Colorado Department of Human Services
people who help people

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

Volume 1, Issue 3 "Last Year, 427 Colorado Youth, Were Runaways from Care" March 2009

SSRHY Grant Updates

The Rural Collaborative for Homeless Youth (RCHY) recently submitted a proposal for the TANF Statewide Strategic Use Funds. The six rural communities utilized the power of their coalition, leveraging the development of local community plans to apply for this opportunity. RCHY plans to continue to utilize this coalition to apply for future sustainment funding opportunities.

Communities who are interested in becoming a networking site are encouraged to contact Arlene Reilly-Sandoval. Networking sites are not funded by the demonstration but are collaborating in the demonstration as potential replication and expansion sites that are considering emulating the demonstration's lessons learned experiences with resources garnered from other sources. A networking site may join the RCHY.

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Calendar of Events

March 2009

March 4, 2009
-Positive Youth Development Community Meeting
-Location: Eagle, CO, Avon Public Library
-Time: 5:00pm-7:30pm

-SB08-212 Meeting
-Location: Doubletree Hotel, 743 Horizon Drive
-Time: 5pm-7pm

March 10, 2009
-Positive Youth Development Community Meeting
-Location: Durango, CO, Mercy Regional Medical Center, 1010 Three Springs
-Time: 5:30-8pm

March 11, 2009
-Positive Youth Development Community Meeting
-Location: LaJunta, CO, Arkansas Valey Regional Medical Center, 1100 Carson Ave.
-Time: 6:00pm-8:30pm

March 23, 2009
-Training: "Independent Living Plans and Permanency for Adolescents"
-Location: Community Services Bldg, Grand Junction

March 26, 2009
-SB08-212 Meeting
-Location: Limon, CO see http://highered.colorado.gov/Academics/cap4k/cap4k.html for more information

Key Contact Information

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Survival Support Services

Here are almost 100 easy-to-make, fun, and delicious recipes. They are "heart healthy. "We know that because researchers and nutritionists with the HHS National Institutes of Health developed them. No advanced cooking skills required, and they taste great! http://www.health.gov/dietaryguidelines/dga2005/healthieryou/html/recipes.html

Where do I find coupons?

Your best source of coupons is the Sunday paper! For the $1.00-$1.50 investment, you could save $20 or more on your groceries!

Ask friends, relatives and neighbors to save their coupon inserts for you!

Look for coupons at the entry area in stores. Many stores will place extra flyers of their latest sales near the entry area.

Once you are in the store, look for coupons hanging on dispensers along the shelves. Some stores have coupons that print from machines when you walk by them.

Want to save up to 50% or more on your grocery bills? Last month, we told you about Share Colorado. This month, we'll show you how to save even more by using coupons at your local grocery store!

How do I use coupons?

Hand the coupon to the checkout clerk when you load your groceries on the automated belt for scanning.

Make sure you read the coupon to get the right size item or the correct amount of items. For instance,

Additional Tips:

Consider joining a "coupon club" where members trade unneeded coupons for ones they need. Consider looking for coupons online. www.couponmom.com is one example. Get a free "shopping card" at the grocery store. Many stores offer additional coupons based on your buying habits or load the coupons onto your card.

The Ansell-Casey Life Skills Guidebook

An individual or group learning plan can be created using the Life Skills Guidebook (Guidebook). It outlines important life skills, and identifies activities and exercises that can be used to teach youth. It is designed to help both practitioners and caregivers develop a customized life skills teaching plan.

There are two plan options in the online Guidebook. One is designing a plan for teaching life skills in a group format. The other is for individual instruction, case plans, or self-instruction. You are given a choice online of which plan you want to use.

CREATING A PLAN ONLINE

Step 1: Go to http://www.caseylifeskills.org/pages/lp/lp_index.htm

Step 2: Click on the Guidebook Supplement you want to use from the list on the left side of the screen.

Step 3: Select and click on the domain(s) of interest.

Step 4: Review the list of Learning Goals and Activities. Click on the boxes next to the desired goals and/or activities you want to select based on the needs and wants of the participants in your group, combined ACLSA results, and how much time you have in each session ***or*** for Individual Plans, based on ACLSA individual results and learner wants and needs.

Step 5: Click on the yellow button "Add to the Learning Plan."

Step 6: To remove Learning Goals or Activities, go back to the web page where you made that selection and uncheck the box.

