIRTUAL SERVICES

Do you want to connect with your ILP coach, but you want to stay safe from Covid-19? We've got you covered! You can now virtually meet with your ILP coach. You can also schedule a socially distant, in-person meeting with your coach. To keep you and your coach safe, youth and staff are expected to wear a mask during in-person meetings. Call the ILP office for your coach's phone number and email. See page 12 for the ILP office contact information. We hope to see you soon!

DISTANCE LEARNING

Check out the two types of virtually learning that ILP is offering! ILP has live workshops through zoom that include guest speakers and activities that you can do at home. ILP's Distance Learning program is a self-paced module that has engaging topics like Entrepreneurial Expedition and Mental Wellness. ILP staff can assist you with using the Distance Learning website, and with getting the zoom information for live workshops. 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, activities, or virtual events? 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/

ADAPTING TO A VIRTUAL WORLD

ILP WORKSHOPS

ILP will have the following virtual workshop topics covered in November and December:

Job Readiness and Career Panel—Expand on your professional skills with resume building, interview practice, budgeting, and code switching.

Living On My Own [LOMO] (14-16)—This series is for 14-16 year old's who want to learn about budgeting, balancing school and work, relationship building, and more!

Living On My Own [LOMO] (17-21)—Learn about budgeting, job hunting, how to pay bills, and how to balance school work and family. This workshop series is for youth ages 17-21.

Listen 2 B Heard—Come talk to ILP staff and your fellow peers about current events, shelter-in-place dilemmas, and other hot topics that come up!

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

For more information, check the ILP website or call our office. See page 1 for website information and page 11 for ILP contact information.

“Don’t let your youth face hardships in silence.”

VIRTUAL LEARNING

To adapt to the virtual world, one main change the organization made was establishing virtual workshops. ILP is currently offering live workshops through zoom, as well as the Distance Learning curriculum through a separate online program. ILP’s Distance Learning program is a self-paced module that offers many educational topics like Entrepreneurial Expedition and Mental Wellness. James acknowledges that there are obvious pros and cons to distant learning. A lot of ILP youth have adapted to that type of learning style and appreciate the online courses. Other youth hesitate to join due to already having online classes all day. “Even with the mix feelings about learning virtually, it has still been a positive experience for youth and staff.” Operating virtually has not stopped ILP staff to continue bringing outside facilitators to the workshops. Recently, a few bankers joined ILP’s financial literacy workshops. It was engaging and informative!

The Job Readiness and Health and Wellness workshop series have been covered this year. Another workshop ILP had was a poetry series that had poetry mixed with rhyming; hosted by ILP Coach Monica. ILP created a new workshop called Listen 2 B Heard. This workshop provides a place for youth to speak about the quarantine, the pandemic, current events happening in the world such as Black Lives Matter, and many other topics that youth feel comfortable sharing with their peers.

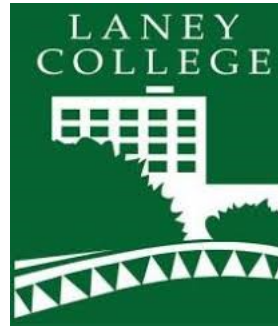
During covid-19, James has been able to support the youth by having weekly or bi-weekly check-ins. “Nobody is alone. We are all experiencing the same pandemic issues and dealing with our own hurdles in life. This [pandemic] has made our organization more creative and expansive.” ILP staff are proudly taking on the challenge of building meaningful connection with young people in a primarily virtual world.

