

# The Legacy Project Mentor Guide



# **The Legacy Project**

The Legacy Project is a program at Advocates for Children CASA established in 2006. While many participating youth are or have been involved in the foster care system, the truancy system or the judicial system, system involvement is not an eligibility requirement for participation. Youth in the Legacy Project are 13 to 23 and need support in becoming self-sufficient young adults. The Legacy Project trains and supports volunteer Mentors who provide young adults with one-on-one mentoring, the acquisition of life skills, goal setting support and resource navigation within the community.

In addition to one-on-one mentoring, the Legacy Project facilitates life skills meetings and outings offering peer-to-peer group support and experiential learning. Throughout the year, the Legacy Project will host a variety of speakers who educate our youth on topics from financial literacy to personal rights to career opportunities.

Our program is designed to facilitate an Individual Learning Plan for youth with the help of a volunteer Mentor covering six key program areas: permanency and relationships, health and self-care, education and career, housing and money management, daily life skills and self-sufficiency and self-esteem and self-efficacy.

## **The Legacy Project Objective**

Our objective is to inspire confidence, motivation, and self-reliance to youth through the caring, supportive network of Legacy Mentors, peers, and trained staff.

## **The Role of a Mentor Volunteer**

The Legacy Mentor works closely with an assigned Legacy Youth to address his/her specific needs, assist with services and resources to benefit the youth, monitor and support the youth's progress towards identified goals, provide emotional support and encouragement to develop self-efficacy, and mentor and help youth with developing life skills to navigate adulthood.

All of this is accomplished by utilizing the expertise and assistance of the Continuum of Services Manager and by following this Mentor Guide filled with topics to cover under each category, community resources to assist and activities and worksheets to help facilitate learning.

Statistics show that youth without at least three identified caring adults are less likely to be successful in adulthood. Thank you for your time and dedication to becoming a caring adult for a youth within The Legacy Project!

## Contents

Mentor Expectations .....	5
Legacy Outcomes.....	5
Permanency & Relationships .....	6
Healthy Relationships: .....	6
Human Trafficking:.....	8
Domestic Violence: .....	9
Sexual Abuse:.....	11
Gang Culture: .....	11
Permanency: .....	12
Articles:.....	14
Health & Self-Care .....	15
Mental Health Resources: .....	15
Medicaid:.....	19
Physical Health Services: .....	20
Stress Management: .....	21
Physical Well-Being and Nutrition: .....	21
Substance Use: .....	23
Juvenile Delinquency: .....	24
Optional Activity: .....	25
Education & Career.....	26
High School and GED:.....	26
Trade and Workforce: .....	27
College Resources: .....	28
Optional Activities:.....	31
Housing & Money Management.....	32
Housing: .....	32
Money and Finances: .....	34
Internet and Utility Assistance: .....	35
Optional Activity: .....	36
Daily Life Skills & Self-Sufficiency.....	37
Self-Sufficiency:.....	37
Food Banks:.....	39

Optional Activity: ..... 40

Self-Esteem & Self-Efficacy..... 41

Self-Efficacy: ..... 41

Self-Esteem: ..... 43

LGBTQAI: ..... 44

Youth Boards: ..... 44

Optional Activity: ..... 46

Crisis Resources and Hotlines ..... 47

Appendix A..... 48

Appendix B ..... 51

Appendix C ..... 52

# Mentor Expectations

- 12-month commitment to assigned youth
- A minimum of 10 hours of monthly contact with youth providing one-on-one mentoring
- Facilitate an assessment mid- and post-program
- Work with Continuum of Services Manager to create an Individual Learning Plan and goals for the youth
- Facilitate the determined Individual Learning Plan utilizing this Mentor Guide
- Connect youth to community resources
- Have regular contact with the Continuum of Services Manager
- Prepare a Mentor Report every quarter with updates about the youth and identifying possible areas of support that can be offered
- Attend quarterly Legacy events with youth and provide transportation if needed
- Log contact time in Optima
- Complete 12 hours of continuing education per year

# Legacy Outcomes

Volunteer Mentors are expected to facilitate learning within six categories. This guide is designed to help Mentors navigate through these categories to achieve the following ten outcomes:

## Permanency & Relationships

- Outcome #1: Legacy Youth have at least three permanent connections and increased knowledge about healthy relationships.

## Health & Self-Care

- Outcome #2: Legacy Youth have increased knowledge about physical and mental health services.
- Outcome #3: Those involved in the delinquency system are provided mentorship to help prevent re-offenses during Legacy Project participation.

## Education & Career

- Outcome #4: Legacy Youth are provided resources and skills to achieve success in school and in the workforce.
- Outcome #5: Legacy Youth have increased knowledge about career and educational planning.

## Housing & Money Management

- Outcome #6: Legacy Youth feel more knowledgeable about general finances.
- Outcome #7: Legacy Youth better understand how to manage their housing and financial situation.

## Daily Life Skills & Self-Sufficiency

- Outcome #8: Legacy Youth have increased knowledge about daily life skills to become self-sufficient.

## Self-Esteem & Self-Efficacy

- Outcome #9: Legacy Youth have increased self-esteem and confidence.
- Outcome #10: Legacy Youth feel more empowered by participating in community service and would consider volunteering in the future.

# Permanency & Relationships

**Outcome #1:** Legacy Youth have at least three permanent connections and an increased knowledge about healthy relationships.

## Suggested topics for this section:

- What is permanency and what does it look like for them?
- How to build relationships
- Discuss what positive, healthy relationships look like
- Explore what healthy peer groups are available
- Relationships/gestures/eye contact/how to speak to people
- Tips on how to have healthy conversations
- Help understand how to build a positive support system
- For teen parents, explore parenting resources to educate and support
- Share resources with youth's parents as needed to strengthen family unit
- Resources
  - Healthy Relationships
  - Human Trafficking
  - Domestic Violence
  - Sexual Abuse
  - Gang Culture
  - Permanency

## Healthy Relationships:

### Act for Youth

Healthy relationships require communication and intimacy skills; they also rely on individual characteristics such as emotional self-regulation, social confidence, and empathy. Often youth programs do not focus explicitly on promoting healthy relationships, but they may include activities that practice pro-social behaviors and communication skills. Website provides resources that emphasize building healthy relationship skills.

**Website:** [http://www.actforyouth.net/sexual\\_health/community/adulthood/relationships.cfm](http://www.actforyouth.net/sexual_health/community/adulthood/relationships.cfm)

### ArapaSource

ArapaSource is a map-based website that helps users locate resources and services in their neighborhoods. Users type in their address and select what type of service they are looking for including resources for childcare, parent resources, domestic violence support services, and family services and support.

**Website:** <https://gis.arapahogov.com/arapasource/>

### The Aspen Effect

The Aspen Effect builds resiliency in youth with a unique horse environment, a caring mentor team and a strength-based approach.

**Website:** <https://theaspeneffect.org/>

### Aurora Youth Options

Middle and high school youth who live or go to school in the City of Aurora are identified through community members in their schools and neighborhoods. Youth are assigned an AYO youth specialist who will assist the youth in finding resources and/or programs of interest to the youth. The AYO youth specialist will meet with youth and their families in their homes or other community locations and will assess the youth's needs through the AYO Youth Survey which assesses risk and protective factors.

AYO offers mentoring, tutoring, navigation of community resources, substance use prevention and youth leadership.

**Website:** <http://www.aurorayouthoptions.org/>

### **Building Youth/Mentor Relationships**

To meet the challenges of this new relationship, you'll need an abundance of patience, creativity, and good humor. You'll also need top-notch communication, problem solving, and goal setting skills. This article outlines communication, problem solving, and goal setting techniques; they'll give you the tools you'll need to build and nurture this very important relationship.

**Website:** <http://ctb.ku.edu/en/table-of-contents/implement/youth-mentoring/build-mentor-relationships/main>

### **Elevating Connections**

Elevating Connections is all about strengthening families! The sibling relationship is the longest relationship in most of our lives, at Camp to Belong we help brothers and sisters regain a lost sense of permanency and connection by strengthening their sibling relationships

**Website:** <http://www.elevatingconnections.org/>

### **Firefly Autism**

Our services include clinical assessments and the development of individual treatment plans, an intensive early intervention program, a school-age program for students up to age 21, a home and community-based program, and weekly social skills groups. Children and young adults are taught how to learn from peers, how to work cooperatively with peers and how to find adaptive ways to communicate.

**Website:** <https://www.fireflyautism.org/programs>

### **Project PAVE**

Project PAVE was established in 1986 in response to a number of violent incidents in the Denver area. Community leaders came together to create a framework for intervening early in the lives of youth and families exposed to relationship violence and to promote alternatives to violence in youth relationships. PAVE has a long history of providing innovative, evidence-based, and culturally-responsive services for survivors and their families in our community. It is the promise of our mission that youth who receive services and education are less likely to continue cycles of violence later in life. Our legacy bears witness to the realization of our mission in the lives of thousands of participants.

**Website:** <https://www.projectpave.org/>

### **Relationships and Social Skills**

Your existing relationships may change as you get older. You'll also form new ones. Learn about different types of relationships, from friendship to dating, as well as important social skills.

**Website:** <https://www.sutterhealth.org/pamf/health/teens/relationships-social-skills>

### **The Respect Challenge:**

View guides on how to discuss relationship topics with teens.

**Talking to your teen about friendship and bullying:** <http://s3.amazonaws.com/fwvcorp/wp-content/uploads/20160121110136/Talking-to-Your-Young-Teen-About-Friendship-and-Bullying.pdf>

**Respectful Relationships:** <http://s3.amazonaws.com/fwvcorp/wp-content/uploads/20160121110136/Respectful-Relationships-Conversation-Starters.pdf>

**Quiz: Are you modeling respect at home?** <http://s3.amazonaws.com/fwvcorp/wp-content/uploads/20160121110132/Are-you-modeling-respect-at-home.pdf>

**Know the warning signs for an abusive relationship:** <http://s3.amazonaws.com/fwvcorp/wp-content/uploads/20160121110134/Know-the-Warning-Signs1.pdf>

## **WrapAround Program**

It's all in the name – WrapAround. A community wraps itself around a family or individual in need, providing unconditional and nonjudgmental care that will allow for everyone to benefit. Family inclusion and respect are cornerstones of the WrapAround Program. From beginning to end, the knowledge, skills and strengths of the family are considered essential to the success of the program.

WrapAround is available for youth ages 5 to 21 who are residents of Douglas County.

**Website:** <https://www.douglas.co.us/community/partners-and-providers/youth-initiative/wraparound-program/>

## **Human Trafficking:**

### **Alight**

ALIGHT uses an app (think: Lyft) to match human trafficking survivors to the right attorney at the right time. We mobilize the legal community to unlock a fresh start for survivors.

**Website:** <https://alightnet.org/>

### **Carriers of Hope**

The Carriers of Hope (CoH) Mentorship program provides restorative services to female youth ages 14-24 who have been recovered from sex trafficking, as well as preventative services for those who have been identified as vulnerable to being trafficked. The mission of Carriers of Hope is to provide a structured, trauma-informed program where youth survivors and vulnerable youth can set and attain personal goals within the supportive context of healing mentorships. As the trauma of trafficking occurs in relationships we believe it is imperative for the healing process to include building new, safe and trusting relationships.

**Website:** <https://extendedhandsofhope.org/carriers-of-hope-mentoring-program-2/>

### **Extended Hands of Hope**

Mission is to offer safe housing and supportive services to sex trafficking survivors, empowering them to move forward with hope and dignity.

**Website:** <https://extendedhandsofhope.org/>

### **The Laboratory to Combat Human Trafficking**

Welcome to The Lab! We're anti-trafficking and we think you should be, too. In 2005, we launched Polaris Project Colorado with a small group of dedicated volunteers committed to ending human trafficking in Colorado. In 2010, we formally transitioned to an independent 501(c)3, and The Laboratory to Combat Human Trafficking was born.

**Colorado's Human Trafficking Toll-Free 24/7 Hotline:** Call 866-455-5075 or text 720-999-9724

**Website:** <https://combathumantrafficking.org>

### **Love Made Claim**

Love Made Claim, Inc. is a resource for people who are involved in, or who have transitioned out of, the sex industry, providing hope, love and empowerment through advocacy and personal support.

