

# 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!

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# 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/>

### **Baby Bear Hugs**

Baby Bear Hugs changes the lives of “soon to be” parents and families with infants and toddlers in Eastern Colorado by providing parenting education, resources, and support. It is our goal that all children will become productive, happy adults who give back to their communities and that they will have every opportunity available to them to fulfill their potential, develop assets that empower them to resist failure, and have strong supportive adults in their lives. To this end, Baby Bear Hugs will provide parenting education, support, and connection to community resources to all expectant parents and families with children 0 to 3 years old. Services are at no cost to the families.

**Website:** <http://www.babybearhugs.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:** <http://www.fireflyautism.org/services>

### **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/>

### **Colorado Organization for Victim Assistance: Human Trafficking Program**

COVA's Human Trafficking Program (HTP) Survivor Support Services provides referrals, and case management services to eligible victims of both labor and sex trafficking in Colorado. Case managers can work with survivors that have recently exited a trafficking situation to identify goals and connect to supportive resources to restore self-sufficiency, safety and autonomy.

**Website:** <https://www.coloradocrimevictims.org/human-trafficking-program.html>

### **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.every.org/lovemadeclaim>

## **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

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

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

## **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/>

## **Voluntad (formerly Street’s Hope)**

Voluntad provides survivor informed, evidence-based services to support and empower survivors of all forms of human trafficking. Voluntad works to bring awareness and education to our community in the fight against exploitation and human trafficking.

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

## **Domestic Violence:**

### **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/>

### **Crossroads Safehouse**

Crossroads provides emergency safe housing, advocacy, legal assistance, rapid rehousing and crisis intervention for victims of domestic violence. Crossroads assists victims of domestic violence with emergency shelter, food, clothing, and medical care during their stay. We are open 24/7/365, and our residents are able to stay with us a

maximum of eight-weeks. Along with our shelter and outreach programs, we provide legal advocacy, a Domestic Abuse Response Team (DART) that assists at an incident site, Road to Home Rapid Rehousing Program, Youth and Family Advocacy, a Bilingual Program and on-site law representation through our Bringing Justice Home Project. Our prevention program features *Time to Talk*, a peer education program with the Poudre School District on teen dating violence and how to foster healthy relationships.

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

## **DOVE**

DOVE works with Deaf, DeafBlind, DeafDisabled, and Hard of Hearing (DDBDDHH) people of all ages and backgrounds who have experienced abuse. Abuse includes domestic violence, family violence, sexual assault, child abuse, adult survivors of childhood sexual abuse, bullying, stalking, and teen dating violence.

**Website:** <https://deafdove.org/services/>

## **Eastern Plains Safe Shelter**

Eastern Plains Safe Shelter services and support for victims of domestic violence and sexual assault.

**Website:** [https://www.facebook.com/Eastern-Plains-Safe-Shelter-701774139919783/about/?ref=page\\_internal](https://www.facebook.com/Eastern-Plains-Safe-Shelter-701774139919783/about/?ref=page_internal)

## **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>

## **Gateway Domestic Violence Services**

Gateway Domestic Violence Services provides a highly effective combination of shelter and comprehensive services to adults and children fleeing domestic violence. Gateway is the only 24/7 shelter available in the City of Aurora and Arapahoe County, offering emergency shelter and extended-stay care, together with a crisis line, licensed counseling, and court advocacy.

**Website:** <https://gatewayshelter.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/>

## **The Initiative**

Founded over 30 years ago, The Initiative (previously known as the Domestic Violence Initiative for Women with Disabilities or DVI) is the only organization in Colorado that focuses our services on the intersection of cross-disability issues and abuse. “Cross-disability” means that we serve people with all kinds of disabilities, including physical, sensory, cognitive, developmental, mental-health, and health-related. Through our advocacy and outreach programs, The Initiative strives to create an abuse-free culture for all.

**Website:** <https://theinitiativecolorado.org/About/who-we-are/>

## **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>

### **Project Safeguard**

Project Safeguard's goal is to aid victims through advocacy and assistance in navigating the court system, court accompaniment, and other services, while also holding systems and society accountable for their response. We provide direct services while also striving to create social change for domestic violence victims through the following programs: direct court support, safety and survival planning, phone support, and legal advocacy and assistance.

**Website:** <https://psghelps.org/what-we-do/>

### **Rocky Mountain Victim Law Center**

Rocky Mountain Victim Law Center (RMVLC) is a Colorado nonprofit law firm providing free legal services to victims of crime in Colorado through our Victim Rights Legal Services, Legal Information Network of Colorado, and Title IX programs. RMVLC elevates victims' voices, champions victims' rights, and transforms the systems impacting them.

**Website:** <https://www.rmvictimlaw.org/about-us>

### **Rose Aandom Center**

Services at the Rose Aandom Center are available to all victims of domestic violence who are in need of information and help in finding resources, safety, and hope for themselves and their children. Through our partner agencies, a wide range of services are available to help victims choose which services will best assist them in creating a path toward safety. Victims are not required to report their abuse to law enforcement in order to access services. All programs and staff participating at the Rose Aandom Center are committed to providing culturally and linguistically responsive services, where victims are respected and empowered to make the best choices for themselves. A variety of additional ongoing support and self-care activities to help victims and their children rebuild safety, stability and hope is available as scheduling allows. Victims can talk with an Intake Specialist to find out about additional services and options.

**Website:** <https://roseaandomcenter.org/services/>

## **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/>

## **Safe Shelter of St. Vrain Valley**

Safe Shelter provides safety, support and resources to individuals affected by domestic abuse. We promote empowerment through direct services and community education, advocating for the right of every individual to live a life free of intimidation, exploitation and abuse. Services include an emergency shelter, free individual counseling and advocacy, child and youth services, legal advocacy, and more. Counties served include Denver County.

**Website:** <http://safeshelterofstvrain.org/about-us/>

## **Spanish Clinic**

Spanish Clinic foresees that it is important and imminent that culturally appropriate Substance Abuse, Domestic Violence and Mental Health services be in place for a diverse population in need of Clinical Services.

**Website:** <https://spanish-clinic.com/>

## **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 aged 13 or older.

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

## **From Silenced to Saved**

We are a third-party case management organization assisting governmental agencies in their efforts to help victims by optimizing services. We offer many services such as, mentoring, first responding, scene presence, Risk and Case Management, and for those who qualify an individual safe housing program to anyone who has experienced Sexual Trauma. This includes Sexual Exploitation and Sex Trafficking. We are an organization who works very closely with those we serve. Our target ages are 13-25. We will come to you. We will work with your team or help get a team in place for you if needed to get you to a safe place and a position of healing. We work closely with multiple organizations. We currently partner with multiple agencies statewide who also have the same mission of serving the exploited. We work with schools, juvenile detentions, churches, safe homes, law enforcement, victim advocacy groups/organizations as well as direct referrals.

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

## **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:** <https://www.denvergov.org/Government/Departments/Department-of-Public-Safety/Intervention-Prevention/Gang-Reduction-Initiative>

### **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/systemwide/youth/resourcesforyouth/youthpermanency/>

### **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.circleofparentsco.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:** <https://www.facebook.com/ColoradoParentingMatters/>

### **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 childcare and early learning experiences. Every day we work with childcare providers, policy makers and other partners to enhance the quality and availability of childcare 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/>

### **Elbert County Early Childhood Council**

To ensure that Elbert County is a community of well-rounded, happy, healthy, educated children and families. They also assist families in finding childcare.

**Website:** <https://www.ececc.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/>

Optional Activity:

**Appendix A**

What Love Looks Like

# 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
  - Spiritual

## Mental Health Resources:

### 7 Cups

7 Cups is an online emotional support service. Through a secure, anonymous bridging technology, we connect those in need of emotional support with our network of Active Listeners, individuals from all walks of life who want to provide compassionate care. Connections to Listeners are private, one-on-one conversations initiated on demand.

**Website:** <https://www.7cups.com/>

### 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/>

### Animal Assisted Therapy Programs of Colorado

We provide animal assisted psychotherapy to people of all ages and income levels at our Barking C.A.A.T. Ranch in Arvada, CO. We prescribe and monitor psychiatric medication to AATPC clients in need of medication support. We train mental health professionals in the Specialty of Animal Assisted Psychotherapy. We rescue animals who need a home and love people, and we provide them with a permanent home. We provide group therapy for AATPC clients and other organizations (by contract). We provide free events aimed

at increasing community and improving mental wellness. We offer a unique space to rent for small group meetings and retreats.

**Website:** <https://www.animalassistedtherapyprograms.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.arapahoegov.com/arapasource/>

### **Asian Pacific Development Center**

APDC's Behavioral Health Clinic provides a variety of services to clients who represent a wide range of mental health issues from brief, transitory conditions to the more acute and chronic psychiatric symptoms and disorders. Services are tailored to address the needs of immigrant and refugee status clients. Issues involving cultural adjustment, such as language, values, customs, and behavioral differences, are often intimately associated with the client's chief complaint. As a specialty clinic, APDC has behavioral health care services that are typically provided in the clients' native language with bilingual staff who share the same cultural background as that of the client.

**Website:** <https://www.apdc.org/behavioral-health>

### **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/>

### **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/>

### **Centennial Mental Health Center**

For over 40 years, Centennial Mental Health Center has provided compassionate and comprehensive mental health and substance use disorder services to the resilient, hard-working members of our northeastern Colorado community. We believe that seeking help isn't a sign of weakness; it's a sign of strength.

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

### **The Center for Trauma & Resilience**

The Center for Trauma & Resilience provides culturally and linguistically responsive programs, health promotion and crime prevention education at no cost. Programs includes trauma sensitive yoga, families and children program, services to elderly victims, legal assistance to immigrants, ear acupuncture, peer support, and more.

**Website:** <https://traumahealth.org/programs/>

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

We are a private psychotherapy practice that serves children, adolescents, their parents/caregivers, young adults, adults without 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/>

### **Community Reach Center**

Community Reach Center is passionate and cares about youth mental health. An average of 1 in 5 children and adolescents in the United States experiences a mental health problem each year. Left untreated, poor mental health can affect a youth's ability to learn, develop friendships, engage well with their families, and can threaten their safety. Community Reach Center provides private, confidential, evidence-based counseling for children, teens, and their families at any of the Center's five outpatient offices, in most Adams County public schools and in other community-based settings. Our goal is to help youth overcome their difficulties and become more resilient.

**Website:** <https://www.communityreachcenter.org/services/child-youth-and-family-services/>

### **Denver Area Youth Services (DAYS)**

Denver Area Youth Services offers services to children, youth, parents, and families throughout Colorado. Our mission is to provide comprehensive human services to children, youth, and families throughout Colorado. DAYS provides mental health services, home-based family services, foster care, independent living placements for adolescents, and supervised parental visitation for children, youth, and families in need.

Services can be self-referred or referred through local human services departments or the juvenile justice system. DAYS accepts Medicaid. We also offer a sliding fee scale for self-pay clients. We do not currently accept private insurance. Services are accessible, culturally sensitive, and relevant to the individuals we serve.

**Website:** <https://www.denveryouthservices.org/what-we-do>

### **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 Family Institute**

At Denver Family Institute, our goal is to provide quality counseling services to diverse families, individuals and couples, regardless of income level. We often work with those unable to afford private therapists’ full-fee rates and those unable to access services through insurance. Our therapy services fees are calculated using a sliding-fee scale (\$25-65 per session) based on the client’s annual household income to ensure that therapy services are affordable. We take life circumstances into account when looking at the annual household income.

**Website:** <https://denverfamilyinstitute.org/counseling-specialties/child-adolescent-counseling/>

### **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/>

### **The Family Tree**

Family Tree Child & Youth Services serves children, adolescents and their families in Adams, Douglas, and Jefferson counties. We provide community-based education, treatment, crisis intervention and case management to stabilize families with children and youth in order to prevent and help families overcome child abuse. The SafeCare Program provides home-based direct skills training for parents in the areas of parenting, child safety and child health. The Community Family Resource Team provides intervention to divert at-risk youth from future out-of-home placement and future involvement with the child welfare system. The Kinship Programs provide financial and supportive services and referrals essential for kinship families (children who are cared for by grandparents, relatives or other caretakers) who need short-term assistance to maintain stability and housing for the children in their care.

**Website:** <https://www.thefamilytree.org/child-abuse-services>

### **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/>

### **Forward Movement Counseling**

Forward Movement Counseling therapists have received training through a nationally recognized counseling program and each counselor is a Nationally Certified Counselor (NCC). Through research and evidenced based practices, Forward Movement Counseling therapists are equipped in building relationships with a diverse clientele. Forward Movement Counseling embodies culturally sound practices by drawing from each therapist's sociopolitical factors that have shaped them and their experiences.

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

### **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/>

### **The Happy Crew**

We are members of Happy Crew, and our mission is to destigmatize mental health issues by creating community and sharing the message, "YOU MATTER, YOU BELONG", especially among our peers. We must remain diligent in our campaign because depression, anxiety, and suicide are major issues for our friends – Colorado ranks sixth in the nation for most teen deaths by suicide. Too many of our peers face a daily struggle to talk about their mental health and we crusade to end the stigma and increase positive options for those facing mental health issues. Every Monday night, we gather together for dinner, discussion, learning, and community. Happy Crew provides a welcoming, safe, inclusive, helpful, fun, heart-warming, positive, happy, caring, loving, passionate, free-speaking, hopeful, wholesome, fulfilling, joyful (and that's just the beginning!) environment every week and we love our time together. During our group discussion, we strategize about ways to reach out and help friends and fellow students. We brainstorm about how to spread powerful messages that assure: "YOU MATTER, YOU BELONG". We concentrate on being involved in making it socially acceptable to be vulnerable and share when you are dealing with anxiety, depression, fear, sadness or suicidal thoughts. We deepen our compassion and value our "no judgement zone". Here, it is safe to talk about heavy issues and find relief for stress. We are free to share feelings and "get stuff off our chest".

**Website:** <https://www.thehappycrew.org/whathappycrew>

### **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>

### **LifeStance Health**

LifeStance Health (formerly Heart Centered Counseling) connects more than 3,000 mental health professionals with millions of patients across 25 states, each with the same goal in mind: improving the lives of the extraordinary people we serve.

