# Support Services For Rural Runaway and Homeless Youth Prevention-Intervention Newsletter

Volume 1, Issue 1 "Last Year, 427 Colorado Youth, Were Runaways from Care" January 2009

## Grant Snapshot

The Federal Youth Services Bureau awarded the Colorado Department of Human Services a demonstration grant for the collaborative partnership of the Divisions of Child Welfare and the Supportive Housing and Homeless Programs, and the State Advisory Committee for Homeless Youth (ACHY) to develop best practices for improving rural youth services.

The first year is a full planning year. Four rural Colorado communities will be invited to participate in developing a local community-regional collaborative networking plan with an expert consultant. After these plans are completed, the plans will be reviewed through a selection process and one will become the State-National model demonstration site called the "Local Collaborating Partner." The remaining sites will be networking sites for information sharing and technical assistance.

## Inside This Issue


1 Calendar of Events and Key Contacts

2 Survival Support Services

3 CommUnity Supports

3 Education and Employment Resources

4 Education & Training Vouchers and Youth Net (Jobs)

5 Cool Fun Stuff; Word Search and Cheap Eats Recipe

6 Networking Sites and Positive Youth Development

7 Wanted: Rural Youth Consultants ($tipend$ available)


## Calendar of Events

**January-February 2009**

January 5, 2009 by 5pm

**DUE: Letter of Intent to Apply (LOIA) as a potential rural planning community**

-Submit to: Bob.Coulson@state.co.us

January 22-23, 2009

SAVE-THE-DATES

-Kick-off event for selected LOIA planning communities

-Where: TBA (Stipends to attend at a hotel in the Denver Metro area)

Late January/Early February

-CSI conducts Key Informant Interviews for LOIA selected planning communities

-Interviews assess community readiness to address rural youth's needs and services

## Key Contact Information


Arlene Reilly-Sandoval, LCSW
Project Director, SSRHY
(719) 360-2724;
CMSolutions4@comcast.net

Denise McHugh, JD (CSI)
Planning Consultant, SSRHY
(303) 455-1740; Denise@csi-policy.org

Bob Coulson, MPA, MA, MDiv
Adolescent Services Administrator
(303) 866-4706;
Bob.Coulson@state.co.us

# Survival Support Services

## Home-Free (Free Greyhound Bus Ride)

You have left home. You may be tired, scared or hungry. You want to go home and work things out, but you don't have any money or any way to get home. Thousands of teens have been in your shoes. How did they get home? Through our Home Free program, done in collaboration with Greyhound Lines, Inc., more than 13,000 youth have been reunited with their families, free of charge, since the program's inception. The first step to getting Home Free is calling hotline **1-800-RUNAWAY**.

**How Do I Know if I Qualify?**
You must be between the ages of 12 and 20. We must verify a missing person's report has been filed in your hometown if you are under 18.

**Am I Limited to Where I Can Go on the Free Ticket?**
Youth up to age 18 must be returning to a parent or legal guardian. If you are 19 or 20 and not returning to your parent's home, we can make arrangements for a ticket to an independent living facility in, or near, your hometown.

**Who Do I Talk With to Get a Ticket Home?**
The process starts when you call the National Runaway Switchboard at **1-800-RUNAWAY**. We talk to you about why you ran and why you feel ready to return home. Next, we place a conference call between you and your legal guardian to talk about your return and determine a plan of action. As a final step, we contact Greyhound with you to make travel arrangements.

**What Happens After That?**
Home Free isn't just a bus ticket home. We want you to be safe. We also want you to stay home by helping you rebuild your relationship with your family and provide you with resources in your community to help you.

One of the needs most often mentioned by adults who help youth are survival support services. For example, where may a youth get urgent help with clothing, food, rent and other necessities?

There are several options for youth, including supports such as calling Colorado's 2-1-1 system for quick referrals, churches, food pantries, the local County Chafee program or the State-wide safety net and referral system known as the YES! (Youth Empowerment Systems) Academy.