**Website:** <https://www.lovemadecclaim.com/>

### **National Human Trafficking Hotline/Information**

The National Human Trafficking Hotline connects victims and survivors of sex and labor trafficking with services and supports to get help and stay safe. The National Hotline also receives tips about potential situations of sex and labor trafficking and facilitates reporting that information to the appropriate authorities in certain cases. The toll-free phone and SMS text lines and live online chat function are available 24 hours a day, 7 days a week, 365 days a year. Help is available in English or Spanish, or in more than 200 additional languages through an on-call interpreter.

**Hotline:** 1-888-373-7888

**Text:** “BEFREE” or “HELP” to 233733

**Website:** <https://humantraffickinghotline.org/type-trafficking/human-trafficking>

### **National Human Trafficking Hotline/Referral Directory**

This online Referral Directory is made up of anti-trafficking organizations and programs that offer emergency, transitional, or long-term services to victims and survivors of human trafficking as well as those that provide resources and opportunities in the anti-trafficking field.

**Website:** <https://humantraffickinghotline.org/training-resources/referral-directory>

### **Resilience Rising**

Resilience Rising combats the commercial sexual exploitation of children in the United States by providing residential and mentoring programs with opportunities for safety, healing, and empowerment.

**Website:** <https://www.resilience-rising.org/>

### **Restoration Project International**

Restoration Project International (RPI) is a nonprofit organization founded August 2nd, 2013. Moved by the large scale and global impact of human trafficking – an estimated 4.5 Million persons trafficked are sexually exploited. Up to 300,000 Americans under the age of 18 are lured into the commercial sex trade every year.

About 17,500 of trafficked victims are transported into the United States each year.

Millions of girls and women are trafficked for sexual and labor exploitation, including pornography and prostitution; and indentured servitude. RPI’s ultimate goal is to engage all stakeholders in social change to help rehabilitate survivors and eradicate trafficking

**Website:** <https://restorationpi.org/>

## **Domestic Violence:**

### **Break the Cycle**

Break the Cycle inspires and supports young people 12 - 24 to build healthy relationships and create a culture without abuse. We are a culturally affirming organization that centers young people, caring adults, and communities in our prevention and intervention efforts. Our dynamic and diverse team believes that all young people deserve to live in a world where they can thrive. The website includes resources and information about how to identify domestic violence in a teen dating relationship.

**Website:** <https://www.breakthecycle.org/>

### **Colorado School Safety Resource Center**

The Colorado Department of Public Safety offers a comprehensive list of resources relevant to teen dating violence. Resources include hotlines, online courses and articles on teen dating violence.

**Website:** <https://www.colorado.gov/pacific/cssrc/teen-dating-violence>

### **The Crisis Center**

The Crisis Center exists to end domestic violence through advocacy, education, and prevention while helping communities live free of violence.

**Website:** <http://thecrisiscenter.org/>

### **Futures Without Violence**

Futures Without Violence is a health and social justice nonprofit with a simple mission: to heal those among us who are traumatized by violence today – and to create healthy families and communities free of violence tomorrow. Website provides online resources and links to upcoming webinars.

**Website:** <https://www.futureswithoutviolence.org>

### **Impact Personal Safety of Colorado**

IMPACT training teaches you to make good intuitive decisions in an adrenalized state. The goal of our work is to prevent boundary violations, sexual assault and other acts of interpersonal violence.

**Website:** <https://www.impact-colorado.org/>

### **Latina Safehouse**

Our unique organization incorporates understanding of what Latina domestic abuse victims may be experiencing and how to overcome these circumstances. We are sensitive to the cultural aspects that may influence someone to stay in a situation that is damaging to themselves and/or their family. Our staff is fluent in Spanish and provides compassionate, caring and culturally responsive services.

**Website:** <https://latinasafehouse.org/>

### **Loveisrespect**

Loveisrespect's purpose is to engage, educate and empower young people to prevent and end abusive relationships. Highly-trained advocates offer support, information and advocacy to young people who have questions or concerns about their dating relationships. We also provide information and support to concerned friends and family members, teachers, counselors, service providers and members of law enforcement. Free and confidential phone, live chat and texting services are available 24/7/365.

**Website:** <https://www.loveisrespect.org/>

### **Mile High United Way: Crisis & Emergency Resources in Colorado**

Colorado 2-1-1 offers a comprehensive list of Domestic Violence Resources in Colorado divided into three categories: domestic violence hotlines, domestic violence shelters and domestic violence intervention programs. Each category lists various resources and includes county and contact information.

**Website:** <https://www.211colorado.org/crisis-and-emergency/>

### **One Love**

Love is the most important thing in our lives, yet we are taught very little about it. One Love is on a mission to change that. We educate young people about healthy and unhealthy relationships, empowering them to identify and avoid abuse and learn how to love better.

**Website:** <http://www.joinonelove.org>

### **Safe 2 Tell Colorado**

The Safe2Tell Colorado model ensures that every student, parent, teacher and community member has access to a safe and anonymous way to report any concerns about their safety or the safety of others. Safe2Tell Colorado provides youth and adults, in Colorado communities and schools, with an increased ability to both prevent and report violence and other concerning behaviors by submitting a tip that is distributed to local responders and officials for investigation and follow-up. The Safe2Tell Colorado model creates a method for early intervention in the lives of youth who are struggling, helping them when they need it, before situations turn into tragedies.

**Hotline:** 1-877-542-7233

**Website:** <https://www.safe2tell.org/>

### **SafeHouse Denver**

SafeHouse Denver serves survivors of domestic violence and their children through an emergency shelter, a non-residential Counseling and Advocacy Center, and an Extended Stay Program. All of the adults, children and youth who come to SafeHouse Denver have access to a full range of bilingual programming, including individual counseling, group sessions, advocacy and safety planning.

**Website:** <https://safehouse-denver.org/>

## **Teen Dating Violence**

The website offers resources for youth, adults and communities interested in learning more about teen dating violence. February is Teen Domestic Violence Awareness Month.

**Website:** <https://www.teendvmonth.org/>

## **What Does a Healthy Relationship Look Like?**

Healthy relationships involve honesty, trust, respect and open communication between partners and they take effort and compromise from both people. Website has online resources discussing topics like boundaries, communication, trust and consent.

**Website:** <https://www.ny.gov/teen-dating-violence-awareness-and-prevention/what-does-healthy-relationship-look>

## **Sexual Abuse:**

### **The Blue Bench**

The Blue Bench is here as a community resource to help survivors of sexual assault and abuse on their path to healing. We provide individual and group therapy including yoga and art programs, case management and more to survivors age 13 or older.

**Website:** <https://thebluebench.org/about-us/who-we-serve.html>

### **WINGS Foundation**

WINGS' mission is to break the cycle and heal the wounds of childhood sexual abuse by providing education, advocacy and support to adult survivors, loved ones, providers and communities.

**Website:** <https://www.wingsfound.org/pages/our-mission/>

## **Gang Culture:**

### **GRASP**

GRASP (Gang Rescue and Support Project) is a peer-run, intervention program that works with youth who are at-risk of gang involvement or are presently active in gangs, helps families of gang victims, and serves as a youth advocate. GRASP works so well because it is primarily run by ex-gang members who broke free of the gang lifestyle and turned their lives around.

**Website:** <http://graspyouth.org/>

### **GRID**

The Gang Reduction Initiative of Denver (GRID) is a network of federal, state and local government agencies, local businesses, community-based, grassroots and faith-based organizations and community resident associations that work in a collaborative manner to address gang violence. GRID is housed under the Denver Department of Public Safety and is committed to the suppression and prevention of gun and gang violence in Denver. This is achieved through several strategies including connecting resources within communities, enhancing information sharing and collaboration among agencies, as well as, seeking change in the community norms regarding violence.

**Website:** [www.denvergov.org/grid](http://www.denvergov.org/grid)

### **Open Door**

We strive to establish credible education, sustained resources and life-altering relationships with at-risk youth, their families and the communities affected by gang culture, violence and recruitment by providing alternative positive and structured activities, family support and gang intervention services.

**Website:** <http://opendooryouth.org/our-mission>

## **Permanency:**

### **Achieving & Maintaining Permanency**

This section includes resources to help guide child welfare professionals, as well as families and youth, through the permanency process and help ensure safe, stable, and long-lasting outcomes for children.

**Website:** <https://www.childwelfare.gov/topics/permanency/>

### **Center for Racial Justice in Education**

Resources for talking about race, racism and racialized violence with children.

**Website:** [https://centerracialjustice.org/resources/resources-for-talking-about-race-racism-and-racialized-violence-with-kids/?fbclid=IwAR2obT01mvt84dHjSWyyAPZjBsuFfzxCoLjJR3r8ms\\_B27cQHz5GadImyc](https://centerracialjustice.org/resources/resources-for-talking-about-race-racism-and-racialized-violence-with-kids/?fbclid=IwAR2obT01mvt84dHjSWyyAPZjBsuFfzxCoLjJR3r8ms_B27cQHz5GadImyc)

### **Child Welfare Information Gateway: Resources for Youth about Permanency**

Life in foster care can be confusing. Without useful information, figuring out what to do and what choices you have can be difficult. Educating yourself about the foster care system and process will help you know what to expect.

**Website:** <https://www.childwelfare.gov/topics/permanency/resources/youth/>

### **Circle of Fathers**

Join a brand-new Circle of Parents group for fathers and male caregivers all around Colorado. We know that fathers are often left out of the conversation when it comes to parenting advice so we wanted to create a space for fathers to share with each other all the ups and downs of parenting. Join other fathers and male caregivers all around Colorado online to share support, tips and advice or just talk. Meetings take place over Zoom.

**Website:** <https://www.circleofparentscolorado.org/fatherfigures>

### **Colorado Parenting Matters**

Colorado Parenting Matters is dedicated to being a partner and resource for strengthening and supporting today's families. Our mission is to provide leadership, education, information, resources, support and advocacy in responding to the needs of Colorado families. Colorado Parenting Matters translates research into practice and works Statewide to assist agencies and communities in implementing and evaluating family education programs. We offer technical assistance and training classes focused on professional development of parent educators, prevention specialists and early childhood professionals and childcare providers.

**Website:** <http://coloradoparentingmatters.org/>

### **Connections for Families: Elbert County**

Connections for Families is a State of Colorado Collaborative Management Program located in Elbert County. We support youth and their families through connection to resources and early intervention. Connections for Families advocates for collaboration among service providers, in order to tailor support that meets the unique and specific needs of each youth and their family. Our goal is to empower families in sustaining a healthy environment of support for their children, while avoiding involvement in the juvenile justice and human service systems. Our services aim to serve children and their families in a way that promotes positive outcomes and improves family quality of life.

**Website:** <https://www.connections4families.org/>

### **The Conscious Kid**

Creating parenting and educational resources through a Critical Race Lens. Various subscription levels available.

**Website:** <https://www.patreon.com/theconsciouskid>

### **Denver’s Early Childhood Council**

At Denver’s Early Childhood Council, we believe all children deserve access to high quality child care and early learning experiences. Every day we work with child care providers, policy makers and other partners to enhance the quality and availability of child care and early education opportunities for children, because when children and their families – and those who serve them – are supported, our community is strengthened.

**Website:** <https://denverearlychildhood.org/>

### **Denver Indian Family Resource Center**

DIFRC’s mission is to strengthen vulnerable AI/AN children and families through collaborative and culturally-responsive services. DIFRC achieves this by providing family services and community programs to families who self-identify as AI/AN in the Denver metro area. Additionally, DIFRC provides Indian Child Welfare Act (ICWA) advocacy to support reunification efforts for families who are involved in the child welfare system. Our definition of family includes relatives and close friends in order to recognize the reality for most Indian families. DIFRC has established a revered reputation and demonstrated success in serving as a single point of entry for comprehensive, intensive, and collaborative community-based services to vulnerable AI/AN children and their caregivers.

**Website:** <http://difrc.org/>

### **Families First at Shiloh House**

Families First at Shiloh House exists to prevent the abuse and neglect of children by providing education, family support, and treatment. The program offers parent education classes and a free weekly parent support group that is offered in both English and Spanish.