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

### **Maria Droste Counseling Center**

Maria Droste Counseling Center in Denver, Colorado offers in-person and online child and teen counseling. If your young one is struggling with social or emotional issues, know that there is help available. We offer affordable access to trained counselors for all Coloradans.

**Website:** <https://mariadroste.org/counseling/child-and-teen-counseling/>

### **Mental Health Colorado**

Taking a screening is one of the quickest and easiest ways to determine whether you are experiencing symptoms of a mental health condition. Mental health conditions, such as depression or anxiety, are real, common, and treatable. And recovery is possible. But not all of us think about our mental health enough. If

you've had trouble sleeping lately, if you've been experiencing racing thoughts, or if you're just curious – the screens below can help you understand more about your mental health.

**Website:** <https://www.mentalhealthcolorado.org/screenings/>

### **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.mhfacolorado.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/>

### **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/>

### **The Restore Program**

They provide substance use evaluations, brief individual counseling, and group therapy. Email Beth Baldwin at [bbaldwin@cydc18.com](mailto:bbaldwin@cydc18.com), or Andrew Smalley at [asmalley@cydc18.com](mailto:asmalley@cydc18.com) for more information.

### **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/>

## **Spanish Clinic**

Spanish Clinic foresees that it is important and imminent that culturally appropriate Substance Abuse, Domestic Violence and Mental Health services be in place for a diverse population in need of Clinical Services.

**Website:** <https://spanish-clinic.com/>

## **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/>

## **Treatment and Evaluation Services (TES)**

For over 30 years, Treatment and Evaluation Services (TES) has provided psychological services to individuals who have displayed or been accused of sexual boundary crossing behaviors, including those involved in the criminal justice system. Our clinicians are dedicated to helping correct problematic sexual behavior and guide our clients to lead healthy, prosocial lives. TES is focused on community and victim safety along with client growth. They also provide individual psychotherapy for individuals with sexual boundary and/or offending problems.

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

## **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/>

### **Children's Hospital of Colorado**

Dental providers within the Healthy Smiles Clinic are exclusively trained to work with school-aged kids and adolescents up to 18 years of age. We provide the following services: teeth cleaning, fillings, treatment for gum disease, injuries to the mouth and teeth, growth or developmental problems, and referrals for orthodontics, oral surgery, cleft lip, palate conditions and other health issues, if applicable. The Healthy Smiles Clinic is a large and innovative regional pediatric dental clinic partnership between Children's Colorado and the University of Colorado-School of Dental Medicine to make sure all kids can see a dentist when they need to.

**Website:** <https://www.childrenscolorado.org/doctors-and-departments/departments/dental/clinics/>

### **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/>

### **ConnectAurora**

ConnectAurora is a non-profit organization offering free, in-person help with health insurance enrollment. We provide assistance with Connect for Health Colorado marketplace plans, Health First Colorado (Medicaid) and Child Health Plan Plus (CHP+).

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

### **The Dawn Clinic**

DAWN is an interdisciplinary student-run free clinic that will serve uninsured patients from the Aurora community. Our goals are two-fold: to provide the best healthcare possible to our neighbors in need, and to provide an opportunity for University of Colorado students to collaborate with and learn from each other while

serving the community surrounding the Anschutz Medical Campus. The clinic was created as a joint venture between the Fields Foundation and Primary Care Progress. The clinic will be open to uninsured adult patients living in Original Aurora on Tuesday evenings from 5:30 to 9:00 PM. To determine if you are eligible to be seen at the DAWN clinic, please see the eligibility page.

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

### **Denver Indian Health and Family Services**

Denver Indian Health and Family Services (DIHFS) is Denver's only Urban Indian Health Program providing culturally appropriate care for American Indian and Alaskan Native adults, children, and families. We serve primarily the Denver Metropolitan area including Adams, Arapahoe, Boulder, Broomfield, Denver, Douglas, Jefferson and Weld Counties. We are uniquely positioned to meet the health needs our patients in a culturally competent way. We provide a variety of services including primary care, dental care, behavioral health services, diabetes management/disease prevention, and enrollment in health insurance. We can also help connect you with community partners and resources for all your health needs!

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

### **Doctors Care Clinic**

Located in Littleton, CO. The clinic provides affordable, high quality health care five days a week for patients newborn to age 50. Services include sick and well care, dental hygiene and behavioral health. The clinic accepts Medicaid, CHP+ and self-pay/uninsured patients. Doctors Care offers a sliding fee payment option for uninsured patients.

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

### **East-Central Colorado Nurse Family Partnership**

Located in Burlington, Colorado. Nurse-Family Partnership empowers first-time moms to transform their lives and create better futures for themselves and their babies. Nurse-Family Partnership works by having specially trained nurses regularly visit young, first-time moms-to-be, starting early in the pregnancy and continuing through the child's second birthday.

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

### **Every Child Pediatrics**

Every Child Pediatrics provides comprehensive, affordable health care to nearly 24,000 Colorado children. We are a longstanding nonprofit, formerly known as Rocky Mountain Youth Clinics, and our mission is to provide high-quality health care to all children, regardless of their family's insurance status or ability to pay. Our experienced pediatricians and professionals focus on the child's overall well-being, providing high-quality medical care, behavioral health counseling, dental care, nutrition, healthy lifestyle programs and connections to support services such as housing and transportation. Families come from across Colorado – and even other states – because they trust our medical providers and value our unique comprehensive approach to care.

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

### **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>

## **Girls Health**

For preteens and younger teens: Facts on puberty, friends, feelings, and healthy choices.

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

## **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>

## **Kiowa Lions Club**

To empower volunteers to serve their communities, meet humanitarian needs, encourage peace, and promote international understanding through Lions Club. To be the global leader in community and humanitarian services. They provide eyeglasses, elementary school vision tests, and more.

**Contact Jay Vier at 303-217-3991 or [JayVier71@gmail.com](mailto:JayVier71@gmail.com)**

## **Marisol Health**

Marisol Health operates two medical centers on Colorado's Front Range that are fully equipped to help women make informed decisions about their reproductive health. Marisol Health embraces individuals and families in need with life-affirming medical care and social services. Through a special partnership with Bella Natural Women's Care & Family Wellness, Marisol Health provides a full range of women's health and family health services. Marisol Health's medical team and social services staff work hand in hand to provide women with dignified, holistic care. The medical clinics are based on a unique continuum of care model that leverages existing resources within Catholic Charities, including shelter and housing services, family and children's services and counseling.

**Website:** <https://ccdenver.org/marisolservices-2/marisol-health/>

## **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>

## **Sex Etc.**

For teens: Facts on personal health concerns, making choices, saying no, peer pressure, STD facts and testing.

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

## **Special Connections**

Special Connections provides gender-responsive treatment for pregnant and parenting women who are Medicaid eligible in order to maximize the chance of a healthy birth and to provide postpartum treatment services in order to maintain gains made during pregnancy. Special Connections providers offer pregnancy risk assessments, care coordination services, group counseling sessions, individual counseling sessions, health education groups, and residential substance use disorder treatment in a women-only setting. For pregnant women who are eligible for Medicaid, the services are free.

**Website:** <https://www.colorado.gov/pacific/hcpf/special-connections>

### **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/>

### **Tepeyac Community Health Center**

Tepeyac Community Health Center provides team-based, affordable, quality medical, behavioral health, and dental care that fits the needs of your whole family. Most of the clinical staff are bicultural and bilingual, and all direct-service clinic providers are proficient or fluent in both Spanish and English. Since 1995, we have been proudly serving the community and we welcome you to choose Tepeyac as your medical home.

**Website:** <https://www.tepeyachealth.org/clinic-services>

### **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:** <https://www.thrivectr.org/transition>

### **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/>

### **UndocuHELP**

Connecting Colorado’s Undocumented Community to Meaningful Support Services. UndocuHub is a grant-funded program that began to form in the late summer of 2020. The central purpose of the program is to coordinate and expand the reach of existing community services that are crucial to Colorado’s DACA and undocumented community. The UndocuHelp website acts as a central hub to provide digital resources, webinars, and direct forms of contact, with the goal of connecting undocumented individuals and families to experienced service providers and available resources. Support categories include people with disabilities, legal, education, food access, financial, health care, and government navigation.

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

## **Stress Management:**

### **Bloom Yoga**

An increasing number of professionals, parents, and caregivers are recognizing that children’s yoga, breath awareness, and mindfulness activities are beneficial for well-being and mental health. Research suggests that children who practice elements of yoga are better able to regulate emotions, manage stress, and calm themselves. Studies have also shown that centered, calm, and focused children learn more easily, have better social skills, and, in general, are happier kids!

**Website:** <https://www.illuminatecolorado.org/bloom-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:**

### **Boys & Girls Club of Denver Metro (Healthy Lifestyles Program)**

Good health requires practice. It means not only having a place to go where you get the chance to run, jump, kick, throw and high-five; it also means eating right and having the knowledge and confidence necessary to choose wisely. Boys & Girls Clubs are 100% committed to every aspect of a healthy lifestyle. That's why we provide the right resources – from coaches to carrots – to help kids make the right choices. Boys & Girls Clubs of Metro Denver's Healthy Lifestyles programming helps young people learn that informed decisions about health and social issues can mean the difference between a life without options and a life filled with hope.

**Website:** <https://www.bgcmd.org/programs/healthy-lifestyles/>

### **Burlington Community & Education Center**

The Burlington Activities Department provides programming to enhance personal health and well-being to improve the quality of life for the citizens of Burlington. They promote and provide leisure, recreational, and cultural opportunities. Year-round programming is enjoyed by the community and surrounding areas.

**Website:** <http://www.burlingtoncolo.com/144/Activities-Recreation>

### **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)

### **City Wild (My Outdoor Colorado Program)**

My Outdoor Colorado (MOC) is a visionary approach to connecting youth with the outdoors through strategic partnerships that provide access to nature education, recreation, and skill-building opportunities. Access to the outdoors fosters a greater appreciation of the natural environment, provides opportunities to build an ethic of stewardship, and helps youth experience potential careers in the outdoors. The MOC coalition offers:

- Year-round nature-based programming covering during-school and out-of-school time
- Year-round backyard and back country family and community activities and outings
- Summer youth employment and internship opportunities
- Cultural competency and inclusion workshops to further address barriers to accessing nature and the outdoor

**Website:** <https://www.citywild.org/my-outdoor-colorado>

### **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 needs 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>

### **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/>

## **Second Chance Bikes**

Second Chance Bikes refurbishes and donates used bicycles to disadvantaged children, homeless, and veterans. Hundreds of impounded and donated bikes go to Founder Ernie Clark and his team of volunteers to restore and donate each year. Second Chance Bikes has provided over 4,500 bikes to disadvantage youth, veterans, and the homeless since 2006.

**Website:** <https://secondchancebikesc.wixsite.com/colorado/about-us>

## **Women's Wilderness**

Our mission is to support girls, women and LGBTQ+ people in accessing their power and improving their health through outdoor and community connections. Girls' course activities include rock climbing, camping, backpacking, team building and leadership initiatives, and epic adventures! All courses are taught by strong female role models, in wild places, and in an atmosphere that cultivates respect, inclusivity, and collaboration.

**Website:** <https://www.womenswilderness.org/programs/girls/>

## **Substance Use:**

### **Al-Anon Teen and Alateen**

Alateen (Al-Anon for younger members) is a vital part of Al-Anon Family Groups. Young people seeking help with problems that arise when alcoholism afflicts a parent, another close relative, or a friend meet to exchange experiences and to gain an understanding of themselves and the alcoholic.

**Find A Meeting:** <https://al-anon.org/al-anon-meetings/find-an-al-anon-meeting/>

**Website:** <https://al-anon-co.org/>

### **Alive @ 25**

Alive at 25 is a 4½ hour driver's awareness course designed by the National Safety Council for young drivers ages 15-24 which includes: defensive driving classroom curriculum (gain awareness and develop strategies to keep safe on the road) and decision-making and responsibility-taking (learn through interactive media, workbook exercises, role-playing, and class discussions).

**Website:** <https://aliveat25.us/co/find-a-course>

### **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)

## **Community Alcohol, Drug, Rehabilitation & Education Center (CADREC)**

CADREC's mission is to serve and empower individuals and families through education and counseling in order to modify violent and addictive behavior. CADREC provides basic addiction treatment services of the treatment to adult individuals, youth, and families on a sliding scale fee. Services are designed to meet the needs of the individual. CADREC offers services that satisfy the legal requisites associated with drug offenses as well as DUI, DWAI and domestic violence charges.

**Website:** <https://www.cadrec.org/1.html>

## **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/>

## **Families at Five**

Families at Five is an outpatient family-based substance use treatment for youth addiction that uses contingency management. Families attend twelve sessions that meet for one hour each week. The program begins with an assessment for substance use problems and identifying any co-occurring disorders that complicate treatment. The family agrees with the therapist to weekly drug screens and a point-and-level system that details incentives (rewards and privileges) for negative drug screens and disincentives for positive drug screens. The playgrounds, playmates, times, situations, thoughts and feelings that accompany substance use are identified through the ABC Assessment of Drug Use. Cognitive-behavioral strategies are designed to avoid high-risk situations related to the adolescent / emerging adult's substance use. Then, these tools are integrated into self-management planning and drug refusal skills training.

**Website:** <http://www.familiesatfive.com/substance-use-disorder-treatment.html>

## **First Step Recovery**

Addiction treatment center in Burlington, Colorado for adolescents, youth, and adults. They provide dual diagnosis drug and alcohol treatment and detox through outpatient and IOP services. They do not treat opioid addiction. They also offer individual, couples, group, and family counseling services.

**Website:** <https://yourfirststep.org/treatment-center/first-step-recovery-burlington-co/>

## **Harm Reduction Action Center**

The mission of the Harm Reduction Action Center is to educate, empower, and advocate for the health and dignity of Denver's people who inject drugs, in accordance with harm reduction principles. Since 2002, our organization has provided direct services that curb the spread of HIV, Hepatitis C, and accidental overdoses among people who inject drugs. To bolster our direct service efforts, the Harm Reduction Action Center also works closely with lawmakers, healthcare providers, law enforcement, and the general community towards a common vision of a healthy and safe Colorado.

