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CYS COVID 19 Closure

As of March 17th 2020 all non-essential CYS buildings (Thurston, Lewis & Mason Counties) are closed to the public until further notice due to the COVID 19 Virus.

Currently all ILS/SETuP staff are working from home.

If you need to contact the ILS/SETuP Program Coordinator or ILS/SETuP Case Managers they will be available by cell phone or email.

Our staff’s contact information can be located on the last page of the newsletter.

We will continue to support you to the best of our abilities during this time.

We appreciate your understanding and patients.

Continue to stay safe and reach out if you need any assistance.
April 2020 Calendar

CYS Non-Essential Offices have been closed until further notice due to the COVID 19 Virus
Due to this all drop-in hours have been postponed

Mockingbird Chapter Meeting
3rd Tuesday Monthly from 3:30-5:30 PM
Next Meeting: 4/21/2020
Due to the COVID 19 Virus the meeting will be held via phone
Call in Number: 206-338-7530  Pin: 7530#

Leadership Team Meetings: 1st Tuesday Monthly from 12:30-2:30 pm
Contact Ileana Areiza for Leadership Team opportunities: 253-348-2625
STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

- Avoid close contact with people who are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Avoid touching your eyes, nose, and mouth.
- Clean and disinfect frequently touched objects and surfaces.
- Stay home when you are sick, except to get medical care.
- Wash your hands often with soap and water for at least 20 seconds.

For more information: www.cdc.gov/COVID19
Office of Equal Opportunity
HIGHWAY CONSTRUCTION/TRADES SCHOLARSHIP/TUITION ASSISTANCE PROGRAM**

Applications are being accepted NOW for Scholarships! Apply early for best consideration. **WHO:** Residents of Washington State that are females, minorities, or socially and economically disadvantaged.

**YOU MAY QUALIFY IF YOU WANT TO:**
1. Enter one of the construction trades
   AND
2. Work in the highway construction industry, **and** need help paying for the cost of training*.

**ELIGIBLE TRADES**
- Carpenter
- Electrician
- Cement Mason
- Painter
- Truck Driver
- Iron Worker
- Heavy Equipment Operator
- Pile Driver
- Laborer
- Heavy Equipment Mechanic

**MAXIMUM SCHOLARSHIP IS $4,000**
*Program costs covered can be full or partial assistance.
Other costs that are considered: books and supplies needed for program completion.

**HOW TO APPLY:**
1. Be enrolled in, re-enroll in, or find a program that you want to attend, and apply for admission.
2. Complete the application (located here) and submit to OJTSSinfo@wsdot.wa.gov along with a copy of your valid Washington State photo ID.
3. Make sure you include your letter of acceptance or enrollment into the program of your choice.
4. Fill out the application carefully and completely. **Incomplete applications will be returned to you.**

**The scholarship provides assistance to help pay for approved training. WSDOT scholarship funds do not assist with training or job placement.**

For WSDOT job information and openings http://www.wsdot.wa.gov/employment/

About the Program: The WSDOT OJT/SS Highway Construction Trades Scholarship Program is designed to assist female, minority, and socially/economically disadvantaged individuals that are residents of Washington State who want to pursue training through an approved program** that leads to employment in highway construction. Scholarship application found here http://www.wsdot.wa.gov/EqualOpportunity/scholarship.htm

Americans with Disabilities Act (ADA) Information: This material can be made available in an alternate format by emailing the Office of Equal Opportunity at wsdotada@wsdot.wa.gov or by calling toll free, 855-362-4ADA (4232). Persons who are deaf or hard of hearing may make a request by calling the Washington State Relay at 711.

Title VI Notice to Public: It is the Washington State Department of Transportation’s (WSDOT) policy to assure that no person shall, on the grounds of race, color, national origin or sex, as provided by Title VI of the Civil Rights Act of 1964, be excluded from participation in, be denied the benefits of, or be otherwise discriminated against under any of its federally funded programs and activities. Any person who believes his/her Title VI protection has been violated, may file a complaint with WSDOT’s Office of Equal Opportunity (OEO). For additional information regarding Title VI complaint procedures and/or information regarding our non-discrimination obligations, please contact OEO’s Title VI Coordinator at (360) 796-7882.

https://www.wsdot.wa.gov/EqualOpportunity/scholarship.htm
Buses in Thurston County are zero-fare beginning January 1st, 2020.