Step 7: When finished selecting your Learning Goals and Activities, click on the "Preview/Print Learning Plan" button on the bottom left part of the screen. This will produce a "new" web page.

Step 8: On the "new" web page, click either *Group Life Skills Learning Plan* or *Individual Life Skills Learning Plan*. The Plan will immediately appear and can be printed or saved to your computer.

Repeat steps 2 thru 6 for each domain as desired. All chosen Learning Goals (and accompanying Expectations) and/or Activities appear in the Learning Plan.

Assessments are available in English, French and Spanish. To use the ACLSA, go to http://www.caseylifeskills.org/pages/assess/assess_aclsa.htm

If you need assistance you can call any YES! Academy staff or call Ricardo Matthias, 303-866-3151, for a trainer.

Education and Employment

Youth aged 16-21 are eligible to participate in the Governor's Summer Job Hunt program. Full and part-time jobs are available for $5.15 to over $9.00 an hour! To participate, go to a summer job hunt office near you!

The Governor's Summer Job Hunt may be hosting a job fair near you!

Tuesday, March 3rd
1:30pm-5:30pm
Jefferson County Fairgrounds
15200 W 6th Ave
Golden, CO 80401
303 271-4730

Wednesday, March 4th
4:00pm-6:00pm
Island Grove Park
525 N 15th Ave
Greeley, CO 80631
970 353-3800 x3371

Thursday, March 5th
3:00pm-6:00pm
Spice of Life
5706 Arapahoe Ave
Boulder, CO 80301
303 301-2916

Thursday, April 16th
4:00pm-6:00pm
Aims Community College
5590 W 11th St
Greeley, CO 80634
970 353-3800 x3371

Thursday, April 23rd
4:00pm-6:30pm
Ft Lupton High School
530 Reynolds St
Ft Lupton, CO 80620
970 353-3800 x3371

Beat the crowd…early application is important because it increases your chances of getting the job and wage you want!
Don't delay!
Attend a job fair at one of the locations listed on the right, or go to your local Workforce office for more information, TODAY.

Don't know the number of your local Workforce office? Go to here to find it…
http://www.coworkforce.com/emp/wfc_map.asp

Education and Employment

How to Pay For College 101!

Want to go to Harvard University?

Families that earn less than $60,000 a year may get free tuition at Harvard University, they say. Those earning between $60,000 and $80,000 can get reduced cost!

To find out more about Harvard offering free tuition for families making less than $60,000 a year, visit Harvard's financial aid website at: http://www.fao.fas.harvard.edu or call the school's financial aid office at (617) 495-1581.

How About Yale?

Families that earn less than $60,000 a year no longer have to contribute to their child's tuition and fees!

For more information:
http://www.yale.edu/admit/freshmen/financial_aid/index.html
or call (203) 432-2700.

How About Stanford?

Families that earn less than $60,000 a year no longer have to contribute to their child's tuition and fees!

For more information:
http://www.stanford.edu/dept/finaid/
or call (888) 326-3773

University of Pennsylvania

Beginning September 2008, all eligible undergraduates with calculated family incomes under $100,000 will receive loan-free aid packages, while families above that level will receive a 10 percent reduction in need-based loans.

By Fall 2009, all undergraduate students eligible for financial aid will receive loan-free aid packages, regardless of family income level.

For more information:

http://www.sfs.upenn.edu/ or call (215) 898-1988.

Don't forget! You may qualify for the free Colorado Educational Training Voucher for up to $5,000/year for four years ($20,000). Go find out at…www.statevoucher.org

Trying to finish High School? Check out Insight Colorado, a FREE online learning opportunity to earn a high school diploma. Insight Colorado students get:

- ✓ **Tuition Free** – No cost to Colorado residents.
- ✓ Full-time Insight students may receive a laptop computer with wireless capabilities, a printer/scanner, and an Internet reimbursement.
- ✓ 110+ online courses including Advanced Placement and Honors.
- ✓ Colorado State certified instructors.
- ✓ Each student has a dedicated iMentor to help them set goals and stay on track to graduation.
- ✓ 24 hour, 7 day a week tutoring and technical support available to all students.
- ✓ Flexibility to take classes at the student's preferred pace, place and time.

For more information: www.insightwi.net or call toll free 1-866-800-0027, extension 713-3157.

Word Search

Can you find the following words in the puzzle below?