**Website:** <https://www.harmreductionactioncenter.org/about-us>

### **Native American Talking Circle**

The Circle's unifying theme is a safe, sober, and culturally welcoming healing space for all Natives, including those who may have little or no concept of their history or traditions. As participants share in the Circle, the focus is often on health matters, including stories of recovery from alcohol or other drug use, as well as healing from physical and mental health challenges. The inclusion of food is an integral part of the Talking Circle because it symbolizes an offering to the Creator, as well as a healing gift to all who are present.

This program provides the following services: outreach and engagement of the Native homeless population and three Talking Circles a week: men's, women's, and co-ed.

**Website:** <https://www.coloradocoalition.org/talkingcircle>

### **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/>

### **Sandstone Care**

We provide a treatment program for young adults and adolescents struggling with substance abuse and co-occurring disorders. Sandstone Care offers a full continuum of outpatient care including Detox, Teen Residential Treatment, Extended Care, Day Treatment, Intensive Outpatient, Sober Living, and General Outpatient Programs for young adults (ages 18-30) and adolescents (ages 13-18).

**Website:** <https://www.sandstonecare.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/>

### **Spanish Clinic**

Spanish Clinic foresees that it is important and imminent that culturally appropriate Substance Abuse, Domestic Violence and Mental Health services be in place for a diverse population in need of Clinical Services.

**Website:** <https://spanish-clinic.com/>

### **STEP: Adolescent Substance Abuse Treatment**

Denver Health's Substance Abuse Treatment, Education and Prevention (STEP) Program supports clients up to the age of 21. We accept many insurance carriers, including Medicaid, as well as private pay clients. We created the Substance Abuse Treatment, Education and Prevention (STEP) Program to respond to the growing need for therapeutic support for young adults struggling with substance abuse. STEP is a strength-based program that focuses on acceptance and understanding. Our therapists meet clients where they are at and support them in achieving their self-identified goals. We understand that our clients have often been faced with shame and punishment around their substance use. This shame and punishment can be detrimental to their development and mental health.

**Website:** <https://www.denverhealth.org/services/behavioral-health/addiction-services/adolescent-substance-abuse-treatment>

## **Synergy Outpatient Services at the University of Colorado Department of Psychiatry**

Synergy has provided substance abuse treatment to adolescents since 1978. Synergy serves adolescents with substance use, conduct, and other co-occurring psychiatric disorders. Synergy is grounded in promising and evidence-based practices; all services emphasize developmentally appropriate, empirically supported treatments. Treatment is informed by a comprehensive assessment, which leads to formation of an individualized treatment and continuing care plan. Synergy offers a variety of outpatient-based services for male and adolescent females between 12 and 21 years of age including: evaluation services, Multisystemic Therapy with Contingency Management, Adolescent Community Reinforcement Approach, Assertive Continuing Care, Alternatives for Families – A Cognitive Behavioral Approach, and traditional outpatient services.

**Website:** <https://www.artstreatment.com/our-services/adolescent-services/>

## **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.

## **Centerboard Wellness Center**

CWC is committed to supporting students that are in the juvenile justice system and in school to ensure that they are receiving academic and social success. CWC supports students and encourages them to make the choice to live a healthy lifestyle with an emphasis on healthy alternatives. This creates a safe environment which helps young people develop a sense of purpose, boost self-esteem, build skills for success, and be empowered to make the choice to live a healthy lifestyle. CWC strives to empower youth to find their strength; giving them the ability to say no to drugs and alcohol use, providing the necessary tools to say no and accomplish that task.

**Website:** <https://www.centerboardwellnesscenter.com/minors/>

## **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>

## **Fully Liberated Youth (FLY)**

We seek to restore dignity and foster secure attachments with incarcerated, formerly incarcerated, and high-risk young people through redemptive and restorative relationships that are focused on healing, mercy, mutuality, tenderness, and kinship.

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

## **Global Teen 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/cms/One.aspx?portalId=16242704&pageId=16574159>

### **Institute of Specialized Education (ISAE)**

We are the Institute for Specialized Alternative Education (ISAE) and since 1988 we have been the leading provider for educational programs and court ordered classes. Our evidence-based court approved online classes cover a wide range of topics and are available across the United States. We offer online court classes and in-person classes. Topics of classes range from Parenting, Defensive Driving, Victim Empathy, Anger Management, and more.

**E-Referral:** <https://www.isaeonline.com/court/>

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

### **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/>

### **National Institute for Change**

We offer one day classes for youth on these topics: Minor in Possession /Substance Use, Petty Theft, and Aggression and Empathy; we also provide an array of one day classes for adults on: Interactive Parenting, Petty Theft, Substance Abuse, Triple R–Rationality, Responsibility & Resolution, Alternatives to Aggression, and Ethics and Victim Empathy. We provide a wide array of therapeutic techniques to help you gain new perspectives. Only when you see, hear, and feel things in a different way can you heal to see greater opportunities and choice.

**Website:** <https://www.nichange.com/one-day-classes>

### **Youth Center**

Colorado Office of the Child’s Representative (OCR) is committed to ensuring that children and youth have a voice in the Colorado legal system through effective attorney services, practice, and advocacy. To further this goal, OCR supports and promotes youth empowerment throughout the court process, including youth participation in court hearings and case events.

**D&N Youth Toolkit:** <https://coloradochildrep.org/wp-content/uploads/2020/12/Toolkit.pdf>

**21 Tips Before Leaving Foster Care:** <https://www.fosterclub.com/blog/editorial/21-things-its-t-time>

**Foster Care Transition Toolkit:** [http://www.ocwtp.net/PDFs/YouthDev/transition\\_toolkit.pdf](http://www.ocwtp.net/PDFs/YouthDev/transition_toolkit.pdf)

**Website:** <https://coloradochildrep.org/youth-center/>

### **Spiritual:**

#### **Youth For Christ**

Denver Area Youth for Christ reaches young people everywhere, working together with the local church and other like-minded partners to develop lifelong followers of Jesus who lead by their Godly lifestyle, devotion to prayer and to the Word of God, passion for sharing the love of Christ and commitment to social involvement.

**Website:** <https://yfcdenver.org/who/mission/>

Optional Activities:

**31 Tips to Boost Your Mental Health**

Website: <https://www.mentalhealthcolorado.org/31-tips-boost-mental-health/>

**Go Ask Alice**

A health question and answer resource from Columbia University.

Website: <https://goaskalice.columbia.edu/#>

**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>

**Your Life Your Voice from Boys Town**

Issues come in many shapes and sizes. Anxiety, friends, self-esteem...each can bring their own set of challenging situations. Take a look through topics below and find tips and tools to help you through them.

Website: <https://www.yourlifeyourvoice.org/pages/tips.aspx>

**Appendix B**

Making Healthy Decisions Handout

# 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:

### 4-H At Home Activities

Sign up to download any (or all!) of our 4-H at Home Activity Guides for over 100 fun hands-on educational activities for kids of all ages.

**Website:** <https://4-h.org/about/4-h-at-home/activity-guides/>

### 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>

### Arapahoe Libraries

Services include career and job help, business help, educator and parent support, and more. Any Arapahoe Libraries card holder can reserve an Exploration Pass, which grants admission to several metro-Denver attractions at no charge.

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

## **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/>

## **Burlington Public Library**

The Burlington Public Library brings many opportunities and resources to our community that many residents would otherwise not have access to, such as: Audiobooks, Board games, Books for all ages, Coffee bar, Computers for public use, Crafts and toys, eBooks, Magazines, Movies, Quiet places for study, Story time (Wednesdays at 10:30 a.m.), Summer reading program, Wireless access, and more!

**Website:** <https://www.burlingtoncolo.com/160/Library>

## **Colorado Department of Education**

Handout on GED related content including content and scoring, registration and scheduling, studying and preparing to test, free practice tests, eligibility and accommodations, and more.

**Website:** <https://www.cde.state.co.us/postsecondary/gedresources>

## **Community College of Aurora**

The Community College of Aurora is excited to bring you HSE/GED preparation classes online. For three hours each week you will attend online classes and interact with our highly qualified instructors and other students to learn the material you need to take your HSE test. In addition, classes are recorded so you can review the teacher's instruction. Homework and additional materials are also provided online. If you need additional support, your teacher will be available for online support during designated office hours.

**Website:** <https://www.ccaurora.edu/GED-classes>

## **Compass Education Group**

The unmatched trust we have earned with schools and families is the result of 25 years of ethical conduct and our commitment to realizing the potential of every student we serve. We carefully evaluate each student's unique circumstances and testing history in order to make informed, individualized recommendations. We personally oversee every aspect of every program. We continually assess and improve our techniques. This extra attention to detail is a Compass hallmark.

**Practice Tests:** <https://www.compassprep.com/testing-videos/>

**Website:** <https://www.compassprep.com/our-approach/>

## **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 14 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>

### **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/>

### **Elizabeth Library, Pines & Plains Libraries**

This full-service library has a GED Program, online books, summer reading, 1:1 tutoring, materials to practice, and more.

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

### **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>

### **Flagler Public Library**

The collection of the library contains **9,890** volumes. The library circulates **8,165** items per year. The library serves a population of **567** residents.

**Website:** <https://flaglercolorado.com/library/>

### **Florence Crittenton**

Florence Crittenton services is a Denver Nonprofit with a mission to educate, prepare, and empower teen mothers and their children to become productive members of the community. Florence Crittenton Services pioneered a nationally recognized trauma-responsive two-generation program model that helps teen families break the cycle of poverty through education, health and wellness, and economic and social asset building. Our campus is a full-service family resource center that includes an Early Childhood Education (ECE) Center, the Alethia E. Morgan, MD Health Center, and, through our 36-year partnership with Denver Public Schools, the on-site Florence Crittenton High School. On our new campus, we have extended our programming to offer services for teen families year-round.

**Website:** <https://flocritco.org/who-we-are/>

### **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>

### **Kahn Academy**

We're a nonprofit with the mission to provide a free, world-class education for anyone, anywhere. Created by experts, Khan Academy's library of trusted, standards-aligned practice and lessons covers math K-12 through early college, grammar, science, history, AP®, SAT®, and more. It's all free for learners and teachers.

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

### **Kiowa Lions Club**

To empower volunteers to serve their communities, meet humanitarian needs, encourage peace, and promote international understanding through Lions Club. To be the global leader in community and humanitarian services. They provide scholarships to Elbert and Kiowa high school seniors and more.

**Contact 303-217-3991**

### **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/>

### **Schoolhouse.world**

Schoolhouse.world is a free, peer-to-peer tutoring platform on which anyone, anywhere can receive live help, earn shareable certifications in the topics they learn about, and have the option to become a tutor in the topics they master. The current focus is on high school math and SAT prep, with plans to expand to other areas soon. All the small group tutoring sessions happen over Zoom.

**Website:** <https://schoolhouse.world/about>

### **Stratton Public Library**

The Mission of the Stratton Public Library is to provide a wide range of informational, educational, and recreational materials; selected to enrich the lives of the individuals who constitute the community of Stratton and its surrounding areas.

**Website:** <https://stratton.colibraries.org/about-us/>

### **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/>

#### **Burlington Workforce Center**

A workforce center can help you find a job and learn about training opportunities, including apprenticeships. Some centers have people who specialize in helping people with a criminal history with their job search. If

you're between 18 and 24, be sure to ask about job opportunities for young adults and youth. Call and ask to make an appointment with a specialist. If you need other resources, ask if the workforce center has a resource center and if you may reserve a space.

**Website:** <https://cdle.colorado.gov/wfc>

### **Collaborative Healing Initiative within Communities (CHIC)**

CHIC helps families break intergenerational cycles of poverty and violence. We strengthen families and communities by strengthening women and girls. We fill a critical gap in the landscape of institutions and service providers by offering culturally relevant, whole-family, female-focused supports that directly intervene in the systems that most frequently fail communities: education, workforce, and criminal justice.

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

### **Community Works**

Chapters include Aurora, Castle Rock, Colorado Springs, and Denver. Participants who complete our job seeker workshop are matched with an employment coach who provides individualized job search assistance to include resume preparation, e-mail setup if needed, interview coaching, job leads, and community referrals for housing, transportation, healthcare, counseling, childcare, food and other support services. The Career Prep workshop includes an interest inventory, discussion of barriers, hidden and open job markets, personal selling points, interviewing, goal setting, facing fear and self-sabotage, and much more. Former offenders receive additional help. In addition, we provide life skills assistance to help address other issues related to success--financial management, time management, conflict resolution, anger management, parenting, reconciliation, and interpersonal communication skills. Statistics support that when these areas are addressed, our clients' success rates for keeping a job and becoming contributing members of society rise significantly.

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

### **Career Planner**

List of over 12,000 careers

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

### **The Center for Work and Education**

The Center for Work Education and Employment (CWEE) supports vulnerable workers, mostly single moms, to train for and launch careers. CWEE addresses the root of poverty by providing a path to long-term employment for hundreds of Denver-area families each year. CWEE is among Denver's leading comprehensive anti-poverty organizations and over nearly 40 years has pioneered more effective ways to help struggling families. Through public-private partnerships, CWEE leverages the community's investment in public benefit programs to provide skills training and supportive services that move families from poverty to self-sufficiency.

**Website:** <https://cwee.org/about/>

### **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>

### **Denver Day Works**

Denver Day Works is a Bayaud-run employment program contracted through the City of Denver. This program provides a low-barrier work experience for adults experiencing or at risk of experiencing homelessness. The program offers accessible work options and connects individuals to benefits navigation and employment services. In addition, participants can expect breakfast, lunch, and same-day payment for the day labor performed. To qualify, you must be 18 years or old, experiencing homelessness, have a desire to work, and attend an orientation at Bayaud Enterprises.

**Website:** <https://www.bayaudenterprises.org/employment-services/denver-day-works/>

### **Denver Office of Economic Development**

Our youth services mission is to offer a caring environment where youth and young adults can get exposure to tomorrow's sustainable careers and stackable credentials. We can help them get a job--but we can also help with so much more than just "a paycheck." Through listening and coaching, and along with a range of supportive services, we are ready to help our young local residents experience that economic mobility can be so much more: a career, a future, a world of opportunity.

