

Colorado "Safe Places" Rural Collaborative



Volume 2, Issue 8

August 2010

Improving Youth and Family Safety, Permanency, and Wellbeing Outcomes...Across Colorado

Update: Colorado Safe Places

- On July 27, 2010, the Colorado Safe Places Rural Collaborative gathered for the RHY Teen Conference 2010. Participants spent two days together sharing best practices, completing all grant goals, training on the Basic Center grant, and learning about financial aid resources for youth in higher education.
- Thanks to Adams State College, who provided a tour of the college, dorm rooms for the youth and adults, meals in the cafeteria, catering at the Sand Dunes, a tour of the college, a financial aid presentation specific to homeless youth, and a team building ropes course for our youth!
- The Youth Summit 2010 included an annual site visit by Dr. Jim Hyman, the Family and Youth Services Bureau consultant. The conference provided an opportunity for Dr. Hyman to meet our hardworking rural site partners in person, and observe the wonderful work our partners are doing with rural homeless youth and families. Thank you for your visit, Dr. Hyman!
- Thank you to the Sand Dunes National Monument, who helped make arrangements for our youth and site partners to visit the Sand Dunes and enjoy a spectacular sunset!

CALENDAR OF EVENTS

AUGUST 2010

August 10, 2010: Rural Collaborative for Homeless Youth Teleconference, 3-4pm, dial 1-877-732-0228, then *1973145*

August 16, 2010: State Rural Youth Leadership Team Meeting, 4:30-5:30pm, dial 1-877-732-0228, then *1973145*



Photo: Youth Services Dept of Moffat County

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SAVE THE DATES

September 14, 2010: Rural Collaborative for Homeless Youth Teleconference, 3-4pm, dial 1-877-732-0228, then *1973145*

September 20, 2010: State Rural Youth Leadership Team Meeting, 4:30-5:30pm, dial 1-877-732-0228, then *1973145*

Survival Support Services

September 2010 is Recovery Month

RecoveryMonth.gov is not only limited to the month of September. You can find resources for recovery, find treatment or help, get tools and information for recovery month events, view public service announcements, and learn about events planned in your state! Go to: <http://recoverymonth.gov/> for more information!

On The Streets

On the Streets: The Federal Response to Gay and Transgender Homeless Youth. This report from the Center for American Progress offers a blueprint for responding to gay and transgender youth homelessness. The report compares these youth with overall youth homelessness in America and examines the discrimination and violence many gay and transgender youth face at home, in school, in youth and adult homeless shelters and on the streets. The report recommends a federal response to the crisis facing gay and transgender homeless youth.

http://www.americanprogress.org/issues/2010/06/on_the_streets.html

Office Depot Foundation Grants

Office Depot Foundation Grants – Funds programs that support the foundation’s funding focus areas of: Making a Difference in Children’s Lives – to support activities that serve, teach and inspire children, youth and families; Building Communities – to support civic organizations and activities that serve the needs of our community; and Disaster Relief – to support disaster relief efforts of recognized national, regional and local agencies. Collaborative applications receive funding priority. Applications are due by November 15, 2010.

<http://www.officedepotfoundation.org/funding.asp>

From: Colorado Homeless Youth E-News, July 2010

Housing Conference

The 2010 Housing Colorado Now Conference, Doors to Housing, will take place October 12-15, 2010 in Vail. This affordable housing conference will offer timely and pertinent programming, first-rate national housing experts, 32 workshops on best practices and housing trends and meaningful networking opportunities.

<https://www.housingcolorado.org/index.php?section=Conference>

From: Colorado Homeless Youth E-News, July 2010

Healthy Teen Network

Healthy Teen Network is devoted to making a difference in the lives of teens and young families. We are a national organization focused on adolescent health and well-being with an emphasis on *teen pregnancy prevention, teen pregnancy, and teen parenting.* Go to:

<http://www.healthyteennetwork.org/>

CommUnity Supports

“What a Difference a Friend Makes” Video Contest

SAMHSA and the Ad Council are pleased to announce the [What a Difference a Friend Makes Contest](#). If you have a great story about how you have been there for a friend through his/her recovery from a mental health problem, or how a friend has been there for you, we'd love to hear from you.