Topic: COUPONING

Categories	Newspaper
Consumer	Online
Cut	Organize
Deal	Organizer
Expiration Date	Plan Ahead
Goods	Sale
Menu	Scissors

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T P E O R I A M C S E N I Z I I R O P I N N E A
L D L R U U T N E A T E H T I P N G H R P E N N
N C P L E S S N E L E A D Z L G E A D U E E S A
L E O P T P T N U R A G E O S R N I R A E R G A
N A E N T S A H S S S S A Z N E O P T A A N I I
L W N T S P T P T S G O C N S A A O R O E R G E
D H L Q A U E S S E E O O S R S S I N P A R O E
O T S E A S M L G W O I S G N E N N O C N H A E
U S A R S H A E E E E E E O N E E N O S I C E A
E E A D T P E E R G S N X C T L C M O N E C O A
E C O I N R N A E G A D O A A E R E E N G E A S
S O W U T I R E D R S L D I N T A E E A C I C A
G L N S D N S C A Z A W A P N N E N E E N I O M
U E E O E G Z I R E N N R R N T I G A O S O O E
M R U N O X A D D O O G D S A L C M O S E R E E
E G S N E E P N I R A S M L N O S A O R I N O I
C T U A S P E T E O T L P O N G S R P C I A R C
R E A L R E A Z L T O A E R I N S S E G S E A C
I N U A Z R I H U U H E Z Z R M E C A E D S S I
A G S R I N S C N O S E E E I A O A S T I I U N
S A M P A C S L D C N A P A P N I D P L I L N I
O O X G S A E S C E U P S N A T A T O U S U N I
G E R I D N E X I M O T T O E G A G R A P A R A
I O I I E D L L N N N O A S R A E O R I A P E E
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Stir-Fried Beef and Potatoes

Ingredients

- 1 ½ lb sirloin steak
- 2 tsp vegetable oil
- 1 clove garlic, minced
- 1 tsp vinegar
- 1/8 tsp salt
- 1/8 tsp pepper
- 2 large onions, sliced
- 1 large tomato, sliced
- 3 cups boiled potatoes, diced

Directions

1. Trim fat from steak and cut into small, thin pieces.
2. In a large skillet, heat oil and sauté garlic until garlic is golden. Add steak, vinegar, salt, and pepper.
3. Cook for 6 minutes, stirring beef until brown.
4. Add onion and tomato. Cook until onion is transparent. Serve with boiled potatoes.

Six 1 ¼ Cup Servings

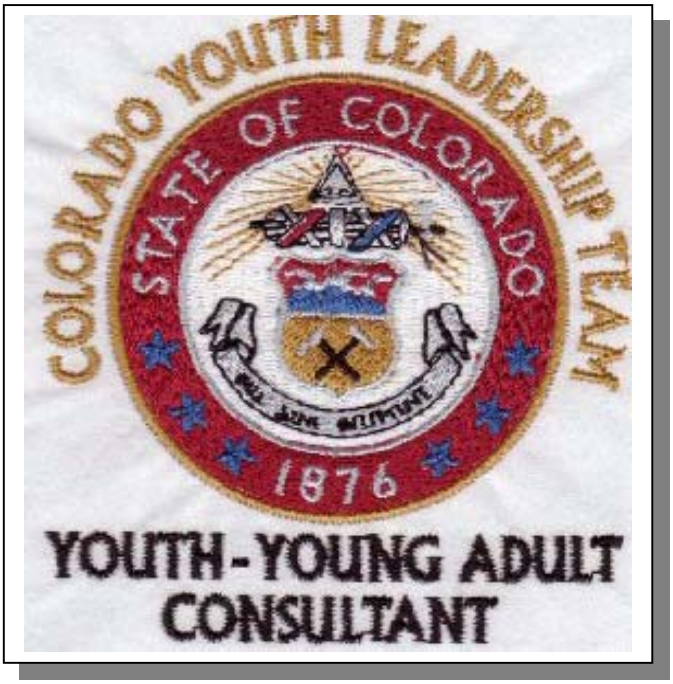
If you have articles, resources, poems, recipes, cartoons, or other items of relevant interest that you would like to share with our networking collaborative, please submit to:
Arlene Reilly-Sandoval, CMSolutions4@comcast.net.
Thank You!
NOTICE: CDHS/DCW reserves the right to publish or not publish any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

1st Anniversary Recognition Celebration! Youth-Young Adult Leadership Team (YLT)

Did YOU Know…?

