

SFCASA News

October 2022



Holiday Gift Requests



regardless of party attendance.

As we are planning for the Youth Holiday Party on December 17th, this is a reminder to [submit your youth's gift requests](#) no later than **COB October 14th**! The gift registry will be launched on Wednesday, October 19th. Remember, youth do not have to attend the party in order to receive a gift from SFCASA! Please submit a request

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.

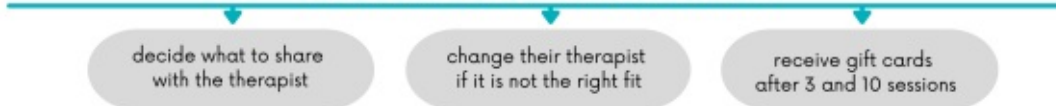
Clients are in foster care, 12-21 years of age or have recently aged out, many have experienced trauma and would benefit from weekly teletherapy. ACTP offers opportunity to improve communication, address anxiety and depression, and learn self-esteem and self-love so symptoms don't become severe.

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.

New Court Filing and Noticing Process

We want to share that starting on October 3, SFCASA is implementing a new court filing and noticing process. We will now notice (email) all parties (including you!) the day before court reports are filed at court. This will ensure that attorneys and social workers on the case will receive your court report in a more timely and accurate manner. The change shouldn't impact your court report writing process. However, sending your court reports into your Case Supervisor on time (or early!) will be more important and appreciated than ever. Thanks for partnering with SFCASA to file impactful and timely court reports – your strongest

Welcome Espi!

We are delighted to introduce you to Program Manager Esperanza “Espi” Jacuinde! Espi brings a wealth of knowledge, experience and passion specific to Transitional Age Youth (TAY). [You can learn more about Espi here](#), and she looks forward to meeting and collaborating with SFCASA’s amazing volunteer advocates!

Know Someone Who Would Make a Great Case Supervisor?

SFCASA is looking for its next colleague in the [Case Supervisor role](#) and we need your help! Over the years volunteer advocates have referred to us and self-identified terrific team members. Interested applicants should email their resume, cover letter, and four references to Resumes@sfcasa.org with “Open Case Supervisor Position” in the subject line.



Tinker Crates for 4th – 8th graders

We have received a donation of “Tinker Crates” that include fun and easy activities to do together with your 4th – 8th grade youth (such as build your own hover disc, catapult or geometric drawing machine). Please contact Program Assistant Daisy at daisy@sfcasa.org if you’d like to come by and pick one up!

Educational Advocacy



We will soon be entering the third month of the school year. This can be an exciting and hectic time for students, educators, and advocates. Thank you for updating your youth’s Placement Information in Advocate Link. Your efforts and dedication are appreciated. This is a friendly reminder that if your youth is having difficulty in school with their academics, SF CASA has several options for free tutoring. This information is available on our [Educational Advocacy](#) page. If you have questions and/or need support navigating the educational needs of your youth, please reach out to the Educational Advocacy Specialist at alexis@sfcasa.org.

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.

Eligibility Requirements:

- Foster youth attending school in SFUSD
- Must have an open court dependency case or placed out of home by the delinquency court
- Students performing far below and below basic will be prioritized for services
- Tutoring services offered through school-site or off-site resources are not available or do not meet the student's educational needs
- The parent/ guardian/ caregiver must provide consent for services
- Cancellation must be provided 24 hours in advance directly to the tutor

If you have any questions or concerns, feel free to contact Ian Enriquez at enriquezi@sfusd.edu.

Apply for tutoring [here](#).



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:

T-Mobile



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

CCN Halloween Get Together Huddle

We have heard your recommendations regarding meeting and sharing time with other volunteers. For this month the CCN Huddle wants to do something special. On **Monday, October 24, from 6:00-7:30PM at the SFCASA annex**, we will meet in person to celebrate Halloween together. Please register if you would like to participate. We only have 24 spots. Please join us for drinks, arts and



crafts, snacks, and to meet other volunteers.