It's simple to enter—just submit a short video or an essay that tells in a creative and meaningful way how you've supported a friend during a tough time in his/her life or how a friend supported you. The story can be based on your real-life experience, and it does not need to reveal the identity of the friend (unless the friend agrees to participate). Be sure to follow the rest of our [rules and guidelines](#). We look forward to seeing your submission soon.

Prizes

- **One Video Contest Grand Prize:** Trip for two to the 2010 Voice Awards in Hollywood, CA, where the winning video will be shown during the event
- **Two Video Contest Runner-Up Prizes:** A Flip MinoHD™ video camera
- **Two Essay Contest Prizes:** A Flip MinoHD™ video camera

75% of U.S. Households Use Social Networking

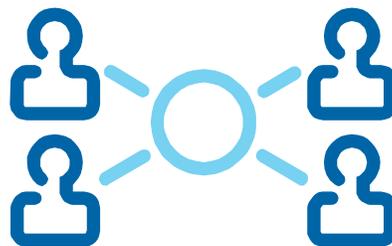
In May 2010, U.S. consumers spent an average of 6 hours, 13 minutes a month using social networking websites, according to a study by the Nielsen Company. And users did not restrict themselves to checking their status while at home: the average U.S. worker spent almost 5.5 hours each month visiting social network sites from the office, the research firm found.

Of all active U.S. Internet households, 75% visited a social networking site in May 2010, according to Nielsen. About one-fifth of U.S. adults online publish or own a blog, and 55% have at least one or more social networking profiles, the report said.

Twenty percent of those surveyed frequently provide advice about movies; 18% share their opinions about TV shows and 16% often advise others about music, Nielsen said. From:

<http://www.informationweek.com/news/storage/virtualization/showArticle.ihtml?articleID=225700333>

What does this mean to people serving youth, especially those youth who are runaway or homeless? Social networking sites are a great way to reach these youth and provide information and resources!



Light 12 Steps of the Colorado State Capitol

Public is invited to decorate a paper luminaria in honor of someone in recovery and place it on the steps of the Capitol. Sponsored by Sobriety House; September 22, 7pm-9pm at the Colorado State Capitol in Denver, CO. For more information, contact Mary Jo Baker, 121 Acoma Street, Denver, CO 80230; (303) 906-0850. mjbaker@sobrietyhouse.org

Education and Employment

Colorado Citizens ID Collaboration Project

This special project is designed to assist low-income, disabled, homeless and elderly citizens seeking documentation of their identity and citizenship in order to obtain health care, public benefits, housing, transportation, employment and secure other essential human rights. Project activities include: representation of individual clients needing assistance in complex cases; coordination of advocacy efforts including legislative, administrative and litigation approaches; technical assistance and community education involving identification issues; and management of a supplemental document fund for individuals and nonprofits to pay needed document fees.

The website has a link of resources for advocates, including information on how a U.S. citizen child of undocumented parents can obtain identification. For more information, go to: <http://www.coloradoidproject.org/>

Education Cents

Education Cents was created by CollegenInvest, a not-for-profit division of the Colorado Department of Higher Education. Our goal is to help you understand financial matters to provide the tools you need to help finance you and your family's higher education.

The Education Cents program is presented in units. You can choose which topics are most important or interesting to you. Or, based on your answers to our pre-test, we'll recommend which units you should begin first. Although you can continue as a guest, when you register your work is saved and your experience is personalized.

Education Cents also offers monthly scholarships! For more information, go to: <http://www.educationcents.org/>

CollegenInvest

Are you looking for a speaker to come to your agency to talk about higher education and financing? Are you looking for information and resources for college? Tips and tools for after college? Do you want resources to hand out to youth regarding saving for college, workbooks for students to find and apply for scholarships, or information about myths that keep students from realizing that a college education is within reach? You can find all of this information at the CollegenInvest website, a division of the Colorado Department of Higher Education. Visit the site at: <http://collegeinvest.org/>

GOAL Academy Online Diploma

Youth aged 14-21 years can earn a fully accredited high school diploma online through the GOAL Academy. They are currently accepting applications for the 2010-2011 school year! They supply a laptop with broadband to students without internet access. For more information and a downloadable application, visit their website at: <http://goalac.org/>

Word Search

Can you find the following words in the puzzle below?

