



ILP Newsletter

SUMMER NEWS!

By Leonard W., WCC Youth Advocate

Summer is here and no one wants to spend any more time at home. I know I don't! So what are some fun things people plan on doing this summer that are COVID safe? Some people plan on camping at the open state parks. If you are a sports fan, there are sporting events that are open now and available for you to attend. If you do not want to



go too far from home, there are movie theatres that have COVID precautions in place to keep you safe. Drive-in movies are also an option if you do not want to leave the comfort of your car. Of course taking a walk or just exercising is always a great way to get yourself out. Along with playing a sport, taking pictures of the world around you, or even just snapping a picture of yourself. These are just some examples of activities for anyone to try. Please just make sure to be safe and enjoy the summer!



@AlamedaCountyILP



@ilpAlameda



@ILPAlameda

www.alamedacountyilp.org

INSIDE THIS ISSUE

Summer News.....	1
What ILP Offers.....	2
Register for ILP Services.....	2
Virtual Services.....	2
Distance Learning.....	2
Stay Connected	2
Workshop Highlight.....	3
B:E Tutoring Program.....	3
Independent City.....	4
YAP Shoutout.....	5
Awareness Months	6
ILP Staff Highlights	7
Staff Directory.....	8
Crossword Puzzle.....	9
Word Search.....	10

SPECIAL POINTS OF INTEREST

- See what incentives you can receive for participating in ILP services on page 2!
- Learn how to request ILP workshop topics on page 3.
- YAP is hiring! Check out page 5 for details.
- Check out page 8 for ILP staff contact information.
- Try to complete the summer crossword puzzle and word search on page 9 and 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!

REGISTER FOR ILP SERVICES

Complete a Request For Service (RFS) form 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 RFS form. 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 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/

ILP PROGRAMMING

Workshop Highlight

By Paul S., WCC Youth Advocate

I got to interview the great Chef and Coach Ana Ahnen. Coach Ana's favorite ILP workshops that have occurred in the past couple months is Listen 2 Be Heard and the cooking workshop. Coach Ana loves Listen 2 Be Heard because it is a youth-led, open-ended conversation where youth can discuss real world issues. She also loves the cooking workshop because the youth really enjoy it. They get to be creative and have fun. These workshops were facilitated by B:E staff but other types of workshops have been facilitated by outside facilitators. Coach Ana hopes to have more LGBTQ+ workshops led by the Oakland LGBTQ+ Center. Additionally, she hopes to have more mental health, budgeting, art/music, and creative writing workshops.



Ana Ahnen, Health & Wellness Coach

For more information about ILP workshops, check the ILP website or call our office. See page 2 for website information and page 10 for ILP contact information. Sign up for upcoming workshops today!

What topics would you like to learn about? Let us know what workshop topics you would like ILP to cover. Contact us at info@alamedacountyilp.org.

B:E Tutoring Program

By Aleja S., WCC Youth Advocate

A flyer for the B:E Tutoring Program. At the top left is the 'b:e' logo with 'EMANCIPATING YOUTH' and 'FOR 22 YEARS' around it. To its right is the 'INDEPENDENT LIVING PROGRAM' logo with a tree icon. The main title 'B:E TUTORING PROGRAM' is in large, bold, teal letters. Below it, text reads: 'Beyond Emancipation is offering a FREE 1-on-1 tutoring program to all B:E youth!'. A red banner with white text says 'Ask your coach to sign you up!'. To the right of the text is a graphic of four books. Below the books is a list of subjects: Math, English, Science, Foreign Language, History, Resumes, Scholarships, and Applications. At the bottom, it says 'For questions, email Leila Sotto: lsotto@beyondemancipation.org'.

The B:E Tutoring Program is free to all the youth who are a part of Beyond Emancipation and the ILP community. The tutoring program is currently being held virtually. Tutoring is offered for basic subjects like Math, English and Science. However, upon request, staff will find a certified volunteer to help you with any specific subjects you request. Scheduling is flexible to fit your schedule. A tutor will support you and assist you for however long you would like. Some people use a tutor for one assignment and others use a tutor for a semester. It is a hundred percent up to YOU.