**YES! Academy (Safety Net) Contacts:**

**Elbert County DHS (Rural Youth Helpline)**

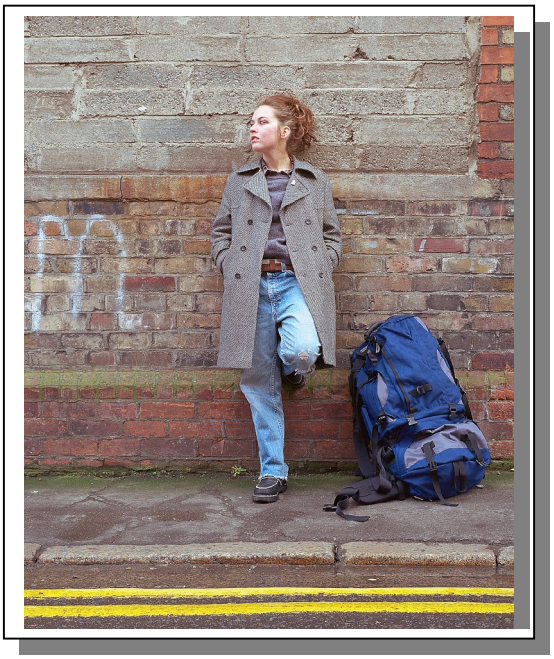
Call (Toll Free): 1-866-616-3149
or *www.elbertcounty-co.gov*

**Denver Indian Family Resource Center (Indian Youth Helpline)**

Call (Toll Free): 1-866-920-0325, ext 243
or *www.difrc.org/services.htm*

**Epworth (Urban Youth Helpline)**

Call (Toll Free) 1-866-937-9557
or *www.epworthumcdenver.org/yes.htm*



## CommUnity Supports

# Youth Congressional Awards

**Get credit and be recognized for all you are doing. Check out how at:**
**http://www.congressionalaward.org/http://www.congressionalaward.org/**

- Volunteer Public Service
- Personal Development
- Physical Fitness
- Expedition/Exploration

**What are you waiting for?**
**Get in the Picture…YOU can be a Gold Medalist too!**

## Education and Employment

What budget does it take to pay for the basics for me and/or my family, in my Colorado city or county? Get your budget here:
**www.coloradoselfsufficiencystandardcalculator.org/ColoradoCalculator**

FIND OUT WHY IT'S HARD TO MAKE ENDS MEET

**Start Calculator**

IF YOU WANT MORE INFORMATION ON LOCAL COMMUNITY RESOURCES

**Resources and Applications**

Learn how much it costs to make ends meet for a family like yours, living where you live.

Colorado Governor Bill Ritter

# The Colorado ETV Program

The Colorado Education and Training Voucher Program offers funds to foster youth and former foster youth to enable them to attend colleges, universities and vocational training institutions. Students may receive up to $5000 a year for four years as they pursue higher education. The funds may be used for tuition, books or qualified living expenses. These funds are available on a first-come, first-served basis to students out of the Colorado foster care system.

All Colorado undergraduates are eligible for up to $2400 in additional funding.
You must apply here: College Opportunity Fund

## 2008 - 2009 ETV Application for:

- New (first time) applicants
- Returning (previously funded) applicants

## Update your contact information / check your status

- Note: You must already have a 2008 - 2009 ETV Application on File to use these tools.

## Social Workers and ETV Administrators

## Understanding the ETV Application Process

## Additional helpful resources for students

**Education Scholarships: Information on financial aid for college, specifically for foster youth or foster alumni go to: http://www.caseyfamilyservices.org/making_college_reality.html**

**Employment Services/Youth Jobs: Information on youth jobs fairs and assistance services go to: http://www.coworkforce.com/sjh/CalendarOfEvents/default.asp**

# Word Search

Can you find the following words in the puzzle below?

**Topic: BUDGETING**

ACCOUNT
BANK
BARGAINS
CASH
CATEGORIES
CHECKBOOK
CHECKING
COUPONS
CREDIT
EXPENSES
INSURANCE
INVEST
MENU
RENT
SAVINGS
SPEND
UTILITIES

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

# Hamburger and Macaroni

**Ingredients**

- 1 pound ground beef
- 1 yellow onion, chopped (or mixed chopped green onion greens and yellow onion)
- Olive oil
- 1/2 teaspoon Vegesal or other seasoned salt
- Dash crushed red pepper
- 1/2 teaspoon celery seed
- 1 large can (28 oz) of diced tomatoes
- 2 Tbsp Worcestershire sauce
- 1/4 cup chopped parsley
- 2 cups uncooked macaroni (use rice pasta for wheat-free version)

**Directions**

**1** Get a large pot of hot water heating and begin cooking the macaroni as per the directions on the macaroni package.

**2** In a skillet, brown the ground beef in a tablespoon of olive oil on high heat. Stir only infrequently so that the ground beef has an opportunity to brown.

**3** In a large skillet, sauté chopped onion with a tablespoon of olive oil on medium high heat. Add the ground beef and lower the heat to medium. Add a dash of crushed red pepper. Add Vegesal or other seasoned salt. Add celery seed. Add canned tomatoes. Add Worcestershire sauce. Bring to a simmer and let simmer for 5 minutes. Mix in the drained and cooked macaroni and parsley. Simmer for another 5 minutes.