- **January 2009 was the one year anniversary of the YLT**
- **Chairperson is Charlemagne, Adams County (She is also a CDHS/DCW Intern)**
- **Co-Chairs: Mitchell, Elbert County and David, Fremont County**
- **Aretha, Elbert County, had perfect attendance at YLT meetings!**
- **All-Stars: Randy, Elbert County; Gabe, El Paso County; and Alyssa, Elbert County**
- **New members are: Alyssia, Lakota Sioux Nation; Alex, Denver County; Jaida, Arapahoe County; Tyson, Garfield County; and Shelby, Arapahoe County**

Colorado's YLT and other youth leaders with Karen Beye, CDHS Executive Director, and Judy Rodriquez, Unit Manager, CFSR State Leader, and Rule Presenter at the State Board's Rule Hearing 193 on Feb 6, 2009.



YLT Addresses the State Board of Human Services

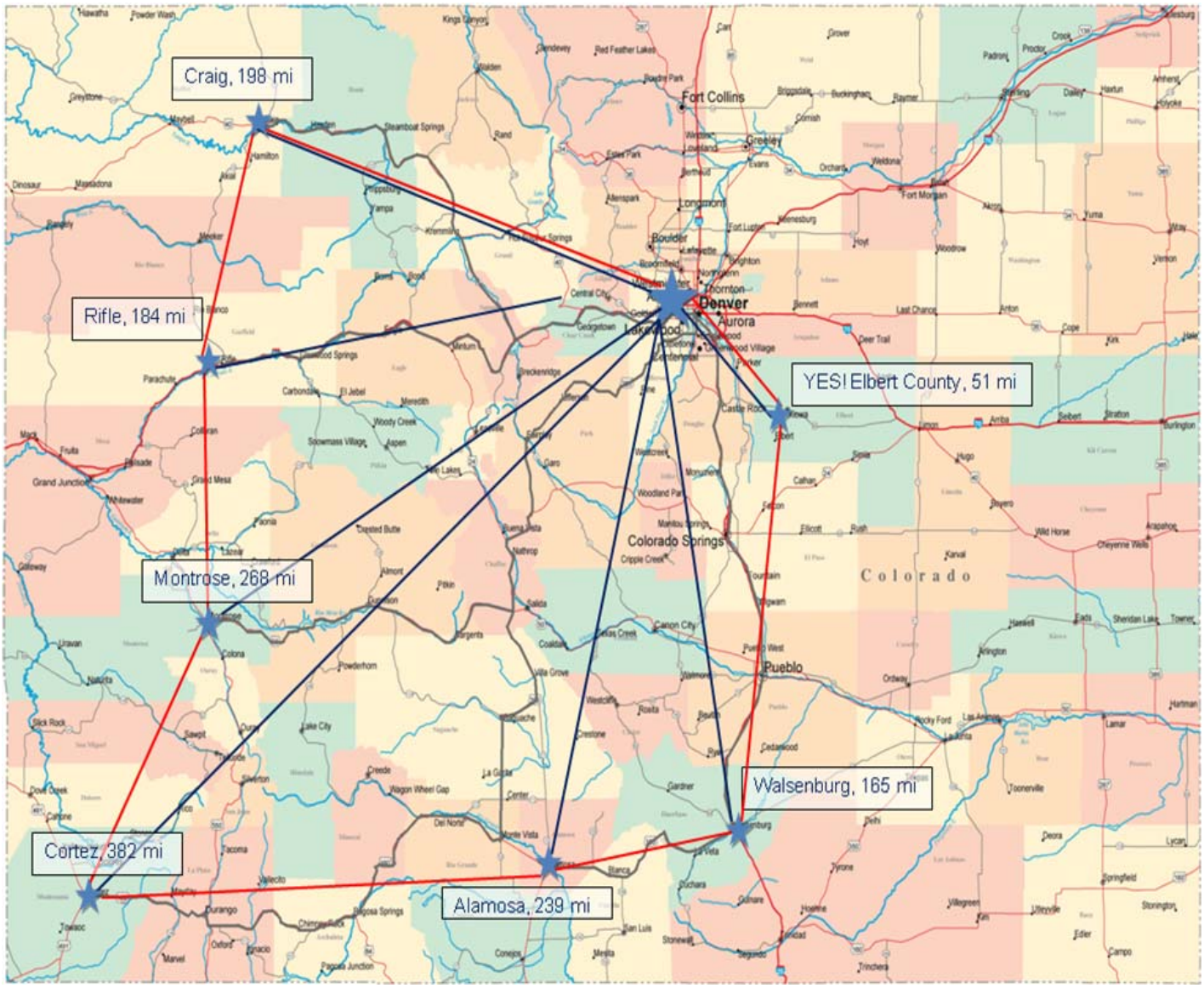
On February 6, 2009, members of the Youth Leadership Team and other youth leaders from across Colorado testified on the need for vital documents at the State of Human Services Board Rule Hearing 193. Charlemagne, YLT Chairperson says, "I explained to them as well as everyone else who had testified that without legal (vital) documentation youth cannot get a job, go to school, or even rent an apartment. With this issue brings many other issues such as youth homelessness, youth ending up in adult prison, and setting youth up to fail."

