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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
June 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: 6/16/2020
Due to the COVID 19 Virus the meeting will be held via GoToMeeting or phone
Contact Ileana Areiza for details on joining the meeting 206-407-2137
Ileana@mockingbirdssociety.org

Leadership Team Meetings: 1st Tuesday Monthly from 12:30-2:30 pm
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/](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
Future and Current College Students
Summer is here and the school year is coming to an end. 2019-2020 school year had some challenges and as we learn as a society to get through our current situation, I want to honor all of you who are still pressing on and getting creative in the way you finish your school year. Congratulations to all who are graduating from high school, college, and earning GED certificates!!!

Differences Between High School and College
There are some big differences when you go from high school to college (community/technical, university, etc.) setting. You are probably thinking what are the differences? Well, the Washington State GEAR UP program has an amazing hand out that goes into detail about the specific differences between high school and college. The handout can be accessed by going to the Washington State GEAR UP website: http://www.gearup.wa.gov/node/3553. See below for an overview:

<table>
<thead>
<tr>
<th>HIGH SCHOOL</th>
<th>COLLEGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Missing classes for various reasons are allowed and students have a chance to pass the class.</td>
<td>Missing classes may result in lowered grades or failing the class depending on course requirements and may jeopardize financial aid.</td>
</tr>
<tr>
<td>Teachers remind students of assignments, due dates, test dates, and incomplete work.</td>
<td>Professors are not required to remind students of incomplete work. Students are expected to read, save, and go over the course syllabus (outline); the syllabus covers what the student expectations are, when assignments are due, and how it will be graded.</td>
</tr>
<tr>
<td>Instructors may review class notes and materials regularly for classes.</td>
<td>Students should review class notes and text material regularly or at least once per day.</td>
</tr>
<tr>
<td>Teachers frequently organize review sessions going over important concepts before tests.</td>
<td>Review sessions are not offered often. Students are responsible to find a tutor or study group.</td>
</tr>
<tr>
<td>Caregivers, guardians, social workers, and/or teachers often remind students of their responsibilities and guide them in setting priorities.</td>
<td>Decision-making is the student’s responsibility. The student must figure out strategies to balance their responsibilities and set priorities.</td>
</tr>
<tr>
<td>Positive homework grades may assist in raising overall grade when test grades are lower.</td>
<td>Tests and major papers provide majority of a student’s grade.</td>
</tr>
<tr>
<td>School districts are required to identify students with disabilities through free assessments and the IEP process.</td>
<td>Students are responsible for revealing and providing current documentation of a disability. Students must self-advocate to access services.</td>
</tr>
<tr>
<td>Transition planning and timelines exist to clarify student’s vision, identify programming choices, and coordinate appropriate coursework options.</td>
<td>Students make course selections with some assistance from advisors and instructors.</td>
</tr>
</tbody>
</table>

* Just a reminder, though SETuP is accepting referrals, intakes cannot take place at this time. Thank you for your patience and understanding*

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**: June 16th 2020 *(3:30pm-5:30pm via GoToMeeting or Phone)*

Contact Ileana Areiza for details

206-407-2137; Ileana@mockingbirdsoociety.org

**WHERE**: Currently meetings will be held on GoToMeeting or phone due to the COVID 19 pandemic.
Lacey Polynesian Festival

Free family friendly community fun event featuring traditional Polynesian music, cultural entertainment, island foods and arts and crafts

Saturday 6/10/2020 10 am-8 pm

Regional Athletic Complex
8345 Steilacoom Road SE
Olympia, WA 98513
5 MINUTE SELF-CARE

@STACIESWIFT

- Write down 3 nice things about yourself
- Step outside for some fresh air
- Find a video of cute animals online
- Drink some water
- Listen to a song that makes you smile
- Book the appointment you’ve been putting off
- Do a short mindfulness breathing exercise
Pork and Bean Sandwiches

Ingredients:
- 4 Sliced of Bread
- 4 Slices of Cheese
- 6 Slices of Bacon Cut in Half
- 1 (15 oz) Can of Baked Beans

Instructions:
- Pre-heat the Oven’s Broiler
- Place slices of bread on Broiling pan cover in tin foil
- Cover the slices of bread with 1/2 cup of baked beans per slice, a slice of cheese and 3 slices of bacon
- Broil for 5 minutes or until the bacon is cooked and cheese is melted
- Keep a close eye on the sandwiches to avoid burning

Prep Time:
- 5 Minute Prep Time
- Finished 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.

https://worksourcemicrosite/content.aspx?
appid=MGSWAOFFLOC&pagetype=simple&seo=officelocator
GET CLOSER with BARRIERS

WHICH SAFER SEX TOOL IS RIGHT FOR YOU?

CONDOM
EXTERNAL CONDOM OR MALE CONDOM
About $6.50/3 pack
USES:

INTERNAL CONDOM
REALITY® CONDOM OR FEMALE CONDOM
About $7/3 pack
Remove plastic ring before using for anal sex.
USES:

DENTAL DAM
About $1.50/piece
If unavailable, make one using non-microwavable plastic wrap.
USES:

GLOVE
LATEX OR NITRILE
About $0.10/glove
USES:

⚠️ REMEMBER
Use a fresh barrier every time you switch between holes or partners.

Don’t let STIs, HIV, or Hepatitis come between you and your partners. Purchase these barriers online or in a pharmacy, or ask for them at your nearest health center.
Need help finding a dentist? Check out DentistLink.org

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.

DentistLink.org, a free service brought to you by ARCORAFoundation

Washington Resources

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

Position Currently Open
ILS Case Manager Thurston & Lewis Co.
Contact Program Coordinator Veneza Tena for Information

Ileana Arelza
Mockingbird Engagement Coordinator
Cell: 253.348.2625
Ileana@mockingbirdsociety.org

Tia Stoner
SETuP Case Manager
Office: 360.918.7812
Cell: 360.480.9266
Tstoner@communityyouthservices.org