



ILP Newsletter

ILP SCHOLARSHIP

By Autumn B., WCC Youth Advocate

The ILP Scholarship has been around for some time now. This is a great scholarship focused on 17–20-year-old youth going into secondary education which includes trade school, community college, and a 4-year university. You must be an active participant in ILP to apply for this scholarship.

The application process opened March 15th and the deadline to submit the application is June 1st. You must fill out the scholarship form with the help of Virgile Nzali, Alycia Barlow, or your ILP coach. Together you will create an action plan/goal, list the major or minor you are interested in, and any extracurricular activities you are involved in. It is your job to collect 2 letters of recommendation from an academic advisor or teacher. A letter of recommendation can also be from your religious background such as a Pastor. ILP coaches will be holding zoom meetings to help complete the application.

Finally, there is an essay which should detail your life – share the good or bad experiences that make us who we are today and not define us. So show adversity, it pushes people to see character. The funders for this scholarship are Oakland Unified and private funders. There is not a set amount of money rewarded - it varies depending on need. If you miss it this year, look out for it next year! They announce it every year in March!

The graphic is a vertical poster for the ILP Scholarship Application 2021. At the top, it features the logos for 'b.e' (beyond emancipation) and the 'INDEPENDENT LIVING PROGRAM'. Below the logos, the title 'ILP SCHOLARSHIP APPLICATION 2021' is prominently displayed. A central message states 'All eligible and enrolled ILP youth encouraged to apply!' with three green checkmarks to its right. Below this, a box indicates the 'Open Date' as 'Apply starting March 15, 2021'. The 'Deadline' is listed as 'June 1, 2021'. A calendar icon is shown with dates 'May 3, 2021', 'May 10, 2021', 'May 17, 2021', and 'May 24, 2021' marked, with the text 'Mark your calendars for ILP scholarship support workshops!'. At the bottom, contact information for Leila Sotto is provided: 'Contact Leila Sotto for more information: lsotto@beyondemancipation.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 programming on page 4.
- Find out about ILP's Music & Art workshop on page 5!
- Check out page 8 for ILP staff contact information.
- Try to complete the springtime crossword puzzle on page 9!





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 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 10 for the ILP office contact information. We hope to see you soon!

DISTANCE LEARNING

Check out the two types of virtual 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/

MPC HIGHLIGHT

By Laura R., WCC Youth Advocate

According to Zimbabwe Davies, the Making Proud Choices workshop offered through ILP went really well, and youth engagement and participation was great. While talking to Zimbabwe, I quickly gathered that the team came to this project with a creative mindset to spark youth interest in this workshop series.

He said the reason it is important to provide this kind of workshop to young people is because young people need to have the knowledge to make proud choices regarding their sexual health. He also said among young people, there is a high rate of STDs (sexually transmitted diseases) and pregnancies. He acknowledged that when youth develop hormones they get curious. This is why it is good for youth to have knowledge in order to be safe and live healthy lives. He stated that “the workshop was well-rounded, and was made out of sex education, making proud choices, thinking before you act, healthy relationships, and communication.”



“...the workshop was well-rounded, and was made out of sex education, making proud choices, thinking before you act, healthy relationships, and communication.” - Zimbabwe Davies



*Zimbabwe Davies, Transitions
Coach/Case Manager*

Zimbabwe worked with a team of ILP staff members to make the late 1900's material more modern and put their own spin into it for the youth. The team took out things that they felt did not fit and were able to make things more interesting within the subject. Ana Ahnen, Virgile Nzali, Monica Peyton and himself leaned on one another and brought in their own talents to make the workshop successful. They made a point to create a safe space for the youth. The facilitators of the workshop let the youth laugh when needed to allow them to feel comfortable to talk about such a sensitive subject. Zimbabwe said that there was no specific topic that the youth gravitated to, but he did mention that discussions after activities went well due to there being an equal male and female dynamic. This dynamic allowed different perspectives to be brought up.

YAP SHOUTOUT!

By Sophia R., WCC Youth Advocate

Hello, my name is Sophia Reyes. I am 19 years old, and I am from Northern California. I am currently going to school to get my AA in Psychology in hopes to transfer and obtain my BA in Criminal Justice. I enjoy going on adventures including going hiking, random beach trips, and drives to new places. I joined YAP (Youth Advocate Program) because I thought I would be a great advocate for foster youth because I could relate to them. Also, I thought it would be a great opportunity to learn new life skills that I could not pass up. YAP has helped me grow as a person through this past year, and I am extremely grateful.