You will receive CE hours for attending to this meeting. Please email Jennifer Moya at: jennifer@sfcasa.org if you have any questions.

Register [HERE](#)

Upcoming SFCASA CE Opportunities

Enhance the impact of your advocacy!

We invite you to attend! Participating in CEs regularly informs your advocacy, helps you think creatively about your case, and is an opportunity to build community. All SFCASA Advocates are required to earn 12 CE credits per calendar year.



TAY Engagement Strategies

Wednesday, October 12th, 2022 from 6-8pm on Zoom (2 CE Credits) with Allison Roeser

Is it sometimes a challenge to connect with the teen or young adult that you serve? We will explore together the common challenges of engaging, and will hear from experienced CASAs highlighting strategies and approaches that have worked well. We will also hear about ways to advocate "behind the scenes" during times of less direct communication with your youth. Attendees will have the opportunity to speak with other CASAs having similar experiences and will leave with clear next steps for ways to stay engaged during the natural ebbs and flows of communication with their youth.

Register [HERE](#)

Impact of Domestic Violence on Youth

Monday, October 17th at 6-8 PM via Zoom (2 CE Credits) with Dr. Natalia Estassi.

October is **Domestic Violence Awareness Month**. According to the United States Department of Justice's Office on Violence Against Women, the definition of domestic violence is a pattern of abusive behavior in any relationship that is used by one partner to gain or maintain control over another intimate partner.

Explore and learn the many forms of domestic violence and how it impacts children and families including age specific indicators, trauma and the brain and best practices for providers and how you can make a difference in your CASA Role.

Register [HERE](#)

CSEC Support Group

Wednesday, October 26, 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](#)

Forming Healthy Boundaries as a CASA

Wednesday, November 2, 6:00-8:00pm -on Zoom (2 CE credits) with Allison Roeser

Do you wonder sometimes about how to form and maintain healthy boundaries with the youth you serve? During this CE we'll explore 1) understanding what healthy boundaries are; 2) when to set them, and 3) how to set them. Participants will have the opportunity to share specific questions and bring real-life examples to break-out groups. We will also be discussing "self-disclosure" so you see clearly what and how you can share with your youth (about your own life) to bring a feeling of reciprocity in relationship building.

Register [HERE](#)

Consent & Healthy Relationships

Wednesday, November 16 at 6-8 PM via Zoom (2 Credits) with Rakiah Kennedy, SFCASA Case Supervisor & Leticia Palacios, SFCASA Case Supervisor

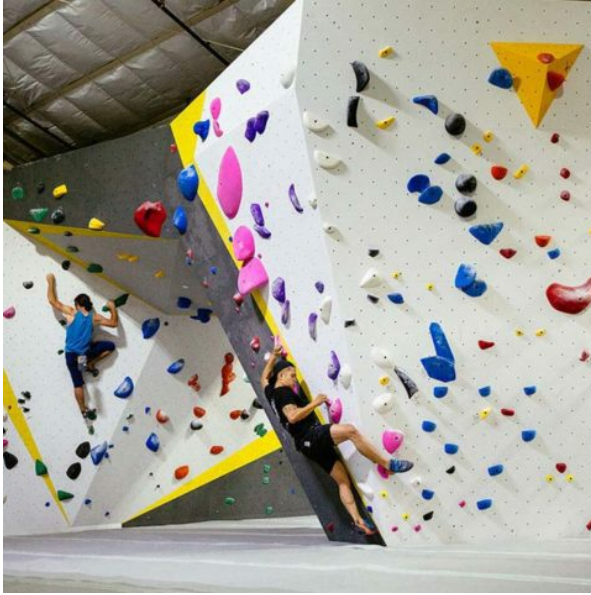
Join us as we dive into what is necessary for effective consent. We will learn about how media influences our understanding of consent and relationships. To identify coercion/manipulation as power & control tactics. This CE hopes to support you in finding the language to have this important but difficult conversation. Factors to be addressed will include: presence of skills to experience healthy sexuality and engage in healthy relationships; adults/peers foster skills to lay the foundations for healthy relationships and healthy sexuality; and, developing and maintaining healthy relationships/sexuality is a highly valued social norm.