What does this mean?

This means that you won’t have to come into CYS to pick up a bus pass! You will be able to ride fare-free beginning on January 1st!!

Find more information about Zero Fare at:
https://www.intercitytransit.com/zerofare
The Young Adult Housing Program is a comprehensive program for young adults and families in Thurston County, Washington State, ages 18-24, who are homeless, living in unsafe situations, exiting an institution or have been in the state foster care system. Our role is to provide safe and stable housing for young adults and families who are facing challenges, along with support, advocacy and guidance in helping them achieve their goals.

**How does a youth get started?**

1.) Fill out an eligibility form, which can be printed off below following link to webpage, or picked up at the 3rd floor reception desk at CYS: 711 State Ave NE, Olympia, WA, 98506

2.) Return completed eligibility form to CYS, as soon as possible, so eligibility can be determined

3.) Check your mail or email for your eligibility letter within two weeks.

If you are eligible, you will receive an invitation to the next housing orientation, which begins your admissions process.

Link to YAH webpage:

https://communityyouthservices.org/programs/young-adult-housing/

Questions?: The Admissions Case Manager Rachael Childs can be reached at (360) 918-7845

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Housing offered in Lewis County through the Young Adult Housing program at CYS, if you qualify for IYHP housing and were in Foster Care during the 4 month period before turning 18.

Questions?: The Admissions Case Manager Rachael Childs can be reached at (360) 918-7845
Please note: Until further notice I am available by cell phone or email only. Feel free to reach out with any questions!

Future and Current College Students

Review and model basic hygiene and healthy lifestyle practices for protection.

Practice good hygiene every day—simple steps to prevent spread of illness:

- Wash hands multiple times a day for at least 20 seconds (singing Twinkle, Twinkle Little Star slowly takes about 20 seconds).
- Cover their mouths with a tissue when they sneeze or cough and throw away the tissue immediately, or sneeze or cough into the bend of their elbow. Do not share food or drinks.
- Practice giving fist or elbow bumps instead of handshakes. Fewer germs are spread this way.

It's good to eat a balanced diet, get enough sleep, and exercise regularly; this will help them develop a strong immune system to fight off illness.

Strategies to Finding the Right College Fit for YOU

What does it mean to find the right college fit for you? This idea depends on what kind of career you want to get into and the type of required training / education. Does the career require a two year degree at local community / technical college? Or will it require some college level courses and job experience in the career field—apprenticeship? There are lot of things to consider before taking the big leap forward. Some things to taking into consideration before making a decision are:

- Majors and / or training programs available
- Location, size of the campus, and makeup of the student body
- College application requirements
- Length and quality of academic programs (ex: accreditations)
- Academic supports (writing, math, technology centers, disability and other resources)
- Student life (extracurricular activities, housing options, campus atmosphere, support programs, etc.)
- Cost and funding available

These are few factors to think about when making decisions for your future. Check out more resources on this topic via Big Future website (https://bigfuture.collegeboard.org/find-colleges/how-find-your-college-fit). Don’t forget to consider what your career / life goals are before making the decision!

If you have any questions or need support with your education and career goals contact Tia Stoner, SETuP Case Manager, at 360-918-7812 (desk), or 360-480-9266 (cell), or tstoner@communityyouthservices.org
JOIN THE OLYMPIA CHAPTER

WHO: Young adults (13-25) impacted by Foster Care or Homelessness

WHAT: - Help improve the foster care and youth homelessness systems for yourself and others
     - Hang out & eat good food
     - Become a successful advocate, writer, and public speaker
     - Earn money or community service hours for getting involved

WHY: To be connected and empowered with other youth in your area. To make sure your voice is heard when new laws and policies are created that will affect your life!

WHEN: April 21st, 2020 (3:30pm-5:30pm Over the Phone)

Call In Number:  206-338-7530  Pin:  7530#

WHERE: CYS Main Building 711 State Ave NE, Olympia WA  98506  3rd Floor Marina View Room
**O Bee Egg Dash**

Kids aged 2-10 dash for candy and prizes hidden in 18,000 eggs!!

Grand Prize is a new bike and helmet!!