BAY AREA COLLEGE UPDATES

By Autumn Bad Heart Bull-Clark, WCC Youth Advocate

Peralta Community Colleges (Berkeley City, Alameda, Laney, and Merritt)

- **School Closure:** Campus will be closed until January 4, 2021.
- **Virtual Learning:** Students will be using Canvas and Zoom.
- **Cost:** Average cost after financial aid is \$10,000
- **Important Date:** December 18th – Classes End



UC Berkeley

- **School Closure:** Campus housing is open to students along with COVID-19 testing, but no in person classes.
- **Virtual Learning:** Unknown site, but they are conducting online classes.
- **Cost:** Average cost after financial aid is \$15,000
- **Important Date:** December 4th - Classes End



Cal State University East Bay (CSU)

- **School Closure:** All CSU campuses will be closed for the Fall 2020 semester.
- **Virtual Learning:** Blackboard and Zoom.
- **Cost:** Average cost after financial aid is \$11,000
- **Important Date:** December 12th - Classes End



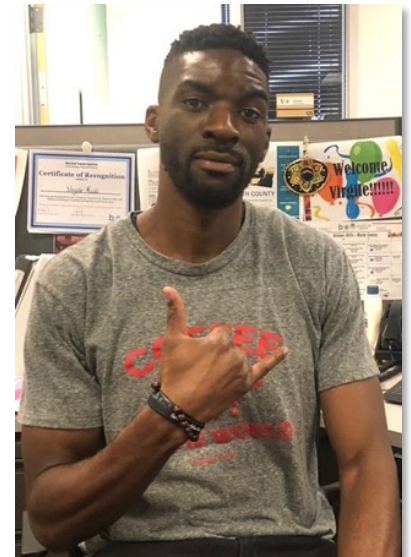
STAFF PERSPECTIVE

Interview with Virgile Nzali

By Aleja, WCC Youth Advocate

Aleja: What changes have you made to adapt to the virtual world?

Virgile: We had to shift a lot of our case management online and create an online system with documents that our participants could fill out. We shifted our workshops online and put together activities we could do virtually...Unfortunately, we could not engage our participants as much because they were missing the in-person connection. We had to get creative. For example, for our youth graduation we made gift bags and dropped them off at the youth's homes to try and stay connected with them. We also have had a lot more phone calls and zoom interactions. Creativity was key to adapting.



Aleja: How have the online workshops been doing?

Virgile: There has been a little bit more of a youth turnout. The workshops were a place not just for the knowledge and skills, they were a way to be around other participants. There has been an increase in peer support. We've talked about what is happening in the world, what's going on with you [youth] and how you [youth] are adjusting to the quarantine. The youth are able to be there for each other.

Aleja: Peer support is definitely needed during these difficult times.

Aleja: What are the topics that you are teaching in the workshops? Are they different now because of the quarantine and/or have they changed drastically in the past 6.5 months?

Virgile: One workshop is called How to Live in a World of a Pandemic and How to Live in a World with Covid-19. The question we ask ourselves is how we adapt and what are the coping skills one can learn. It is a space for us to share the things we do for self-care and things we do to stay sane in the house. Some coping skills youth have come up with are listening to music, writing in a journal, and working out. Everybody can take something away from it.

We still offer Living on my Own and Job Readiness. We are open to different workshops that help the youth.

Aleja: What are some of the resources that youth have been asking for during the pandemic?

Virgile: A lot of youth have been asking for laptops, hotspots and phones. A lot of youth are now asking for food since they do not have enough to eat. We are connecting them with food banks. They are asking to continue learning skills so that when things change, they will have more skills in a post pandemic world.

Aleja: What are some areas youth are needing more assistance with?

Virgile: Housing is number one. Education is number two. A lot of our youth need tutors and support applying to financial aid and support in how to gather documents for case management.

Aleja: What benefits and challenges has the virtual world given you?

Virgile: The challenges have been the lack of connection between youth and staff because of the virtual setting. Virtual is helpful, but it's still not the same as in person. We have kind of lost that connection and engagement because we cannot see the youth one-on-one, in person. The benefits are that virtually we can connect with youth, even those that are far from the ILP office. We found fast ways to connect with these youth.