UPCOMING PROGRAMMING

ILP WORKSHOPS

ILP will have the following virtual workshop topics covered in April:

First Youth Friday—Get inspired to set your vision, achieve your goals, fulfill your dreams, find your strengths, develop tools to overcome obstacles, and learn strategies for success. ILP coaches will facilitate conversations regarding personal growth and well-being. This series will be on the first Friday of each month.

Living On My Own [LOMO]—Learn what it takes to live on your own! A variety of topics are discussed in this workshop series that is designed specifically for youth ages 14-16 years old. Topics include living successfully on your own, budgeting and money management, healthy relationships, and healthy living, and more!

Mental Health Education Workshop—Join us for an hour to talk about mental health challenges, self-care practices, and how to manage a healthy state of mind.

Entrepreneurship Workshop—In this workshop, you will learn the basics of starting and running your own micro business, as well as, how to scale the business. Turn your passion, hobbies, and interests into potential small businesses!



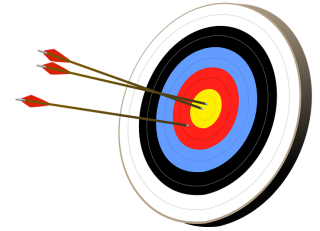
Let's Talk, Taco Tuesday—Come talk to ILP staff and your fellow peers about current events, shelter-in-place dilemmas, and other hot topics that come up! UberEATS credit is provided!

LGBTQ+ Workshop—If you identify as LGBTQ+ or are interested in learning more about LGBTQ-related topics, this series is for you. Receive support around various life challenges such as body image, healthy relationships, sexual health, and more!



Vocational/Trade School Night—If you are interested in learning about a variety of career options and ways to get educated in a specific line of work, come to this workshop!

GOAL SETTING



For more information, check the ILP website or call our office. See page 1 for website information and page 10 for ILP contact information.



EXPRESS YOURSELF!

By Paul S., WCC Youth Advocate

ILP Music & Art Workshop

The Music and Art workshop is a great way to spend your Thursday evening. The workshop starts off with an ice breaker. When I attended the workshop, we shared our favorite song and why it is special to us. I said Not Used To It by Kehlani because her lyrics are so real and true. Artists express themselves through music, acting, poetry, drawing and dancing. We reviewed a few artists who are successful, but more importantly, who are dedicated to their art. We watched Kendrick Lamar's "i" video and then we watched a scene from The Great Debaters. After watching both of the videos we were able to see the passion and feel the emotions from the song and acting. Art is everything and anything, and can be produced in so many ways. From enjoying the process and not necessarily the masterpiece, you can truly put emotion into your work. This is the process that will create something great with passion and emotion. Next during the workshop, we got to choose to either write or draw. I drew a picture of a cat called Happy. I drew it because I love cats and secondly, it is Happy. He is a cute blue cat with angel wings and a backpack of fishes. Drawing or any other type of art is better in groups. It's relaxing and you are not pressured to share if you are uncomfortable. During the workshop, you also get to learn about other artists in different fields.



Creative Expression

This picture is an anime character from one of my favorite anime shows Fairy Tail. I also love cats and Happy will always make you smile. I gave Happy a frown because I wanted to show that even a cat named Happy can get fed up with life.

In this pandemic we are limited. We are unable to live as we did before. Beyond the pandemic, you still have racism and the issues of black lives. It has been a year of struggle, pain, loss, and so much more. This environment has changed us all in massive ways. Days used to be a lot simpler with not so many worries. It can be very overwhelming. I wanted to show with Happy you are still the same person under the frown.

With art you can write, draw, cook, create music, and exercise. Art is a craft that can be shaped in many different ways. Doing art provides you a way to turn all those rough emotions into a masterpiece. If you're open to sharing, you could even inspire someone or make a profit. Give art a try! You never know, you just might like it, and you can even impact others.

FAFSA INFORMATION

By Greyson W., WCC Youth Advocate

The FAFSA (Free Application for Federal Student Aid) is an annual application for those seeking post-secondary education (community and four year colleges) to see if they are eligible for federal and state grants based on financial need. Those that are not eligible for the full amount may be offered a loan package based on their income. The application opens October 1st and the deadline to submit it is March 2nd.

Be sure to use your legal name (the name on your legal documents; there are options if you go by a different name) as it can lead to barriers to receiving financial aid. There is a sentiment that the earlier you get it done, the more money you are eligible to receive. B:E's Education and Career Manager Raul Hernandez says this is incorrect information. He encourages getting your application done before the deadline to allow for cushion time in case your FAFSA needs more information or verifications. There are some exceptions to the March deadline, but they are few and far between.



