

ILP Newsletter

COACH ELIZABETH

By Greyson W., WCC Youth Advocate

Elizabeth Villagomez is a first generation college graduate, as well as the first generation of her family born in the US alongside her seven siblings after her parents moved here from Mexico. Something that guides Elizabeth greatly in her approach to her work is knowing from personal experience what it's like to be foster care. This experience fueled her to become a better person. Elizabeth's goal is not only to be resilient and become a better version of herself for herself, but for those for whom she works with and



alongside as well. She mentioned that her experiences taught her how to be strong, and is a proponent of why she is where she is today. She graduated from San Francisco State with a Bachelors in Psychology and is planning to pursue a Masters in either social work or counseling. She knows that something within that field, counseling in particular, is what she wants to do long term. Her goal is to receive her Masters within the

next two years. A fun fact about Elizabeth is that she studied communications abroad in Australia and mentioned it was a great experience. She also owns two cats!

See page 2 to learn more about Coach Elizabeth!



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SPECIAL POINTS OF INTEREST

- Read more about Coach Elizabeth on page 2.
- Check out page 3 to see what our Holiday Boutique offers!
- Learn about the different housing options in the Bay Area on page 5.
- See what incentives you can receive for participating in ILP services on page 6!
- See page 7 for ILP staff contact information.



ALAMEDA COUNTY
INDEPENDENT LIVING
PROGRAM

COACH ELIZABETH

By Greyson W., WCC Youth Advocate

When Elizabeth graduated from high school, she wasn't sure what she wanted to do. She met someone who inspired her and credits them for her going back to school to pursue higher education. She initially wanted to study sociology, but said that psychology and the study of the individual and all their facets was of more interest to her. One of her passions is helping and motivating the younger generation. She wants to teach them how to better themselves and grow beyond their circumstances. Being in foster care and learning on her own is what led her to this work and her passion for helping foster youth. Her showing them their choices, including the fact that they have the right and means to create a beautiful life for themselves, is what keeps her motivated. Elizabeth has worked within group home settings, as well as worked with refugees. This is where her passion for helping the younger generations began. She's also worked with disabled adults for four years, and held case management positions for those who needed support with behavioral help - connecting them with providers and resources to help manage symptoms. Elizabeth has always enjoyed working in the helping professions, and is excited and enthusiastic about her position at B.E. She understands what it's like to experience adversity within the foster care system, and wants to help those who feel like they don't have family or anyone there for them. Having had that experience herself and having fought to grow despite these circumstances inspires her to be the light that illuminates the way for others. Her goal is to keep learning, and be able to support everyone regardless of who they are; focusing on the individual and helping them discover how to strengthen their mind in ways that help them grow.

Elizabeth is a coach and a case manager. While she's only been at B.E. for two months and is still learning the ropes, she has experience in case management and is familiar with the process. She likes to connect her youth with resources tailored to meet their needs, whether it be resources found internally like ILP, housing and educational resources, and even personal improvement. Her approach is ensuring that the coaching and support she provides is catered to the individual, based on how they best receive information and what motivates them. She coaches youth on their goals, how to achieve them, and how to be independent and prepared for adulthood. Her focus isn't just up until 18 or 21 years old. She wants to provide support and information that will help youth become successful adults past the age of 25 (when the brain is fully developed). She mentioned that there isn't much education on what laws and adult skills impact youth, and this knowledge is something that is a focus of hers alongside emotional support and resource knowledge.



Elizabeth with Jennifer Fick, the ILP Director, at the B:E Holiday Party.

“I love being someone people can lean on and depend on.” - Elizabeth Villagomez

Elizabeth mentioned that she is greatly enjoying her job, caring immensely for the youth she's providing support to and for her coworkers. She said “I love being someone people can lean on and depend on.” She mentioned with a smile that sometimes people say she takes too much on and doesn't think too much about the impact it has on her. Even so, she says she just wants to serve those in need and it's something that gives her purpose. One of her aspirations at ILP is to incorporate more mindfulness and meditation into the program. She wants to focus on teaching positive and helpful coping skills to youth, as well as how to take control of the body/mind/emotional connections. While she admits there is still much to learn, she's excited for the future and looking forward to seeing how she can grow alongside her team and the youth she works with!

Is Elizabeth your coach? Give her a call or email her to catch up and tell her about your ILP needs!

510-882-3652

evillagomez@alamedacountyilp.org

WORKSHOP HIGHLIGHT: LOMO SERIES

By Jaden B., WCC Youth Advocate

I recently got the opportunity to interview Ana Ahnen about ILP's LOMO Workshop. Below is a transcript of what was discussed.

JB: What does LOMO stand for?

AA: Living On My Own

JB: What topics will be covered in this workshop?

AA: We will talk about many things such as; financial literacy, budgeting, paying for bills, credit, saving money, how to open a bank account, transitional housing, options for youth who want to live on their own, health and wellness, how to go grocery shopping, time management, stress management, organization, education and career support, how to apply for jobs, how to interview for jobs, and many other things that will help you live on your own.

JB: Is there any other information that you want people to know about this workshop series?

AA: There are three in total. It's buildable, and it's a step-by-step training, so if you want to learn everything you have to go to all. If you attend all three, you'll get a prize.

JB: Why is it important for someone to learn this information?

AA: It's helpful for all young adults regardless of background. Our goal at ILP is to provide useful information so youth can provide for themselves, and learn to take care of themselves.

JB: If there is only one thing that a person takes away from this workshop, what do you want that to be?

AA: That independence is not impossible but it does take a lot of information and responsibility and organization to be independent. So I hope that people walk away feeling confident in their skills to be an independent adult.