**Website:** <https://shilohhouse.org/familiesfirst/>

### **Foster Source**

Our mission is to provide relevant training, resources and support to foster parents from a trauma-informed approach, giving them the skills and confidence to spark healing in vulnerable children.

**Website:** <https://fostersource.org/>

### **Parent to Parent of Colorado**

Parenting our sons & daughters with a disability or special health care need can be complex, challenging, delightful and, at times, overwhelming! Parent to Parent of Colorado (P2P-CO) is a network of families across Colorado who understand! We connect families to each other and to the resources they need. We offer encouragement to each other on the journey of parenting by providing emotional and informational support. Parent to Parent of Colorado is celebrating 20 years of supporting families.

**Website:** <http://www.abilityconnectioncolorado.org/p2p-co/>

### **Rocky Mountain Immigrant Advocacy Network**

RMIAN is a nonprofit organization that serves low-income adults and children in immigration proceedings. RMIAN promotes knowledge of legal rights, provides effective representation to ensure due process, works to improve detention conditions, and promotes a more humane immigration system, including alternatives to detention.

**Website:** <https://www.rmian.org/>

Articles:

**Ten Ways to Easily Engage Teenagers**

<http://www.youthdynamics.org/go-flow-10-ways-easily-engage-teenagers/>

**Three Tips for Working with Resistant Teens**

<https://centerforadolescentstudies.com/3-tips-for-working-with-resistant-teens/>

# Health & Self-Care

**Outcome #2:** Legacy Youth have increased knowledge about physical and mental health services.

**Outcome #3:** Those involved in the delinquency system are provided mentorship to help prevent re-offenses during Legacy Project participation.

## Suggested topics for this section:

- Help with physical and mental health resources
- What is Medicaid? How does one sign up for Medicaid?
- Do they have a doctor? Have they had a physical recently?
- Birth Control
- What does physical and mental healing mean?
- What do they do with their emotions/stress?
- Making positive decisions/how they can be positive
- Understanding choices/making good choices
- Physical well-being/nutrition
- Substance Use/how to say no
- Assist with Juvenile Delinquency (JD) case, if applicable
- How to not reoffend/how to stay out of trouble
- Resources
  - Mental Health Resources
  - Medicaid
  - Physical Health Resources
  - Stress Management
  - Physical Wellbeing and Nutrition
  - Substance Use
  - Juvenile Delinquency

## Mental Health Resources:

### AllHealth Network

AllHealth Network is a not-for-profit provider of mental health, behavioral health and substance use treatment in the Denver surrounding areas.

**Website:** <https://www.allhealthnetwork.org/>

### ArapaSource

ArapaSource is a map-based website that helps users locate resources and services in their neighborhoods. Users type in their address and select what type of service they are looking for including mental health services.

**Website:** <https://gis.arapahogov.com/arapasource/>

### Aurora Mental Health Center

Our specialized programs help children, teens, and their families cope with the challenges of mental illness and emotional disturbances. Our expert treatment teams provide assessments, individual, family, and group therapy, and medication evaluation and management. Accepts Medicare, Medicaid, and most other major insurances.

**Website:** <https://www.aumhc.org/get-help/age-group/child-youth-family/>

### Below the Surface

Below the Surface aims to help teens successfully navigate academic and social pressures, bullying and harassment, substance use, depression and anxiety, family instability, identifying as LGBTQ+ and additional

challenges. The goal is to raise awareness of Colorado’s Crisis Text Line, which is increasingly popular among teens.

**Website:** <https://belowthesurfaceco.com/>

### **Children’s Wellness Center of Colorado**

We are a private psychotherapy practice that serves children, adolescents, their parents/caregivers, young adults, adults with out children, couples and families. We seek to serve you and your family through a variety of services to meet your specific needs. We offer individual therapy, couples therapy, group therapy and family therapy.

**Website:** <https://cwccolorado.com/>

### **Colorado Crisis Center**

If you don’t know where to begin getting mental health, substance use or emotional help for yourself or someone you know—start here. We provide confidential and immediate support, 24/7/365. If you are in crisis or need help dealing with one, call this toll-free number 1-844-493-TALK (8255) or text TALK to 38255 to speak to a trained professional. When you call Colorado Crisis Services, you will be connected to a trained crisis counselor. We offer translation services for non-English speakers, we engage in immediate problem solving, and we always make follow-up calls to ensure you receive continued care.

**Website:** <http://coloradocrisisservices.org/>

### **Colorado Mental Wellness Network**

We are a state-wide, grassroots, peer-run organization that seeks to provide opportunities for individuals to improve the quality of their lives, give back to their communities, and change public perceptions of mental illness. We do this by providing whole-person wellness education to people who are building a lifestyle of recovery. In order to spread this message further, we also advocate for person-centered care in traditional healthcare settings.

**Website:** <https://cmwn.org/>

### **Colorado Teen Therapy**

At Colorado Teen Therapy, we love Teens! We are a team of qualified and specialized therapists, but we are also former teachers, school counselors, outdoor leaders and coaches. We understand what teens need -- what causes them stress, how important their social relationships are to them, and what kinds of coping strategies might work best for them. With our specially designed programs and interventions, we help teens improve self-esteem, reduce stress, gain confidence, plan for the future, and enjoy healthier relationships with friends and family. Sometimes young people need to talk with someone other than friends or family who can listen without judgment and help them work through the challenges that come with being a teenager.

**Website:** <https://coloradoteentherapy.com/>

### **Denver Children’s Home**

We help kids who have survived trauma, neglect and abuse confront serious mental health challenges. We provide clinical and educational interventions that are age-respectful and developmentally-appropriate to all of our clients. Programs include residential treatment, day treatment and community-based services.

**Website:** <https://www.denverchildrenshome.org/>

### **Denver Family Therapy Center**

Our mission is to provide high quality services to all populations. We strive to be responsive, flexible, and caring. DFTC is a “strength based” agency. We believe all clients come to us with inherent strengths which we utilize to help them solve their difficulties. DFTC is honored to treat all people regardless of ethnicity, gender, age, or sexual orientation.

**Website:** <https://www.denverfamilytherapycenter.com/>

## **Denver Springs**

Denver Springs offers mental health and addiction treatment for adults and adolescents. We offer integrated treatment programs designed to work with individuals through each step of recovery. We assess and personalize programs and services to help you become happier, stronger, and healthier than ever before.

**Website:** <https://denversprings.com/>

## **Douglas County Mental Health Initiative**

Supported by the Douglas County Commissioners, in response to several tragic mental health-related incidents, the Douglas County Mental Health Initiative has worked to unite community partners to address unmet mental health needs, connect people to mental health services and prevent those in need from falling through the cracks of the mental health system. Resources included on site.

**Website:** <https://www.douglas.co.us/mental-health-initiative/>

## **Find Your Words**

Depression can be difficult to recognize — and hard to talk about. Many people struggle for years before they reach out for help. Others never get help at all. Let's work to change that. Together, we can end the stigma that keeps people silent — and create a culture of acceptance and support. Website includes links to resources available in Colorado.

**Website:** <https://findyourwords.org/>

## **Fire Mountain Programs**

Fire Mountain is a residential treatment center in the Colorado Rockies where troubled teens are taught the tools to allow them the opportunity to transform into more responsible, thoughtful, and confident teens. Using the latest rehabilitation innovations in treatment, along with traditional methods proven to be effective, our troubled teen program's goal is long-term healing, recovery and success for all teens and their families. Let us help your teen find the path to becoming their best self.

**Website:** <https://www.firemountainprograms.com/>

## **Handprints Behavioral Therapy**

Children receive anywhere from 5-40 hours per week of direct therapeutic intervention. The intensity of services is based upon each child's unique needs and the recommendations of the Behavioral Analyst. Your behavioral team can work side by side with your child in multiple settings including your home, our clinic, community environments, and some before and after school programs.

**Website:** <https://handprintsbehavioraltherapy.com/>

## **Helen and Arthur E. Johnson Depression Center**

Our mission is improving the lives of people with depression and mood disorders through clinical excellence, innovative research, community programs, and education. Programs and services are available for adults and teens.

**Website:** <https://www.coloradodepressioncenter.org/>

## **Highlands Behavioral Health System**

Highlands Behavioral Health System offers a secure and nurturing environment for individuals seeking hope and healing from emotional, psychiatric and addictive behavioral health challenges. Our mission is to empower our patients as they navigate their journey from crisis to wellness.

**Website:** <https://highlandsbhs.com/>

## **Highline Behavioral Health Center**

Kaiser Permanente Highline Behavioral Health Center is a medical group practice located in Denver, CO that specializes in Child & Adolescent Psychiatry and Family Medicine.

**Website:** <https://healthy.kaiserpermanente.org/colorado-denver-boulder-mountain-northern/facilities/highline-behavioral-health-center-100521>

### **Horseback Miracles**

Horseback Miracle (HBM) is a non-profit organization which provides the most advanced, innovative and worldwide unique equine-assisted sensory-based therapy program for its participants from a successful method invented and developed since 1991 by Terry Draper.

**Website:** <http://horsebackmiracles.org/>

### **Judi's House**

Free-standing organization in the Metro Denver area devoted solely to providing research-based care to grieving children and their families.

**Website:** <https://www.judishouse.org/>

### **The Juvenile Assessment Center**

The Community Assessment Program (CAP) strives to keep youth at home and out of juvenile justice and human services systems by connecting families with supportive services to promote safe, healthy and happy kids. Young people receive early intervention screening and assessment to identify factors contributing to concerning behavior and factors mitigating risks. Referrals are accepted from parents and professionals. CAP's Comprehensive Assessment includes screening for immediate medical needs; behavioral health screening (including mental health and substance use); assessment of risks, strengths and needs; case planning and short-term case management.

**Website:** <http://jac18.org/programs/community-assessment-program>

### **Mental Health First Aid Colorado**

In a Mental Health First Aid course, you will learn signs and symptoms of a mental health challenge or crisis, what to do in an emergency, and where to get help.

**Website:** <http://www.mhfaco.org/>

### **Mile High United Way: Mental Health & Addiction Resources**

Colorado 2-1-1 offers a comprehensive list of mental health and addiction resources divided into three categories: Evaluation & Counseling, General Support Groups and Addiction Treatment. Each category provides detailed information on various treatment types including county and contact information of the service provider.

**Website:** <https://www.211colorado.org/mental-health-and-addiction/>

### **Partners for Children's Mental Health**

Children and families throughout Colorado are struggling to get the mental health care they need. We know that change must happen. That's why Partners for Children's Mental Health (PCMH) was created. We bring communities together to improve mental health outcomes for children and families.

**Website:** <https://pcmh.org/>

### **Rocky Mountain Crisis Partners**

Rocky Mountain Crisis Partners is a statewide, 24/7, year-round, community-based system of crisis intervention services from which people experiencing mental health and/or substance abuse crises can be assessed, safely and effectively stabilized, and efficiently linked to appropriate follow-up care and services.

**Website:** <https://rmcrisispartners.org/>

### **Savio House**

Savio House is a non-profit child wellness organization dedicated to keeping children with their families when destructive behaviors like abuse, neglect, and addiction threaten to tear families apart. Our programs eliminate a range of behaviors including substance use, problem sexual behavior, aggression, running away, and delinquency. We treat teens and their families together in the comfort of their own home. Our in-home therapy programs strengthen families and build hope for everyone.

**Website:** <https://www.saviohouse.org/>

### **Sondermind**

Therapy isn't always easy. Finding it should be. Let us help you find a licensed therapist who accepts your insurance and is available to see you either in-person or online.

**Website:** <https://sondermind.com/>

### **Sources of Strength**

The mission of Sources of Strength is to prevent suicide by increasing help seeking behaviors and promoting connections between peers and caring adults. Sources of Strength moves beyond a singular focus on risk factors by utilizing an upstream approach for youth suicide prevention. This upstream model strengthens multiple sources of support (protective factors) around young individuals so that when times get hard they have strengths to rely on.

**Website:** <https://sourcesofstrength.org/>

### **Tennyson Children's Center**

Tennyson Center for Children has served Colorado's most neglected, abused, and traumatized children since 1904. We provide a safe, stable home for kids 5-18 who are facing critical circumstances and need residential care; an accredited, therapeutic K-12 school with a 4:1 student-to-staff ratio on our campus; and in-home and community services in 19 counties across the state to provide preventive services and therapy to strengthen families with children aged 0 to adulthood.