Topic: Networking

BLOG	POST
DIGG	PROFILE
FACEBOOK	SECURITY
FLICKR	SPAM
FORUM	TAGGING
LINKEDIN	TWEET
MALWARE	TWITTER
MYSPACE	UNFRIEND
NING	UPLOAD
POKE	VIRAL

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

From: <http://puzzlemaker.discoveryeducation.com/>

Easy Tilapia Filets in Italian Dressing

Fish doesn't have to be a difficult dish to cook! This recipe provides a quick and tasty way to make Tilapia, one of the most inexpensive fish.

Ingredients

- Tilapia fillets
- Italian salad dressing_of your choice
- salt
- pepper
- Old Bay Seasoning
- ground cumin

Directions

Pour enough dressing to lightly cover the bottom into a pan large enough to fit your fish. Place the fillets on top of the dressing then flip once so both sides have a light coating. Sprinkle each fillet with a generous amount of salt, pepper, Old Bay, and cumin. Turn the heat up to medium and lightly sauté the fish about 4 -5 minutes on each side, until the fish flakes easily.



From: www.cheapcooking.com

Picture from: <http://wavesandwires.blogspot.com>

If you have articles, resources, poems, recipes, cartoons, or other items of relevant interest that you would like to share with our networking collaborative, please submit to:

Arlene Reilly-Sandoval, CMSolutions4@comcast.net.

Thank You!

NOTICE: CDHS/DCW reserves the right to publish or not publish any item submitted.

Runaway and Homeless Youth (RHY) Teen Conference

July 27-29, all of the Colorado Safe Places sites gathered in Alamosa, Colorado, for the RHY Teen Conference