**Website:** <https://www.denvergov.org/Government/Departments/Economic-Development-Opportunity/Jobs-and-Employers/For-Jobseekers/Youth>

### **Elbert County Workforce Center**

A workforce center can help you find a job and learn about training opportunities, including apprenticeships. Some centers have people who specialize in helping people with a criminal history with their job search. If you're between 18 and 24, be sure to ask about job opportunities for young adults and youth. Call and ask to make an appointment with a specialist. Services provided include resume support, mock job interviews, job searches, computer and internet access, career counseling and training for job seekers, recruitment of workers, pre-screening, and referral services, and tax credits and training reimbursement for employers.

**Website:** <http://business.elizabethchamber.org/list/member/elbert-county-workforce-center-25>

### **Foster Coalition**

The Foster Coalition is a resource website for many things related to foster care. The mission is to make important information easy to find, whether you are a foster youth looking for support, a foster parent seeking a clothing closet, or a concerned person who wishes to get involved and support youth in care.

**Companies that Hire Foster Youth:** <https://www.fostercoalition.com/companies-that-hire-foster-youth>

**Website:** <https://www.fostercoalition.com/about-the-foster-coalition>

### **GetMyFuture**

GetMyFuture is a one-stop resource to help anyone age 16 to 24 plan and achieve their career, education, and employment goals. This mobile-friendly website offers easy-to-use tools, information, videos, links to resources, and more to help young adults explore career options, learn about education and training opportunities, and find a job.

**Website:** <https://www.careeronestop.org/GetMyFuture/default.aspx>

### **Manna Connect**

Participants in Manna Connect are called Leaders because they lead themselves along their own journey toward greater wholeness. They are immersed in a program that offers three main components: community, coaching, and career. Leaders are surrounded by a community of other Leaders, volunteer Allies, and Manna Connect staff who meet regularly along the way. Community: Gather around a table every second and fourth Tuesday of each month for a meal with all of the program Leaders, volunteer Allies, and Manna Connect staff. These Community Gatherings are an important part of a Leader's success; building opportunities to develop new skills alongside of others who are on their own journeys. Coaching: Each Leader in Manna Connect is paired one-on-one with a professional coach. Leaders meet regularly with a coach who helps them to establish and nourish goals as well as identify barriers and develop reliable methods to overcome them. Career: Leaders who desire to learn a skill that will help them embark on a career path to a sustainable wage may participate in the career development component of Manna Connect. Offered twice a year, the career component includes intensive skill building classes as well as formal training in a desired field of employment.

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

### **Mi Casa Resource Center**

Mi Casa Resource Center connects youth and adults to opportunities in education and employment. Our Career Pathways program teaches jobseekers the skills they need to succeed in today's workplace through workshops, intensive career readiness and industry specific training, 1-on-1 career coaching, and connection to higher education. With our personalized approach, we work with each participant to identify their goals and develop a customized plan to reach them. Our team also provides wrap-around support services through job search and up to one-year post-employment to address personal challenges jobseekers face in securing and maintaining employment.

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

### **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/>

### **Mile High Youth Corps**

Mile High Youth Corps helps youth make a difference in themselves and in their community through meaningful service opportunities and educational experiences. The Corps employs over 200 young adults annually on projects in neighborhoods, public lands, and open spaces throughout Metro Denver and the Southern Front Range of Colorado.

**Website:** <https://www.milehighyouthcorps.org/career-pathways/>

### **School to Work Alliance Program (SWAP)**

The purpose of SWAP is to assist young adults in making the transition from school to employment, provide successful employment outcomes, increase community linkages, and new patterns of service for young adults within all categories of disabilities. The program's goals include: building on current transition planning efforts; creating a career pathway through pre-employment transition services; filling the case management gap for the targeted population; and supporting collaboration between DVR and local school districts/BOCES.

**Website:** [https://www.cde.state.co.us/cdesped/ta\\_swap](https://www.cde.state.co.us/cdesped/ta_swap)

### **Servicios de La Raza**

Founded in 1972 by community activists and activists in the Chicano / Chicana civil rights movement in Colorado, Servicios de La Raza embodies the phrase “for the people, by the people”. From the moment we opened our doors, every day has been spent in dedicated service of our mission to provide and advocate for culturally responsive, essential human services and opportunities to our community. What initially began in an effort to support the underserved Latinx community, has expanded to ALL communities, irrespective of age, race, gender, sexual orientation, etc., with respect and dignity.

**Website:** <https://serviciosdelaraza.org/about-us/>

## **College Resources:**

### **The Alexander Foundation**

The Alexander Foundation was founded in 1981 as a public, non-profit, philanthropic organization. Through our three education scholarships, the foundation has continued a tradition of caring for the LGBTQIA+ community to overcome barriers they may face in pursuit of academic success.

**Website:** <https://www.thealexanderfoundation.org/scholarships>

### **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?excmid=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-wrqqgeit>

### **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/>

### **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. Included is the Helen McLoraine Scholarship for Foster Care and Emancipating Youth.

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

### **FAFSA**

If a young person was in foster care on or after the age of 13, they qualify for “Independent Status” which means that their parents’ income is not taken into consideration when calculating financial aid. The form to confirm this status is linked [here](#).

**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/>

### **Foster Coalition**

The Foster Coalition is a resource website for many things related to foster care. The mission is to make important information easy to find, whether you are a foster youth looking for support, a foster parent seeking a clothing closet, or a concerned person who wishes to get involved and support youth in care.

**College, Career, Life Skills Training, and Support for Foster Youth:**

<https://www.fostercoalition.com/college-career-life-skills-training>

**College Scholarships and Grants for Foster Youth:** <https://www.fostercoalition.com/college-scholarships-foster-youth>

**Website:** <https://www.fostercoalition.com/about-the-foster-coalition>

### **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?>

### **National Foster Parent Association Scholarship**

The National Foster Parent Association offers up to six \$500 scholarships to birth, foster, kinship, and youth adopted through foster care wishing to further their education beyond high school. The applicant's parent, or another supportive adult, must be a member of the NFPA. Scholarships are awarded to high school-level students who are graduating or getting their GED.

**Website:** <https://nfpaonline.org/NFPA-Scholarships>

### **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>

### **UndocuHELP**

Connecting Colorado's Undocumented Community to Meaningful Support Services. UndocuHub is a grant-funded program that began to form in the late summer of 2020. The central purpose of the program is to coordinate and expand the reach of existing community services that are crucial to Colorado's DACA and undocumented community. The UndocuHelp website acts as a central hub to provide digital resources, webinars, and direct forms of contact, with the goal of connecting undocumented individuals and families to experienced service providers and available resources. Support categories include people with disabilities, legal, education, food access, financial, health care, and government navigation.

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

## Optional Activities:

### **Career Personality Quiz**

Answer 60 questions designed to find which careers suit your interests best. Just be honest about what really interests you. Remember, there are no wrong answers!

**Website:** <https://www.youthopps.monster.com/careerPersonality/questions>

### **Resume Nerd**

Easily create an out of this world resume with expert content that can be customized just for you! Just give us a few details and our AI will generate a fully editable resume for you to start with!

**Website:**

[https://www.resumenerd.com/?utm\\_source=google&utm\\_medium=cpc&utm\\_term=resume%20nerd&utm\\_campaign=1593073333&utm\\_source=google&utm\\_medium=cpc&utm\\_term=resume%20nerd&utm\\_campaign=1593073333&gclid=Cj0KCQjw2NyFBhDoARIsAMtHtZ4ssJ6z4KYERM3YOMmaqy7vD2BD1vN4tdP19WpnesQYLHPt0cfK0BwaAsF\\_EALw\\_wcB](https://www.resumenerd.com/?utm_source=google&utm_medium=cpc&utm_term=resume%20nerd&utm_campaign=1593073333&utm_source=google&utm_medium=cpc&utm_term=resume%20nerd&utm_campaign=1593073333&gclid=Cj0KCQjw2NyFBhDoARIsAMtHtZ4ssJ6z4KYERM3YOMmaqy7vD2BD1vN4tdP19WpnesQYLHPt0cfK0BwaAsF_EALw_wcB)

### **Employment Readiness; Interview Skills**

Appendix C

### **Interview Open-Ended Questions Handout**

Appendix D

### **How to Keep a Job Handout**

Appendix E

# 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:

### ACCESS Housing

Over the past 37 years, ACCESS Housing has seen many iterations. However, one thing remains the same: ACCESS Housing has remained a bastion of housing services for Adams County and a beacon of hope for families experiencing housing instability. We remain one of two year-round shelters in Adams County and the only shelter in Commerce City.

**Website:** <https://www.acchouse.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 resources for shelters and housing assistance.

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

### Archdiocesan Housing

Archdiocesan Housing provides affordable, service-enriched housing for individuals and families who cannot access decent housing in the broader marketplace. As an affiliate of Catholic Charities, we mandate to care for the poor and those who are vulnerable by building communities that are welcoming and provide opportunities for them to flourish.

**Website:** <https://archhousing.com/about/>

### Archway Housing & Services

Archway will provide safe, habitable housing for families with low to moderate incomes, including homeless families, throughout the State of Colorado. We will develop mixed income housing to help low income families in the transition to self-sufficiency while providing comprehensive supportive services tailored to meet their needs. Archway wishes to create communities of dignity and respect for families, neighbors and staff. Creating community requires a commitment to seeing the humanity and interconnectedness of all that we do. It requires a

willingness to step up with courage and decency, to do the hard tasks, and the ability to celebrate each triumph joyfully.

**Website:** <https://www.archwaycommunities.org/youth-programming-2/>

### **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/>

### **Colorado Coalition for the Homeless**

The Mission of the Colorado Coalition for the Homeless is to work collaboratively toward the prevention of homelessness and the creation of lasting solutions for families, children, and individuals who are experiencing or at-risk of homelessness throughout Colorado. CCH advocates for and provides a continuum of housing and a variety of services to improve the health, well-being, and stability of those it serves.

**Website:** <https://www.coloradocoalition.org/mission>

### **Colorado Housing Connects**

(CHC) is a free housing resource for Denver metro residents for a variety of housing needs. Today, a call to Colorado Housing Connects helps renters reach critical eviction prevention services while also helping homeowners find a HUD-approved housing counseling agency for foreclosure prevention, answering all sorts of housing questions in between.

**Website:** <https://coloradohousingconnects.org/about-us-2/>

### **Colorado Housing Finance Authority**

Provides a listing of affordable apartments in each county in Colorado.

**Website:** <https://www.chfainfo.com/arh/Documents/LIHTCPropertyList.pdf>

### **Colorado Housing Search**

Web-based housing search of affordable/subsidized rentals.

**Listed by County:** <https://www.coloradohousingsearch.com/>

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

### **The Delores Project**

24/7 Shelter: The Delores Project is a low-barrier shelter for women and transgender individuals. We provide extended-stay, housing-focused shelter 24 hours a day, 7 days a week, where all guests are actively engaged in case management, working toward finding permanent, stable housing. We offer up to 1 year of community-based aftercare for all guests who have transitioned into permanent housing. Guests are expected to meet with their Case Manager twice per month, must follow all Community Agreements, and are responsible to attending all mandatory Life Skill classes. Community Re-Entry: The Community Re-entry Program was created for

women and transgender individuals being released by the Department of Corrections who would experience homelessness after separation. Community Re-entry program participants are selected by the Department of Corrections and referred to The Delores Project.

**Website:** <https://www.thedeloresproject.org/need-shelter/transitional-shelter/>

### **Denver Area Youth Services (DAYS)**

Denver Area Youth Services offers services to children, youth, parents, and families throughout Colorado. Our mission is to provide comprehensive human services to children, youth, and families throughout Colorado. DAYS provides mental health services, home-based family services, foster care, independent living placements for adolescents, and supervised parental visitation for children, youth, and families in need.

Services can be self-referred or referred through local human services departments or the juvenile justice system. DAYS accepts Medicaid. We also offer a sliding fee scale for self-pay clients. We do not currently accept private insurance. Services are accessible, culturally sensitive, and relevant to the individuals we serve.

**Website:** <https://www.denveryouthservices.org/what-we-do>

### **Douglas County Housing Partnership**

In one-on-one conversations, service transactions, and community meetings, Partnership members are face-to-face, listening and responding to constituent needs every single day. We know our communities and their priorities, and we are willing to share what we know in the interest of working with one another as a team, acting in the public interest and focused on the greater good of Douglas County, Colorado.

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

### **Family Homestead**

The vision of Family Homestead is to assist homeless families to overcome the specific crisis of homelessness and re-stabilize at a level of functioning optimal for them. With help of our experienced social work staff, Family Homestead helps homeless families with children achieve the following three objectives: move to next step housing, have income to support next step housing, and effectively address the underlying causes that led to their homelessness as identified in their case plan.

**Website:** <https://remerg.com/resources/family-homestead/>

### **Family Promise**

Our mission is to form relationships with families at risk of or experiencing homelessness by providing shelter, meals, and a spectrum of supportive services as they obtain permanent stability. Their prevention program provides one-time rental assistance to families on the verge of homelessness. The TBRA and FASH programs provide a maximum of two years of rent and utility assistance, along with in-home case management support, for families with children in Arapahoe County. Families enrolled in these programs pay at least 30% of their income toward rent each month, and Family Promise covers the remainder. The ultimate goal is for every family to achieve housing stability and financial independence throughout their time in the program.

**Website:** <https://www.familypromiseofgreaterdenver.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 Communities**

We strengthen communities and provide pathways to economic and personal opportunity through affordable housing, educational programs, and support services. Hope Communities provides youth development programming that aims to benefit children cognitively, socially, physically, and emotionally. It is imperative that youth feel safe and bond with our staff, build healthy relationships and establish trusted community connections. Our youngest residents (along with their parents) are invited to take advantage of a program aimed to prepare families for kindergarten. To support school-aged academic achievement, after-school homework help is offered for children to focus on their daily homework assignments. Group activities, field trips and presentations are provided to strengthen personal and social relationships, teach critical thinking skills, and provide opportunity for youth to develop healthy food and lifestyle choices. Several clubs also serve to mentor youth. Additional enrichment opportunities are offered while students are out of school, such as an overnight camp during the summer and a winter break extravaganza.