Always remember that asking for help is always okay and is encouraged. If you need help solving an equation or need an extra set of eyes on a research paper, the tutoring program is here to help you. You can ask your social worker or ILP Coach for a referral, but you can also contact Leila Sotto, the Education and Career Program Assistant at lsotto@beyondemancipation.org or 510-667-7696.

ILP EVENTS

Independent City

By Autumn BHBC., WCC Youth Advocate

Independent City is an event that ILP hosts, and was formerly in-person, where youth get a “check” to buy necessities for independent living. Over Zoom, the event was very interactive and fun. The youth went to “stores” to buy furniture, groceries, explore employment opportunities, learn about mental health, medical and legal documents along with keeping track of their balance. I liked how the ILP staff included real information and were able to support the youth with any questions after the meeting to help get them on their feet. This kind of event is important to have for young people because not a lot of people learn to budget, file taxes and how to obtain legal documents in foster care until they are independent and are left lost and alone. Having this event eases youth into the basics of it and can provide support before they turn 18-21 years old.



Staff putting together gift bags to hand out after the event.

Graduation Celebration

The B:E/ILP Graduation was a virtual celebration that highlighted the success of several young people. High school and college students were celebrated for their accomplishments and were presented with certificates and a virtual ceremony. Along with the virtual festivities, graduates received graduation goodie bags filled with essentials. Congratulations to all of the 2021 graduates!



Upcoming Event!

ILP will be providing backpacks filled with supplies to kick off the new school year. There will also be an orientation event where young people can learn how to sign up with ILP to take advantage of all the services and resources the program has to offer. Stay tuned for more information!



YAP SHOUTOUT

By Laura R., WCC Youth Advocate

Leonard Wysinger has been an advocate for almost 3 years, and I describe him as a seed planter. He became an advocate because other people thought he would be good at it. They thought he would be good because of the way he carries himself, the way he thinks introspectively, and how he is able to portray his thoughts. He stayed with YAP because he didn't want a dead-end job. He thought this would be a good way to get into a career. He shared that he would most likely have been working in a warehouse job if he did not work at YAP and wouldn't have figured out his career path. Another big part of why he stayed is he enjoys the people and the environment he works in. He eventually realized he enjoyed planting little seeds and also liked to help others. Leonard shared with me that his favorite part of being an advocate is working with youth. He enjoys sharing and preparing the youth that he works with, with pieces of information to get them to think about their futures. He shared that he enjoys this part because he feels that it is more important to help them in the long-run rather than just what is in front of them now. Leonard was not always as confident with his skills. He shared that he was worried about messing up and not being able to help others. He also shared that what helped him gain confidence and speak up more during meetings is when the youth would thank him and say that they appreciated his input.



Leonard has been using his professional development hours to explore and narrow down his different interests like game development and video editing. His way of thinking is that if you have too many hobbies you won't be the best at one. He wants to focus on one hobby and try to perfect his skill by working hard towards his video editing. His future plans are to go back to college to get a video editing certificate to become a video editor. He wants to get into the film industry. He currently has been working towards that goal by working with the training department at WestCoast to help record and edit their trainings.

YAP IS HIRING!

By Laura R., WCC Youth Advocate

Youth Advocate Program (YAP) is hiring Youth Advocate Fellows who are passionate about bringing positive changes to the Alameda County foster care system! YAP is a three-year, 40-hour per week (Monday-Friday) job that combines professional development opportunities and work experience with the Department of Children and Family Services (DCFS).

Youth Advocate Fellows (YAFs) are current and former foster and probation youth (ages 18-22) involved with Alameda County's Child Welfare or Juvenile Justice Systems. YAFs' work involves trainings for Child Welfare Workers, policy feedback on committees, outreach projects, participation in Independent Living Program (ILP) events and Child and Family Team meetings. YAFs also receive professional development training, supervision and coaching, and an opportunity to work on education and employment related goals.

