

S P R I N G

INDEPENDENT
LIVING
PROGRAM
KERN COUNTY
ILP NEWS LETTER
SPRING 2019

**Dream Center, 1801
19th St.
Bakersfield, CA 93301
<http://www.kcdhs.org/ILP/>**

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ILP Contact List

Dream Center Main Number
661 636-4488

Robin Chambers
ILP Supervisor
661 636-4971

Keith Hollins
Transitional Housing Coordinator
661 636-4982

Monique Casas
ILP SSW
661 636-4946

Andrea Martinez
ILP SSW
661 636-4972

Maria Escalante
ILP SSW
661 636-4954

Tamara Roberts
ILP SSW
661 636-4944



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What is ILP?

The Independent Living Program (ILP) is a federally funded program that provides services to assist eligible youth (16-18 years of age) in making successful transitions from foster care to independent living. Any youth who were in OR are in foster care/probation and placed in out-of-home foster care at any time from their 16th to their 18th birthday are eligible for ILP Services. The services are also offered to those youth who qualify for extended foster care (AB 12) from the ages of 18-21. ILP offers a vast amount of services to help youth achieve self-sufficiency prior to exiting foster care. The following are some of those services:

- Transitional Independent Living Plan (TILP) – completed with ILP worker/probation officer every 6-months to explore goals related to self-sufficiency
- Education Planning – plan for completion of high school and options for college
- College and financial aid application assistance
- Community resources that provide career planning, job leads, and resume assistance
- Transitional housing for emancipated youth
- Emancipation conferences
- Life skills
- Referrals to resources
- Assist youth in opening a savings account
- ILP trust fund
- Senior packet - cap/gown, etc.
- Transportation assistance – bus passes and/or assistance with obtaining a driver's license
- Introduction to California Youth Connection (CYC)
- Incentives for ILP participation
- Referral to a mentoring program
- Assist youth in obtaining their birth certificate, social security card, California Identification Card or California Driver's License
- Assist youth in obtaining access to view their child welfare case file(s)

Community Resources

Ashley Hollins



- Emancipated youth and AB 12 Youth may be eligible for Cal-Fresh (formerly Food Stamps). Stop by the Dream Center at 1801 19th Street and see Ashley Hollins to complete an application or visit www.C4Yourself.com to apply online.
- Call 211 if you are in need of household assistance such housing, food, clothing, childcare or utility assistance.
- Drivers Training: We have limited funds available for driver's training for ILP youth. Contact your ILP Social Worker to make the request. First come first serve, until all of the funds are used.

- **Unclaimed Trust Funds for former ILP:**

Former Kern County Foster Youth who participated in various activities provided by the Department and other Community Based Organizations, may have a trust fund balance that was not disbursed when you emancipated. You may be eligible to receive funds for participating in these activities, such as, classes, workshops, THP Plus or ILP events.

Unclaimed trust funds have been transferred to the Kern County Treasurer Tax Collector Office located at 1115 Truxtun Avenue in Bakersfield, CA. The funds will remain with the Treasurer for three years, until 2021. To verify if there are funds being held at the Treasurer's Office in your name, you may go on-line, go to the Kern County Treasure Website then select Unclaimed Money, from there you will search the database. If funds are located, please follow their instructions to claim the funds.



Dream Center

THE DREAM CENTER

- The Dream Center is an innovative resource center for current and former foster youth. Youth can receive assistance with education, employment, Cal-Fresh/Medi-cal and community resource needs. Youth can utilize Dream Center services up to the age of 24.
- All ILP Social Workers, Keith Hollins, Monique Casas, Andrea Martinez, Maria Escalante, Tamara Roberts and ILP Supervisor Robin Chambers are located at the Dream Center.
- All AB 12 Social Workers, Katherine Santana (intern), Faye Dickerson, Somphou Siripane, Alberto Arteaga and AB 12 Supervisor Kelley Fullerton are located at the Dream Center. Worker Francisco Martinez is located at 100 E. California Ave.
- **New Location:** 1801 19th Street in downtown Bakersfield. The phone number is (661-636-4488).
- **Like the Dream Center on Face book for news and information!**
- The Dream Center is a Condom Access Site for Kern County and gives out free condoms. We want you to be safe and protected from Sexually Transmitted Diseases (STDs) and unwanted pregnancies.
- Dream Center offers snack bags and treats when available. Snack bags will only be given out when the client is leaving the center. If the Dream Center has breakfast snacks, they will be given out daily between **8:00 AM – 4:30PM.**
- Dream Center clothing closet offers work attire and everyday wear. Youth can only utilize the clothing closet once a month.
- Now youth may wash and dry a load of clothing and/or take a shower onsite.