**Website:** <https://www.tennysoncenter.org/>

### **Wingate Wilderness Therapy**

At WinGate, our wilderness therapy program provides a safe, nurturing, and supportive environment in which your child can heal. Founded on principles gained in over 30 years of combined experience, our program is one of the oldest and most revered in the industry. Unlike our competitors, our proven model utilizes an Actual Wilderness Experience (A.W.E.), in which the wilderness environment itself plays a vital role in the therapeutic process. Away from the negative influences and distractions that often disrupt their world, our students are free to engage in a process of personal healing that offers introspection and clarity in a way few other systems can. Supported by professional clinicians and caring field staff, your child will receive a personalized treatment plan as part of the best therapeutic experience available.

**Website:** <https://www.wingatewildernesstherapy.com/>

## **Medicaid:**

### **Health First Colorado (Colorado's Medicaid Program)**

Health First Colorado (Colorado's Medicaid Program) is public health insurance for Coloradans who qualify. Health First Colorado is funded jointly by a federal-state partnership and is administered by the Department of Health Care Policy & Financing. **Website:** <https://www.colorado.gov/pacific/hcpf/colorado-medicaid>

Medicaid benefits and services - **Website:** <https://www.healthfirstcolorado.com/benefits-services/>

## **Physical Health Services:**

### **ArapaSource**

ArapaSource is a map-based website that helps users locate resources and services in their neighborhoods. Users type in their address and select what type of service they are looking for including dental assistance, medical assistance and vision assistance.

**Website:** <https://gis.arapahoegov.com/arapasource/>

### **BC4U**

BC4U is a clinic dedicated to you. If you're under 25, this is your place to go with questions or problems when it comes to your sexual health. You can come for completely confidential STD testing and treatment, we also provide birth control, pregnancy testing, emergency contraception, breast exams, HPV vaccines and pap smears. It's all free and totally on your terms. Sex is fun. But it's also not something to mess around with. If you're having sex, or planning on it, we are here to help.

**Website:** <https://bc4u.org/>

### **Comprehensive Women's Health Center**

For women who are sexually active, birth control is an important part of preventing unwanted pregnancy, and there are many safe and highly effective contraception options available. At Comprehensive Women's Health Center, we are committed to improving access to these contraceptive methods so that women can have optimal control of their reproductive health, even if they are uninsured.

**Website:** <https://cwhccolorado.com/for-patients/free-birth-control/>

### **FreeClinics.Com:**

We are the largest online directory of free and affordable health clinics. Most clinics listed in our database receive federal grants, state subsidies, or are owned and operated by non-profit organizations and provide services that are either free or at a reduced rate. There are a total of 155 clinics in the state of Colorado.

**Website:** <https://www.freeclinics.com/sta/colorado>

### **National Eating Disorders Association**

Taking time to care for yourself is an important part of recovery from an eating disorder. We have compiled a list of ideas, inspiration, tips and tidbits to help you find the kind of self-care that works for you.

**Website:** <https://www.nationaleatingdisorders.org/blog/self-care-master-post-ideas-inspiration-more>

### **STRIDE Community Health Center**

STRIDE Community Health Center's mission is to partner with the community to provide excellent, culturally sensitive health services to meet the needs of each individual.

STRIDE's vision is individuals are empowered to live the lives they want through personalized, compassionate healthcare.

**Website:** <https://stridechc.org/>

### **Thrive Center**

The THRIVE Center exists to provide parents with information and training about disabilities; parent and children's rights under the IDEA (Individuals with Disabilities Education Act) and other relevant laws; and resources in the Denver Metro area.

**Website:** <http://www.thrivectr.org/disability-youth-to-adult-resources/>

## **Tri- County Health Department**

Promote, protect and improve the lifelong health of individuals and communities in Adams, Arapahoe and Douglas Counties through the effective use of data, evidence-based prevention strategies, leadership, advocacy, partnerships and the promotion of health equity.

**Website:** <http://www.tchd.org/>

## **Stress Management:**

### **Bloom Yoga**

The Children’s Law Center offers Trauma-Informed Yoga as a way to help facilitate healing and health for children, youth and families.

**Website:** <https://childlawcenter.org/trauma-yoga/>

### **Colorado Public Radio: “Teens Under Stress” Series**

Dozens of teens have shared intimate stories about the pressures they face and explained what they’d like to see change. They describe everything from intense academic pressure to social pressure to look a certain way to school shootings — even as they figure out who they’re supposed to be. Over the next few months, CPR News will untangle the factors that have created the ultimate pressure cooker for some teens. We’ll go into their world through audio diaries, interviews, reflection and analysis. Most importantly, we’ll examine what teens, families and schools can do to let some of the pressure loose.

**Website:** <https://widgets.cpr.org/teens/index.html>

### **Effective Relaxation Methods**

The relaxation response is perhaps one of the most important skills you will use to gain control over your body. The National Institutes of Health (NIH) recognizes the relaxation response as having broad health benefits including the reduction of pain and restoration of sleep.

**Website:** <https://socialwork.buffalo.edu/content/dam/socialwork/home/self-care-kit/exercises/effective-methods-for-relaxation.pdf>

### **Teens Health- Stress**

Everyone feels stressed out at times; adults, teens, and even kids. But you can avoid getting too stressed out by handling everyday pressures and problems, staying calm, asking for help when you need it, and making time to relax.

**Website:** <http://kidshealth.org/en/teens/stress.html>

## **Physical Well-Being and Nutrition:**

### **City of Aurora Recreation Centers**

We offer a full range of recreation centers. Included with a membership or drop-in fee are unlimited use of our weight training areas, cardio areas, group fitness classes, indoor swimming pools and aquatic areas, full size gymnasiums, child watch services, indoor walking track, public use computers and much more.

Additionally, the City of Aurora Financial Assistance Program was designed to help families and/or individuals that legally live within the city limits of Aurora with limited financial resources to participate in City of Aurora programs. If you require more assistance for youth recreation programs, please contact the Registration Office.

**Website:** [https://www.auroragov.org/things\\_to\\_do/recreation\\_sports\\_programs/recreation\\_centers](https://www.auroragov.org/things_to_do/recreation_sports_programs/recreation_centers)

### **Denver Parks and Recreation:**

Denver Parks and Recreation offers a variety of classes, excursions and equipment for individual and group use. The Parks & Recreation Looking to Assist You (PLAY) program offers affordable membership and programming rates to low income adults and families. Following Federal Median Income Guidelines, you may qualify for a 10 to 90 percent discount based on your household income.

Any resident of the City and County of Denver who is in need of financial help for any recreation program is eligible to apply.

**Website:** <https://www.denvergov.org/content/denvergov/en/denver-parks-and-recreation.html>

### **Douglas County Parks**

Douglas County has parks for everyone, whether it be local and regional, or for your four-legged friend, and a mountain bike skills park for all skill levels to improve their craft and have a little fun doing it. We have them all and even on an interactive map for convenience.

**Website:** <https://www.douglas.co.us/dcoutdoors/parks/>

### **Douglas County Recreation**

While only 844 square miles in size, Douglas County has a growing reputation for an astonishing 358 square miles of parks, trails, open space and other protected lands. Approximately 89% of Douglas County residents live on 17% of the land and have the opportunity to enjoy hiking, biking, equestrian activity, tennis and golf amenities. Douglas County is home to three state parks.

**Website:** <https://www.douglas.co.us/about-us/business/recreation/>

### **Elbert Parks and Recreation**

Supporting the Elbert Community with Youth Sports

**Website:** <https://elbertparksandrec.org/>

### **Hunger Free Colorado:**

Hunger Free Colorado is a statewide bilingual toll-free food resource hotline that connects Coloradoans to needed food and nutrition resources. HFC offers geographically based referrals to both public and private food assistance programs across the state. HFC connects Colorado families and individuals to SNAP benefits, food pantries, free meal sites, WIC (Women, Infants and Children) and other nutrition programs. Additional referrals can be made based on individual need.

**Hotline:** (855) 855-4626

**Metro Denver:** 720-382-2920

**Website:** <https://www.hungerfreecolorado.org>

### **Let's Move**

Putting children on the path to a healthy future during their earliest months and years; giving parents helpful information and fostering environments that support healthy choices; providing healthier foods in our schools; ensuring that every family has access to healthy, affordable food; and, helping children become more physically active. Website offers tips on how to become more active and how to prepare healthy meals.

**Website:** <https://letsmove.obamawhitehouse.archives.gov/>

### **Mile High United Way: Food Assistance in Colorado**

Colorado 2-1-1 offers a list of food resources across the state. Resources are divided into five categories: Emergency Food, Public Food Benefits, Children & Youth, Community Meals and Special Nutrition Needs. Each category is further divided into specific needs and county and contact information is provided for each resource.

**Website:** <https://www.211colorado.org/food-assistance/>

### **Trips For Kids Denver**

The mission of Trips for Kids Denver Metro is to empower at-risk and disadvantaged youth, using the bicycle as a tool to foster positive life skills, healthy youth development, and a sense of fun and adventure.

**Website:** <http://www.tripsforkidsdenver.org/>

## **Substance Use:**

### **ArapaSource**

ArapaSource is a map-based website that helps users locate resources and services in their neighborhoods. Users type in their address and select what type of service they are looking for including resources for substance abuse.

**Website:** <https://gis.arapahoegov.com/arapasource/>

### **Betty Ford Children's Program**

Alcoholism and other drug addiction is a family disease, which is why the whole family needs help and support. No child is turned away for lack of funds, scholarships are available. Our Children's Program is open to the public, and parents do not have to be patients at a Hazelden Betty Ford Foundation treatment center in order for their child(ren) to participate in the Children's Program.

**Website:** <http://www.hazeldenbettyford.org/locations/childrens-program-aurora>

### **Colorado QuitLine**

When you enroll in the Colorado QuitLine, you will have access to free personalized phone coaching, free patches or gum (if 18 or older), an interactive website and text messaging support. The service is free and available for Colorado residents 15 or older.

**Website:** [www.coquitline.org](http://www.coquitline.org)

### **The Cornerstone Program**

Cornerstone is a private program which is twelve step based and offers a network of interacting services including a fee based intensive outpatient program and a 18 – 24 month support group. For today's youth, the pressure to get involved with drugs and alcohol is inescapable. It has become a major part of youth culture. At Cornerstone, we believe that the key to getting kids to stop using is to show them a way of life without drugs and alcohol that is better than what they had when they were using.

**Website:** <https://thecornerstoneprogram.com/>

### **Rise Above Colorado**

Rise Above Colorado is a drug abuse prevention organization that measurably impacts teen perceptions and attitudes about the risks of substance abuse to help youth make empowered, healthy choices.

**Website:** <https://riseaboveco.org/index.html>

### **Responsibility Grows Here**

Talking with youth about marijuana can be difficult, but it's the best way to help them make good decisions. The more informed you are, the more helpful you can be to the youth in your life. Use the website below to find community resources, legal information about marijuana use and information about health effects when one uses marijuana.

**Website:** <https://responsibilitygrowshere.com/>

### **Signal Behavioral Health Network**

Signal works with substance use disorder and mental health provider agencies who provide treatment, prevention and recovery services to individuals and their families across the state of Colorado.

**Website:** <https://signalbhn.org/>

## **Juvenile Delinquency:**

**Juvenile Delinquency Definition:** A delinquent act is a violation of a law that would be a crime if committed by an adult. A delinquent child is one who has committed a delinquent act and is in need of treatment and rehabilitation or supervision by the court.

### **Colorado Office of the Child’s Representative**

A website that explains Dependency and Neglect cases and Juvenile Delinquency.

**Website:** <http://www.coloradochildrep.org/ocr-cases/dependency-and-neglect/>

### **Department of Public Safety (Juvenile Delinquent Involvement)**

The Voluntary Diversion Program serves as a prevention program that helps address the needs of young people who are engaging in delinquent behavior and are at risk of entering the juvenile justice system without some sort of intervention.

