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
August 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: 8/18/2020

Due to the COVID 19 Virus the meeting will be held via Zoom

Contact Rinn Cronin Kleinman for details on joining the meeting

516-387-2635

Rinn@mockingbirdssociety.org

Leadership Team Meetings: 1st Tuesday Monthly from 12:30-2:30 pm
COVID-19 Updates:

Governor Inslee has implemented a change to the social gathering guidelines. He has changed the amount in a gathering from 50 people to 10 people.

See the link for more details.

Continuing the festivities safely

If you or someone you know wants to throw a party for graduation, birthday, wedding, etc. the link below has some great ideas of how to do a drive-by party!

It’s recommended to practice social distancing and use personal protective equipment when in the community!
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
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

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
Future and Current College Students

COVID-19 Resources
As many counties are moving into Phase 3, more places are opening up, but the concern to contract COVID-19 is still out there. To stay up to date with how to stay safe with COVID-19, here are some resources to check regularly:

- https://www.hud.gov/coronavirus

Passport to Careers Program:
The Passport to Careers Program (formerly the Passport to College Promise Scholarship Program) was created by the 2018 Washington State Legislature to help more students prepare for careers. Changes that took effect July 2018, include expanding eligibility to young adults in Washington State foster care, federal unaccompanied refugee minors program, interstate compact program, and tribal foster care.

Passport to Careers Program supports foster care students prepare for and succeed in college, pre-apprenticeships, or apprenticeship programs. There are two sub-programs that fall under the Passport to Careers program umbrella:

Passport to College—students will receive a scholarship that assists with college costs, support services from college staff, and priority consideration for State Need Grant and State Work Study programs.

Passport to Apprenticeship Opportunities—will assist students participating in registered apprenticeships or pre-apprenticeship programs by covering costs including tuition for classes, fees, work clothes, rain gear, boots, and occupation related tools.

Eligibility for the Passport to Careers Program includes: have been in the care of Washington State, federal, or tribal care after age 13; unaccompanied homeless students; enrolled at least half-time in an eligible college, apprenticeship, or pre-apprenticeship by their 22nd birthday; maintain Washington residency; not pursue a degree in theology; working toward earning their first bachelor’s degree, associate’s degree, or certificate, or pre-apprenticeship or apprenticeship. If have questions regarding the Passport to Careers Program contact either 1-888-535-0747 (option 3) or passport@wsac.wa.gov or refer to https://readysetgrad.wa.gov/college/passport-foster-youth-promise-program.

If you have any questions or need support with your education and career goals contact Josh Hite, SETuP Case Manager, at 360-480-9266 (cell), (360)-918-7812 (desk0 or jhite@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: August 18th 2020 (3:30pm-5:30pm via Zoom)

Contact Rinn Cronin Klienman for details
516-387-2635
Rinn@mockingbirdsociety.org

WHERE: Currently meetings will be held on Zoom due to the COVID 19 pandemic.
Rediscovering Science with the WET Science Center Virtual Programming

Check out the WET Science Center’s website for cool science experiments you can try at home!

https://www.wetsciencecenter.org/rediscovering-science/
Use Your Senses to Relieve Stress

- Sight
- Sound
- Movement
- Touch
- Smell
- Taste
Thai Chicken Tenders

Ingredients:

- 1 lb Boneless Skinless Chicken
- 2 Tablespoons Sesame Oil
- 2 Teaspoons Minced Ginger
- 1/2 Cup Hoisin Sauce
- 1/2 Cup Creamy Peanut Butter
- 1 Teaspoon Cayenne Pepper
- 1/2 Cup Chopped Scallions

Instructions:

- Cut chicken into strips
- Heat a large pan and add in neutral oil; then cook chicken until fully cooked
- Reduce heat to low and add in peanut butter, hoisin oil and cayenne pepper. Cook and stir until sauce is fully combined and warmed through
- Remove from heat and sprinkle with scallions

Prep Time:

- Prepared and cooked 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

**WorkSource**

**What's WorkSource?**

WorkSource is a statewide partnership of state, local and nonprofit agencies that provides an array of employment and training services to job seekers and employers in Washington.

Customers access services electronically through WorkSourceWA.com or through a network of more than 60 WorkSource centers, affiliates and connection sites.

Last year, WorkSource professionals helped some 170,000 workers and nearly 5,600 Washington employers. Studies show that people who use WorkSource services tend to find work faster and earn more money than those who don't.

To get personalized help with your job hunt or with your business, contact WorkSource today.

Located below is a link with the locations and contact information for the WorkSource offices in Thurston, Mason and Lewis Counties.

FYI's - ABOUT - STDs

Left untreated, some STDs can cause infertility or increase your risk of getting cancer.

19,000,000+
Number of new cases of STDs in the US each year. Yep, they're really common.

75%
Percent of sexually active people will get HPV at some point during their lives.

1 in 2
Sexually active young people will get an STD by the age of 25.

Most young people with STDs don't even know they have them. Getting tested is the only way to know for sure.
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.

Your oral health matters. Let us find a dentist near you.
**ILS Updates**

ILS Case Manager, Tia Stoner (covering Thurston and Lewis County) will be out on medical leave for roughly three months beginning late August through Late November or early December.

ILS Program Coordinator, Veneza Tena will have Tia’s work phone so any ILS needs can go through her during that time. (360-688-6345) Feel free to reach out with questions you may have!
Contact Information

Veneza Tena
ILS and SETuP Program Coordinator
Office: 360-918-7829
Cell: 360-515-6559
Vtena@communityyouthservices.org

Andrew Cox
ILS Case Manager Thurston & Mason Co.
Office: 360-918-7852
Cell: 360-701-4429
Acox@communityyouthservices.org

Tia Stoner
ILS Case Manager Thurston & Lewis Co.
Office: 360-918-7841
Cell: 360-688-6345
Tstoner@communityyouthservices.org

Rinn Cronin Kleinman
Mockingbird Engagement Coordinator
Cell: 516-387-2635
Rinn@mockingbirdssociety.org

Josh Hite
SETuP Case Manager
Office: 360-918-7812
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