Dream Center

Updates



1. Our calendar of events is posted each month to our web page <https://kern.org/kcnc/dream-center/> Come celebrate birthdays, have lunch on us, catch a cooking class or fun workshop.
2. If you need help with a resume, job search, interview or work clothes or school supplies, we got you!
3. If you are 6 months away from turning 18 or 21 and need help with housing, come see us.
4. If you need cleaning supplies, clothes, emergency food, hygiene or baby items, visit us.
5. Dream Center staff believe in and want to support you. If there's something you need help with, come see or call us at 661-636-4488.

YOUTH HIGHLIGHT

Haley Cole



GREAT JOB!

Haley Cole is a tenacious young lady. Currently, she attends Frontier High School and is also employed. She works part-time at McDonalds and on campus as a bank teller with Kern Schools Federal Credit Union. As a result of her hard work, she has been able to finance a brand new car. She is very passionate about assisting her grandparents whom she resides with. Haley has the ability to articulate her goal to complete high school, work in finances, and pursue a post-secondary career in Social Services. Haley is very organized and likes to be prepared as she has already begun to ask questions regarding her interest in becoming a Social Worker. Haley has shared that she wants to give back to her community and advocate for the vulnerable.



GREAT JOB!

Robert Rodriguez



Robert Rodriguez is a bright, responsible, and motivated young man. As a former Spectrum employee, he worked long hours, completed online trainings, and provided excellent customer service. He was able to complete online training, which gave him the opportunity to promote to a second tier technician. Additionally, he was part of the NAVY as a reserve sailor and would comply with training requirements. Recently, he decided to go active duty in order to serve his country and have the ability to begin post-secondary school. Robert is highly motivated to return to school full-time and begin his educational and military career. Robert remains humble by expressing he has done nothing extraordinary although he has already accomplished a lot at such a young age. Overall, he is a friendly, silly, respectable young man on a path towards success.

Who's Who at the Dream Center

Somphou Siripane



**Social Services Worker III
Extended Foster Care
AB 12 Unit (DHS)**

Keith Hollins



**Emancipated Services Worker II/
Transitional Housing Coordinator
Independent Living Program (ILP) Unit
(DHS)**

Monique Casas



**Social Services Worker III
Independent Living Program (ILP) Unit
(DHS)**

Who's New at the Dream Center

Alexis Shaw



**Prevention Services Facilitator
Kern County Network for Children
(KCNC)**

Alberto Arteaga



**Social Services Worker III
Extended Foster Care (AB 12) Unit
(DHS)**

Stephanie Guzman



**Prevention Services Facilitator
Foster Youth Services
(FYS)**

Keila Berchtold



**Human Services Technician
(DHS)
(temporarily for Ashley Hollins)**

Know Your Sexual and Reproductive Health Rights

KNOW
your RIGHTS

KNOW
your RIGHTS

Helpful Tip: If you feel like someone violated your rights, or you need support making a complaint, call the Office of the Ombudsperson toll-free at 1-877-846-1602

My case worker is: _____
Phone #: _____
My attorney is: _____
Phone #: _____
My CASA is: _____
Phone #: _____
My trusted person is: _____
Phone #: _____

PUB 490 (4/18)

Your Sexual and Reproductive Health Care and Related Rights

No judgements! You have the right to sexual health information that only includes medical facts and not anyone's opinions.

Do you know your rights when it comes to your sexual and reproductive health? Even if you're under age 18, you have rights! Knowledge is power, so read your rights below:

1. You have the right to have your personal rights explained and provided to you in a manner that you understand.
2. You have the right to get health care, including reproductive and sexual health care.

Continue reading to learn more about what kind of reproductive and sexual health care services you can get.