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

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.**

Details:

CASAs who are members of Touchstone or become members may add their youth to their membership for free.

Free Intro to Climbing Class

Learn the basic skills needed to start rope climbing: how to secure your harness, tie a figure 8 follow-through knot and complete your safety checks. You will also learn how to belay using an ATC belay device, catch a fall and lower your climber back to the ground.

If it is your first time rope climbing, this class is required for advocates and youth 14 and older to learn to belay. Youth 13 and under may observe you in the class as you learn and climb with you afterwards

Free Intro to Bouldering Class

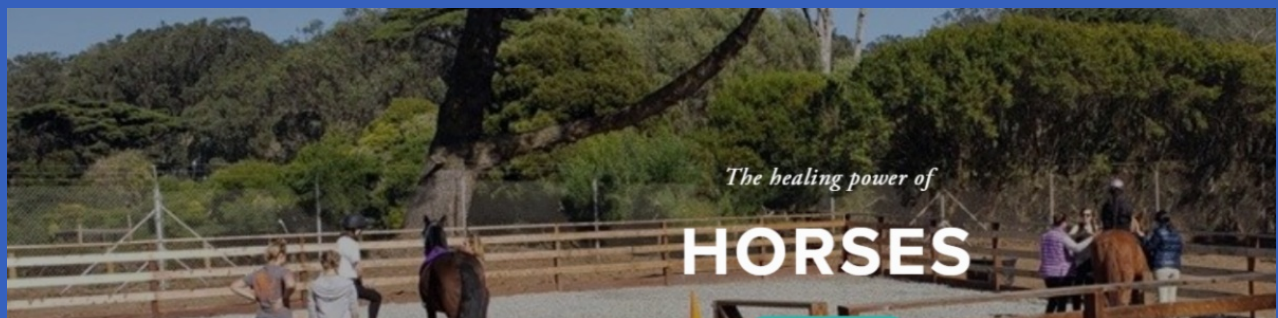
Get an overview of safety practices, the layout of the gym, bouldering etiquette, and basic technique. This class is highly encouraged for first timers.

For all classes, please arrive at least 15 minutes before the class starts. Reservations made in advance online or over the phone are recommended.

Contact our **Program Assistant** for a pass that you can redeem at any Touchstone location. This pass can be used for a day pass or for adding your CASA youth to your Touchstone membership.

Before your visit, please complete your **online waiver** for yourself and your CASA youth. **All youth must have a waiver signed by a parent, legal guardian, or caregiver.**

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



SFCASA has partnered with [Brady Therapeutic Riding](#) to offer low-key, safe and fun sessions learning about horses. Youth can come, hang out and decide what they want to do: volunteer-type activities (grooming, saddling horses, cleaning stalls) and/or get on the horse for a riding lesson, and/or a combination of the two! Brady Therapeutic Riding is located on the SF Zoo campus, and helps youth learn about being present, letting go of stories, and being aware of their body via relationships with gentle rescue horses. There are no foster youth labels or jargon at “Hanging with the Horses”, just a time and space to learn, grow and heal.

SFCASA covers the cost of sessions. Introductory sessions are on Sunday mornings, after which times can be scheduled on afternoons W-F, and Saturdays. Please contact Program Manager Sue Lockyer (sue@sfcasa.org) for more information or to get started with “Hanging with the Horses”.

CASA Tip of the Month

Ever need ideas for fun excursions or activities? Visit [Free Tickets](#) page for a list of ideas and places where SFCASA can provide free tickets for the youth and yourself. You may email Program Assistant [Daisy Munoz](#) to obtain and pick-up free tickets.

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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