

SFCASA News

December 2022



Youth Holiday Party!

Our Youth Holiday Party is just a few weeks away! It will be held Saturday, December 17th, 2022, from 11AM-2PM. Please invite your youth and plan to attend - it's super fun with lots of great food, activities, games and holiday cheer. Please RSVP [HERE](#) by **December 9th** to let us know whether you and your youth are coming. Thank you and we look forward to seeing you there!

Loving My Hair Event

Loving My Hair Initiative will be hosting their Annual Holiday Hair Care Affair on **Tues. December 20, 2022.**

For the registration link and flyer, please click [HERE](#). The event is first come, first serve basis. Feel free to share widely and do not hesitate to reach out if you have any questions.

Important reminder: They are fully ready to receive each participant at the time set for their appointment. It is very important that if a time slot is filled, registrants show up for the appointment or cancel at least two days in advance so they can offer the time to someone else. In the past, they've had far too many no-shows the day of and want to prevent that from happening. Please be considerate of those offering their time for this free event.



LOVING MY HAIR LLC PRESENTS TO YOU



HOLIDAY FOSTER CARE HAIR AFFAIR

Variety of FREE hairstyles to children, youth,
teens and TAY who are in Foster Care.

Tuesday December 20, 2022

8:00AM - 5:00PM

5266 3rd Street

San Francisco, CA 94124

For more information and registration form visit

www.LovingMyHair415.com

Questions: LovingMyHair415@gmail.com /Jacyntha Jordan e 415-605-5701



SFCASA Fostering Change Gala 2023

Save the Date and plan to join us for our Fostering Change Gala on Friday, April 28th, 2023. As an advocate, you're entitled to 50% off on up to 2 tickets. Just use the code **CASALOVE50** at www.sfcasa.org/gala to reserve your tickets. Please contact Maggie Swanson at maggie@sfcasa.org if you'd like to reserve more than 2 tickets.

Support Financial Justice for Foster Youth in CY2023 with the SF Foster Youth Tax Project!

For the second year and in partnership with John Burton Advocates for Youth, SFCASA will serve as **Volunteer Income Tax Assistance (VITA) site in February 2023- April 2023 and we are looking for community volunteer partners to help us provide this free tax service to foster youth during the upcoming tax filing season.**

- Last year tax project volunteers across six California counties (including San Francisco and SFCASA's site) supported current and former foster youth to realize \$628,538 in total refunds with an average credit/rebate of \$2,789 per filer.
- Beginning in CY 2023 California's foster youth are eligible for the first in the nation state tax credit for current and former foster youth in the amount up to \$1,000 for those earning at least \$1 and up to \$29,999.
- And, with only 1% of eligible young adults served in CY2022 we cannot wait to realize greater impact in CY2023!

To become a VITA volunteer (volunteers may volunteer in person or virtually), one must first complete the virtual tax preparer training hosted by the United Way Bay Area and pass one of the following open-book certification tests; Basic, Advanced or Qualified Experienced. The volunteer training will be conducted virtually beginning in January 2023. [Register here to learn more](#) about how you can support getting money in the pockets of foster youth!

This is a terrific short-term volunteer opportunity (especially for those with business and finance backgrounds and interests)—please share in your network and ask that anyone who submits the form to please indicate “SFCASA” in the “How You Heard” section. Thank you and hope you can join us in 2023!

Submit a Wish for your Youth!

[One Simple Wish](#) is a wish-granting platform that has partnered with SFCASA to grant wishes for the young people we serve. This is a chance for the young person you serve to wish for one big ticket item they've been wanting! 24 SFCASA youth have received laptops, electric scooters, tablets, gaming systems, mattresses, amusement park tickets, and more from One Simple Wish already!

One Simple Wish accepts rolling wishes up to \$500, and has a [Big Wish](#) program for wishes up to \$5,000.

Advocates should submit the wish, a link to the item, and two blurbs about the youth, to Program Assistant Daisy Munoz at daisy@sfcasa.org. Learn more and access instructions on our website [here](#) .

Heads Up! New Confidentiality and Conflict of

Interest Policies and Form Coming Soon

As part of SFCASA's continuous quality improvement to employ best practices in support of youth and volunteer advocates, in the next 2-3 weeks we will share new confidentiality and conflict of interest policies and forms specific to your assigned case(s). Database Specialist Janey Kemp is currently working to integrate Adobe sign into our Salesforce database so as to make this process a simple and automated one, and we will send an alert email before the forms drop. Thank you in advance for teaming with us to complete and submit these new forms as quickly as possible. In the meantime, please reach out to Director of Programs [Erika Dirkse](#) with any questions. Thank you!

Staffing Updates

SFCASA Staff Transition Updates for CASAs: Hello CASA's! We would like to provide a staffing update for the end of the year. Jackie Moncada has transitioned out of SFCASA and Eduardo Mayorga has taken over her role as Volunteer Engagement Coordinator. Callum Rutherford has also transitioned out as Development Assistant and SFCASA is on the lookout for someone to take over his role.

We currently have three open positions: [Executive Assistant](#), [Case Supervisor](#) and [Foster Youth Tax Project Site Coordinator](#).