All candidates must be between the ages of 18-22 and must attend a mandatory YAP information session. For more information email YAPinfo@westcoastcc.org. Please help spread the word!



YAP Info Session Details

Date: Tuesday, 7/20/2021

Time: 5pm-7pm

Zoom Link: <https://westcoastcc.zoom.us/j/93676408312>

Meeting ID: 936 7640 8312

Passcode: 2021

CELEBRATING AWARENESS AND HERITAGE MONTHS

Spreading Awareness

By Sophia R., WCC Youth Advocate

For me, Foster Care Awareness Month, Asian American and Pacific Islander Heritage Month, and Mental Health Awareness Month are not recognized enough. It is crucial to not only highlight these months, but it is essential to spread awareness in any way you can. Why is it important to spread awareness? Public awareness is vital because it gets the word out. This contributes to policy changes by putting pressure on policy-makers and encouraging the community to take action. You may be asking yourself in what ways can I honor Foster Care Awareness Month, Asian American and Pacific Islander Heritage Month, and Mental Health Awareness Month? Here are some examples: for Foster Care Awareness Month you could research policies that affect foster youth. You could raise awareness for Mental Health Awareness month by researching free available mental health services. There are also things you can do to raise awareness for a cause at any time, including: wearing something that promotes the cause or issue, raising funds, donating, talking about it online, volunteering/participating, and researching. Be the change you want to see!

“One reason it is important to spread awareness is so you can stop the spread of misinformation, and help a cause, rather than harm it.” - Jaden S.

The Importance of Awareness

By Jaden S., WCC Youth Advocate

Awareness is a term thrown around a lot, like mental health awareness or foster care awareness. But why is spreading awareness a good thing? Well, spreading awareness is like factual gossip. When someone sheds light and presents factual information about a subject or movement, they are spreading awareness by presenting the proper knowledge of a situation to you. Now you are aware of the facts of that situation, and if presented with someone who tries to spread misinformation, you can tell them the facts of the subject. Misinformation and awareness, like gossip, spread fastest by word of mouth, and misinformation can be very damaging to a movement or cause that needs proper awareness. One reason it is important to spread awareness is so you can stop the spread of misinformation, and help a cause, rather than harm it. Along with that, make sure you always have the proper facts about something before trying to spread awareness, and also keep an open mind, you may be spreading misinformation and hurting a cause without knowing it.



The Month of May

FOSTER CARE AWARENESS + AAPI HERITAGE + MENTAL HEALTH AWARENESS

STAFF HIGHLIGHTS

New ILP Director Jennifer Fick

By Jazmine SC., WCC Youth Advocate

Laura: Share a little bit about yourself. What do you want ILP youth and fellow TAY providers to know about you?

Jennifer: I started my career as a middle school math teacher in Oakland Unified School District, where I first became passionate about working with at-risk youth. I eventually went back to school for my Masters in Education, with an emphasis in Equity and Social Justice, with the idea to improve curriculums taught in schools that help all youths be successful. I'm passionate about social justice. I love the outdoors and love to camp. I recently started roller skating. I grew up in Sacramento and have been living in the Bay Area for about 15-20 years.



Laura: What's your work history and what made you apply for B:E and your Position?

Jennifer: I worked at a non-profit, the Center for Independent Living, based in Berkeley for five years. I was also a homeschool teacher. I'm passionate about at-risk youth and making sure everyone has access to their full potential. The reason I applied to B:E is because I believe in the mission and think the staff are amazing!

Laura: What does your position at ILP entail?

Jennifer: I make sure everything goes well. I'm looking at new funding opportunities, how to best serve the youth, and making sure every ILP staff is involved. I also maintain the contract with Alameda County.

Laura: What do you like most about your job?

Jennifer: I like the people I work with and the impact they have on youth. I enjoy coming up with ideas to help foster youth.

Laura: What are your aspirations for ILP?

Jennifer: My goal is for youth to be able to use the tools they have learned at ILP when they exit care. Another goal I have is to expand ILP services; to be able to provide more services in South County and to promote different cultural backgrounds.