**Website:** <https://hopecommunities.org/about-hope/history-mission-vision/>

## **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/>

## **Housing Counseling Authority**

HUD's Housing Counseling program provides counseling to consumers on seeking, financing, maintaining, renting, or owning a home. The program also addresses homelessness through counseling and assists homeowners in need of foreclosure assistance. Counseling is provided by HUD-approved housing counseling agencies. Eligible customers include individuals, families, or groups who are tenants, homeowners, homeless, or homebuyers, may receive counseling from HUD-approved and HUD funded housing counseling agencies.

**Website:** <https://www.hudexchange.info/programs/housing-counseling/program-description/>

## **Mercy Housing**

Mercy Housing Gives a Home to Low-Income Families, Seniors, Individuals, and People with Special Needs. Mercy Housing is redefining affordable, low-income housing. We're a national nonprofit organization that is working to build a more humane world where poverty is alleviated, communities are healthy, and all people can

develop their full potential. Mercy Housing is one of the nation's largest affordable housing organizations. We participate in the development, preservation, management and/or financing of affordable, program-enriched housing across the country. We acquire and renovate existing housing, as well as develop new affordable rental properties.

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

### **Mile High Behavioral Health & Comitis Crisis Center**

Offering a variety of programs supporting individuals in recovery from trauma, mental health and substance use challenges, and homelessness. Comitis is located on the edge of the Fitzsimmons campus. They have an emergency adult shelter, transitional family shelter, emergency family shelter, and more.

**Website:** <https://comitiscrisiscenter.org/comitis-crisis-center>

### **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/>

### **National Runaway Safeline**

Provides free bus tickets home for runaway youth. Call 800-786-2929

**Website:** <https://www.1800runaway.org/>

### **Providence Network**

Our desire is that everyone who comes to Providence Network will experience transformational healing that fuels a more abundant future. Our community approach and two-tiered housing model promotes the three pillars of whole-life transformation: builds economic self-sufficiency, encourages healthy relationships, and foster recovery & personal growth. We offer both transitional AND affordable housing for long-term success.

**Website:** <https://providencenetwork.org/ourresponse/>

### **Rocky Mountain Communities**

At Rocky Mountain Communities, we know the combination of safe, affordable housing and resident-driven programs and resources is key to the advancement and lifelong success of our residents. Whatever their dreams and goals, residents of all ages benefit from the services provided by RMC, our community partners and volunteers. Our Resident Services focuses on three program areas: youth, seniors, and community and families. The goal of these programs is to expand our residents' educational opportunities, increase economic security, provide access to health and wellness resources, and build a sense of community. Combined, these programs support our residents on the path to sustainable self-sufficiency, leading to lifelong success. For youth residents, these services include after-school homework help for grades 1 through high school, a summer enrichment program for grades 1 through 5, and early literacy preschool program for ages 2 ½ through 5.

**Website:** <https://rockymountaincommunities.org/housing-communities/program-service-descriptions/>

### **Sacred Heart House of Denver**

Sacred Heart House of Denver provides a number of services to families in need. These programs including the In-House Stabilization, Follow-Up and Transitional Housing Programs enable homeless women and their families to move to stable housing and become self-sufficient.

**Website:** <https://sacredhearthouse.com/programs-homeless-shelter-denver/>

### **Samaritan House**

We serve men, women, and children facing homelessness. We help them find a path to self-sufficiency.

We provide: a warm bed, clean linens, and toiletries; a hot meal and community atmosphere; case management and life skills classes; and community resources and referrals.

**Website:** <https://samhousedenver.org/about-samaritan-house/>

### **Shannon's Hope**

Shannon's Hope is a residence providing a safe community for pregnant and postpartum women of child-bearing age. Many times, homeless pregnant women have not been offered (or afforded) the basic decision-making skills and have made difficult choices about their lives. Shannon's Hope continues to offer them a place to call home, an opportunity to rebuild their lives, and a hope for the future. Shannon's Hope not only provides a place to live but helps guide our residents through troubled times. After a resident enters our facility, they quickly adjust to having a safe place to call home. Our programs are designed to help guide a woman and her child to a safe and stable independent lifestyle.

**Website:** <http://www.shannonshope.org/about.html>

### **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/>

### **TGTHR: The Source Overnight Shelter**

The Source is a federally recognized and state licensed Homeless Youth Shelter. The Overnight Shelter is available for up to 16 young people between the ages of 12-21. Program participants receive employment assistance, access to education programs, long-term housing navigation, support and inclusivity groups, family coaching services, life-skills development, mental and physical wellness support, and an array of individual and group activities. The goal of this program is to reduce youth homelessness with a continuum of care that moves youth from the streets or in the shelter towards stable, long-term housing and/or family reunification. Located in Boulder.

**Website:** <https://tgthr.org/the-source-overnight-shelter/>

### **TGTHR: The Source Drop-In Center**

The Source Drop-In Center is open to young people, ages 12-24, Monday-Friday, 12:30-5:00PM. The Drop-In program's first priority is to provide food, showers, laundry services, clean clothes, and access to medical care. Its second priority is to provide additional resources and support to assist individuals with their goals around housing, employment, and education. The Source provides a safe, welcoming environment for all genders with the goal to move young people from unstable living situations to safety and self-sufficiency.

**Website:** <https://tgthr.org/the-source-drop-in-center/>

### **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/>

### **Volunteers of America**

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. The Youth and Young Families program provides case management and permanent housing support for homeless youth and their families. Single males, single male parents, LGBTQ welcome. The Housing Stabilization program provides case management and permanent housing support for homeless individuals and families. Single males,

single male parents, LGBTQ welcome. The Family Housing Program assists homeless and low income families find housing through the Denver Housing Authority.

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

### **Warren Village**

Our Two-Generation (2Gen) approach provides opportunities and resources to empower families to change their life trajectory. This holistic approach includes three program components: safe & affordable housing, parent services & advocacy, and early education & childcare.

**Journey Map:** <http://warrenvillage.org/wp-content/uploads/2018/07/Journey-Map.pdf>

**Website** <https://warrenvillage.org/our-program/>

## **Money and Finances:**

### **The Alexander Foundation**

There are three assistance programs for LGBTQ individuals experiencing temporary financial difficulties. The Community Assistance Grant is intended for immediate needs such as rent, security deposits, medical expenses, food, clothing, utility bills, and other basic living expenses. The Rocky Mountaineers Motorcycle Club of Colorado Catastrophic Assistance Program is intended to provide support to those at risk of losing their ability to provide basic life needs due to treatment or complications related to cancer, a catastrophic illness, or a serious illness. This program provides fixed monthly assistance for up to 12 months but cannot exceed \$2,400. The Holiday Letter Assistance Program provides one-time assistance between November and December.

**Website:** <https://www.thealexanderfoundation.org/assistance-programs>

### **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/>

### **COUNTRY Financial**

Educating young people about money is important for their financial future – especially when faced with unexpected financial challenges. That’s why, for decades, we’ve partnered with Financial Beginnings to provide financial education materials to you and your communities. Our free materials include workbooks and activities for grades K-12 and career planning and debt management for young adults.

**Website:** <https://www.countryfinancial.com/en/tools-resources/educator-resources/financial-education.html>

### **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/>

### **Elizabeth Firefighters Community Foundation**

The Mission of the Elizabeth Firefighter Community Foundation shall be to promote education and mentoring to mankind, young or old, to cast a helping hand in time of need, while maintaining the bond of kindness and caring to all, without boundaries or prejudice. Services include gift cards, paying utility bills, donated cars to individuals, built accessible ramps, buying other items like car seats and bike helmets, scholarships for college, and more.

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

### **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/>

### **How to Interpret a Credit Report**

You may have recently seen your credit report for the first time or have been asked about your credit by a prospective employer, landlord, or lender. Credit has become a critical part of daily life in our economy. Because credit is so important, there's a law to protect consumers called the Fair Credit Reporting Act (FCRA), which ensures that consumers are treated fairly by all players in the credit system. Read on to learn more about your rights under the FCRA and how to assert them.

**Website:**

<https://library.childwelfare.gov/cwig/ws/library/docs/gateway/Blob/95258.pdf?w=+NATIVE%28%27recno%3D%2295258%22%27%29&upp=0&rpp=10&r=1&m=1>

### **Integrated Family Community Services**

Helping provide support to our families in need as well as keeping our team members safe is at the core of what we do. Financial assistance covering utility bills, rent and victims of crime is available to individuals that qualify. Rent and utility bill payment assistance available to western Arapahoe and northern Douglas counties.

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

### **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/>

### **Tax Help Colorado**

Community partners and dedicated volunteers help us provide free tax filing assistance to families earning less than about \$57,000 a year, saving them money, while receiving the best service possible.

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

### **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:****Arapahoe County Rental and Deposit Assistance Program**

The goal of this program is to keep families in their homes with the heat and lights on. This assistance program helps to alleviate short-term financial stress on housing needs, so that families can focus resources on other basic and critical needs. Funding for this program is limited and submitting an application is not a guarantee of assistance. For assistance with rent, mortgage or utility payments please call 303-738-7891 or email [housingassistance@arapahoegov.com](mailto:housingassistance@arapahoegov.com). One of our team members will assist in pre-screening for eligibility and application. **Aurora** residents **MUST** apply with the city by visiting [AuroraGov.org/rentassist](http://AuroraGov.org/rentassist) or email [coa-rentassist@auroragov.org](mailto:coa-rentassist@auroragov.org).

**Website:** <https://www.arapahoegov.com/1662/Rent-and-Mortgage-Assistance>

**Elbert County Coalition Outreach**

Anyone in a crisis situation qualifies for ECCO's help. On a day-to-day basis, ECCO assists low-income residents in a number of ways. Through the storefront, ECCO provides clothing, shoes, household goods, etc. at low or no cost depending on the situation or need. Sales to every day shoppers looking for great deals provides ECCO with retail income that further helps the community. ECCO also provides rent assistance, gas assistance, and utility assistance.

**Website:** <http://www.eccoinkiowa.com/how-we-help-3/>

**Energy Outreach Colorado**

One of their locations is at Prairie Family Center in Burlington for Kit Carson County youth and families.

**Website:** <https://www.energyoutreach.org/programs-for-individuals/bill-payment-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/>

### **Mile High Youth Corps**

Mile High Youth Corps offers free energy and water services to nonprofits and income-qualifying homes in metro Denver and surrounding communities. These services are free for households that qualify for SNAP, TANF or LEAP services already, although that is not exclusive of who is eligible for service. The average savings per household is \$250 annually on utility bills.

**Website:** <https://www.milehighyouthcorps.org/free-install-services/>

### **QLink Wireless**

Lifeline is a federally funded government program that provides millions of Americans with **FREE wireless service** every month. Through this program, Q Link Wireless provides **FREE Talk & Text plus Data** to eligible Americans - keeping them connected to the world. UNLIMITED Data, Talk, Text & New Tablet is a limited time offer, brought to you by the Emergency Broadband Benefit program. You can qualify if you are unemployed or participate in government benefit programs including SNAP, Medicaid, Federal Public Housing Assistance, Veterans Pension or Survivors Pension, or Supplemental Security Income.

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

## Optional Activities:

### **Budget Calculator**

Easily figure out your target salary, by answering a few questions about your expenses and lifestyle. Use your target salary to help choose the right occupation for you. The questions should take about 20 minutes to complete.

**Website:** <https://www.youthopps.monster.com/budgetCalculator/>

### **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>

### **FDIC's Money Smart for Young People**

The FDIC's Money Smart for Young People series consists of four free curriculum products. Each age-appropriate curriculum includes lesson plans for educators along with guides for parents and caregivers. The materials are available for immediate download.

**Website:** <https://www.fdic.gov/resources/consumers/money-smart/teach-money-smart/money-smart-for-young-people/index.html>

### **Jump Start: Financial Smarts for Students**

Fill in the choices on the next page to see if you can afford your dream life. You might be surprised at how much that life will cost. While local salaries, wages and lifestyle costs will vary throughout the United States, the internal data used in this calculator are national averages. The results will indicate a ballpark relationship between your expenses and the income you will need to support your dream lifestyle.

**Website:** <https://www.jumpstart.org/what-we-do/support-financial-education/reality-check/>

### **Money Talks**

Money Talks is a hands-on, interactive, on-line program, available in English and Spanish. Our resources consist of colorful learner guides, comprehensive leader's guides, along with supplementary multimedia materials. Money Talks increases the financial literacy capability of youth and young adults (14-24) by giving them applied experiences that encourage fiscally sound decision-making in marketplace transactions.

**Website:** <http://moneytalks.ucanr.edu/index.cfm>

### **Teen Budget Worksheet**

Help your teenager organize his expenses and save his money with this FREE teen budget worksheet. Download the worksheet and save it to your desktop. Your teen can type in his monthly expenses and income, and the worksheet will calculate his budget automatically.

**Website:**

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

# 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/>

### Aurora Interfaith Community Services

In addition to their food bank and utility assistance services, they have a clothing bank, help with school supplies for children, provide tickets, and have a case manager on staff who assists clients in search of employment and other human service resources.

**Website:** <http://www.aurorainterfaithcommunityservices.org/get-help/>

### Becca’s Closet

To keep Becca's dream alive, countless dedicated people throughout the United States have joined forces to provide opportunities for those who seek them. Although the core mission of Becca's Closet, located in the Festival Marketplace in Pompano Beach, FL, was to collect and distribute dresses to high school girls with financial need, our goals have expanded to offer additional opportunities for deserving young people. In the spirit of Rebecca's visions and aspirations, our foundation raises funds to award post-secondary educational scholarships recognizing the exemplary efforts of young men and women nationwide who demonstrate Becca's spirit of generosity in their own communities. Colorado chapter located in Colorado Springs.

**Website:** [https://www.beccascloset.org/beccas-closet-chapters/beccas-closet-chapters-filtered/?chapter\\_name&zip&state=co](https://www.beccascloset.org/beccas-closet-chapters/beccas-closet-chapters-filtered/?chapter_name&zip&state=co)

### **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/>

### **Clover's Closet**

Clover's Closet is a donation-based charity that focuses on providing formal wear for students attending school events. We put an emphasis on providing the whole social experience for the student while removing the financial requirements. No student will be turned away. All items in our inventory are free, period.