**Website:** <https://www.denvergov.org/content/denvergov/en/department-of-safety/intervention-prevention/juvenile-intervention-diversion/prevention-strategies.html>

### **LYRIC**

Learn Your Rights in the Community (LYRIC) is an organization composed of passionate attorney and law student volunteers donating their time to empower young people to exercise their constitutional rights. Our curriculum brings constitutional law to life for young people in schools, juvenile justice facilities, and community settings. LYRIC encourages young people to become active and knowledgeable citizens who feel comfortable exercising their rights.

**Website:** <https://lyriccommunity.org/>

### **Teen Citizen Police Academy**

The Global Teen Citizen Police Academy is a two (2) week program designed to give the participants a working knowledge of the Aurora Police Department. It consists of a series of interactive classes held daily for the 2 weeks, either AM (8:00-12:30) or PM (1:00-5:30). There is no cost to anyone who enrolls. A background check will also be conducted on each applicant. Most classes are held at the Aurora City Hall which is located at 15151 E. Alameda Pkwy. One of the goals of the Global Teen Citizens’ Police Academy, of course, is to help the residents of Aurora to better understand how policing is conducted their community. It is hoped that all graduates of the Teen Citizens’ Academy will get to know more about the men and women who are protecting their community and learn how and why they make the decisions they do while performing their duty.

**Website:**

[https://www.auroragov.org/residents/public\\_safety/police/citizen\\_teen\\_police\\_academies/global\\_teen\\_citizen\\_police\\_academy](https://www.auroragov.org/residents/public_safety/police/citizen_teen_police_academies/global_teen_citizen_police_academy)

Optional Activity:

**Stress Journaling - How To**

**Website:**

<https://socialwork.buffalo.edu/content/dam/socialwork/home/self-care-kit/exercises/stress-journaling.pdf>

**Stress Relief**

A list of simple ways to relieve stress

**Website:**<https://socialwork.buffalo.edu/content/dam/socialwork/home/self-care-kit/exercises/simple-ways-to-relieve-stress.pdf>

# Education & Career

**Outcome #4:** Legacy Youth are provided resources and skills to achieve success in school and in the workforce

**Outcome #5:** Legacy youth have increased knowledge about career and educational planning

## Suggested topics for this section:

- How is school going? Why isn't school working?
- What would make going to school better?
- Which teachers do they like and why?
- What resources do they need to succeed at school? A tutor? Special accommodations?
- What are their barriers to learning?
- Understanding IEP/504
- What is a GED? What are GED resources?
- Trade schools and college
- Scholarships/FAFSA/Educational Training Voucher (ETV)
- What kind of career do they want?
- Different types of careers/go to a career fair
- What do they have a passion for?
- What their rights are at work/Human Resources
- Workforce development/training
- Youth employment laws
- Resume building
- How to complete a job application
- Interview skills/positivity/selling yourself/in person/phone/what to wear
- How to shake a hand
- Resources:
  - High School and GED
  - Trade and Workforce
  - College Resources
  - College Resources

## High School and GED:

### Arapahoe Community College

Arapahoe Community College offers online and in-person instruction for GED prep.

**Website:** <https://www.arapahoe.edu/advising-support/testing-center/ged-testing>

### Aurora Public Schools – GED Testing

**Website:** <http://aurorak12.org/community/ged/>

### Aurora Youth Options:

Aurora Youth Options (AYO) works with middle and high school-aged youth and their families to navigate, connect and provide positive, individualized resources to help youth thrive. Aurora Youth Options provides FREE Homework Help and Tutoring to Middle and High School Youth who either live in Aurora or attend an Aurora school. Come in, grab a snack and a drink, and work with other youth! Sometimes having a different place to do your homework helps.

**Website:** <http://www.aurorayouthoptions.org/>

### **Elite Academics**

Elite Academics offers academic tutoring services and they specialize in math and science tutoring. They also offer support in ACT and SAT test prep and in college planning strategies.

**Website:** <http://www.eliteacademics.com/>

### **Emily Griffith Technical College**

Emily Griffith Technical College GED® preparation classes are appropriate for individuals who wish to learn or refresh the knowledge and skills necessary to successfully take the high school equivalent GED® test.

**Website:** <http://www.emilygriffith.edu/ged-classes>

### **Essential Education:**

Essential Education provides online GED preparation courses. They also offer online courses in Work Essentials, Computer Essentials and Money Essentials.

**Website:** <https://www.essentialed.com/students>

### **Huntington Learning Center**

Huntington Learning Center offers tutoring and test preparation services for a variety of educational needs including the GED, SAT, ACT and specific academic subjects. Their services are in five locations in Colorado including Highlands Ranch and Parker.

**Website:** <https://huntingtonhelps.com/>

### **IEPs and 504 Plans**

Both Individualized Education Programs (IEPs) and 504 plans can offer formal help for K–12 students with learning and attention issues. This website compares them side-by-side to help you understand the differences.

**Website:** <https://www.understood.org/en/school-learning/special-services/504-plan/the-difference-between-ieps-and-504-plans>

### **Mile High United Way: Child Care & Education Resources**

Colorado 2-1-1 offers comprehensive lists of community resources for educational related needs including Other Education Needs, Adult Education and Education Support. Each topic has a list of county and contact information for resources.

**Website:** <https://www.211colorado.org/child-care-and-education/>

### **Trade and Workforce:**

#### **Arapahoe/ Douglas WORKS!**

ADWorks is a resource for youth between the ages of 16 to 21 that need help finding a job, planning a career or reaching educational goals.

**Website:** <http://www.adworks.org/index.php/youth/>

#### **ArapaSource**

ArapaSource is a map-based website that helps users locate resources and services in their neighborhoods. Users type in their address and select what type of service they are looking for including resources for employment and job training.

**Website:** <https://gis.arapahoegov.com/arapasource/>

#### **Career Planner**

List of over 12,000 careers

**Website:** <https://www.careerplanner.com/ListOfCareers.cfm>

## **Colorado Department of Labor and Employment**

The Colorado Department of Labor & Employment connects job seekers with great jobs, provides an up-to-date and accurate picture of the economy to help decision making, assists workers who have been injured on the job, ensures fair labor practices, helps those who have lost their jobs by providing temporary wage replacement through unemployment benefits, and protects the workplace - and Colorado communities - with a variety of consumer protection and safety programs.

**Website:** <https://www.colorado.gov/pacific/cdle>

## **Colorado Job Corps**

Take the first step on a new path. With hard work and dedication, job corps will help you learn skills to put you on track for a good career and a better life. A life-changing decision.

**Website:** <https://www.jobcorps.gov/>

## **Colorado Youth Law**

Laws surrounding how old a youth can be when they are allowed to work and what jobs they can have.

**Website:** <https://www.colorado.gov/pacific/sites/default/files/Youth%20Law%20Fact%20Sheet%20August%202016.pdf>

## **Denver Colorado Employment Resource Center**

LDS Employment Resource Centers provide additional support that individuals may need to become self-reliant, including access to information about community resources, one-on-one coaching and mentoring, as well as additional workshops and classes that might be needed. These centers serve as a place where jobseekers can find employment opportunities, learn how to write a résumé or cover letter, and receive one-on-one mentoring and guidance. Some centers occasionally host job fairs.

**Website:** <https://www.ldsjobs.org/ers/ct/center/68481?lang=eng>

## **Mile High United Way: Employment Resources**

Colorado 2-1-1 provides lists of resources regarding Colorado Workforce Centers and Job Preparation & Training. Users can click on a topic to review resources and find their county and contact information.

**Website:** <https://www.211colorado.org/employment/>

## **College Resources:**

### **Boundless Opportunity Scholarship**

The Boundless Opportunity Scholarship (BOS) is designed to benefit motivated non-traditional students who recognize the power of education to create a better life for themselves and their families. The program helps hardworking students invest in themselves through continued education. Each school chooses to offer the Boundless Opportunity Scholarship to one or more of these student populations: adults entering or returning to college, GED recipients, veterans entering or returning to college, former foster care youth and former juvenile justice youth.

**Website:** <https://danielsfund.org/scholarships/boundless/overview>

### **College Application Fee Waivers**

College application fee waivers are a great way to save money when you're applying to college. If you're eligible for college application fee waivers, you'll receive them in the fall of your senior year. Not every school accepts application fee waivers. Visit the website to search for colleges that accept application fee waivers and get ready to apply!

**Website:** <https://bigfuture.collegeboard.org/get-in/applying-101/college-application-fee-waivers/participating-colleges?excmpid=CBF21-ST-1-fw>

### **College Essay Guy**

The College Essay Guy website offers free resources and guidance to completing college applications and writing personal statements.

**Website:** <https://www.collegeessayguy.com/>

### **College Opportunity Fund**

The College Opportunity Fund (COF), created by the Colorado Legislature, provides a stipend to eligible undergraduate students. The stipend pays a portion of your total in-state tuition when you attend a participating college.

**Website:** <https://cof.college-assist.org/>

### **Colorado Asset**

The Colorado ASSET law allows eligible undocumented students to pay in-state tuition and receive the College Opportunity Fund stipend at Colorado public colleges.

**Website:** <https://appsupport.commonapp.org/applicantsupport/s/article/colorado-asset-program-wrqgqgeit>

### **Colorado Education and Training Voucher Program (ETV)**

For young people leaving foster care, the daily struggle with adult responsibilities often makes planning for the future and pursuing higher education or training very difficult. The Education Training Voucher (ETV) Program provides funding and support for post-secondary education.

**Website:** <https://www.fc2sprograms.org/colorado/>

### **Colorado ID Project**

The Colorado Collaborative ID Project offers assistance with documents required by the Department of Motor Vehicles to obtain a Colorado ID for employment, benefits, health care and housing purposes. Metro CareRing will assist by ordering the birth certificate from another state (if applicable). Colorado Legal Services will assist with more complex ID related issues, if needed.

**Website:** <https://coloradoidproject.wordpress.com>

### **The Denver Foundation**

The Denver Foundation awards more than \$3 million per year in scholarships to deserving students. The Denver Foundation works with individuals, families, and organizations to create scholarship programs that align with their philanthropic goals and benefit deserving students.

**Website:** <http://www.denverfoundation.org/Scholarships/Scholarships-at-the-Denver-Foundation>

### **FAFSA**

Direct Link to apply for FAFSA: <https://studentaid.ed.gov/sa/fafsa>

### **Federal Student Aid**

At Federal Student Aid, we make it easier to get money for higher education.

**Website:** <https://studentaid.ed.gov/sa/>

### **Forward Steps**

By investing in their lives, Forward Steps empowers former foster youth so they can reach their full potential as independent, healthy, and contributing members of their communities.

**Website:** <https://www.forwardsteps.org/>

### **Give Back**

Give Something Back (Give Back) provides college scholarships, academic mentoring, and social guidance to students who have faced adversity.

**Website:** <https://www.giveback.ngo/>

### **Hide in Plain Sight**

Hide In Plain Sight was founded to support students who have experienced homelessness pursue their educational goals. We currently serve homeless students and students in poverty throughout the state of Colorado.

**Website:** <http://www.hideplainsight.org/>

### **My Colorado Journey**

My Colorado Journey is a ground-breaking statewide platform designed to personalize your career pathway and connect you to work, education and support services.

**Website:** <https://www.mycoloradojourney.com/journey?>

### **Pathways to Success: Milestones of Foster Care**

With each birthday, you become eligible for certain benefits and encounter greater responsibilities. Check out the major milestones, programs and opportunities on this website.

**Website:** <https://denverchafee.org/uploads/documents/pathways-youth-2014.pdf>

Optional Activities:

**Employment Readiness; Resume & Interview**

Appendix A

**Interview Open-ended Questions Handout**

Appendix B

**How to Keep a Job Handout**

Appendix C

# Housing & Money Management

**Outcome #6:** Legacy Youth feel more knowledgeable about general finances

**Outcome #7:** Legacy Youth better understand how to manage their housing and financial situation

## Suggested topics for this section:

- Discuss bank accounts/saving/credit cards/loans/interest/retirement
- Discuss how to create a budget and follow it
- What kind of saver are they/if they get \$100 how would they spend it?
- Discuss the cost of living/how they will afford to live independently
- Housing resources/vouchers/affordable areas to live
- Teach about household bills/heat/water/cable/phone/lights/repairs/groceries
- What is a lease/contracts/legal aspect of a contract?
- Does their lease allow roommates?
- What makes a good roommate? How to set boundaries with roommates?
- How much is a car and related expenses?
- Teach about different kinds of required insurance
- Resources
  - Housing
  - Money and Finances
  - Internet and Utility Assistance

## Housing:

### ArapaSource

ArapaSource is a map-based website that helps users locate resources and services in their neighborhoods. Users type in their address and select what type of service they are looking for including resources for shelters and housing assistance.