Please share with your networks!

SFCASA Town Hall

Save the Date for the next SFCASA Town Hall on **February 13th, 2023 from 6-7:30PM**. You will hear from SFCASA staff about the first 6 months of strategic plan implementation as well as learn about what is coming up for the rest of the year. More details shared in the January newsletter.

Educational Advocacy



[Andromeda Tutoring](#) offers SFCASA youth free culturally responsive math and physics tutoring for high school students. We currently have three CASA youth enrolled and they are doing well. Please reach out to the Educational Advocacy Specialist at alexis@sfcasa.org to learn more.

Please update your youth's 22-23 school placement in [Advocate Link](#) if you have not done so.

It's time for [FAFSA applications](#)! High School seniors that complete the FAFSA are 63% more likely to enroll in higher education. If your youth is a senior, here's a [resource](#) to help navigate the application process. Also, reach out to alexis@sfcasa.org for questions and/or support.

San Francisco Unified School District Offering Free Tutoring

Foster Youth Services Coordinating Program has contracted with Bay Area Educational Institute to provide tutorial services to foster youth attending SFUSD. Tutoring will be provided at the school site during or after-school. If you have any questions or concerns, feel free to contact Ian Enriquez at enriquezi@sfusd.edu. Apply for tutoring [here](#).

VOLO Partnership

We are excited about our partnership with **VOLO**. They provide free sports programming to youth in San Francisco that encourages social-emotional learning and character development. Additionally, teaching kids to be active and play sports is a great way to start developing distress tolerance skills. VOLO offers free 6-week sports programs throughout the year. All programs include t-shirts, equipment, staff, and healthy snacks.



VOLO's next set of programs will begin in January 2023. Details surrounding those programs can be found [HERE](#) starting November 10th, 2022.

City EMT Applications Open

Do you serve a non-minor dependent who is interested in becoming an EMT? City EMT is a San Francisco based non-profit organization that trains at-risk young adults, aged 18-24 years old, in an expanded EMT curriculum. They are currently accepting applications for a paid internship with career placement support – deadline is December 16. For more information and to apply check out cityemt.org

SFCASA Peer to Peer Grants

SFCASA's Peer to Peer Grant Program is now open! Grant applications are accepted from the 1st of EVERY month to the 15th of EVERY month up until April 2023! Grant award amounts are between \$500-\$2500 for system-impacted youth throughout the Bay Area to address needs such as education, transportation, housing, and more!

1. Young people MUST apply on their own (advocates, PSWs, etc. are welcome to support)
2. Two paragraphs MUST be submitted in the young person's application or it will

be denied

3. ALL submitted applications MUST have an invoice to support the amount being requested as youth will NOT be receiving the grant money directly. SFCASA will be paying vendors directly. This means that we will not accept grant applications for smaller requests such as toiletries, clothing, etc. as the funding is a ONE time support and not ongoing.

Please reach out to TAY Coordinator and Case Supervisor, Theodora at theodora@sfcasa.org or 628.867.7373 with any questions!

SFCASA

A Home Within Therapy Project



DO YOU KNOW A YOUTH IN FOSTER CARE WE CAN HELP?

A Home Within-CASA Therapy Project (ACTP) matches youth impacted by the foster care system with clinical therapists for weekly pro bono teletherapy sessions.

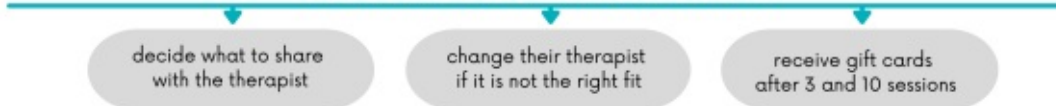
Clients are in foster care, 12-21 years of age or have recently aged out, many have experienced trauma and would benefit from weekly teletherapy. ACTP offers opportunity to improve communication, address anxiety and depression, and learn self-esteem and self-love so symptoms don't become severe.

Clients can be referred by their CASA volunteer, social worker, other advocate, or they can self-refer. Youth are not required to have a CASA volunteer to participate, and teletherapy doesn't end when the youth ages out of foster care.

FEEDBACK FROM OUR PARTICIPANTS



THE YOUTH IS IN CONTROL AND CAN



THE PARTNERSHIP

CASA of Contra Costa County is the leading service provider of individualized one-to-one advocacy for youth in foster care.

A Home Within is a national nonprofit that recruits and supports volunteer clinicians who offer free weekly teletherapy to youth currently in care and foster alumni.

CONTACT

✉ elliottnight@cccocasa.org

☎ 925-256-7284 Ext. 127



YOUTH REFERRAL APPLICATION

🌐 <https://bit.ly/3zoqHXQ>



In June 2021 A Home Within and CASA of Contra Costa County were awarded a 3-year grant through The Community Reinvestment Grants Program administered by the California Governor's Office of Business and Economic Development.