ILP EVENTS

ILP Orientation Kick Off

The ILP Orientation that took place on Thursday, September 24th was an opportunity for youth to become familiar with the program services ILP offers, the ILP staff and all their individual roles and supports they offer, and how they can assist in reaching personal, professional, and academic goals. One of the speakers highlighted was Dr. Porter and his introduction to his new position at ILP. Alongside introductions, there were opportunities to win prizes in trivia questions including earbuds, glow in the dark backpacks, and gift cards with up to \$150! Everyone was a winner and left the event with a \$25 UberEats credit.

- Greyson W.; WCC Youth Advocate



UPCOMING VIRTUAL EVENTS

College Night—October 28

Halloween Event—October 29

Thanksgiving Event—November 20



Drawn by WCC Youth Advocate Paul S.



Career Panel—November 24

Holiday Event—December 18

Listen 2 B Heard: End of the Year Wrap-Up—December 29

ONLINE GAMES

By James H., WCC Youth Advocate

Uno – This is the classic game of Uno, but mobile. The game is available on the Play Store and the App Store.



Trivia – This is an app available for IOS and Android. This is a basic trivia game that covers multiple categories such as movies, sports, geography, etc.

AirConsole – This is a website with many different knock-off board games and video games. Players join with their phone as a controller, through the app or the site airconsole.com. This site functions best with everyone in the same physical room, but if you can withstand the virtual lag then the host can share the screen and others can join and play.

Kahoot – Host signs up on kahoot.com and shares the screen that allows others to connect with their devices to play the game. On Kahoot you can create your own quizzes. This is used a lot for education, but does feature general trivia as well. Your only option is to create games with multiple choice answers.



Steam – This is a gaming platform where some games are free and others you would need to pay for. When playing online, everyone needs to acquire the same game. Therefore if it's a paid game, everyone needs a paid copy of the game. Some games include: Risk, Simply Chess, etc.

The Resistance and Avalon – You can play with 5-10 players on Snakeout.tannerkrewson.com. It is the simplest site for Resistance. You can share a room code. No extra roles featured and mission leaders are randomly assigned. On NetGames.io you can access a simple Avalon. TheResistancePlus.com is a modified clone of ProAvalon.com and has multiple versions of the game (including Avalon). You can sign up and join through lobby. This site has a small learning curve, but features voting history and many roles.



QuizWitz – Host signs up and shares the screen. Players simply connect with their devices to catlab.tv. You will need to pay \$44 to play with more than 6 players. You can create your own quizzes with various answer options.

Dominos – You can play with 2-4 players on Dominoes.PlayDrift.com. You share a link and do not have to sign up. It features draw, block, all 5s and all 3s.

Monopoly – You can play with 2-4 players on Webopoly.org. You share a game ID or game name and do not have to sign up. Pogo.com (need to sign up) and PlayRento.com (do not have to sign up) are both more complex, but have traditional aesthetics.



Chess – You can play with 2 players LiChess.org or Chess.org. You share a link and do not have to sign up. Chess.com - Has more features, however sign up is needed first.

HEALTHLY PRACTICES

Stay Healthy During Quarantine

How I
Stay
Healthy

Staying healthy during quarantine may not be easy, but it is something we could all give a try. I've been living on my own during quarantine, which brings a new perspective on how I spend money on food. I am guilty of ordering too many Doordash meals but are not we all. It takes serious discipline to maintain a healthy diet, and sometimes maybe a little expensive, but here are some personal tips for staying healthy during quarantine.

Firstly, I stock up on my fruits, veggies, meats, fish, poultry, and herbs. I usually buy my food in bulk as well, so I can have enough that will last me about 2 weeks. I use beef and sometimes shredded chicken to make delicious homemade tacos that can feed you for at least 2 days. I also make pan seared chicken that can be a total of 2 servings. One of my most favorite dishes to make is pan seared salmon with lemon and garlic butter sauce. This meal is healthy and easy to prepare.



Getting active is something I will not forget to mention. Along with making healthy meals, you should be going outside for walks for at least 30 minutes to an hour to get some fresh air, get your blood flowing and to put your body in motion. I recommend stretching as well. I suffer from extreme restlessness if I'm not being active. Staying active is good for your body as well as your mind.