**Website:** <https://gis.arapahoegov.com/arapasource/>

### Bannock Youth and Family Center

Bannock Youth and Family Center offers three unique programs to help youth and families reach self-sufficiency. Participants in Bannock Youth and Family Center programs receive case management services to help support them in their employment, education, independent living, parenting skills and more.

**Website:** <https://www.voacolorado.org/gethelp-denvermetro-ryes-youth>

### Boys Hope Girls Hope

Boys Hope Girls Hope helps academically capable and motivated children-in-need to meet their full potential and become men and women for others by providing value-centered, family-like homes, opportunities and education through college. Children generally enter the residential program between the ages of 10 and 14 and live in our homes through high school graduation. Placement in our homes is voluntary on part of the child and his or her parent(s) or guardian, and the program facilitates regular contacts and counseling where appropriate with the child's family. Aside from the residential program they also have a college mentoring program, academy program (non-residential), and after-care services.

**Website:** <http://bhghcolorado.org/>

### Family Unification Program

The Family Unification Program (FUP) is a program under which Housing Choice Vouchers (HCVs) are for eligible youth who have attained at least 18 years and not more than 24 years of age and who have left foster

care, or will leave foster care within 90 days, in accordance with a transition plan described in section 475(5)(H) of the Social Security Act, and is homeless or is at risk of becoming homeless at age 16 or older.

**Website:** [https://www.hud.gov/program\\_offices/public\\_indian\\_housing/programs/hcv/family](https://www.hud.gov/program_offices/public_indian_housing/programs/hcv/family)

### **Homeless Services Resource Guide**

The City of Aurora has compiled a resource guide to help families experiencing homelessness to identify community resources which they can access. A map of where services are located is also included.

**Website:**

[https://www.auroragov.org/UserFiles/Servers/Server\\_1881137/File/Residents/Community%20Development/Homelessness%20Assistance%20Programs/Homeless%20services%20guide17.pdf](https://www.auroragov.org/UserFiles/Servers/Server_1881137/File/Residents/Community%20Development/Homelessness%20Assistance%20Programs/Homeless%20services%20guide17.pdf)

### **Hope House of Colorado**

Hope House of Colorado's Residential Program offers a safe, stable home for single teen moms and their children who are homeless or living in an unsafe environment. The structured program empowers and equips parenting teen moms as they move toward personal and economic self-sufficiency. The teen moms learn to incorporate healthy routines into daily life while living with their children and their peers in a safe environment. Education is foundational to the program, with all participants earning a GED and moving on to further education as well as participating in our parenting and life skills classes, healthy relationships classes, and certified counseling as necessary.

**Website:** <http://www.hopehouseofcolorado.org/index.cfm/id/14/Our-Programs/>

### **Housing Authority of the City of Aurora**

The Aurora Housing Authority is committed to providing safe, decent, affordable housing to our community and proudly serves many different groups including working families, single parents, disabled residents, senior, homeless and veterans. Information about the Family Unification Program (FUP), Housing Choice Vouchers Program (section 8) and other voucher programs is available online.

**Website:** <https://www.aurorahousing.org/>

### **Mile High United Way: Housing & Shelter Resources**

Colorado 2-1-1 has an extensive list of resources divided into categories such as Emergency Shelter Resources and Subsidized Housing Resources. Click on a topic to find county and contact information.

**Website:** <https://www.211colorado.org/housing-and-shelter/>

### **Shiloh House**

Shiloh House offers nurturing, therapeutic and educational services to empower youth and families to overcome the impact of abuse, neglect and trauma. Through guidance, clinical intervention and advocacy Shiloh House meets the needs of the community while respecting the diversity of youth and families.

**Website:** <https://shilohhouse.org/>

### **Urban Peak Denver**

Our goal is to meet youth where they are and to provide them with the assistance and support they need to become self-sufficient or obtain the necessary services they need to exit a life on the streets. Urban Peak's programs and services are founded on the principles of trauma-informed care and positive youth development and assist youth in reaching their potential and living a successful life off the streets.

**Website:** <http://www.urbanpeak.org/>

## **Money and Finances:**

### **ArapaSource**

ArapaSource is a map-based website that helps users locate resources and services in their neighborhoods. Users type in their address and select what type of service they are looking for including resources for clothing, food assistance and transportation services.

**Website:** <https://gis.arapahoegov.com/arapasource/>

### **Douglas County Libraries**

*Adventure Pass*—Use your library card to reserve a Douglas County Libraries Adventure Pass to one of our local participating cultural institutions. Reserve free passes up to 30 days in advance.

**Website:** <https://www.dcl.org/adventure-pass/>

*DCL Local*—Show your Douglas County Libraries library card at participating DCL Local merchants to receive special offers of Food & Drink, Shopping & Services and Classes & Experiences.

**Website:** <https://www.dcl.org/dcl-local/#b>

### **Douglas County Temporary Assistance to Needy Families (TANF)**

Money for families with children or relatives raising children.

**Website:** <https://www.douglas.co.us/community/financial-assistance/money-for-families-with-children-or-relatives-raising-children/>

### **Help & Hope Center: Douglas/Elbert Task Force**

The Douglas/Elbert Task Force Help & Hope Center is a 501(c)3 non-profit human service organization dedicated to providing assistance to people in Douglas and Elbert counties who are in serious economic need, at risk of homelessness, or in a similar crisis. We address immediate needs by consistently providing food and other necessities for homeless, low income and the working poor in our community.

**Website:** <https://www.helpandhopecenter.org/about/>

### **Managing Your Money**

A pamphlet for New York State adolescents, that contains information that youth in Colorado can also benefit from. The pamphlet addresses the importance of money management with tips on spending money, building credit, making a monthly budget, saving money, and paying bills on time. Information on identity protection, fraud, and additional resources are also included.

**Website:** <https://ocfs.ny.gov/main/publications/Pub5139.pdf>

### **Mile High United Way: Basic Needs & Financial Resources**

Colorado 2-1-1 provides a detailed list of resources in several categories such as Transportation Assistance, Clothing Assistance and Public Assistance/Income Support. Website users can click on a specific topic to find county and contact information.

**Website:** <https://www.211colorado.org/basic-needs-and-financial/>

### **Teen Budget Worksheet**

**Website:**

<https://www.familyeducation.com/printables/parenting-tools-printables/teen-budget-worksheet>

### **Teens and Money**

As your kids get older, the decisions they make involving money become more important. Help teach your teen the value of money: how to earn it, how to save it, and how to respect it.

**Website:** <https://www.familyeducation.com/teens/teens-money>

### **Telling Your Money What to Do**

Has it ever felt like your money, or the lack of it, is telling you what you can or cannot do? If you take control of your money and spending, you can find ways to do more with what you have. This sheet provides tips on how this can be done.

**Website:**

<https://escholarship.umassmed.edu/cgi/viewcontent.cgi?referer=&httpsredir=1&article=1084&context=pib>

### **Internet and Utility Assistance:**

#### **Douglas County Low Income Energy Assistance Program (LEAP)**

Visit website to learn more about application deadlines and eligibility requirements.

**Website:** <https://www.douglas.co.us/community/housing-and-energy-assistance/>

#### **Internet Essentials**

Internet Essentials brings affordable high-speed Internet home. You may qualify if you are eligible for public assistance programs such as the National School Lunch Program, Housing Assistance, Medicaid, SNAP, SSI, and others.

**Website:** <https://www.internetessentials.com/>

#### **Lifeline**

Federal program to provide monthly benefits towards phone or internet services for eligible subscribers.

**Website: CenturyLink program** <https://www.centurylink.com/aboutus/community/community-development/lifeline.html>

**Website: Universal Service Administrative Co. program** <https://www.usac.org/lifeline/>

## Optional Activity:

### **A Financial Empowerment Toolkit for Youth and Young Adults in Foster Care**

The Financial Empowerment Toolkit is designed to provide information and tools to supplement financial education efforts aimed at youth in care and those transitioning out of care. This guide includes resources and links to support understanding and promoting financial education and literacy for youth and young adults in care.

#### **Website:**

<https://library.childwelfare.gov/cwig/ws/library/docs/gateway/Blob/95262.pdf?w=+NATIVE%28%27recno%3D%2295262%22%27%29&upp=0&rpp=10&r=1&m=1>

# Daily Life Skills & Self-Sufficiency

**Outcome #8:** Legacy Youth have increased knowledge about daily life skills to become self-sufficient

## Suggested topics for this section:

- Help them to learn how to do laundry
- Teach them where to find affordable clothing/less expensive brands
- Teach them about the grocery store/coupons/less expensive brands
- Help them learn how to meal plan/cooking
- Provide resources to learn self-defense/self-protection
- Do they know first aid?
- Transportation means/resources if they do not have a car
- Important documents – driver’s license/IDs/social security card/birth certificate
- What is the DMV?
- How to furnish a home/how to clean
- Discuss personal hygiene/must have items
- How to make general appointments/importance of keeping appointments
- Help with time management
- Representing themselves in public with dress/appearance/language
- Resources
  - Self-Sufficiency
  - Food Banks

## Self-Sufficiency:

### ArapaSource

ArapaSource is a map-based website that helps users locate resources and services in their neighborhoods. Users type in their address and select what type of service they are looking for including resources for clothing and food assistance.

**Website:** <https://gis.arapahoegov.com/arapasource/>

### Beyond the Walls

Beyond the Walls joins the services provided by Shiloh House to complete the continuum of support for youth ages 16-26 as they become successful, productive young adult members of their local communities. Beyond the Walls creates a seamless tapestry of support for young people as they transition from out of home care to independence. Through a vibrant Community Resource Network young people link to resources and mentors which provide life skills, learning opportunities and tools to help every young person achieve their goals for the future.

**Website:** <https://shilohhouse.org/services/beyond-the-walls/>

### Bridging the Gap

Bridging the Gap is a transformative program that fundamentally changes the lives of young adults who were in the child welfare system. With the support of Independent Living Coaches and in collaboration with community partners, young adults are connected to supportive services that guide them as they transition to adulthood.

**Website:** <https://www.unitedwaydenver.org/bridging-the-gap>

### Chafee:

The Chafee Foster Care Independence Program (CFCIP) was created to assist youth in successfully emancipating from the foster care system, and to provide ongoing support to young adults as they overcome the

hurdles of living independently. They help with finding educational programs, financial aid, housing, employment, and the acquisition of life skills. We do this by meeting with youth in the community, one-to-one independent living skills training, connecting youth to resources in their community and encouraging clients to set and pursue goals for success.

**Website:** <http://denverchafee.org/about-chafee/>

### **Clothes To Kids of Denver**

Clothes To Kids of Denver provides free school clothing to students from low-income or in-crisis families in a warm, welcoming store-like setting. Our hope is that when students have the clothing they need to feel comfortable and confident in the classroom, they will better be able to focus on their studies and fit in with their peers.

**Website:** <https://clothestokidsdenver.org/>

### **Colorado DMV Handbook and Practice Tests**

Colorado is a mixture of road situations that require special attention, but the rules that govern them all can be found here in the Colorado Driver's Handbook. Whether you'll be facing wintery conditions in Rocky Mountains or urban conditions in a crowded Denver summer, you can study everything you need for Colorado driving right here, as this page pulls the most recent version of the handbook directly from the Colorado Department of Motor Vehicles. Return and study as often as you need to, using the easy-to-navigate controls on this page. Soon, you'll be ready to start with our Colorado permit practice tests, and soon after that, you'll have your Colorado driver's permit and be ready to hit the open road and start getting some real practice in the Centennial State!