Foster youth are eligible for complete financial aid due to the Chafee grant. In order to show eligibility, you must have a Ward of the Court letter or have proof that you were in care on or after your 16th birthday. Once eligible for Chafee, it will be reflected in your FAFSA and the sections about parent income do not need to be filled out. This is especially helpful for those who do not have contact with immediate family and may not have access to that information. Raul also suggests having your own tax information or bank statements readily available if you're working; if you're a dependent don't worry about it.

B:E and ILP are great resources if you are having a hard time with your FAFSA application. During the fall and spring semesters, there are workshops at ILP dedicated to helping students fill out their applications. In the workshops, you will learn more about the process, how to fill it out, and even receive 1-on-1 support with a mentor. Your ILP coach can also provide more support if needed - just set up a meeting with them! Another resource Raul mentioned are education mentors who are contracted through the county. They are well-versed in the application process and can help navigate it easier. Raul really stressed the importance of youth having this information; 50% of foster youth do not fill out any financial aid because they either do not know they are eligible, or they do not know it exists. If youth receive support, they are more likely to enroll and graduate from college. Remember that support is out there, and great people like Raul at B:E and ILP are waiting to help you along the way!



*Raul Hernandez, Education and Career
Division Manager*

CYC UPDATES

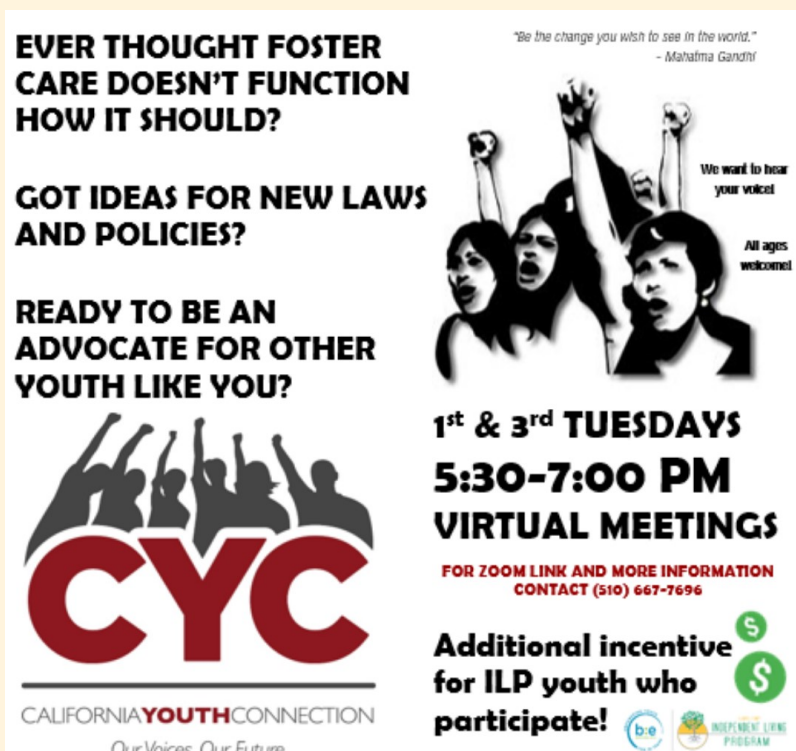
By Aleja S., WCC Youth Advocate

While speaking with a youth who is a part of California Youth Connection (CYC) Alameda County chapter, I found out just how many bills these members are advocating for on our [foster youth] behalf. Have you heard about the Chafee funds that were recently allotted? The federal government recently gave California 55 million dollars. Advocating for this foster care stimulus policy would allow youth to get direct cash stimulus checks instead of half of it going straight to the counties. While the other half gets invested into college-level students who apply for Chafee funds. You can help bring awareness on social media by using the hashtag #Fund4Youth.

AB670 is a bill that would allow parenting foster youth to have a fair chance at raising their children. Currently, parenting foster youth are having risk assessments done before there are any reported risks to their child. AB670 would make sure that a risk assessment would only be done if there was a report made claiming their child was at risk of harm. AB670 would also require CPS to notify a parenting foster youth's attorney when a report is made against the parenting foster youth. This will help the attorney be able to better support the parenting foster youth. Currently, CPS does not have to notify the attorney.

As of now, the law allows the court to base their decision to reunify a parent with their child based on if that parent lost custody of a previous child while the parent was in foster care. With AB670, it will give the current and/or former foster youth a chance to reunify at any age of their life.