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

### **Coats for Colorado**

Coats for Colorado works to provide warm winter coats at no cost to Coloradoans of all ages.

**Website:** <https://coatsforcolorado.org/index.php/about-us/>

### **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 wintry 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 ID Project**

This special project is designed to assist low-income, disabled, homeless and elderly Coloradans seeking documentation of their identity, immigration, or citizenship status. Identity documents are a vital part of accessing healthcare, public benefits, housing, transportation, employment and to secure other essential human rights. Project activities include representation of individual clients needing assistance in complex cases; coordination of advocacy efforts including legislative, administrative and litigation approaches; technical assistance and community education involving identification issues; and management of a supplemental document fund for individuals and nonprofits to pay needed document fees. Please note the ID Project does not assist with reinstatement of driving privileges or commercial driver's licenses.

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

### **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/>

### **Dads of Elbert County**

To assist our neighbors in Elbert County using our trade skills and labor, donate food and sundry items and the occasional fundraiser.

**Website:** <https://www.facebook.com/groups/2775159659415137/>

### **Denver Asset Building Coalition (DABC)**

The DABC operates free financial and tax preparation sites in the City and County of Denver, from the last week of January through October every year. Volunteers at these sites prepare tax returns for free for the underserved public. The sites also provide other free financial services and trainings to encourage saving.

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

### **Dress for Success**

Since 2006, Dress for Success Denver has transformed the lives of over 17,000 women and distributed more than \$1,000,000 in clothing and accessories. We provide at-risk women with job readiness tools, professional attire, and post-employment support to assist them in their efforts to achieve economic self-sufficiency. DFS Denver has four signature programs: professional suiting, career coaching, going places network- job readiness, and professional women's group- job retention.

**Website:** <https://denver.dressforsuccess.org/>

### **Elbert County Coalition Outreach**

Anyone in a crisis situation qualifies for ECCO's help. On a day-to-day basis, ECCO assists low-income residents in a number of ways. Through the storefront, ECCO provides clothing, shoes, household goods, etc. at low or no cost depending on the situation or need. Sales to every day shoppers looking for great deals provides ECCO with retail income that further helps the community. ECCO also provides rent assistance, gas assistance, and utility assistance. Free clothing to those doing job interviews. Holiday gift drive for youth. Turkey at the Holidays.

**Website:** <http://www.eccoinkiowa.com/how-we-help-3/>

### **Elbert County Extension**

Provide research-based education and information on topics that range from financial literacy, health eating, food preservation and safety, livestock and farming technologies and practices, horticulture, 4-H youth development, emergency preparedness, natural resources, community development, water, energy, and drought.

**Website:** <https://elbert.extension.colostate.edu/>

### **Elbert Woman's Club**

EWC's purpose is to reach, connect and celebrate community; to build lifelong relationships and promote the growth of women's experience within the community. They have events, a mercantile building, breakfasts, BINGO, and scholarship fund.

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

### **Elizabeth Firefighters Community Foundation**

We typically give gift cards and pay utility bills. We have donated cars to individuals and built accessible ramps for people. We buy car seats, bike helmets, and give out scholarships for college. We do give cash as well, but rather do gift cards.

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

### **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/>

### **HopSkipDrive**

HopSkipDrive compliments routine student transportation with a cost efficient, flexible way to meet non-routine transportation needs. We understand that transportation can be the difference between success and struggle, which is why we're on a mission to use technology, operational expertise, and new thinking to help kids reach their full potential by providing a safe, dependable way to get them where they need to be.

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

### **iFoster**

iFoster's mission is to ensure that every child growing up outside of their biological home has the resources and opportunities they need to become successful, independent adults. To do this we've created solutions driving collaboration and efficiencies across the child welfare system and engaging the community outside of child welfare to support our nation's most vulnerable children. Our Building Blocks to Self-Sufficiency include: my iFoster Resource Portal, iFoster Tech, iFoster Jobs Program, and iFoster Jobs Program: TAY AmeriCorps.

**Website:** <https://www.ifoster.org/what-we-do/>

### **Lawyers at the Library**

A monthly free legal clinic sponsored by the 18th judicial district's access to justice committee, and generously hosted by your Elbert County Library District. Volunteer attorneys will answer questions, help fill out forms, and explain the process and procedure for civil legal issues, including family law, civil litigation, property law, probate law, collections, appeals, landlord-tenant law, veteran's benefits, and civil protection orders. Please call 303-646-3416 to be added to the sign-up sheet.

**Website:** <http://douglaselbertbar.org/lawyers-at-the-library/>

### **Love INC**

Love In the Name of Christ (INC) is here to support individuals and families seeking assistance in their time of need. Love INC partners with local churches and other community organizations to provide support and guidance. Go to their website to request transportation to appointments, join their monthly diaper distribution, request clothing and furniture, and more.

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

### **Outback Express**

The City of Burlington offers public transportation within Burlington's City limits through the Outback Express for 25 cents per ride. Burlington's Outback Express runs Monday through Friday from 8:00 AM to 12:00 PM and 1:00 PM to 4:00 PM. To schedule a ride, please call 719-340-5012. For outside Burlington City limits - A fare system has been established, based on 11 cents per mile. The round-trip fare is charged from the pick-up location to the destination and back. One-way trips are accommodated (such as to DIA) if possible.

**Website:** <https://www.eccog.com/about-the-outback-express/>

### **Prairie Family Center**

Our mission as a family resource center is to help guide families down a successful path. Providing our community with education and resources needed to build and support healthy and functional families.

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

### **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>

## **Twice as Nice Thrift Store at Prairie Family Center**

Twice as Nice Thrift Store offers gently used clothing, furniture, and housewares to the public at a deeply discounted price.

**Website:** <https://www.prairiefamilycenter.com/Twice-As-Nice/>

## **Youth Advocate Programs, Inc. (YAP)**

YAP provides young people, adults, and their families with intensive support in their home, school and community through our YAPWrap model that blends best practices from research in wraparound, mentoring, and positive youth development. We partner with families to build and strengthen essential skills and resources needed to thrive throughout life, such as increasing their ability to safely problem-solve their needs, developing their social, emotional, academic and career competencies, and building their network of community support. Advocates meet with participants multiple times a week at the times most needed by the family, with an emphasis on safety and support. Individualized plans balance involuntary service demands with activities driven by the participant's prioritized wants and needs.

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

## **Food Banks/Resources:**

### **Aurora Interfaith Community Services**

Our client-choice food bank offers protein, dairy, canned goods, staples, toiletries, and fresh/frozen produce when available; and formula when requested. TEFAP – The Emergency Food Assistance Program (USDA food program) is included. Clients may receive TEFAP once a month (full client choice pantry every three months). To get food assistance, clients should call in the morning for a same-day appointment to select food in the afternoon by appointment.

**Website:** <http://www.aurorainterfaithcommunityservices.org/get-help/>

### **ANSAR Pantry**

Ansar Pantry is a community food bank which offers food and other resources to members of the community. To obtain services please bring a picture ID and a piece of mail with name and address listed. Bring ID for each family member. Open every Saturday from 9:30 am to noon.

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

### **Colorado Food Pantries Listed by City**

There are several food pantries and food banks in the state of Colorado. With help from users like you we have compiled a list of some.

**Website:** <https://www.foodpantries.org/st/colorado>

### **Covenant Cupboard**

The mission of Covenant Cupboard Food Pantry is to address the food security needs of seniors, disabled individuals, and the unemployed or underemployed households in our community in a compassionate, dignified and secure environment. Covenant Cupboard strives to: provide households with food that meets USDA nutritional guidelines and provide information on preparing balanced meals. In this setting, families in need of food receive non-perishable items, dairy, produce and grain products.

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

### **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/>

### **Elizabeth Food Bank**

Elizabeth Food Bank is an outreach of Elizabeth Presbyterian Church in partnership with Elizabeth United Methodists, Peace in Christ Episcopal Lutheran Ministry and other groups wishing to see that no person or family in the Elizabeth area goes hungry. The food bank is self-sufficient; it does not rely on any government agency. Over its 30 plus years of operation it has relied only on the generosity of our community – the individuals, businesses, schools, civic organizations, and churches of every denomination that have contributed all the food, money, and volunteers necessary to meet the needs of struggling families.

**Website:** <http://elizabethpc.org/food-bank>

### **Food Bank of the Rockies Mobile Pantry – Burlington Event Center**

Open second Monday of the month starting at 9:00 a.m. No eligibility requirements for Mobile Food Pantry. TEFAP food is available for income-eligible households and to households that participate in select public assistance programs. Please bring a photo ID to sign up. No proof of income required.

**Website:** [https://www.foodbankrockies.org/find-](https://www.foodbankrockies.org/find-food/?address%5B0%5D=Burlington%2C%20CO%2080807%2C%20USA&post%5B0%5D=pantry_locator&tax%5Bdays_open%5D%5B0%5D&tax%5Bprogram_type%5D%5B0%5D&distance=25&units=imperial&per_page=10&lat=39.260229&lng=-102.163272&form=5&action=fs)

[food/?address%5B0%5D=Burlington%2C%20CO%2080807%2C%20USA&post%5B0%5D=pantry\\_locator&tax%5Bdays\\_open%5D%5B0%5D&tax%5Bprogram\\_type%5D%5B0%5D&distance=25&units=imperial&per\\_page=10&lat=39.260229&lng=-102.163272&form=5&action=fs](https://www.foodbankrockies.org/find-food/?address%5B0%5D=Burlington%2C%20CO%2080807%2C%20USA&post%5B0%5D=pantry_locator&tax%5Bdays_open%5D%5B0%5D&tax%5Bprogram_type%5D%5B0%5D&distance=25&units=imperial&per_page=10&lat=39.260229&lng=-102.163272&form=5&action=fs)

### **The Free Grocery Store**

Compassionately reaching out to nourish and meet the physical needs of the underserved and overburdened. Sign up for an appointment is required to shop. If a person volunteers their time at the store, they can shop regardless of their sign-up status.

**Website:** <https://feedingdenvershungry.org/grocery-store/?cn-reloaded=1>

### **GraceFull Community Café**

We are located in Historic Downtown Littleton and open 7 am – 2 pm Tuesday through Saturday. We are unique in that we are a craft coffee shop with a full kitchen with all food made fresh on site. We offer craft coffee, breakfast, and lunch daily. We believe that names are important; that each person has a unique story and gift to offer this world and that every person should have access to one good meal a day. That is why paying is always optional, as is paying extra to help provide a meal for someone else. So come and join us in whatever way makes sense for you –share a cup of coffee with a good meal, volunteer with us, but most importantly, experience community.

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

### **The Food Bank of Kiowa Creek Community Church**

An Equal-Opportunity Provider and 501(c)3 Nonprofit Organization serving over 270 families in Elbert County. They have Birthdays in a Bag and will refer to other food banks that are open other days of the week.

**Website:** <https://kiowacreek.org/who-we-are/foodbank-of-kiowa-creek-community-church/>

### **Harvest Bible Church Food Bank**

While Helping Hands of Harvest receives much of its food from Walmart, Target, King Soopers, Food Bank of the Rockies also supplies food for the food bank. Our hours are Monday, Wednesday, and Friday from 9:00 a.m. to 11:00 a.m. If you have any questions, please contact the church office at 303-646-3699.

**Website:** <https://go-harvest.org/>

### **Hope Starts Here Food Bank**

At Hope Starts Here Food Bank, our mission is to offer hope in challenging times. We believe meeting practical, felt needs to combat hunger opens the door to whole life transformation. We will connect you not only

with food and resources but with others in your community willing to walk this journey alongside you. You matter to us, and you have a purpose in this world – let’s help you find it! Distribution days are Wednesdays (8:30 am to 10:00 am) and Saturdays (7:00 am to 11:30 am) – including canned goods, fresh vegetables, meat, and dairy products. Located in Centennial.

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

### **Hunger Free Colorado**

The Food Resource Hotline is a bilingual, statewide, and toll-free number that connects Coloradans to needed food and nutrition resources. Our services are available to all Coloradans, regardless of legal status. All caller information is confidential. We can connect Colorado families and individuals to SNAP/food stamps, food pantries, free meal sites, WIC (Women, Infants, and Children) and other nutrition programs geared towards families, children, and seniors. The Food Resource Hotline: serves as a “one-stop” resource in English and Spanish, helps you navigate federal and charitable food programs, screens for all federal nutrition assistance programs, assists with applying for SNAP, also known as food stamps, by phone, and provides helpful and thorough referrals based on each caller’s needs.

**Website:** [https://www.hungerfreecolorado.org/food-resource-hotline/#:~:text=Food%20Resource%20Hotline%20\(855\)%20855,800%2D659%2D2656](https://www.hungerfreecolorado.org/food-resource-hotline/#:~:text=Food%20Resource%20Hotline%20(855)%20855,800%2D659%2D2656)

### **Integrated Family Community Services**

Contact-Free Food Distributions to Anyone in Need. Contact free daily food distribution available in our parking lot.

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

### **Mean Street Ministry Food Bank & Café**

Mean Street Ministry is a non-profit Christian organization serving the working poor along West and East Colfax Avenue. We are dedicated to bringing the love of Christ to those who feel disconnected from family, community, and God. We elevate the poor, heal the broken and provide a safe environment for lay Christians to be the hands and feet of Jesus. They serve all counties, no residency requirements. The food bank and café provide Food Bags, Recipe/M meal Bags, Hygiene Products, Baby Food/Formulas, Diapers/Baby Wipes, and much more. The food bank hours are Mon-Tue-Thu 8:30 AM - 12:00 noon, Sun 12:30 PM - 1:30 PM; No Appt/No ID required. During COVID, the food bank hours were reduced to Tues/Thurs 8:30 AM – Noon. The café hours are Mon-Tue-Thu 9:00 AM - 12:00 PM; October 1 - April 30.

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

### **Metro Caring**

At Metro Caring, we're meeting people's immediate food needs while addressing the root cause of hunger: poverty. We provide nutritious groceries to our neighbors, and also offer comprehensive anti-hunger resources so that families can stop hunger at its root. Our Fresh Foods Market is at the heart of Metro Caring. Shoppers choose from an array of nutritious foods based on their dietary needs and preferences, and leave with a week's supply of groceries, including fresh fruits and vegetables, whole grains, dairy, and lean protein. They also provide a virtual, “Kidz in the Kitchen”, cooking class for 1<sup>st</sup> through 5<sup>th</sup> graders.