Saturday April 11th at 11:00 am

Reginal Athletic Complex

8345 Steilacoom Rd SE, Lacey WA

**Traveling the World with Sea Turtles**

Learn about issues Sea Turtles face worldwide and view research projects from the Caribbean and Latin America

Thursday April 16th from 7-8:30 pm

Percival Place at Ben Moore’s

112 4th Ave W, Olympia WA
SELF-CARE FOR INTROVERTS

@BlessingManifesting

- Learn how to say "no" to things you immediately have negative reactions to.
- Be aware of what you need. Know when it's time to take a step back and focus on yourself.
- Know how to recharge after social situations. What things fill up your social tank?
- Be social in ways that work for you. Go to places that provide a break from socializing.
- Don't compare yourself to extroverts. They make it look easy to be social, don't judge yourself!
- It's tempting to always say no and to isolate - don't! Say yes and leave your comfort zone!
Fettuccine with Sweet Pepper-Cayenne Sauce

Ingredients:

- 12 oz dry fettuccine pasta
- 2 red bell peppers, sliced
- 3 cloves of garlic, minced
- 3/4 Teaspoon of cayenne pepper
- 1 Cup of Sour Cream
- 3/4 Cup Chicken Broth
- 3/4 Cup Grated Parmesan Cheese
- Salt and Pepper to taste

Instructions:

- Bring large pot of water to boil, lightly salting it. Add pasta and cook for 8 to 10 minutes
- Spray large skillet in cooking oil and sauté the red bell peppers, garlic, and cayenne pepper over medium heat for 3 to 5 minutes
- Stir in sour cream and brother and simmer uncovered for 5 minutes
- Remove from heat and add in the cheese
- Toss the pasta with the sauce and season with salt and pepper to taste

Prep Time:

- 5 Minutes of Prep Time, 10 Minutes Cook Time
- Ready in 15 minutes
ResCare Youth Services

Looking for youth (16-24 Years of age) who need help with employment and education services.

Employment services:
- Work training and certifications
- Paid work experience
- One-on-one Job Search Assistance

Contact: Ivy Bower @ (360) 200-0660
ivy.bower@rescare.com

Supported Employment

Do you know a youth who is interested in help with employment? If they are ages 16-24 on Medicaid and have had a mental health diagnosis or SUD diagnosis, a referral for services can be emailed to:

Contact info: icd@communityyouthservices.org or call 360-918-7860.

Supported Employment: is a program designed to enhance youth engagement and support their transition into the work-force. Employment Specialists work with the youth at their pace! Whether they are on the fence about working and need information to make an informed choice about their employment opportunities, or are ready to begin looking for work now, the Employment Specialist will adapt the services provided to meet the youth’s current needs.

By spending time getting to know the youth, SE Specialist will learn about their personal and work history; their strengths, needs, abilities, preferences and short and long-term work goals. With that information, the youth and the specialist will develop an initial treatment plan that will them help guide and measure the steps and progressions toward achieving employment goals.
DOES CONSENT APPLY?

Are you conscious, sober, and understand the inherent risks, consequences, and outcomes which can result from the action you are giving consent to someone to do?

YES NO

- CONSENT DOES NOT APPLY -
  Please go get conscious, sober, and educated before seeking out someone to give consent to.

Is the person you are giving consent to also conscious, sober, and understand your communication with them?

YES NO

- CONSENT DOES NOT APPLY -
  Please find someone conscious, sober, and able to understand your communication of consent.

Is the action you are giving consent to the other person to do a natural process or consequence of biology, chemistry, or physics?

NO YES

- CONSENT DOES NOT APPLY -
  Please think of an action which relies on ability and will, not on science and laws of nature.

Is the action you are giving consent to the other person to do an action reasonably within their (and/or your) control?

YES NO

- CONSENT DOES NOT APPLY -
  Please think of an action which the other person can actually do and has control over starting and stopping.

HOORAY! CONSENT APPLIES!
Need help finding a dentist?
Check out DentistLink.org

Coordinated Care Questions?
Need Help Finding a Provider?
Visit: www.coordinatedcarehealth.com/

DentistLink.org is a free service for anyone in WA. Open to Apple Health (Medicaid), uninsured, self-pay and insured.

Connecting people to dental care in their community.
Contact Information

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