- Cimone R., Youth Advocate

Food For Thought—Interview with Chef Ana

Paul: What foods do you recommend for good nutrition?

Chef Ana: You should follow the My Plate method, which includes fruit (the more colorful, the better), lean meats or fresh fish, green vegetables, grains (e.g. pasta, bread, rice) and water or dairy.

Paul: What are some healthy and easy meals that someone can make during shelter in place?

Chef Ana: Chicken stir-fry with rice, homemade pizza, spaghetti and/or tortilla wraps with meat, veggies, cheese, and garlic aioli.

Paul: What are some things that you can cook quickly when you have little to no time?

Chef Ana: Chicken alfredo, bagel and egg sandwiches, and oats.

Paul: What is your favorite dish and how do you make it?

Chef Ana: My chilled tortellini pasta salad with lots of healthy beans and veggies. Mix tortellini pasta, kidney beans, garbanzo beans, bell peppers, cherry tomatoes, balsamic vinaigrette, olive oil, dijon mustard, honey, salt, and pepper and let sit for 2 hours. Serve chilled.

- Paul S., Youth Advocate



ONGOING RESOURCES

Sophia Reyes., WCC Youth Advocate



Tech
Exchange



Technology Resources

Tech Hub

Address: 2530 International Blvd., Oakland, CA, 94601

Hours: Wednesdays 12-5pm and Saturdays 10-3pm.

Website: <https://www.techexchange.org/tech-hub.html>

Computer & Technology Resource Center

Address: 620 Page St., Berkeley, CA, 94710

Hours: Monday through Friday, 9-5pm. Saturday 10-5pm.

Website: <https://ewastecollective.org/>

Food Resources

Covenant House for the Youth - Bay Area Location

Address: 200 Harrison Street, Oakland, CA, 94607

Phone: (510) 379-1010

Mercy Brown Bag Program - Food Bank

Address: 3431 Foothill Boulevard, Oakland, CA, 94601

Phone: (510) 534-8540

California Association of Food Banks

Address: 1624 Franklin Street, Suite 722, Oakland, CA, 94612

Phone: (510) 272-4435

GLIDE

Address: 330 Ellis Street, San Francisco, CA, 94102

Phone: (415) 674-6000

St. Anthony's Dining Room

Address: 150 Golden Gate Avenue, San Francisco, CA 94102

Phone: (415) 241-2600

Saints Peter and Paul Church

Address: 666 Filbert Street, San Francisco, CA, 94133

Phone: (415) 421-0809

Martin de Porres House of Hospitality

Address: 225 Potrero Avenue, San Francisco, CA 94103

Phone: (415) 552-0240



Martin de Porres
House of Hospitality

ONGOING RESOURCES

Sophia Reyes., WCC Youth Advocate



Medical Resources

Tom Waddell Urgent Care

Address: 50 Lech Walesa Street, San Francisco, CA, 94102

Phone: (415) 355-7400

SF General Hospital Emergency Department

Address: 1001 Potrero Ave., San Francisco, CA, 94110

Phone: (415) 206-8111

Shelter Resources

Individuals

To reserve a one-day, visit one of the SF shelter sites:

St. Vincent de Paul Society Homeless Shelter, 525 5th Street, San Francisco, CA, 94107 (Has showers)

United Council of Human Services, 2111 Jennings Street, San Francisco, CA, 94124 (Has showers)

Mission Neighborhood Resource Center, 165 Capp Street, San Francisco, CA, 94110 (Has showers and laundry)

GLIDE, 330 Ellis Street, San Francisco, CA, 94102

To reserve a 90-day bed, please call 311 if you have already accessed the shelter before. If not please, open a profile at any of the shelters above.

Families

To access shelter for a family, please call Compass Family Services at 1 (855) 234-2667.