The youth advocated for receiving original copies of vital documents 3-6 months before exiting the child welfare system to ensure smooth transition for youth to live independently. "With this rule in place I hope to see more youth go to college, get jobs, and have a place to live with no worries," says Charlemagne. "Just think, the homeless population numbers will go way down, crime numbers can go way down, and all the older generation can count on seeing the world become a better place."

Shirley Dodd, State Chafee Coordinator, is the rule champion & advocate for youth "voice and choice."

Colorado's "Constellation of Excellence" in Rural RHY Services

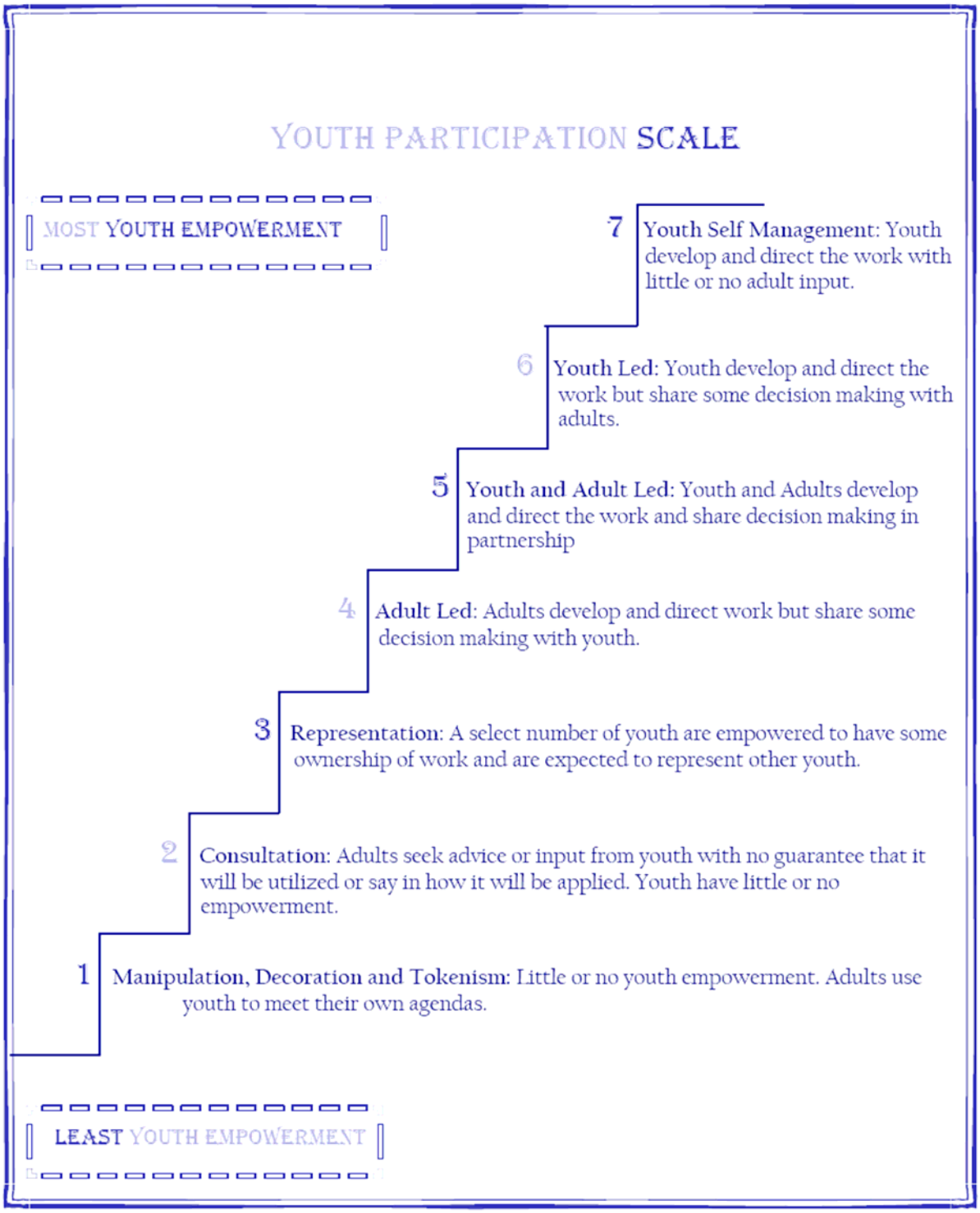
A Coalition of Supportive Services for Rural Runaway & Homeless Youth