ILP Workshops

For information about ILP workshops, check the [ILP website](#) or call our office.

See page 6 for website information and page 7 for ILP contact information. Sign up for upcoming workshops today!

Do you have a topic in mind that you want discussed in an ILP workshop? Let us know by contacting us at info@alamedacountyilp.org.



Free Boutique

The boutique is up at the office! There are coats and sweaters for young men and women, and lots of toys for kids. For more information, contact us at 510-667-7696.



WORKSHOP HIGHLIGHT: LISTEN 2 B HEARD

By Sophia R., WCC Youth Advocate

Sophia: What topics will be covered in this workshop?

Ana: This workshop is an end of the year wrap up. This is a time to discuss not-so-favorite and favorite parts of the year. Also, things that have changed this year and accomplishments to look back on.

Sophia: Why is it important for someone to learn this information?

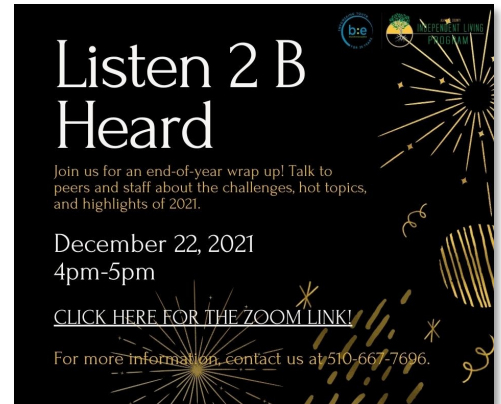
Ana: It is important to learn this information because after two years of the pandemic and separation, this workshop brings a sense of community. Youth get to talk with each other and have a safe place to discuss things like each other's individual goals.

Sophia: If there is only one thing that a person takes away from this workshop, what do you want that to be?

Ana: A whole other year has gone by since COVID started, so I really want people to walk away with appreciation and positivity.

Sophia: What workshops do you hope to have in the beginning of 2022?

Ana: Listen 2 B Heard, Job Readiness, and Education-focused goal setting.



B:E HOLIDAY PARTY

By Aleja S., WCC Youth Advocate

The ILP Holiday Party was an exciting and fun time. It turned out to be an amazing event and many people got to see people they haven't seen in a really long time. It was held at the Metropolitan Golf Links in Oakland. Even though it was rainy and windy outside, everyone was having a great time inside with the photobooth, the dazzling dance floor and seating area where attendees enjoyed a festive meal. So many youth got up to run around and play hot potato with the balloons. Others made hot chocolate with candy canes, marshmallows, and yummy cream. Each youth got to go shopping at the boutique area and take home a gift bag. We hope to see each and every youth come out to future events in 2022. Happy New Year everyone!



B:E staff got together for a picture during the B:E Holiday Party.

TAY HOUSING OPTIONS IN THE BAY AREA



ILP continues to enhance housing options for emancipating foster youth through partnerships with The Next Steps Collaborative. Contact your coach or our office for more information at 510-667-7696. To apply, download a [Next Step Collaborative application](#).

Side by Side

- Offers scattered sites in the East Bay; Castro Valley, San Leandro, and Hayward.
- Parenting units, max of 1 child
- Mental health support, and case management.
- Minors, AB 12 and THP+ (10 slots)
- Contact for Intake: Jenaha Whitt
- Phone: 510-695-0941,
Email: jwhitt@sidebysideyouth.org

Abode

- Offers scattered sites in the East Bay: Oakland, Hayward, and Castro Valley
- Parenting units/ single unit/ no child limit
- Case management, therapist on-site
- THP+ Only
- Contact for Intake: Clarisse Baker
- Phone: 510-270-1191,
Cell Phone: 510-456-5984,
Email: cbaker@abodeservices.org

Rising Oaks

- Offers single site and single units: Oakland
- Parenting units/ max 1 child
- Case management and onsite staff, mental health services, employment specialist and peer mentor, and psychiatric support.
- AB 12 and THP+ (5 slots)
- Contact for Intake: Anu Nagaraj
- Phone: 510-301-8306,
Email: anupamanagaraj@fredfinch.org

Beyond Emancipation

- Offers host housing (28 slots) and community housing: 2 house for singles male/female, parent housing females in Oakland.
- Parenting units are community living
- Case management, coaching, refers out for mental health services.
- AB 12 and THP+
- Contact for Intake: Kamela Stewart
- Phone: 510-667-7683,
Email: kstewart@beyondemancipation.org

First Place for Youth

- Offers scattered site, single site (Alameda), and youth select: Oakland, Alameda, San Leandro, Castro Valley, and Hayward.
- Parenting units no child limit/ single unit
- Case Management and Education and Employment
- AB 12 and THP+
- Contact for Intake: Jessica Ruiz
- Phone: 510-473-8198,
Email: jruiz@firstplaceforyouth.org

Environmental Alternatives

- Offers housing throughout Northern California
- Housing, coaching, schooling, and employment
- FFA, THP+FC, THP+
- Contact Person: Dylan Morgan
- Phone: 916-899-0590,
Email: dmorgan@ea.org

Non-minor dependents who are ILP-eligible (aged 18-20) and need support in finding and maintaining housing can receive support through the Housing Navigation Program. Services include 1-1 coaching, application assistance, mental health support, and independent living skills training. For more information, contact Sema'J Wyatt at swyatt@beyondemancipation.org or 510-882-3692.



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 7 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 Mental Wellness and Entrepreneurial Exploration. ILP staff can assist you with using the Distance Learning website, and with getting the zoom information for live workshops!

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/

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Thank you for supporting ILP!