Crisis Resources

SF Suicide Prevention – (415) 781-0500

WOMAN, Inc. – (877) 384-3578

Mobile Crisis – (415) 970-4000

SF HOT Team – (415) 355-7445 (urgent) or (415) 355-7401 (wellness checks and non-urgent)

Every Day Connect Resource Line – 1 (855) 588-7968

Westside Community Services, Crisis Clinic – (415) 355-0311

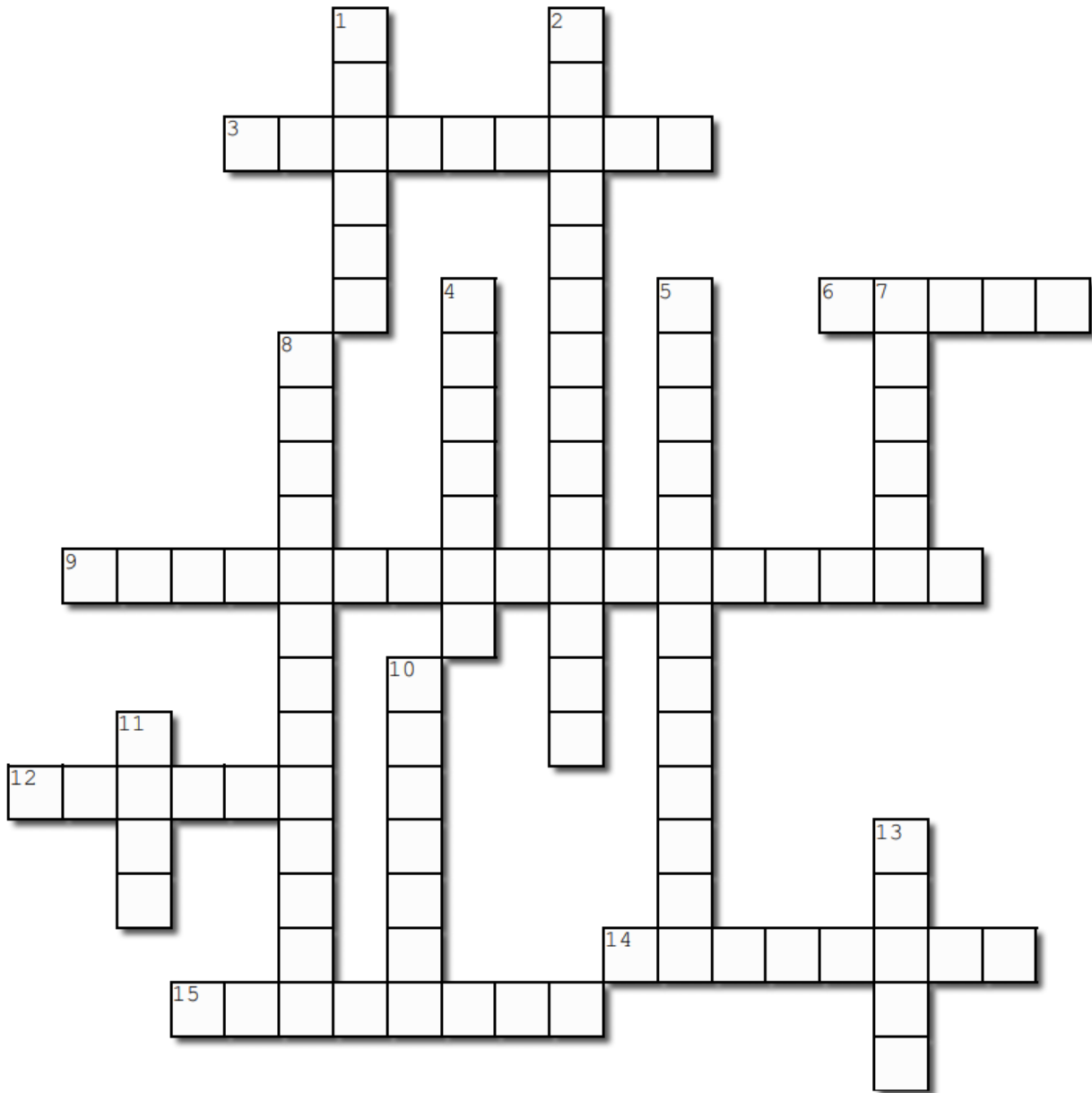
San Francisco County Mental Health Access – (415) 255-3737 or 1 (888) 246-3333