**Website:** <https://www.metrocaring.org/what-we-do>

### **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>

### **UndocuHELP**

Connecting Colorado's Undocumented Community to Meaningful Support Services. UndocuHub is a grant-funded program that began to form in the late summer of 2020. The central purpose of the program is to coordinate and expand the reach of existing community services that are crucial to Colorado's DACA and undocumented community. The UndocuHelp website acts as a central hub to provide digital resources, webinars, and direct forms of contact, with the goal of connecting undocumented individuals and families to experienced service providers and available resources. Support categories include people with disabilities, legal, education, food access, financial, health care, and government navigation.

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

### **Valley View Cares Free Food Market**

This ministry, a branch of Southeast Community Outreach (SECOR), strives to empower hope for people in need by offering the opportunity to shop for quality food that meets the specific needs of individuals and families. Located in Littleton.

**Website:** <https://valleyviewcc.com/ministries/free-food-market>

### **With Open Arms Outreach Center**

With Open Arms Community Outreach Center offers food, personal care, and hygiene products and other resources to individuals and families in need, at no charge. For additional information, please call 303-368-7105, Ext. 208. Hours of operation includes Mondays, Wednesdays, and Thursdays from Noon to 3:30 p.m. and Sundays from 10:30 a.m. to 1:30 p.m.

**Website:** <https://ccfyourhome.org/ministries/>

Optional Activities:

**Food Management Skills Assessment**

Appendix F

**Weekly Meal Planner**

Appendix G

**House Cleaning Checklist**

Appendix H

**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>

### **Connecting All People to Agriculture (CALF)**

CALF connects all people to agriculture through authentic educational programs, community projects, and leadership opportunities. We aim to inspire lives, nurture leaders, and build lasting relationships.

**Website:** <http://www.thecalf.org/index.html>

### **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 Congress**

It's an event where adult leaders work with youth leaders on issues that affect the lives of Douglas County youth. This is a project of the Douglas County Youth Initiative, listed below.

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

### **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/>

### **ELK**

ELK serves more than 5,000 underserved, urban youth (ages 5-25) each year through year-round intensive programs and in-school/after-school programs in Denver, Adams, and Arapahoe Counties. ELK reaches diverse communities in Denver, Aurora, and Commerce City by working directly with local schools, teachers and community groups by providing a wide variety of outreach activities. ELK is located in the Denver-metro area, specifically in the Montbello neighborhood. Students attend day-long field activities that provide them with an opportunity to grow as individuals and to enjoy the natural world in an educational, adventurous manner. We

also assist young people in developing internal values from which they and their community will benefit. Through leadership development, meaningful mentorship, and long-term relationships, we help students to become educated, active participants in their communities.

**Website:** <http://www.elkkids.org/content/about-elk>

### **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/>

### **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/>

### **Volunteennation**

Our database of volunteer opportunities is searchable by interest, location and age restriction. And there is no other volunteer opportunity search engine like it on the web.

**Website:**

[http://volunteennation.org/index.php?option=com\\_voluntunities&controller=opportunities&view=opportunities&Itemid=510&page=5&state\\_id=CO](http://volunteennation.org/index.php?option=com_voluntunities&controller=opportunities&view=opportunities&Itemid=510&page=5&state_id=CO)

### **Volunteer Connect Douglas County**

We are an online community resource that connects volunteers with organizations. This online resource easily matches individuals, families, and groups with volunteer opportunities that align with their skills, talents, and

interests. Volunteers of all ages can locate one-time, short-term, and long-term opportunities throughout Douglas County, Colorado. New opportunities are posted daily as they become available and new organizations are joining all the time. Register with a click of a button!

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

### **Young Aspiring Americans for Social & Political Activism (YAASPA)**

YAASPA endeavors to build the self-efficacy of youth who desire to make change in our communities, pursue social science degrees, and social justice careers. Their programs include: YAASPA's Engaged to Climb Youth Advisory Council, Civic Engagement in Community and Career Course, Social Sciences and Policy Institutes, YAASPA Scholars, and Scholarship Fairs. YAASPA Scholars are provided a 2-years scholarship to the Community College of Aurora for social science majors.

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

### **Youth Leadership Douglas County**

Youth Leadership Douglas County (YLDC) is a one-year high school program. Through experiential classes we will build and expand leadership potential. This program is designed for high school students and focuses on learning leadership skills by meeting with community leaders. One day each month students actively participate in seminars and activities that engage and educate them about the community and their place in it. Each month's day-long session explores a different aspect of leadership in our community with an eye toward building interest in local issues. By learning about the community, students will develop their leadership potential through actively participating in ropes courses, law enforcement training activities, interviewing with various media personnel, visiting Sky Ridge, Centennial Airport, and meeting with their local legislators and county commissions. Each session offers an interactive opportunity for personal exploration and growth around such topics as working together as a team, getting in front of the TV camera, how to handle credit and personal finance, and even how a bit of improvisational skill can come in handy. The classes run August through May.

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

## **Self-Esteem:**

### **Asian Pacific Development Center: Youth Leadership Academy**

APDC Youth Leadership Academy™ is an integrated, comprehensive program APDC offers for AAPI youth in Colorado. From middle school through college, APDC YLA™ provides services to foster future leaders in our community, with a mission “to help youth discover their potential to become strong leaders who embrace and balance their cultures and identities.” The Youth Leadership Academy™ consists of three components: academic enrichment, leadership, and mentoring.

**Website:** <https://www.apdc.org/youth-leadership-academy>

### **Colorado 4-H**

4-H empowers youth to reach their full potential by working and learning in partnership with caring adults. Categories of projections include animals, creative arts, family consumer science, natural resources, personal development, and STEM.

**Website:** <https://co4h.colostate.edu/program-areas/colorado-4-h-project-information/>

### **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>

### **The Gathering Place**

Women, transgender individuals, and their children who seek assistance from The Gathering Place have access to a wide range of programs and services that meet basic needs, foster personal growth, and build community, and develop social enterprise. Foster Personal Growth services include job readiness, high school equivalency, a computer lab, an arts program, and more. Build Community services include a writer's group, knitting and crochet group, and more.

**Website:** <https://tgpdenver.org/what-we-do/programs-services.html>

### **Girls Inc.**

Girls Inc. of Metro Denver is an affiliate of the national Girls Inc. network. We serve girls ages 6-20 in the Denver-Metro area. Our research-based programming is delivered by trained professionals who focus on the development of the whole girl, supporting, mentoring, and guiding girls in an affirming, pro-girl environment. Here, girls learn to value their whole selves, discover and develop their inherent strengths, and receive the support they need to navigate the challenges they face. Girls Inc. girls live healthy and active lifestyles and are less likely to engage in risky behavior; they are eager to learn, successful in school, and more likely to graduate from post-secondary education; and they display diligence, perseverance, and resilience.

**Website:** <https://www.girlsincdenver.org/about-us/what-we-do/>

### **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>

### **Heavy Hands Heavy Heart Center**

A safe place where youth and adults are provided with basic needs, educational and career support, health resources, recreational and outreach services to assist with creating jobs and a building a sustainable life. They incorporate MMA boxing and fitness into some of their services.

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

### **KidzArt**

This is KidzArt, where students ages two through adult have FUN, learn to draw, and experience creativity building exercises. Offered at schools and other community locations, our mobile program is complimented with challenging 3-D projects, new and varied art mediums, and our unique multi-cultural curriculum. We hope to ignite the imagination of future innovators! Everyone is creative in their own way, and with our simple technique's students are amazed at their creative potential.

**Website:** <https://www.kidzart.com/franchise/castle-rock/>

## **Parker Arts**

Parker Arts will enhance local economic vitality and quality of life by offering unique gathering spaces and providing access to a wide variety of high-quality performances, exhibits, and educational programs in arts, culture, history, and science.

**Website:** <https://parkerarts.org/our-story/>

## **The R.I.G. (Rebuild. Inform. Grow.)**

There is a stigma around people that have been incarcerated or come from places such as the foster care system. There is a stigma of those that have never experienced those situations and there are negative beliefs that are created about oneself that has experienced those situations. We hope to break all of those stigmas through education, a positive community, and always creating an opportunity for self-growth.

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

## **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>

## **Youth on Record**

YOR recognizes that education alone cannot solve for systemic injustice, nor can it alone liberate youth. Art is a powerful tool, but it also cannot bear the sole responsibility for creating more equitable communities. Still, education and art, when integrated under the right framework, are powerful tools toward liberation and equity.

**Website:** <https://www.youthonrecord.org/about-us>

## **LGBTQAI:**

### **The Center on Colfax's Legal Program**

The Center on Colfax's Legal Program is the only legal project in Colorado dedicated solely to the equality and dignity of LGBTQ people. We work to protect and further the legal rights of LGBTQ people living in Colorado through strategic partnerships, educational initiatives, and legal referral services.

**Website:** <https://lgbtqcolorado.org/programs/legal/>

### **Healthcare Resources for LGBTQ in Colorado**

Find resources for Lesbian, Gay, Bisexual and Transgender Health.

**Website:** [https://www.colorado.gov/pacific/sites/default/files/HPF\\_Gay-Lesbian-Bi-Sexual-Transgender-and-Queer-Health-Resources.pdf](https://www.colorado.gov/pacific/sites/default/files/HPF_Gay-Lesbian-Bi-Sexual-Transgender-and-Queer-Health-Resources.pdf)

### **Inside Out Youth Services**

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/>

### **Mile High Freedom Bands**

MHFB Youth summer camp is a totally free week-long experience for high school students. You can choose to participate in any or all of the four program areas. The program will be open to any student who will be in high

school in the upcoming school year as well as seniors that have just graduated! Seniors can even earn a scholarship to the college of their choice in any major!

**Website:** <https://mhfb.org/about/>

### **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/>

### **PRISM**

PRISM is dedicated to providing a place for lesbian, gay, bisexual, transgender, and friends a place to socialize and discuss issues, health and otherwise, affecting our community. We are located at the University of Colorado Anschutz Medical Campus. We hold regular events and monthly meetings.

**Website:** <https://ucdprism.wordpress.com/about/>

### **NXT Queer Youth Space**

Through substance-free social and educational programming; sexual education; access to technology, mental health, and housing resources; and peer support, the NXT Program seeks to create a safe environment for queer and transgender youth to foster healthy relationships, develop support systems, build community, and learn to advocate for themselves.

**Website:** <https://denverelement.org/nxt>

### **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/>

### **Queer Asterisk**

Queer Asterisk is a Colorado 501(c)(3) nonprofit organization providing queer-informed counseling services, educational trainings, and community programming.

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

### **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:** <https://lgbtqcolorado.org/programs/rainbow-alley/>

### **TRUE Center at Children's Hospital Colorado**

At the TRUE Center for Gender Diversity at Children's Hospital Colorado, we're here to support you on your journey, whatever that may be. This is a safe space. We specialize in helping our patients achieve the gender expression that's right for them. We understand the medicines and medical concerns that gender transitions involve, but we also understand the emotional challenges of gender diversity. In short, we speak your language.

**Website:** <https://www.childrenscolorado.org/doctors-and-departments/departments/gender-diversity-center/>

## **Trans Lifeline**

Trans Lifeline's Hotline is a peer support phone service run by trans people for our trans and questioning peers. We believe that some of the best support that trans people can receive is from trans community members with shared lived experience. Call us if you need someone trans to talk to, even if you're not in crisis or if you're not sure you're trans. 877-565-8860

**Website:** <https://translifeline.org/hotline/>

## **Transgender Center of the Rockies**

The Transgender Center of the Rockies provides holistic gender-affirming services to support transgender and gender-expansive individuals. Our goal is to empower them to live full and authentic lives. We provide social-emotional support and substance use treatment for the adult Colorado trans community with clinical groups, individual counseling, peer-led support groups, employment and PrEP case management and community events.

**Website:** <https://www.transgendercenteroftherockies.org/services-tcr>

## **Transgender Health Insurance Guide**

Know what's covered in health plans sold in Colorado regarding trans health.

**Website:** [https://one-colorado.org/wp-content/uploads/2017/06/TransHealthGuide\\_2017.pdf](https://one-colorado.org/wp-content/uploads/2017/06/TransHealthGuide_2017.pdf)

## **TrevorSpace**

TrevorSpace is an affirming international community for LGBTQ young people ages 13-24. Sign up and start a conversation now.

**Website:**

[https://www.trevorspace.org/?utm\\_source=trevor\\_website&utm\\_medium=web&utm\\_campaign=get\\_help\\_page](https://www.trevorspace.org/?utm_source=trevor_website&utm_medium=web&utm_campaign=get_help_page)

## **Trevor Support Center**

Welcome to the Trevor Support Center, a place where LGBTQ youth and their allies can find answers to frequently asked questions, and explore resources related to sexual orientation, gender identity and more! Remember, if you need immediate support or help, Trevor's counselors are just a phone call, chat, or text away. You are not alone.

Lifeline (24/7/365): 1-866-488-7386, or text "START" to 678-678

**Website:** <https://www.thetrevorproject.org/resources/trevor-support-center/>

## **Youth MOVE Colorado: LGBTQ Toolkit**

These videos share powerful stories from Colorado youth as they describe their experiences of being LGBT. They are part of the LGBT toolkit created by the Emerging Leaders Committee of the JJDP Council in Colorado. While you watch these videos, we invite you to use the Powerful Questions and Learning Conversations Guide.

**Special Note:** For active Advocates for Children CASA volunteers, watching the videos and writing training logs will count for Continuing Education hours.

**Website:** <https://youthmoveco.org/lgbt-toolkit/>

## **Youth Seen**

The mission of Youth Seen is to foster and empower the social and emotional well-being of LGBTQI youth and their families in all communities. Services include mental health (clinicians and peer mentor support network), support groups for parents and queer youth, social activities, summer programs, trainings and workshops for organizations wanting to enhance their services to the LGBTQ+ population, and short-term case management for youth experiencing a variety of needs from medical and mental health to housing instability. We also offer Camps YS for one week every summer with scholarships available. Camp YS is a great way to help your child

make a strong social connection with other kids their age. We strive to build a safe and supportive community that allows LGBTQ youth to connect with each other on a deeper level.