Laura: What is your favorite quote?

Jennifer: "If I told you that a flower bloomed in a dark room, would you trust it?" - Kendrick Lamar

I want to say thank you to Jennifer Fick for taking the time out of her busy schedule to meet with me. Welcome to ILP, Jennifer!



Coach Misty

By James H., WCC Youth Advocate

Misty Mathiasen is the ILP Coach/Coordinator for the youngest group of ILP youth, ages 14 to 17. She will complete a year working at ILP in September of 2021. One thing that stands out is Misty's commitment and passion for supporting youth which helps her to be one of the best coaches out there. Misty is a professional with her many years in the mental health field and MBA in Business Administration, but don't let that make you think Misty is all about work. Did you know that Misty is a pretty serious gamer? She collects new age and vintage consoles. If you are looking for some knowledge on old school gaming you should definitely talk to Misty. One amazing idea Misty has on how to better support youth is to incorporate more technology to engage youth and also keep up with the times.

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.

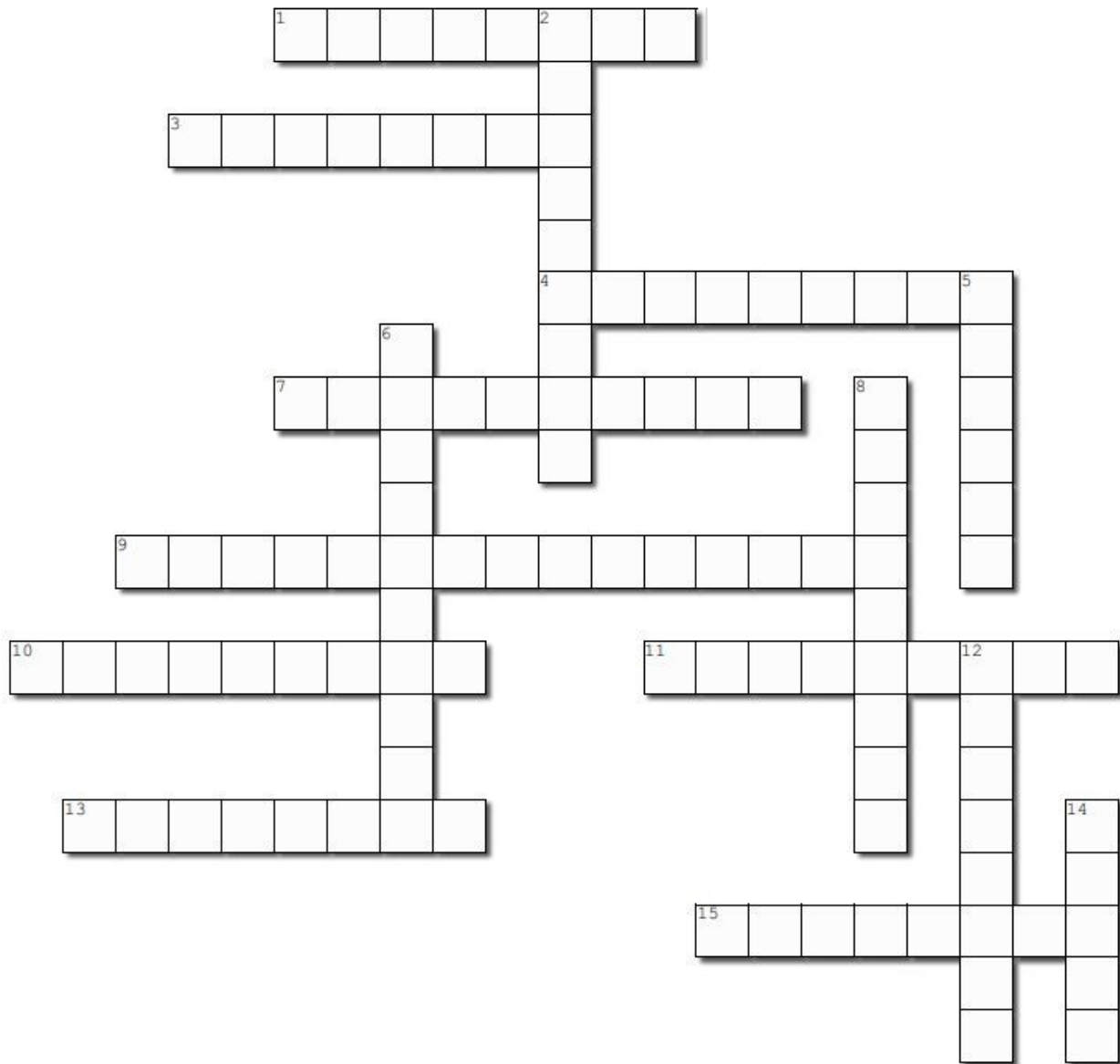


ILP Staff Directory

Staff Name	Title	Email
Ana Ahnen	Health and Wellness Coach	aahnen@beyondemancipation.org
Aunyia Ames	ILP Coach/Case Manager	aames@alamedacountyilp.org
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
Raul Hernandez	Education and Career Manager	rhernandez@beyondemancipation.org
Sema'J Wyatt	Housing Navigation Coach	swyatt@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 SUMMER FUN!



ACROSS

1. Producing flowers; be in flower, budding
3. A drink made from lemon juice and sweetened water
4. A journey made by car, usually with friends to a fun destination
7. The activity of looking up at the stars and objects in space as a hobby, as part of scientific study, or as part of astrology
9. The solstice in June, when the sun reaches its maximum declination
