November 2019 Calendar

Thurston County Drop In
Every Tuesday 9:30 am-11:00 am
@ Rosie’s Place
520 Pear St SE, Olympia WA, 98501

Every Wednesday 3:00 pm-5:00 pm
@ ILS Office on the 2nd Floor
711 State Ave NE, Olympia, WA. 98506

Mason County Drop In
11/6/19 & 11/13/19 from 1:00pm-3:00pm
@ Mason Transit 601 W. Franklin St. Shelton WA

Mockingbird Chapter Meeting
New Hours: 3rd Tuesday Monthly from 3:30-5:30 PM
@ 711 State Ave NE, Olympia WA 98506 3rd Floor Marina View Room
Next Meeting: 11/19/19
Leadership Team Meetings: 1st Tuesday Monthly from 12:30-2:30 pm
Contact Ileana Areiza for Leadership Team opportunities: 253-348-2625
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

FAFSA Student Aid Report (SAR)

Once you have completed the FAFSA online and provided your email address on the FAFSA you can expect to receive an email with instructions on how to access your SAR or Student Aid Report. If the email is not in your inbox check your “spam” or “junk” folder and add Federal Student Aid email address (NoReply@FAFSA.gov) to your email contact list. The SAR is a document that gives you basic information on eligibility for federal financial aid and summary of information provided on your FAFSA. It is recommended to review your SAR to make sure the information is correct and complete. The colleges listed on the FAFSA will use your information provided on the FAFSA to determine eligibility for federal and possibly nonfederal financial aid. Here is a link that provides more detailed information about the SAR and FAFSA: https://studentaid.ed.gov/sa/fafsa/next-steps/student-aid-report.

Four Year College Application Deadlines

If your plans include taking classes at a four year college starting Fall 2020, it is highly recommended to complete your college applications during senior year by the college application deadlines. Feel free to contact Tia Stoner, SETuP Case Manager, if you have questions or need any assistance filling out college applications. Check out the table below for a few Washington college application deadlines:

<table>
<thead>
<tr>
<th>Four Year College/University</th>
<th>Priority Application Deadline</th>
<th>Final Application Deadline</th>
</tr>
</thead>
<tbody>
<tr>
<td>Evergreen State College</td>
<td>Saturday, Feb. 1, 2020</td>
<td></td>
</tr>
<tr>
<td>Saint Martin’s University</td>
<td>Tuesday, Oct. 15, 2019 (1st of Nov, Dec, Feb 2020)</td>
<td>Sunday, Mar. 1, 2020</td>
</tr>
<tr>
<td>University of Washington-Tacoma</td>
<td>Wednesday, Jan. 15, 2020</td>
<td>Tuesday, June 30, 2020</td>
</tr>
<tr>
<td>University of Washington-Seattle</td>
<td>Sunday, December 1, 2019</td>
<td></td>
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<tr>
<td>Washington State University-Pullman</td>
<td>Friday, Jan. 31, 2020</td>
<td>Space available basis</td>
</tr>
<tr>
<td>Washington State University-Vancouver</td>
<td>Friday, Jan. 31, 2020</td>
<td></td>
</tr>
<tr>
<td>Western Washington University</td>
<td>Friday, Nov. 1, 2019</td>
<td>Friday, January 31, 2020</td>
</tr>
<tr>
<td>Central Washington University</td>
<td>Saturday, Feb. 1, 2020</td>
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</tr>
<tr>
<td>Eastern Washington University</td>
<td>Saturday, Feb. 1, 2020</td>
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</tbody>
</table>
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: November 19th, 2019 (3:30pm-5:30pm)

WHERE: CYS Main Building 711 State Ave NE, Olympia WA 98506
3rd Floor Marina View Room

Contact: Ileana Areiza: 253-348-2625
Salmon Spawning Viewing

Kennedy Creek Salmon Trail

11/16 10 am – 4 pm

Learn how salmon spawn in their natural environment. Learn about the importance of ecosystems, salmon spawning behaviors and the economic significance of the salmon.