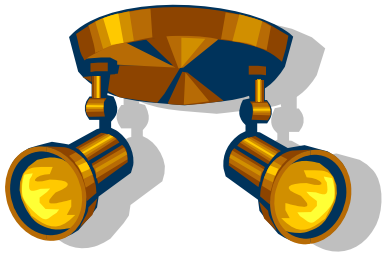


The Rural Collaborative for Homeless Youth (RCHY) formed together to unify the voice of rural Colorado communities for addressing the needs of rural runaways and homeless youth at the Supportive Services for Runaway and Homeless Youth grant (SSRHY) Kick-Off meeting. To address rural needs they have formed a "Constellation of Excellence" to develop best practices, learn from each other, share resources, and partner on opportunities as a coalition. Their first achievement was to collaboratively apply for a sustainability grant…in one week!

Youth Leadership Participation Scale

Plot your organization or community's number, now…future?





Writing Contest

Anyone 21 or under who lives in a group home or with a foster family (or who used to be in foster care) can enter.

$150.00 First Prize

Second Prize: $100.00

Third Prize: $50.00

Represent the voice of youth in care

For contest essay topic go to:
http://www.youthcomm.org/Contests/Represent-WritingContest.html
Essay #95 Deadline is April 1, 2009
Essay #96 Deadline is June 1, 2009

Please Share This With Your Networks and Post In Your Agency

Opportunities for Being Involved and Making a Difference!

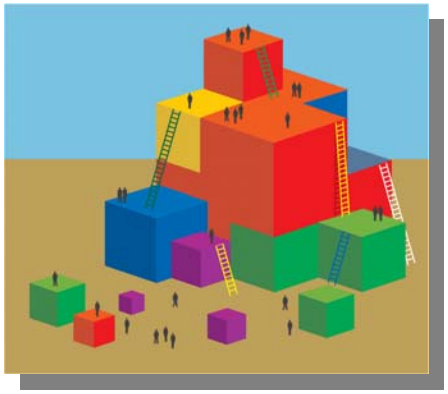
CALL for PRESENTATIONS: The National Association for the Education of Homeless Children and Youth (NAEHCY) cordially invites presenters to submit a proposal for the 21st Annual Conference to be held at the Marriott City Center in Denver, Colorado, November 14-17, 2009.

Interested presenters can access the submission form at: http://www.naehcy.org/conf/present.html.

Bridging the Gap is excited to begin building a care network for the Family Unification Program (FUP). The FUP program, is an 18-month free rent voucher program for youth who have left the foster care system at or after their 16th birthday, are between the ages of 18-21, and are currently; homeless, displaced by domestic violence, living in an overcrowded unit, or living in sub-standard or dilapidated housing.

The "Big" V Newsletter: Call for Submissions
WE CAN! is preparing its next printed newsletter, "The V." We are looking for articles about success stories in regards to health and wellness. The theme of this newsletter will be "Spring" and we welcome creative submissions like poetry. We ask that pieces be 1000 words or less, and the deadline is Monday, March 16th.