10. A the solstice in June, when the sun reaches its maximum declination
11. A fast-flying long-bodied predatory insect with two pairs of large transparent wings which are spread out sideways at rest.
13. The sport or activity of propelling oneself through water using the limbs
15. A prolonged period of abnormally hot weather

DOWN

2. Soft frozen food made with sweetened and flavored milk
5. An outing or occasion that involves taking a packed meal to be eaten outdoors
6. The large fruit of a plant of the gourd family, with smooth green skin, red pulp, and watery juice
8. A device containing gunpowder and other combustible chemicals that causes a spectacular explosion when ignited, used typical
12. Having a pleasant or sweet smell, sometimes a strong smell, used to describe flowers
14. A very large expanse of sea, in particular each of the main areas into which the sea is divided geographically

Answer key on the next page

CROSSWORD PUZZLE ANSWERS

ACROSS

1. Blooming
3. Lemonade
4. Road Trip
7. Stargazing
9. Summer Solstice
10. Sunflower
11. Dragonfly
13. Swimming
15. Heatwave

DOWN

2. Ice Cream
5. Picnic
6. Watermelon
8. Fireworks
12. Fragrant
14. Ocean

ILP SUMMER WORD SEARCH

T U T S P F B E Z G L A D M C S H
 V R P A B O L D N T B Y E Y O E G
 B E O F E C O I F L P X S E T N N
 P H K P I H Z L O S U N S E T S I
 T K L S I A G O S I J Y I X O A E
 Y N P B G C M N F I E P K I N T E
 S O M R P L A C I K D R N C C I S
 P I A L G X P L C R F E U F A O T
 R T H E E N P Z T G E F S I N N H
 S H F E S T I V A L S T H S D A G
 W E G K J E A P M N V O S H Y L I
 H O N E Y D E W M E L O N I B O S
 S U N S C R E E N A I L O N L L U
 N O I T A C A V J Q C S C G V B A
 G N I N O I T I D N O C R I A L B
 U A I A K X S E I S I A D V F L G
 D R I B G N I M M U H R C Q K V Q

Abloom
Air Conditioning
Blistering Heat
Camping
Cotton Candy
Daisies
Festivals
Fishing
Honeydew Melon
Hummingbird
Poolside
Popsicle
Sensational
Sightseeing
Stargazing
Sunkissed
Sunscreen
Sunsets
Tropical
Vacation



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-4:30pm