Premium Phone Plan for Youth!



iFoster and T-Mobile FREE Phones for CA Foster Youth

PHONE PLAN

- New smartphone (Moto G7 REVVL4) with 32GB, front/back cameras
- Unlimited talk
- Unlimited text
- Unlimited high speed smartphone data
- 10GB of high speed hotspot data then unlimited 3G hotspot data
- Unlimited domestic data roaming
- Optimized video streaming at 480

UNLIMITED!

Phone service provided by iFoster partner:



ELIGIBILITY

- Youth age 13 to 26 inclusive
- Were in foster or Kin-Gap care on their 13th birthday or later
- Ward of Court or County Dependency Letter required as proof of foster care status
- iFoster registers youth anonymously on the TMobile network to ensure privacy & can turn phones off as needed (i.e. lost, direct request)
- Phones arrive assigned to specific youth, activated & ready for use
- Phones are imaged with the iFoster app to access hundreds of free resources & iFoster's digital life app

APPLICATION

- Click button to apply. Youth or their supportive adults can apply.



QUESTIONS? For more information please call 1-855-936-7837 or phone@ifoster.org

Upcoming SFCASA CE Opportunities

Continuing Education trainings are offered to inform your advocacy, help you think creatively about your case, and to build community.

SFCASA Advocates are required to earn 12 CE credits per calendar year.

AB12 CE & Support Group

Wednesday, December 7, 2022 6:00-8:00pm on Zoom (2 CE credits) with ILSP Education Advocate Tempest Smith

Is the young person you are supporting turning 18 within the next 2 years? Then this is the right CE for you! Come chat with other CASA volunteers and learn about a young person's transition into AB12! In this CE you will be able to learn about AB12, how your young person can continue to be eligible for AB12 until their 21st birthday, and what some of the common challenges are for young people as they turn 18 and opt into extended foster care.

Register [HERE](#)

Holiday Blues: Depression - Working with Teens that are stressed and depressed

Monday, December 12th at 6-8 PM via Zoom (2 CE Credits) with Dr. Natalia Estassi.

Stress can increase their depression, anxiety, and trigger suicidal thoughts. The World Health Organization estimates that approximately 1 million people die each year from suicide. It is the SECOND leading cause of death for ages 10-24 and the THIRD leading cause of death for college-age youth and ages 12-18. Four out of five teens who attempt suicide have given clear warning signs. Learn how to recognize these warning signs and what you can do to save a life. Review the signs and symptoms of depression and anxiety and how they are directly linked to suicide. Study misconceptions about suicide and how to address them in your work. Discuss several tips on preventing suicide, including how to assess the level of suicide risk. Explore common suicide risk factors for children and teens, including problems that may trigger a suicide attempt. Examine alarming statistics to remind you of your crucial role as providers to assess and address suicide with all our youth. Learn how you can make a difference!

Register [HERE](#)

CSEC SUPPORT GROUP

Wednesday, January 11th, 2023 at 6:00-8:00pm -In-Person- @ 2533 Mission St. (2 CE credits). With Rakiah Kennedy and Sue Lockyer.

If you serve a youth who is experiencing or at risk of CSEC involvement, please join this unique support group. We know that supporting these youth is hugely challenging for CASAs. During our time together we will focus on supporting and learning from each other, reflection on points of advocacy, identification of next steps and resources.

Register [HERE](#)

Social Skills For Youth: Promoting Pro-Social Behaviors

Wednesday, January 18th at 6-8 PM via Zoom (2 CE Credits) with Dr. Natalia Estassi.

Youth in foster care suffer higher rates of incarceration, high school dropout, homelessness and unemployment. Also, there is a lot of literature examining disparities in medical health, behavioral health and social and economic well-being. Research also suggests that mentoring and social skills training may lead to positive outcomes for various populations of school-aged youth, including

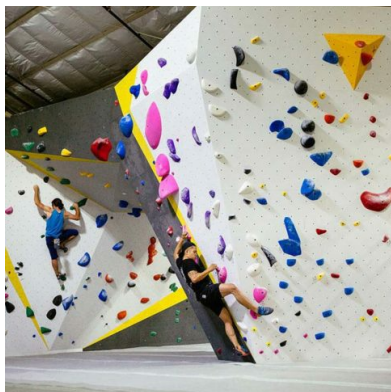
foster youth. Discuss and explore strength based strategies to improve outcomes for the youth we serve.

Register [HERE](#)

Please visit [Additional Continuing Education Opportunities](#) for alternative options.

[Do you have ideas for future CEs? Let us know by emailing training@sfcasa.org](mailto:training@sfcasa.org)

Indoor Rock Climbing and Bouldering Classes for Youth & CASAs!



SFCASA has partnered with **Touchstone Climbing**, an indoor rock climbing gym to offer free classes for CASAs and youth at all locations! Their locations include **San Francisco, Oakland, Berkeley, Sacramento, and Fresno.**

Full details available on our website [here](#).

CASA Tip of the Month

The holiday season can sometimes be a sad or stressful time for youth in foster care. Please take special care to check in with them about their feelings, wants and needs for the holiday season – and be sure to plan a fun visit with them.

Thank you for being there for the youth you serve!

You can help give a child the gift of love. Someone you know could be an amazing volunteer. Please, share our message with your friends and family!

www.sfcasa.org/volunteer



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