If you have questions, please contact



Volunteers: WE CAN! needs volunteers for the following projects:

1) Putting together materials for Academy (end of February, beginning of March)
2) Newsletter submissions (see above, the "Big" V Newsletter)
3) Networking: contacting people in your community about local networking meetings (statewide)

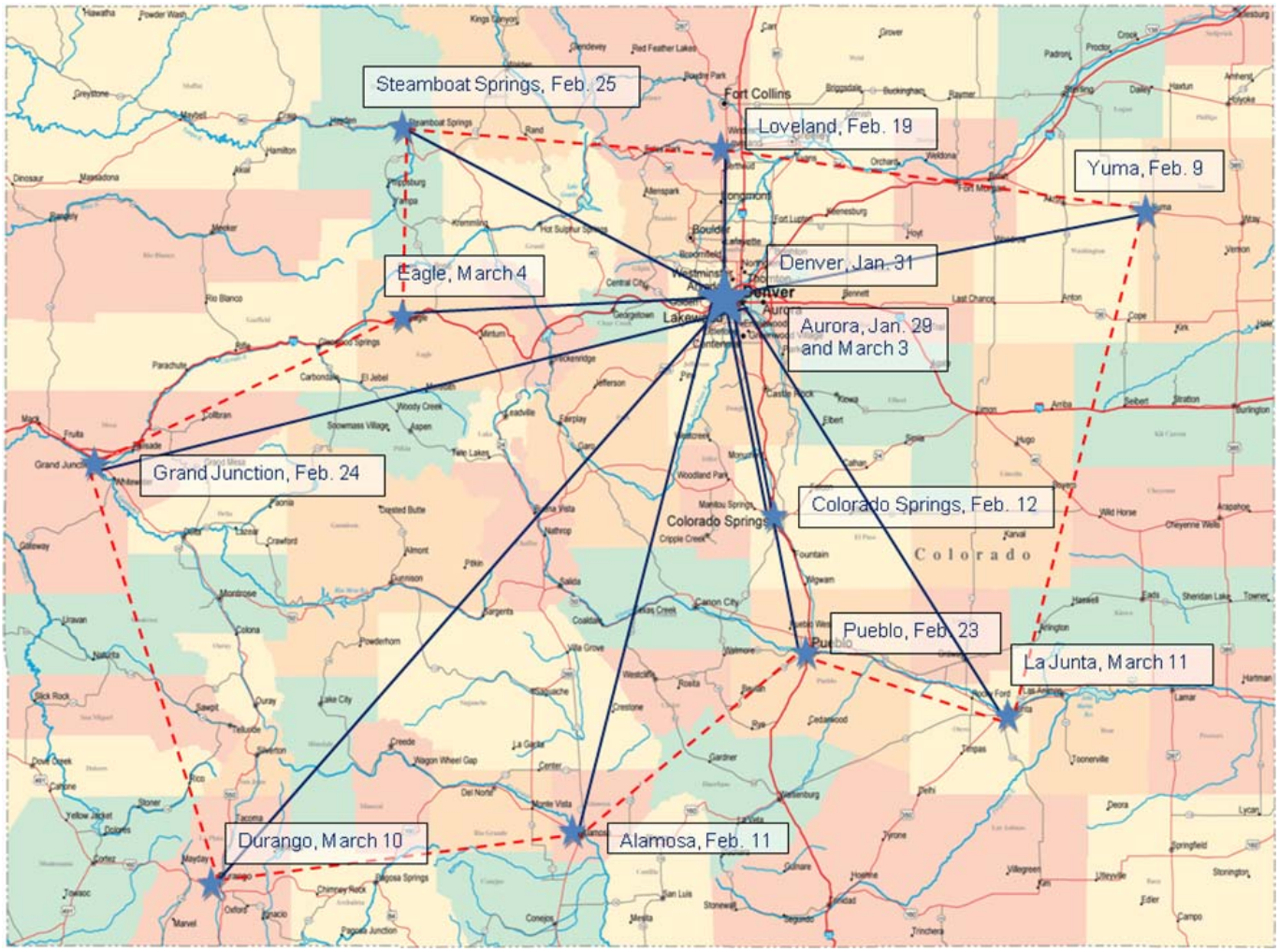
Respond NOW! The State **CFSR Newsletter** is looking for your success stories about your county youth. Specific areas are: the impact of sibling visits and involvement in case planning. If you have information on a special program or other positive county program or outcomes information, send your stories or questions to:

Roni Spaulding, CFSR Program Administrator
Colorado Department of Human Services, Division of Child Welfare Services, 1575 Sherman St., 2nd floor, Denver, CO 80203-1714, Phone: 303-866-3918 or e-mail: roni.spaulding@state.co.us.

Building Your CommUnity

Positive Youth Development

YOU are Invited to a Discussion Meeting Near You!



Colorado's Youth Development Team

Due to limited space, please RSVP TODAY:

amy.engelman@state.co.us or 303-692-2411

Colorado Department of Public Health and Environment