**Website for Handbook:** <https://driving-tests.org/colorado/co-dmv-drivers-handbook-manual/>

**Website for Practice Tests:** <https://driving-tests.org/colorado/>

### **Colorado Family Life Center**

Colorado Family Life Center (CFLC) offers free, one-on-one classes to Aurora and Denver Metro area residents. Class topics include pregnancy, breastfeeding, parenting, fatherhood, safety, relationships, life-skills, and more. We provide a comfortable, safe environment where parents can learn, grow, and provide for the needs of their family. Both fathers and mothers are welcome and encouraged to seek support at CFLC. Our "Earn While You Learn" program assists parents through pregnancy and parenthood. Our priority is to serve teen, first-time, and at-risk parents.

**Website:** <http://coloradofamilylife.org/>

### **Colorado Legal Services**

Income-based legal services in the areas of family law, consumer/debt problems, housing law, senior citizen issues, tax controversies, income tax credit denials, civil problems and immigration issues.

**Website:** <https://www.coloradolegalservices.org/>

### **Colorado Peak**

The fast and easy way to access benefit information - anytime and anywhere. PEAK is an online service for Coloradans to screen and apply for medical, food, cash, and early childhood assistance programs.

**Website:** <https://coloradopeak.secure.force.com/>

### **Colorado Teen Project**

The Colorado Teen Project picks up where foster care leaves off for youth aging out of foster care. We help youth with their educational plans, career goals, in building resources and resilience, and in creating lasting relationships to help them navigate the next chapter in their lives with confidence and support.

**Website:** <https://www.facebook.com/coloradoteenproject/>

## **The Empowerment Program**

The mission of the Empowerment Program is to provide education, employment assistance, health, housing referrals, and support services for women who are in disadvantaged positions due to incarceration, poverty, homelessness, HIV/AIDS infection, and/or involvement in the criminal justice system.

**Website:** <https://www.empowermentprogram.org/>

## **Family Resource Pavilion**

The Family Resource Pavilion is a community partnership that promotes the well-being of young people and their families through coordinated access to a comprehensive network of support services. The facility is open 24 hours a day to youth and families.

**Website:** <https://shilohhouse.org/facilities/family-resource-pavilion/>

## **RTD LiVE Program**

The RTD public transit system provides a 40% discount for enrolled individuals. Visit the website to see if eligibility requirements are met and for more information on how to apply for the program.

**Website:** <https://www.rtd-denver.com/LiVE>

## **Food Banks:**

### **Douglas County Food Assistance**

Visit website to review eligibility requirements, learn how to use an Electronic Benefits Transfer (EBT) card and to see a list of available food banks in Douglas County.

**Website:** <https://www.douglas.co.us/community/food-assistance/>

### **Mile High United Way: Food Assistance**

Colorado 2-1-1 provides lists of various resources in categories such as Emergency Food, Public Food Benefits and Children & Youth. Click on specific topics to find county and contact information.

**Website:** <https://www.211colorado.org/food-assistance/>

### **Parker Task Force/Food Bank**

The Parker Task Force is dedicated to providing individuals and families in our community with food, limited financial assistance and other support services to help them become self-sufficient. These services will be delivered with compassion, dignity and respect by our 100% volunteer staff.

**Website:** <https://www.parkertaskforce.org/>

### **SECORCares Free Food Market**

SECORCares serves the residents of Arapahoe, Douglas, and Elbert Counties who are struggling with suburban poverty. Through our free food market, guests are able to shop and put food on their tables, without concern for payment. Much like a grocery store, our market is stocked with everyday items where our guests can shop and choose the things their families will eat and enjoy. Thanks to our many partners who donate food, we are able to provide our guests with fresh produce, meats, dairy, fresh breads, canned and dry goods, and even desserts. We also have a limited supply of pet food for our furry friends. A typical guest will leave with enough food to last 10-14 days.

**Website:** <https://www.secorcares.com/free-food-market>

## Optional Activity:

Denver Chafee- Adult Survival Checklist

**Website:**

<http://denverchafee.org/my-life/adult-survival-checklist/>

# Self-Esteem & Self-Efficacy

**Outcome #9:** Legacy Youth have increased self-esteem and confidence

**Outcome #10:** Legacy Youth feel more empowered by participating in community service and would consider volunteering in the future

## Suggested topics for this section:

- Who do they want to be?
- What are they passionate about?
- Ideas for how to change their life for the better
- What is self-confidence?
- Work on eye contact/speaking so others can hear/speaking clearly
- What does self-advocacy mean to them?
- How to advocate for themselves moving forward/how to ask questions
- How do you want to contribute to society?
- Provide resources to get involved/become a part of something
- Volunteer: animals/elderly/children/etc.
- Youth Boards
- What have you learned?
- How do you see yourself differently?
- Resources
  - Self-Efficacy
  - Self-Esteem
  - LGBTQAI
  - Youth Boards

## Self-Efficacy:

### Art from Ashes

Art from Ashes (AfA) is the first youth arts agency in Colorado to use a process of creative expression to facilitate personal transformation and self-determination among high-risk youth age 9 to 24 years old.

**Website:** <http://www.artfromashes.org/about/>

### BACA

Bikers Against Child Abuse, Inc. (B.A.C.A.) exists with the intent to create a safer environment for abused children. We exist as a body of Bikers to empower children to not feel afraid of the world in which they live. We stand ready to lend support to our wounded friends by involving them with an established, united organization. We work in conjunction with local and state officials who are already in place to protect children. We desire to send a clear message to all involved with the abused child that this child is part of our organization, and that we are prepared to lend our physical and emotional support to them by affiliation, and our physical presence. We stand at the ready to shield these children from further abuse. We do not condone the use of violence or physical force in any manner, however, if circumstances arise such that we are the only obstacle preventing a child from further abuse, we stand ready to be that obstacle.

**Website:** <http://bacaworld.org/>

### Colorado Department of Public Health & Environment

Learn about positive youth development to help youth acquire the knowledge and skills they need to become healthy and productive adults.

**Website:** <https://www.colorado.gov/pacific/cdphe/positive-youth-development>

### **Downtown Aurora Visual Arts (DAVA)**

DAVA's Open Studio gives students a chance to explore, experiment and express themselves in new ways. Choose from a wide variety of art projects, including ceramics, drawing, painting and sculpture. You'll even find fun ways to learn about science, health and different cultures through art. The Open Studio at DAVA is a rich playing field for experiential learning for youth ages 7-17. Students learn key social skills as they problem solve and finish projects successfully, collaborate in community art projects and participate in STEAM classes.

**Website:** <https://www.davarts.org/programs/open-studio/>

### **Douglas County Youth Initiative**

The Youth Initiative is a collaborative project among Douglas County government, the Douglas County School District, the City of Lone Tree, the Town of Castle Rock, the Town of Parker, the Library District, and the Highlands Ranch Metro District through the Partnership of Douglas County Governments. The Youth Initiative is a method of coordinating local youth-serving efforts and assessing the needs of the youngest residents by envisioning a community in which youth are involved, valued, productive, protected and healthy.

**Website:** <https://www.douglas.co.us/community/partners-and-providers/youth-initiative/>

### **Dream Makers Project**

Dream Makers supports older youth who are at risk of aging out or who have already aged out of foster care system. Every year, 23,000 teens age out of the foster care system without a family to call their own. These are children who have been removed from their biological families, due to no fault of their own, but rather having experienced neglect or abuse. These youth are left without a loving support system or resources to help them reach their full potential. When you become a Dream Maker, you have the opportunity to let one of these youth know that someone cares and they are not alone. Your support can give them the confidence they need to help change their future.

**Website:** <https://dreammakersproject.org/>

### **Driven By Our Ambitions**

Driven By Our Ambitions (DBOA, LLC) aims to establish intervention/preventative/mentoring/therapy services for clients and their families that will allow them to receive ample support, guidance and critical information that will guide them on a path to surpass their goals/ambitions and always work to grow the client(s) towards model citizens.

**Website:** <https://dboaprep.com/>

### **Foster Club**

Foster Club's network includes over 500 young people with first-hand foster care experience. We recruit young people who are interested in developing personally and professionally through our Young Leader programs, then connect them to opportunities where they can impact change on an individual, group and system level. Meet our Young Leaders, read their blogs and explore our program.

**Website:** <https://www.fosterclub.com/>

### **I'm Determined!**

The I'm Determined project, a state-directed project funded by the Virginia Department of Education, focuses on providing direct instruction, models, and opportunities to practice skills associated with self-determined behavior. This project facilitates youth, especially those with disabilities to undertake a measure of control in their lives, helping to set and steer the course rather than remaining the silent passenger. On the website you will find online resources for goal setting and ideas of how to engage with youth's educational paths.

**Website:** <http://imdetermined.org/>

## **People House**

People House is a collaborative community for healing and growth, offering holistic resources for life's journey—empowering people for over 40 years. Our philosophy of care recognizes the mind/body/spirit connection. We offer programs that advocate for living a life of conscious awareness and responsibility, while acknowledging that we are each constantly progressing along the path and will all need help somewhere along the way.

**Website:** <https://peoplehouse.org/>

## **Rocky Mountain Children's Law Center Programming:**

Every day for over thirty years, the Children's Law Center has dedicated itself to advocating for Colorado's abused, neglected and at-risk children. We are passionate legal and social work professionals with expertise in child welfare law. We have a strong reputation in the legal and child welfare communities and work tirelessly to establish caring, personal relationships with the kids we represent and fight for their best interests.

**Website:** <https://childlawcenter.org/service-areas/>

## **Rylie's ARK (Acts of Random Kindness)**

Rylie's Ark is a community working together to create a BIG IMPACT through small acts of kindness.

**Website:** <https://ryliesark.org/>

## **Sacred Walk**

Youth retreats and classes are offered as a half or full day or on a weekly series basis. Games, videos, self-inventories, laughter, structured conversation, interaction, activities and positivity are the foundation of all retreats and classes.

**Website:** <https://www.sacredwalkllc.com/>

## **Star Girlz Empowerment, Inc.**

STAR Girlz Empowerment, Inc. is a self-development empowerment program designed for female youth ages 10-21. Our unique empowerment curriculum offers a powerful, hands-on experience that allows each STAR to: Develop positive Self-esteem, self-love and motivation; Promote Healing and develop healthy coping and decision-making skills; Be Inspired to further their education; Navigate through at risk behaviors or circumstances involving the influence of peer pressure, gangs, drugs and sex trafficking; Elevate to their full potential.

**Website:** <https://www.facebook.com/STARGirlzEmpowerment/>

## **Self-Esteem:**

### **Dove Self-Esteem Project**

Helping young people overcome body image issues and fulfill their potential by building positive body confidence and self-esteem.

**Website:** <https://www.dove.com/us/en/dove-self-esteem-project.html>

### **GirlVentures'**

GirlVentures' provide an abundance of tools and teachings as part of our programs. To take our support a step further, we've gathered a series of resources for families, friends, and fans of GirlVentures. Discover downloadable and online tools as well as other organizations working toward greater inclusivity and equity for youth in the outdoors.

**Website:** <https://www.girlventures.org/resources>

## **TeensHealth: How Can I Improve My Self-Esteem?**

Online resource defining self-esteem and strategies on how to build it.

**Website:** <https://kidshealth.org/en/teens/self-esteem.html>

## **LGBTQAI:**

### **GLMA: Health Professionals Advancing LGBTQ Equality**

Are you lesbian, gay, bisexual, transgender or queer and looking for a healthcare professional you can trust?

GLMA's online Provider Directory can help. Search for primary care providers, specialists, therapists, dentists and other health professionals in your area.

The service is free and you do not need to register.

**Website:**

<http://www.glma.org/index.cfm?fuseaction=Page.viewPage&pageId=939&grandparentID=534&parentID=938&nodeID=1>

### **Inside/Out**

The mission of Inside/Out is to empower, educate and advocate for lesbian, bisexual, transgender, gay, intersex and questioning (LGBTIQAI) youth from Southern Colorado, primarily El Paso and Teller counties. Inside/Out does this by creating safe space, support systems and teaching life skills to all youth in our community and work to make our community safer and more accepting of gender and sexual orientation diversity.