Amanda Cleveland sorts items for youth at the summit



Youth attend the Summit



Participants enjoy the ice cream social

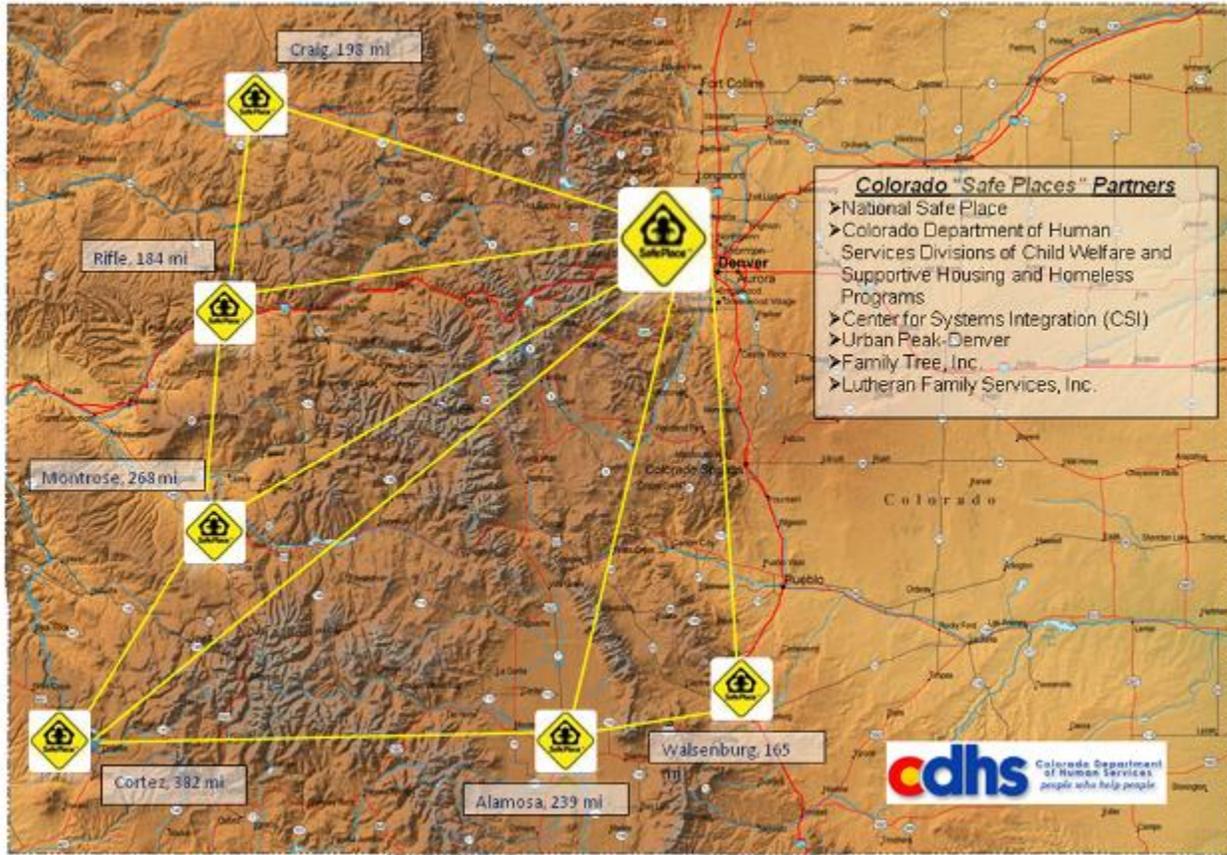


The State Youth Leadership Team presents to participants



Youth practice leadership and teamwork skills at the ropes course





Safe Places – Rural Collaborative

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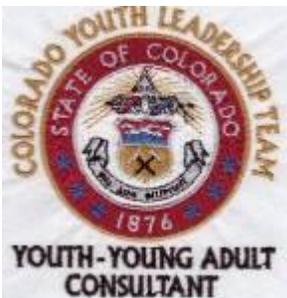
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Bright Idea



Principal Investigators: Engaging Youth in Community Research

How do you help homeless young people in rural communities get back on their feet? You ask them what they need. And there's no one better to survey young people than young people themselves.

At least, that's what the Colorado Department of Human Services found when they began working with the Youth Leadership Team at Hilltop Community Resources on a community survey to determine whether adults and teens think youth homelessness is a problem in Montrose County and, if so, what services are needed.

"If it's about a youth issue, young people are the ones who understand the issues best, and they know the language to ask the right questions," says Amy Engelman, a researcher who coordinates the Colorado Youth Development Team for the public health department.

Across the country, young people are conducting research intended to influence programs and policies on a range of issues affecting them. Whether the goal is to improve adolescent sexual health or the quality of school life, beautify a neighborhood, prevent violence or curb tobacco use, getting young people on board makes good sense, Engelman says.

We asked Engelman and Katie Donahue, who coordinates Hilltop's runaway and homeless youth programs, for advice on engaging young people in community research:

Start a conversation. If your organization or community has a youth advisory board or leadership group, that's a good place to engage young people, Engelman and Donahue say. Or, if you work in a residential program, you might speak to youth at a regular residents' meeting or in a life skills class. Engelman suggests presenting the issue, then generating a discussion. Listen to youth, and ask for their feedback and opinions, she says. Most young people will be happy to speak their minds. At the end of the session, invite youth to volunteer to work with you on the project.

Let youth make decisions. Present a general topic that young people can connect with, such as homelessness. Then let youth home in on what matters to them, Engelman says. Youth are more likely to follow through with a project if they feel invested in it. Also let youth determine the tools they will use to conduct the research. There are many techniques available, from focus groups, surveys and interviews to documentary photography and film. "Let youth decide," Engelman says. "But if you don't have a budget for a digital camera, then you already know what tools are not in your toolbox. Present to youth ... what really are possibilities?"

Ask for help. Your state or county department of health or a nearby university may be able to train youth in research and analysis methods, review survey questions composed by young people, help code data, and give general advice about how to conduct your study.

Trust young people's abilities. Says Donahue of her youth leaders' research project, "In the beginning we certainly gave them ideas, but the youth are pretty driven. One in particular spent two Saturdays in front of Wal-Mart because she knew that's where youth were going in and out."

For more information about involving youth in research, contact NCFY and stay tuned for our July podcast.

http://ncfy.acf.hhs.gov/publications/bright_idea/engaging_youth_in_community_research_june_2010.htm