SB739 is a bill that would provide a 5-year statewide pilot program aimed to provide stability to our foster youth transitioning out of foster care and into adulthood. Young adults aging out of the foster youth system would receive \$1,000 unconditionally no-strings-attached monthly checks from the state. The young adult would be eligible to receive the money until they were 24 years old.



EVER THOUGHT FOSTER CARE DOESN'T FUNCTION HOW IT SHOULD?

GOT IDEAS FOR NEW LAWS AND POLICIES?

READY TO BE AN ADVOCATE FOR OTHER YOUTH LIKE YOU?

**1st & 3rd TUESDAYS
5:30-7:00 PM
VIRTUAL MEETINGS**

**FOR ZOOM LINK AND MORE INFORMATION
CONTACT (510) 667-7696**

**Additional incentive
for ILP youth who
participate!**

CYC
CALIFORNIA YOUTH CONNECTION
Our Voices. Our Future

"Be the change you wish to see in the world."
- Mahatma Gandhi

We want to hear your voice!

All ages welcome!

Logos: b.e., INDEPENDENT LIVING PROGRAM

Are you interested in joining CYC? Have you been in care for at least one day and are in the age range of 14-24? If so, you can contact miguel@calyouthconn.org or your ILP coach to join.

CYC meets twice a month on the 1st and 3rd Tuesday of the month. During COVID-19, the meetings are online over Zoom.

CONTACT US!

If you have any questions regarding ILP and the various program services, please reach out to us! See below for ILP staff information.