Progress Foundation's Dore Urgent Care Clinic – (415) 553-3100

Comprehensive Child Crisis Services – (415) 970-3800

Treatment Access Program TAP-Voluntary Unit, Mental Health Access (MHA) –
(415) 503-4730 or 1 (800) 750-2727

CROSSWORD PUZZLE



ACROSS

3. Felines, usually seen as a sign of bad luck
6. A sweet food made with sugar or syrup combined with fruit, chocolate, or nuts
9. A Halloween practice in which children wearing costumes go from door to door in a neighborhood
12. Typically green and blade-like, that is attached to a stem directly or via a stalk
14. A person who changes into a creature, usually under a full moon
15. Internal framework of bone

DOWN

1. The color between yellow and red on the spectrum of visible light
2. A carved pumpkin usually put outside on Halloween
4. A creature that likes to drink the blood of the living by biting their necks with long pointed canine teeth
5. Building often perceived as being inhabited by disembodied spirits of the deceased
7. Another word for fall
8. A seasonal Starbucks drink
10. Clothing worn during Halloween, usually something scary or pop culture
11. Nocturnal animal that relies on echolocation to travel
13. An apparition of a dead person or spirit

Answer key on the next page

CROSSWORD PUZZLE ANSWERS

ACROSS

3. Black cat s
6. Candy
9. Trick-or-treating
12. Leaves
14. Werewolf
15. Skeleton

DOWN

1. Orange
2. Jack o lantern
4. Vampire
5. Haunted house
7. Autumn
8. Pumpkin spice
10. Costume
11. Bats
13. Ghost



ILP GENERAL INFORMATION

675 Hegenberger Road Suite 100

Oakland, CA 94621

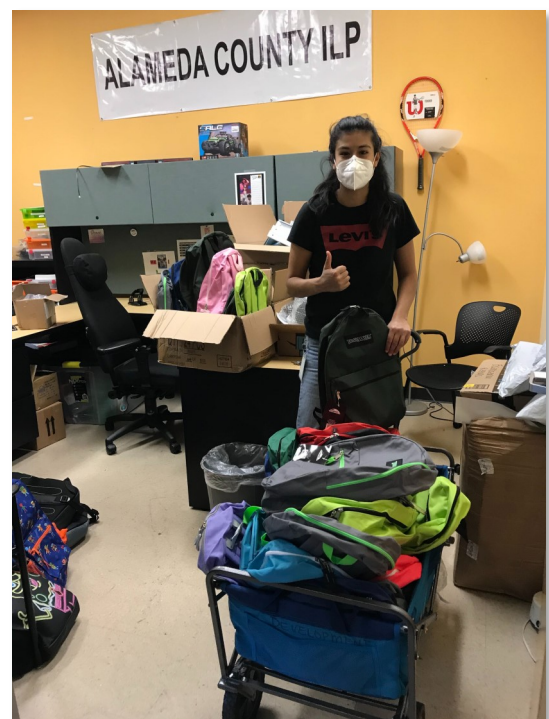
Phone: 510-667-7694 Fax: 510-667-7629

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



Thank you for supporting ILP!

The staff at Alameda County ILP appreciates all the support that the program has received since Covid-19. We continue to be committed to the young people of the Bay Area.



HOW CAN I PROTECT MYSELF AGAINST COVID-19?

Wash your hands frequently

Avoid touching your eyes, nose, and mouth

Avoid crowded places and put space between yourself and others

Cough or sneeze into your **bent elbow or a tissue**

If you have fever, cough, or difficulty breathing, **seek care early**. Call beforehand and follow medical advice.

SOURCE: WORLD HEALTH ORGANIZATION