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

## **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/>

## The Blue Bench

Sexual Assault Hotline for Women & Men.

303-322-7273 - English

303-329-0031 – Spanish

## Colorado Crisis Services

Call 1-844-493-8255

Text TALK to 38255

## Find Help

FindHelp.org is the most comprehensive, accurate, and up-to-date aggregation of free and reduced-cost programs helping Americans affected by the COVID-19 pandemic.

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

## Suicide Prevention Coalition of Colorado

SPCC is able to provide One iCare Package per survivor of suicide loss household at no cost.

**Website:** <https://suicidepreventioncolorado.org/icare-packages/>



## What Love Looks Like

NOTES

- Objective:** To conceptualize what love looks like.
- Materials:**
- Large paper letters (L, O, V, E) (2' X 3' letters cut from poster board)
  - Magazines
  - Scissors, Markers, and Glue Sticks
- Step by Step:**
1. Divide students into four groups, and distribute one large paper letter (L, O, V, E) to each group.
  2. Distribute magazines, scissors, glue sticks and markers to each group.
  3. Have students cut images, pictures, and words from magazines that represent their perception of what love looks like.
  4. Instruct students to make a collage with their images, pictures, and words by gluing them to the paper letter.
  5. Choose one person from each letter group to present and explain their collage to the class.
  6. Discuss the content included in each collage, and identify the students' perceived characteristics of love.
  7. Have students spell the word LOVE with their letter collages, as they line up in front of the class.



1. Share the Greek etymology of the following 4 types of love:
  - Storgae: Family Love (a father's protection of his family; sibling bond)
  - Phileo: Friendship Love (enjoying time with a friend; caring about your community)
  - Eros: Object Love (love for your phone; love of brand names and clothing)
  - Agape: Unconditional Love (sincere committed love; selfless love in a marriage)
2. Ask students to compare their collage imagery with the above definitions, and categorize what type of love they defined.

# Appendix B



## LESSON

# Making Healthy Decisions

### TEACHING TIP

Explain to the students that the Decision Making Model is tremendously helpful for evaluating options when there is time for reflection. Examples of such dilemmas might include where to go to college, what summer job to work, or what classes to sign up for. The input of a parent/trusted adult should also be utilized as part of the process.

Some situations, however, require snap decisions, such as when one is being pressured to have sex or use drugs or alcohol. In cases like these, the **STOP, THINK, CHOOSE** with **INTENT** model should be embraced.

**Objective:** To teach the seven steps of healthy decision making and to practice those skills in a challenging scenario.

**Materials:**

- *Worksheet: The Decision Making Model* on pg. 345

**Step by Step:**

1. Distribute *The Decision Making Model* worksheet.
2. Read through each of the seven steps aloud.
3. Ask the students if they have any questions about the steps. If so, clarify any of their uncertainties with further explanation.
4. Divide the class up into four groups. Each group will use *The Decision Making Model* worksheet to process and determine the best response.
5. Read the first sample scenario aloud to the first group, and have the students complete their worksheet based on the given situation and the application of the seven steps.
6. Once completed, ask volunteers to share their answers on the worksheet, and what ultimate decision they made.
7. Repeat three more times until each group has processed through a scenario and their conclusions have been discussed.
8. Ask the students to think about how having a plan for processing helps one make better decisions, and encourage them to memorize the steps so they can make healthy decisions when they are in challenging situations.
9. Ask students to write other scenarios where they could use this decision making model. If time permits, let them practice their skills.

# Making Healthy Decisions

## NOTES

### SAMPLE SCENARIOS

1. You are invited to a friend's house. When you arrive you realize his or her parents aren't home. One of your family rules is that you can't be at a friend's house without a parent present. Work through the seven steps to decide what you should do.
2. You have decided that you don't want to get involved with the drinking scene, but while attending a party, one of your friends approaches you with alcohol and begins to pressure you to drink.
3. Your cell phone chimes, telling you that you have a new text message. Upon reading it, you realize that it contains an inappropriate picture of someone in your class. Work through the seven steps to decide what you should do.
4. Your friend posts a rumor about you on his or her social media account. Work through the seven steps to decide what you should do.
5. Add your own scenario.

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# The Decision Making Model

## The 7 Steps to Making Healthy Decisions and the 3 Steps to Making Quick, Healthy Decisions

|                           |  |
|---------------------------|--|
| <b>STOP</b>               | <b>1) Identify the decision to be made.</b> What exactly are you trying to decide?<br>_____                                      |
|                           | <b>2) Know yourself.</b> What are your strengths, weaknesses, skills, values and interests?<br>_____                             |
| <b>THINK</b>              | <b>3) Identify options.</b> List the various choices so far. _____<br>_____  |
|                           | <b>4) Gather information and data.</b> What are some possible alternatives to the existing choices?<br>_____                     |
|                           | <b>5) Evaluate options that will solve the problem.</b> What are the pros, cons and risks of each alternative?<br>_____          |
| <b>CHOOSE WITH INTENT</b> | <b>6) Select the best option.</b> If it's unclear, still, do you need more information? What else should you ask first?<br>_____ |
|                           | <b>7) Develop a plan of action.</b> Have you decided? If so, how will you implement your decision?<br>_____                      |

**Ask for help or support from someone you trust.**

Adapted from <http://www.decision-making-confidence.com/7-step-decision-making-model.html>

# Decision Making Cards



## STOP

Have the ability to stop or control the situation. This could mean using a delay tactic, moving to a new place in the room/environment, or taking a quick moment to check for phone messages, text a friend or do something to change the dynamics of the situation.



## THINK

Have the ability to ask yourself questions such as, "What do I need to decide right now? What are my response options? What are the consequences to each choice?" Then work through the answers until you're clear about how you feel.



## CHOOSE WITH INTENT

Have the ability to make a decision with intent and choose actions that support your goals, dreams and life plan. Intention means I want to do this; no regrets. Decide, don't slide.

## DECISION MAKING CARD



## STOP



## THINK



## CHOOSE WITH INTENT

# Appendix C



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 D



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 E



## 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.

# Appendix F

## Food Management Skill Assessment

The following questions will help you identify food management skills in which you excel and target those which you need to develop. By yourself or with your team try to answer each of the questions as honestly as possible. After completing this independent living skills assessment, review it with your team and identify those skills you would like to strengthen.

|   | I do not know how to do this | I need to know more about this | I can do/have done this  |
|---|------------------------------|--------------------------------|--------------------------|
| 1. Can prepare a simple meal for myself   | <input type="checkbox"/>     | <input type="checkbox"/>       | <input type="checkbox"/> |
| 2. Know which foods are nutritious/healthy.   | <input type="checkbox"/>     | <input type="checkbox"/>       | <input type="checkbox"/> |
| 3. Can shop for items on a grocery list using coupons and checking for sales.   | <input type="checkbox"/>     | <input type="checkbox"/>       | <input type="checkbox"/> |
| 4. Know how to cook and bake using the right cooking utensils and appliances.   | <input type="checkbox"/>     | <input type="checkbox"/>       | <input type="checkbox"/> |
| 5. Know how to store food to prevent its spoiling and can identify food that has spoiled.   | <input type="checkbox"/>     | <input type="checkbox"/>       | <input type="checkbox"/> |
| 6. Know how to check packaged food for freshness and to check for the date of expiration.   | <input type="checkbox"/>     | <input type="checkbox"/>       | <input type="checkbox"/> |
| 7. Know how to prepare packaged, frozen, or canned foods according to the directions.   | <input type="checkbox"/>     | <input type="checkbox"/>       | <input type="checkbox"/> |
| 8. Use good consumer skills in grocery shopping. Choose fruits and vegetables for freshness and check freshness dates on dairy and meat products. | <input type="checkbox"/>     | <input type="checkbox"/>       | <input type="checkbox"/> |
| 9. Using a food budget, can plan a menu of nutritious meals for a week.   | <input type="checkbox"/>     | <input type="checkbox"/>       | <input type="checkbox"/> |
| 10. Am able to cook nutritious meals for a week using a planned menu.   | <input type="checkbox"/>     | <input type="checkbox"/>       | <input type="checkbox"/> |
| 11. Can cook using recipes from a cookbook and know how to increase or decrease the ingredients to feed more or fewer people.                     | <input type="checkbox"/>     | <input type="checkbox"/>       | <input type="checkbox"/> |
| 12. Can shop for the ingredients and prepare a traditional dish from my own cultural background.  | <input type="checkbox"/>     | <input type="checkbox"/>       | <input type="checkbox"/> |



# Appendix H

## House Cleaning Checklist

by [Vertex42.com](http://Vertex42.com)



| DAILY  | WEEKLY   | MONTHLY   |
|--|--|---|
| <b>Kitchen</b>   |  |   |
| <input type="checkbox"/> Wash dishes                   | <input type="checkbox"/> Wipe up spills in fridge      | <input type="checkbox"/> Dust blinds and vacuum curtains    |
| <input type="checkbox"/> Clear and wipe table          | <input type="checkbox"/> Throw out old food            | <input type="checkbox"/> Wash windows                       |
| <input type="checkbox"/> Wipe countertops and stove    | <input type="checkbox"/> Clean outside of appliances   | <input type="checkbox"/> Wipe cupboard doors                |
| <input type="checkbox"/> Wipe the sink                 | <input type="checkbox"/> Scrub and shine sink          | <input type="checkbox"/> Clean fridge                       |
| <input type="checkbox"/> Sweep                         | <input type="checkbox"/> Shake or vacuum rugs          | <input type="checkbox"/> Clean oven and oven hood           |
| <input type="checkbox"/> Wipe up spots on the floor    | <input type="checkbox"/> Mop                           | <input type="checkbox"/> Clean small appliances             |
| <input type="checkbox"/> Take out trash                |  | <input type="checkbox"/> Wash trash can                     |
| <b>Bathroom</b>  |  |   |
| <input type="checkbox"/> Spray shower with shower mist | <input type="checkbox"/> Mop                           | <input type="checkbox"/> Clean showerhead                   |
| <input type="checkbox"/> Clean mirror                  | <input type="checkbox"/> Clean sink/countertop         | <input type="checkbox"/> Wash windows                       |
| <input type="checkbox"/> Wipe the sink and counter     | <input type="checkbox"/> Wipe door/knobs               | <input type="checkbox"/> Wash rugs                          |
| <input type="checkbox"/> Clean the toilet bowl         | <input type="checkbox"/> Clean tub                     | <input type="checkbox"/> Wash trash can                     |
| <input type="checkbox"/> Wipe toilet seat and rim      | <input type="checkbox"/> Clean outside of toilet       |   |
| <input type="checkbox"/>                               | <input type="checkbox"/> Empty trash                   |   |
| <input type="checkbox"/>                               | <input type="checkbox"/> Shake or vacuum rugs          |   |
| <b>Bedrooms</b>  |  |   |
| <input type="checkbox"/> Make bed                      | <input type="checkbox"/> Change sheets                 | <input type="checkbox"/> Straighten shoes                   |
| <input type="checkbox"/> Straighten nightstand         | <input type="checkbox"/> Dust                          | <input type="checkbox"/> Straighten drawers                 |
| <input type="checkbox"/> Put clothes away              | <input type="checkbox"/> Vacuum                        | <input type="checkbox"/> Dust blinds/vacuum curtains        |
| <input type="checkbox"/>                               |  | <input type="checkbox"/> Wash windows                       |
| <input type="checkbox"/>                               |  | <input type="checkbox"/> Vacuum around the edges of room    |
| <b>Living/Family Rooms</b>                             |  |   |
| <input type="checkbox"/> Clean up the clutter          | <input type="checkbox"/> Dust                          | <input type="checkbox"/> Clean mirrors/dust pictures        |
| <input type="checkbox"/> Straighten pillows/cushions   | <input type="checkbox"/> Vacuum                        | <input type="checkbox"/> Clean electronics                  |
| <input type="checkbox"/> Straighten coffee/end tables  | <input type="checkbox"/> Straighten books, DVD's, etc. | <input type="checkbox"/> Dust blinds/vacuum curtains        |
| <input type="checkbox"/> Wipe spots off tables         |  | <input type="checkbox"/> Wash windows                       |
| <input type="checkbox"/>                               |  | <input type="checkbox"/> Vacuum couch                       |
| <input type="checkbox"/>                               |  | <input type="checkbox"/> Vacuum around the edges of room    |
| <b>Home Office</b>                                     |  |   |
| <input type="checkbox"/> Clean up the clutter          | <input type="checkbox"/> File Papers                   | <input type="checkbox"/> Clean mirrors/dust pictures        |
| <input type="checkbox"/> Sort mail                     | <input type="checkbox"/> Dust                          | <input type="checkbox"/> Dust blinds/vacuum curtains        |
| <input type="checkbox"/>                               | <input type="checkbox"/> Vacuum                        | <input type="checkbox"/> Wash windows                       |
| <input type="checkbox"/>                               |  | <input type="checkbox"/> Vacuum around the edges of room    |
| <b>Laundry / Utility Room</b>                          |  |   |
| <input type="checkbox"/> Laundry - clothes             | <input type="checkbox"/> Dust shelves                  | <input type="checkbox"/> Clean insides of washer/dryer      |
| <input type="checkbox"/> Sweep                         | <input type="checkbox"/> Wipe washer/dryer             | <input type="checkbox"/> Wash windows                       |
| <input type="checkbox"/>                               | <input type="checkbox"/> Clean sink/countertops        | <input type="checkbox"/> Change filters on heating/AC units |
| <input type="checkbox"/>                               | <input type="checkbox"/> Wash bedding and towels       | <input type="checkbox"/> Mop                                |
| <input type="checkbox"/>                               | <input type="checkbox"/> Remove lint from dryer vent   |   |
| <b>Entryway / Porch</b>                                |  |   |
| <input type="checkbox"/> Pick up clutter               | <input type="checkbox"/> Sweep entry and steps         | <input type="checkbox"/> Wash windows                       |
| <input type="checkbox"/>                               |  | <input type="checkbox"/> Wash hand rails and door           |

<http://www.vertex42.com/ExcelTemplates/house-cleaning-schedule-checklist.html>