3. You have the right to make your own decision about the following kinds of care (meaning you can say "yes" or "no" and do not need permission from a parent, caregiver, social worker, or any other adult if you want this care):
 - a. Female or male birth control or protection, pregnancy testing, and prenatal (pregnancy) care, at any age,
 - b. Abortion, at any age,
 - c. Health care you need because of a rape or sexual assault, at any age,
 - d. Health care to prevent sexually transmitted infections (STIs) and HIV, at age 12 or older, and
 - e. Testing and treatment for STIs and HIV, at age 12 years or older.
4. You have the right to get the information you want about sexual health care. You can ask your doctor or another trusted adult about:
 - a. Reproductive and sexual health care,
 - b. Ways to prevent pregnancy and pregnancy testing,
 - c. Abortion,
 - d. Prenatal (pregnancy) care, like monthly or weekly doctor visits during pregnancy, and
 - e. How to prevent and treat STIs, including HIV medication and the Human Papillomavirus (HPV) vaccination.
5. When you get sexual or reproductive health care, or ask your doctor questions about sex, your doctor cannot share that information with your parents, caregivers, group home, social worker, or probation officer without your written consent. There are a few small exceptions.
6. You have the right to ask your doctor to explain "privacy" to you and who can and cannot get your medical information before you get any health care.
7. You have the right to choose your own health care provider for sexual and reproductive health care, as long as the provider is covered by your Medi-Cal or other approved insurance.
8. Your caregiver, group home, or social worker must help you with transportation to get reproductive and sexual health care services in a timely manner.
9. You have the right to get, have, and use the birth control or protection of your choice, including, but not limited to:
 - a. Condoms, including the female condom
 - b. Diaphragm
 - c. Birth control patch, pill, ring, or shot
 - d. Spermicide
 - e. Dental dam
 - f. Emergency contraception (morning after pill)
 - g. Medications to prevent STIs
 - h. Intrauterine Device (IUD) or Implant
 - i. Medications to treat or prevent HIV such as Pre-Exposure Prophylaxis (PrEP) or Post-Exposure Prophylaxis (PEP)
10. You have the right to keep your personal items, like birth control, in your own private storage space. Condoms or other protection, or birth control cannot be taken away from you as a punishment or due to your caregiver's religious beliefs or personal feelings. You have the right to be free from unreasonable searches of your belongings.
11. You have the right to fair and equal access to services, placement, care, treatment, and benefits. You have the right to not be treated unfairly, harassed, or discriminated against because of your sex, sexual orientation, gender identity, HIV status, or other factors like race, religion, ethnic group identification, ancestry, national origin, color, or mental or physical disability.
12. You have the right to contact and make complaints about violations of your rights to state agencies, including the Community Care Licensing Division of the California Department of Social Services and the state Foster Care Ombudsperson (See the "Resources" section of this brochure for more information).

Complaints are confidential and you cannot be threatened or punished for making complaints.

Foster Youth Sexual and Reproductive Health Care Rights

TALKING TO OTHERS ABOUT SEX AND YOUR RIGHTS: SUGGESTED QUESTIONS TO ASK

Whether you're abstinent (not having any sex), thinking about having sex, or already sexually active, it's important and okay to talk about sex and relationships with a trusted adult. Your trusted adult may be a doctor, social worker, mentor, attorney, judge, teacher, family member or someone else you feel comfortable talking to. It is also important and okay to talk about these things with a romantic partner. But how do you know what to say or how to start a conversation? It is not always easy, so here are some suggested questions to start the conversation:

QUESTIONS TO ASK YOUR PARTNER

- » Will you respect my decision about sex, and about what I'm okay doing and not doing? How do you feel about my decision?
- » How are we going to make sure we protect ourselves against STIs?
- » Have you ever tested positive for an STI? If so, were you treated?
- » Are you having sex with other people?
- » Have you thought about your future goals? How do you feel about an unplanned pregnancy?

QUESTIONS TO ASK YOUR DOCTOR

About your rights...

- » I know I have a right to privacy in sexual and reproductive health care. What does that mean in this office? Are you always going to ask for my written permission before you share any of my information?

About birth control or protection...

- » How do I know what birth control method is right for me? What are the common side effects of the different birth control methods?
- » Will my caregiver or parent find out if I decide to use a birth control? Can they pressure me to use a certain kind of birth control?
- » Do I need to use birth control or condoms if I'm transgender or dating someone of the same gender as me?
- » How do you use a condom correctly?
- » What is emergency contraception and how can I get it?

About STIs...

- » I had sex without a condom. Should I get tested for an STI and/or pregnancy?
- » What do I need to know about STIs, including testing, treatment, and prevention?



QUESTIONS TO ASK A TRUSTED ADULT

About relationships...