Serves 4 so trim your recipe to serve less.

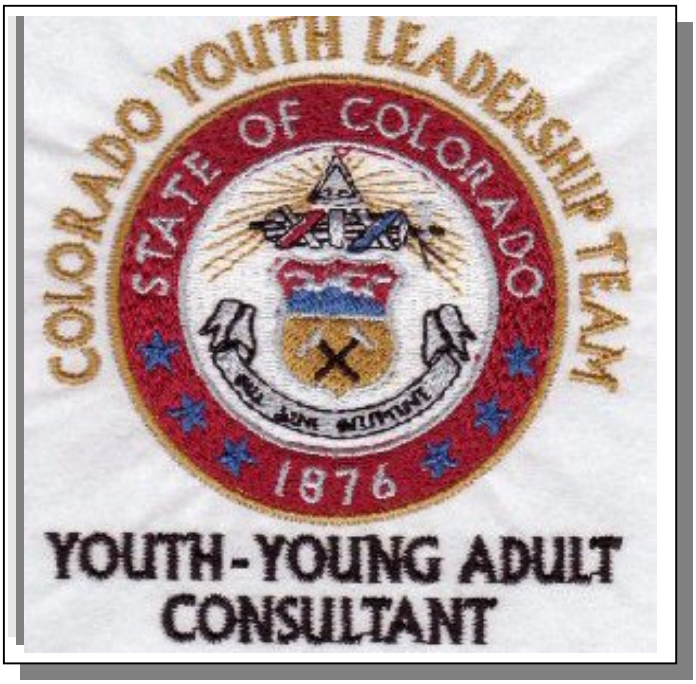
If you have articles, resources, poems, recipes, cartoons, or other items of relevant interest that you would like to share with our networking collaborative, please submit to:
Arlene Reilly-Sandoval, CMSolutions4@comcast.net.
Thank You!
NOTICE: CDHS/DCW reserves the right to publish or not publish any item submitted.

## Collaborative Rural Colorado Communities Networking Updates

**RESERVED**
**FOR SITE UPDATES**
**BEGINNING**
**JANUARY 2009**

**Did YOU Know…**

**Twenty Rural Colorado Communities Have Participated in the Four Statewide Teleconferences for This Grant!**



## Positive Youth Development

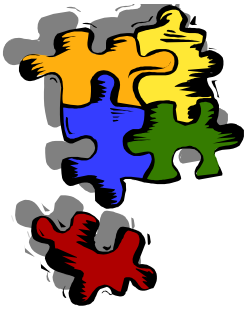
The Positive Youth Development (PYD) approach suggests that helping young people to achieve their full potential is the best way to prevent them from engaging in risky behaviors. Organizations and communities that promote Positive Youth Development give youth the chance to exercise leadership, build skills, and get involved. The self-confidence, trust, and practical knowledge that young people gain from these opportunities help them grow into healthy, happy, self-sufficient adults.

### Contacts

For more information on Positive Youth Development Principles, visit http://ncfy.acf.hhs.gov.

In Colorado: Consider joining the State Youth Leadership Team, call Ricardo Matthias, 303-866-4706.

**Please Share This With Your Networks and Post In Your Agency**



# ...OPPORTUNITY...

## Earn up to $1,000 in $tipends

Recruiting
Rural Youth-Young Adult Consultants

Grant: "Support Systems for Rural Runaway and Homeless Youth "

**Eligibility:**

- ✓ **Youth ages 16-21 years**
- ✓ **Currently involved with the Child Welfare System or Chafee Services**
- ✓ **Living or lived in a qualified rural Colorado county**
- ✓ **On an independent living stipend or in an emancipation program is desirable, but not required**
- ✓ **Willing to serve on the State Youth-Young Adult Leadership Team (YLT)**
- ✓ **Willing to enroll in the Youth Congressional Awards Program**

**Work Required: Participate in grant-related meetings and provide inputs. There will be approximately 10 grant meetings in the year and they may be attended using teleconferencing.**

**Stipends: Up to $100 per work session meeting, for a max $1,000.**

## Recruiting Rural Colorado

Youth and Young Adults
Ages 16-21 Years

In the Child Welfare System
or Chafee Services

## We Need Your Voice!

**INFORMATION CONTACT:**

Ricardo Matthias, 303-866-3151
**Ricardo.Matthias@state.co.us**
Colorado Department of Human Services, Division of Child Welfare

**NOTICE: Resumes Are Being Accepted Now**