WET Science Center

Things That Go Bump In The Night

500 Adams ST NE

11/23 from 10 am – 4 pm

Learn about nocturnal animals and how they have adapted to thrive at night.
<table>
<thead>
<tr>
<th>#1</th>
<th>#12</th>
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</thead>
<tbody>
<tr>
<td>Get a FULL 8 hours of sleep</td>
<td>Unfollow someone negative on Facebook</td>
</tr>
<tr>
<td>#2</td>
<td>#13</td>
</tr>
<tr>
<td>Accept help from others</td>
<td>Unfollow someone who makes you feel bad about yourself on Instagram</td>
</tr>
<tr>
<td>#3</td>
<td>#14</td>
</tr>
<tr>
<td>Listen to a guided meditation</td>
<td>Light your favorite candle</td>
</tr>
<tr>
<td>#4</td>
<td>#15</td>
</tr>
<tr>
<td>Snuggle with your favorite blanket</td>
<td>Rearrange your furniture</td>
</tr>
<tr>
<td>#5</td>
<td>#16</td>
</tr>
<tr>
<td>Nourish your body with green juices and smoothies</td>
<td>Organize your food pantry</td>
</tr>
<tr>
<td>#6</td>
<td>#17</td>
</tr>
<tr>
<td>Take a warm Epsom Salt Bath with Essential Oils</td>
<td>Forgive someone who’s hurt you</td>
</tr>
<tr>
<td>#7</td>
<td>#18</td>
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<tr>
<td>Watch a movie that inspires you</td>
<td>Put your phone away for an hour</td>
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<tr>
<td>#8</td>
<td>#19</td>
</tr>
<tr>
<td>Journal 10 things you love about your body</td>
<td>Face a fear, big or small</td>
</tr>
<tr>
<td>#9</td>
<td>#20</td>
</tr>
<tr>
<td>Move your body in any way you can</td>
<td>Put on your favorite outfit to run an errand</td>
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<tr>
<td>#10</td>
<td>#21</td>
</tr>
<tr>
<td>Reward yourself for anything you’ve accomplished recently</td>
<td>Have a Harry Potter Marathon</td>
</tr>
<tr>
<td>#11</td>
<td>#22</td>
</tr>
<tr>
<td>Put on clean clothes</td>
<td>Wash all your dishes while listening to a podcast</td>
</tr>
</tbody>
</table>
Chicken Fried Rice

Ingredients:

- 1 Tablespoon of Water
- 1 Tablespoon of Butter
- 1 Tablespoon of Vegetable Oil
- 1 Chopped Onion
- 2 Cups Cooked White Rice (Cold)
- 2 Tablespoons of Soy Sauce
- 1 Teaspoon Black Pepper
- 1 Cup Chopped Cooked Chicken
- 1 Egg

Instructions:

- Beat egg with tablespoon of water. Melt butter in the pan and cook the egg for a 1-2 minutes
- Remove egg and add the oil and sauté the onion until soft, then add in the rice, chicken, soy sauce and pepper and cook for 5 minutes. Add in egg after other ingredients are hot.

Prep Time:

- 5 Minutes of Prep Time
- Ready in 10 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 now accepting referrals!

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.
How well does birth control work?

**IUDs**
- Hormonal and Copper IUDs
- Long acting reversible contraception

**Sterilization**
- Tubal ligation and Vasectomy

**Pills**
These methods are good options, however, the potential for user error increases the chance of pregnancy occurring.

**Ring**

**Patch**

**Injection**
6 to 9 people out of 100 per year

**Condom**
The potential for user error and method failure are high with these methods. For those interested in these methods, learning how to use them correctly is important to the success of the method.

**Diaphragm**

**Withdrawal**

**FAM**
12 to 24 people out of 100 per year

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**Emergency Contraception Options**

**Copper IUD**
- Flex-T®, Nova-T®, Liberté®, Mona Lisa®, SMB®

**Ullipristal**
- ella®

**Levonogestrel**
- Plan B®, Contingency 1®, Next Choice®, NorLevo®, Option 2®

**Yuzpe regimen**
- Using oral contraceptive pills (Alesse®, Min-Ovral®, Trilora®)
WA. Resource
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 ARCORA Foundation
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Vtena@communityyouthservices.org

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