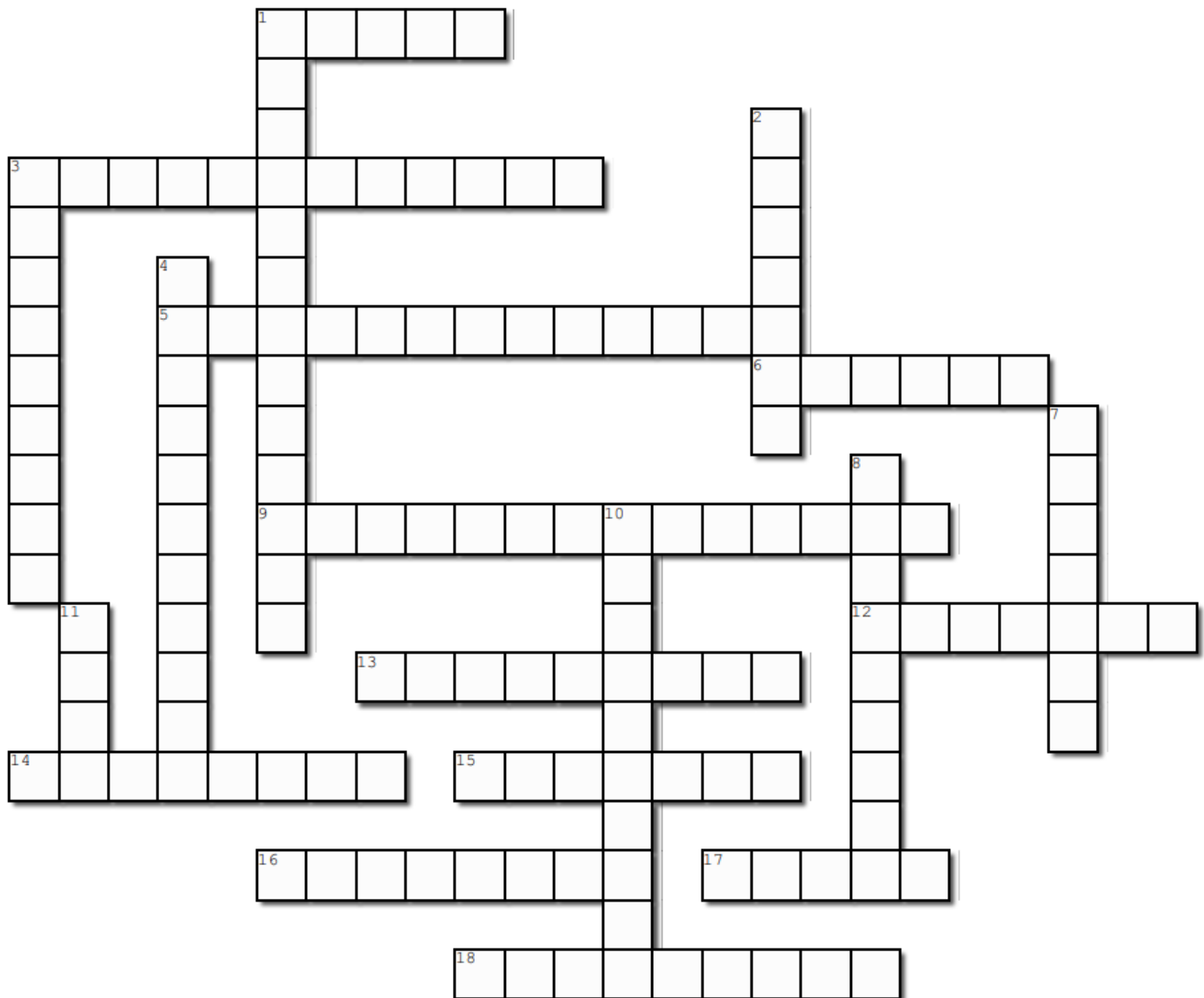


ILP Staff Directory

Staff Name	Title	Email
Ana Ahnen	Health and Wellness Coach	aahnen@beyondemancipation.org
Aunyia Ames	ILP Coach/Case Manager	aames@alamedacountyilp
Alycia Barlow	Education & Career Coordinator/Coach	abarlow@beyondemancipation.org
Alejandro Lepez	b2b Education Coordinator	alepez@beyondemancipation.org
Eugenia Robinson	Receptionist	erobinson@alamedacountyilp.org
James Nguyen	ILP Assistant Manager	jnguyen@alamedacountyilp.org
Kamela Stewart	Housing and Coaching Manager	kstewart@beyondemancipation.org
Kelsey Sanchez	ILP Administrative and Communications Associate	ksanchez@alamedacountyilp.org
Lavina DeSilva	Director of Programs	ldesilva@beyondemancipation.org
Laweka Hopkins	Eligibility and Intake Coordinator	lhopkins@alamedacountyilp.org
Leila Sotto	Education Program Assistant-AmeriCorps	lsotto@beyondemancipation.org
Jennifer Fick	ILP Program Director	jfick@alamedacountyilp.org
Misty Mathiasen	ILP Coach/Case Manager	mmathiasen@alamedacountyilp.org
Monica Peyton	ILP Coach/Case Manager	mpeyton@alamedacountyilp.org
Nida Khalil	MSW Intern	nkhalil@alamedacountyilp.org
Raul Hernandez	Education and Career Manager	rhernandez@beyondemancipation.org
Shaheda Wright	FUP Coordinator	swright@beyondemancipation.org
Vanetta Johnson	Executive Director	vjohnson@beyondemancipation.org
Virgile Nzali	Education and Career Coordinator	vnzali@beyondemancipation.org
Zimbabwe Davies	Transitions Coach/Case Manager	zdavies@beyondemancipation.org



ILP SPRINGTIME!



ACROSS

1. The month spring starts in
3. The offspring of adult animals
5. Rain during a specific month
6. A type of flower with showy or bizarre leaves, typically comes in purple or white, is expensive
9. The day in spring in which day and night are the same length
12. A round, red insect with black spots
13. When plants are producing new leaves and buds
14. Contraption used to prevent getting wet in rain
15. Full of energy and enthusiasm, very bright
16. Another word for sunlight, especially over a large area
17. A color made when blue and yellow are mixed
18. Another word for a smell, a scent

DOWN

1. The change some insects like caterpillars go through to become adults
2. The flower of a seed plant, the state of bearing flowers
3. A plant with bright yellow cup-shaped flowers
4. The larvae of a butterfly or moth
7. An arch of colors typically seen after precipitation
8. To fertilize a plant, the act of fertilizing a plant
10. A hardboiled egg that is dyed and decorated
11. Of or at a fairly or comfortable high temperature

Answer key on the next page

CROSSWORD PUZZLE ANSWERS

ACROSS

- | | |
|-------------------|---------------|
| 1. March | 13. Sprouting |
| 3. Baby Animals | 14. Umbrella |
| 5. April Showers | 15. Vibrant |
| 6. Orchid | 16. Sunshine |
| 9. Spring Equinox | 17. Green |
| 12. Ladybug | 18. Fragrance |

DOWN

- | | |
|------------------|----------------|
| 1. Metamorphosis | 10. Easter Egg |
| 2. Blossom | 11. Warm |
| 3. Buttercup | |
| 4. Caterpillar | |
| 7. Rainbow | |
| 8. Pollinate | |



ILP GENERAL INFORMATION

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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 and the shelter-in-place mandate. We continue to be committed to the young people of the Bay Area.