**Website:** <https://www.insideoutys.org/>

### **MSU LGBTQ Student Resource Center**

The LGBTQ Student Resource Center is a tri-institutional office on the Auraria Campus serving the students, faculty and staff of Metropolitan State University of Denver, Community College of Denver and University of Colorado Denver. We are available to all Auraria students as a resource for exploring issues of sexual orientation and gender identity.

**Website:** <https://msudenver.edu/lgbtq/>

### **One Colorado—Safe Schools**

Schools are often places where LGBTQ young people don't feel safe or included. In Colorado, 7 out of 10 students are harassed based on their sexual orientation, 8 out of 10 students hear homophobic remarks at school, and 3 out of 10 students have missed class or even a whole day of school because they felt unsafe. One Colorado's Safe Schools initiative provides resources and tools for educators and for those who want to learn more about combating bullying towards LGBTQ young people.

**Website:** <https://one-colorado.org/lgbtq-issues/safe-schools-colorado/>

### **Rainbow Alley**

Rainbow Alley is a safe space supporting LGBTQAI youth and their allies ages 11 to 21, providing a drop-in space, youth-led events and activities, counseling and support groups, health services, and life services, all in a warm, welcoming, and supportive environment.

**Website:** <http://glbtcolorado.org/rainbow-alley/>

## **Youth Boards:**

### **American Red Cross: Youth Board**

The Youth Advisory Board is one of the highest volunteer leadership opportunities for Red Cross youth in the Colorado & Wyoming Region. The Board plans and implements projects and programs that serve the needs of our community -- supporting youth volunteers as they help the Red Cross deliver services. Another role of the Board is to inspire youth volunteerism in our local Red Cross and in surrounding schools and communities.

**Website:** <http://www.redcross.org/local/colorado/volunteer/ways-to-volunteer/youth-programs/advisory-board>

### **Aurora Youth Commission: Youth Board**

The Aurora Youth Commission serves as a voice for youth in Aurora. The AYC advises City Council, the City Manager & the Director of the Department of Parks, Recreation & Open Space regarding the interests of youth in Aurora. Members must be an Aurora resident. AYC allows youth to have fun, meet new friends, represent your school & community, help others, learn about Aurora government, give back to your community, learn to conduct a meeting, and gain valuable volunteer credit.

**Website:** [https://www.auroragov.org/city\\_hall/boards\\_commissions/aurora\\_youth\\_commission](https://www.auroragov.org/city_hall/boards_commissions/aurora_youth_commission)

### **Children’s Hospital Colorado: The Youth Action Board**

The Children’s Colorado Pediatric Mental Health Institute (PMHI) Youth Action Board (YAB) consists of up to 15 youth from across the Denver metro area who are interested in raising awareness about and de-stigmatizing mental health issues.

**Website:** <https://www.childrenscolorado.org/doctors-and-departments/departments/psych/youth-action-board/>

### **Metro Youth Advisory Board**

A youth advisory board (YAB) is a place where youth can voice their opinion and make change happen! Metro Youth Alliance is a YAB made up of former and current foster care youth, and youth with other backgrounds, who work together to improve the experience of youth in foster care, and collaborate to identify projects they would like to pursue to improve their communities

**Website:** <http://denverchafee.org/get-involved/youth-advisory-board/>

### **Young Americans Center for Financial Education: Youth Board**

The Youth Advisory Board is comprised of 12-20 middle and high school teenagers, who serve a one-year term on the board. They meet monthly and learn about banking, business, nonprofits, philanthropy, and leadership, while providing a youth perspective to the adult board and management. Two past members are selected to serve as co-chairs and lead the board meetings.

**Website:** <https://yacenter.org/about-us/youth-board/>

## Optional Activity:

Self- Esteem Worksheets

**Website:**

<https://positivepsychologyprogram.com/self-esteem-worksheets/>

# Crisis Resources and Hotlines

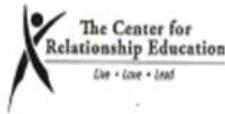
Suicide Prevention Lifeline	1-800-273-8255
Human Trafficking Hotline	1-888-373-7888
Domestic Violence Hotline	1-800-799-7233
LGBTQAI Youth Suicide Hotline	1-866-488-7386
Transgender Crisis Line	1-877-565-8860
Colorado Child Abuse Hotline	1-844-264-5437

## 2-1-1 Colorado

Colorado 2-1-1 is a simple and easy-to-remember number and website that people can access when they need help or want to give help. Often, people don't know where to go for help... or that help is available. People don't know that emergency food and shelter assistance is available, childcare is accessible for low- and middle-income families, after-school programs offer a safe place for youth, and more. And, if you have heard of a service, but can't remember where it is, how do you find out? 2-1-1 is your community solution. The three-digit number is easy to remember and provides a direct link to non-emergency help for health and human services.

**Website:** <https://www.211colorado.org/>

# Appendix A



HANDOUT

## Interviewing Skills

- Give a firm handshake
- Sit up straight
- Use eye contact
- Dress in more formal, clean and ironed apparel
- Engage in polite conversation (Being more formal than you are with your friends)
- Ask relevant questions
- Answer questions in a complete yet concise manner
- Use specific examples to illustrate points
- Send a "Thank you" letter or email to the interviewer after your interview
- Do not control the interview
- Do not bring up salary or benefits
- Do not act too serious or nervous
- Do not let your discouragement or disappointment show
- Do not look at your watch or the clock repeatedly

### Common Interview Questions

Here are some frequently asked questions and tips on answering them. Remember to be prepared!

Practice answering these questions with a friend prior to your interview.

1. **Tell me about yourself.** Answering this gives the interviewer insight into how you may fit into the organization. Do not talk about personal information. If you are unsure what information the interviewer is interested in, you could ask, "Are there any areas in particular you'd like to know about?"
2. **Briefly describe your professional experience and background.** The interviewer is trying to learn about who you are in the context of work.
3. **What is your biggest weakness?** Choose something that is not a major flaw or negative characteristic, you do not want to shock the interviewer or make them think you are not a good candidate for the job. Most importantly, do not say something negative about yourself and leave it at that, turn it into a positive! Describe how you were able to overcome this weakness and a positive way the situation turned out. Show that you have grown as a person, and how a slightly negative characteristic is now a positive attribute that you can bring to this new position. Whenever possible, use specific situations from your life to illustrate your point.
4. **What is your biggest strength?**
5. **How will your strengths help you do well with this company?** This is not an opportunity to brag. Instead, you need to describe why you are the best person for the job. Give a specific example of your strength, what it has helped you accomplish in past work roles, and how it will be beneficial to your performance if you get this job.

# Interviewing Skills

6. **Where do you hope to be five years from now?** Bottom line, the interviewer wants to know that you want to work for them. They do not want to hear that you plan on going to another company or field of work. Even if you do plan on keeping your options open, this may turn the interviewer off. Instead, focus your answer on new skills you hope to learn and master, and how you plan to use them in order to benefit the business' goals. Even if you want to get another job later on, do not say something like, *"I want to work here to gain experience to someday open my own business."*
7. **What is your greatest accomplishment?** Be sure to give specific examples from school and your community including how you overcame obstacles and of leadership opportunities you experienced. This gives the interviewer a better understanding of this accomplishment. If you just graduated from high school, college or tech school, describe an accomplishment from your school work, part-time job, internship or extra-curricular activities.
8. **Why do you want to work for this company?** You will always want to do research on the company before the interview. This is where your research on the company will be helpful. Perhaps they are innovative in a specific field and that is what makes you want to join the team? What are their goals, and how can your skills and past experiences help achieve them? Give specific reasons, don't speak in generalities.

*The following are some additional questions that might come up in an interview:*

9. Are you a nice person?
10. How would you describe yourself?
11. Describe a typical work week for you currently.
12. Describe your work style.
13. Do you work well with other people?
14. Do you take work home with you?
15. How many hours do you normally work?
16. How would you describe the pace at which you work?
17. How do you handle stress and pressure?
18. What motivates you?
19. Are you a self-motivator?
20. What are your salary expectations?
21. What do you find are the most difficult decisions to make?
22. Why did you choose to interview with this company?
23. What has been the greatest disappointment in your life?
24. What are you passionate about?
25. What are your pet peeves?
26. What do people most often criticize about you?
27. What is the worst thing that you have ever gotten away with?
28. When was the last time you were angry? What happened?
29. If you could relive the last 3 years of your life, what would you do differently?

# Interviewing Skills

30. If the people who know you were asked why you should be hired, what would they say?
31. Do you prefer to work independently or on a team?
32. Give some examples of teamwork.
33. What type of work environment do you prefer?
34. How do you evaluate success?
35. If you know your boss is 100% wrong about something, how would you handle it?
36. Describe a difficult work situation/project and how you overcame it.
37. Describe a time when your workload was heavy and how you handled it.
38. What interests you about this job?
39. Why do you want this job?
40. What applicable attributes/experience do you have?
41. Are you under or overqualified for this job?
42. What can you do for this company?
43. Why should we hire you?
44. Why are you the best person for the job?
45. What do you know about this company?
46. Why do you want to work here?
47. What challenges are you looking for in a position?
48. What can you contribute to this company?
49. What do you see yourself doing within the first 30 days on the job?
50. What would you do if you found out the company was doing something illegal?
51. Are you willing to travel?
52. What is good customer service?
53. How long do you expect to remain employed with this company?
54. Please rate me as an interviewer.
55. Is there anything I haven't told you about the job or company that you would like to know?

## Common Interview Questions: The Future

56. What are you looking for in your next job? What is important to you?
57. Where do you see yourself 5 years from now?
58. What are your goals for the next five years/ten years?
59. How do you plan to achieve those goals?
60. What are your salary requirements - both short-term and long-term?
61. What are your career goals?
62. What will you do if you don't get this position?
63. Where else are you interviewing?

# Appendix B



HANDOUT

## Practicing for the Interview: Open-ended Statements

- If I were to get a job interview, I would.....
- If I were told to take on an extra project for my boss, I would.....
- If I were to get a job the first day on the job, I would.....
- For me, working means.....
- If I were the president of a company, I would.....
- If I could choose my dream job and career, it would be.....
- If I had to start at the bottom rung of the employment ladder, I would.....
- If I started working and really disliked my boss, I would.....
- When I get my first job, I am going to.....
- I think the perfect office includes.....
- I think working overtime is.....
- The way I would dress in order to get a job is.....
- The way I would get to work on time every day is.....
- If I had a conflict with one of my coworkers, I would.....
- If I missed my wakeup call and arrived late to work, I would.....
- If I felt unfairly treated at work, I would....
- To me, dressing for success means.....
- In order for me to keep my job, I should....

*Have your students add their own open-ended statements to this list!*

# Appendix C



## How to Keep a Job

**Once you get the job, the next task is to be sure you keep it.**

- 1. Be on time.** Be on time for work, returning from breaks, going to meetings, or turning in assignments.
- 2. Dress appropriately.** Always utilize good grooming habits.
- 3. Call and let the boss know if you will be late or absent.**
- 4. Give your best, finish assignments and meet or exceed expectations.**
- 5. Anticipate the needs of others.**
- 6. Have a positive attitude and “Can Do” spirit.**
- 7. Ask for help when needed.** Know your limitations.
- 8. Avoid backstabbing or office gossip.** Always be respectful.
- 9. Be a team player.** Look for opportunities to serve customers or co-workers.
- 10. Be a leader.** Look for opportunities to show that you can be trusted.
- 11. Avoid criticizing your boss or the company.** It is easy to find things wrong with others. It is much harder, but more rewarding, to find constructive ways to deal with problems. Employees who are known for their good attitude and helpful suggestions are the ones most often remembered during performance evaluation and raise review time.
- 12. Volunteer for trainings and new assignments.** Take a close look at people in your organization who are “moving up”. Chances are, they are the ones who have shown themselves willing to do undesirable assignments or take on new responsibilities.
- 13. Avoid the temptation to criticize** your company, co-workers, or customers on the Internet. Social networking sites offer many opportunities to share with the world, but what you place on the Internet is public forever.
- 14. Be a good team member.** Put the team and the company first.
- 15. Try to avoid ever saying “that’s not my job.”** Distinguish yourself. Pick out one or more things in your job to do better than anyone else. Become known as the “go-to” person for such things. That will help managers remember you favorably at times when you really need to be remembered.