- » What does a healthy relationship look like? How can I show my partner I love them?
- » Is jealousy a sign of love?
- » I'm being hurt or threatened by my partner. What can I do?
- » I feel like my partner is pressuring me to have sex or do things I am not ready for or feel uncomfortable with. What should I do?
- » How do I know when I'm ready to have sex with someone?

About sexuality and gender identity...

- » How does someone know they are lesbian, gay, bisexual, transgender, or questioning?
- » If I have a same sex crush, does this mean I'm gay or lesbian?
- » Can I sleep in a room or use the restroom based on the gender I identify with?
- » Is touching myself wrong? Is it okay if I'm in a private place such as my bedroom or bathroom?

About going to visit the doctor...

- » How do I make an appointment to visit the doctor? Are doctor appointments confidential between me and my doctor?
- » What information and documents will I need when I visit the doctor?
- » I need information about local community resources and public transportation to visit the doctor. Where can I get this information?

About pregnancy or birth control...

- » I need information about birth control. Where can I get this information?
- » Does someone have the right to take away my birth control or condoms?
- » Can someone force me to go on birth control?
- » I think I might be pregnant. Where can I get information about pregnancy testing, prenatal care (if I need it) and/or the different options that are available?

Resources:

California Office of the Foster Care Ombudsperson – To file a complaint regarding your foster youth rights, contact the Ombudsperson at 1-877-846-1602 or email fosteryouthhelp@dss.ca.gov

California Department of Social Services, Community Care Licensing – To file a complaint against a state licensed group home or foster home call 1-844-538-8766

www.genderspectrum.org/ – Information and resources about gender sensitive topics

www.glaad.org/transgender/resources Information and resources for transgender people

www.loveisrespect.org – Information about sex, healthy relationships, dating, dating abuse, and sexting

www.plannedparenthood.org/learn/birth-control/ – Information about birth control

www.bedsider.org/methods – Information about birth control

www.safehelpline.org – National Sexual Assault Hotline 1-800-656-HOPE (4673)

www.stayteen.org – Information about relationships, love, sex, and pregnancy

www.teenhealthrights.org – Youth friendly guide to sexual health rights

www.teensource.org/condoms/free – Sign-up for free condoms if you are 12-19 years old and live in California



The suggested resources in this brochure are provided for your convenience for general informational purposes only. The California Department of Social Services bears no responsibility for accuracy, legality, or content of these external websites.



**An Event Dedicated to
Supporting Foster Youth with Foster Youth**

**Friday
March 8, 2019
8:30 AM—2:45 PM**
Registration begins at 8 AM
**Bakersfield College
Indoor Theater
Free Admission & Parking**

Keynote Speaker



Tahlua Goosby
*Former Foster Youth,
Youth Advocate &
Founder of Real Talk
With Big Sis &
Manifest Destiny*

Guest Speaker



**Mark Anthony
Garrett**
*National
Motivational Speaker
& Educational
Consultant*

**Join us for the
4th Annual Kern County
Youth Empowering Success Conference!**
Moving Forward, Shaping Our Future

This annual event brings together foster youth, their caregivers, schools, and the community agencies in their lives to address barriers foster youth experience and create solutions that will increase their success in school and transitioning to becoming young adults.

Register at:

<http://kern.k12oms.org/2049-162166>

Presented by





Upcoming ILP EVENTS

March 2019

- *Tier 1/Tier 2 classes continues* January 14, 2018 – May 3, 2019 at the Career Resource Department, 2727 F St. from 5:00 p.m. – 6:30 p.m. As a reminder, there is a possibility for youth that complete the Tier 1 classes for paid volunteer services and a paid work experience after completing the Tier 2 classes.
- YES Conference (please see attached Flyer for event information)
- *Leaders in Life Conference*
Date: March 14, 2019
Time: 8:30 a.m. to 2:15 p.m.
Place: Rabobank Convention Center, 1001 Truxtun Ave.
Bakersfield, CA 93304

April 2019

- *Tier 1/Tier 2 classes continues* (see above)
- *ILP High School Graduation Celebration Dinner*
Date: Thursday April 25th
Time: 5:00 p.m. – 9:00 p.m.
Location: Coconut Joe's Private Beach Club Banquet Hall,
4000 Easton Dr. Bakersfield, CA 93309

May 2019

- *Tier 1/Tier 2 classes ends May 3rd* (see above)
- *Health/Sex Education & CSEC Workshop*
Date: May 16, 2019
Time: 4:00 p.m. – 6:00 p.m.
Location: Career Resource Department, 2727 F St. Bakersfield, CA 93301