

SFCASA News

November 2022



Youth Holiday Party!

Our Youth Holiday Party is just a few weeks away! 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 forwards to seeing you there!



Male Recruitment Happy Hour

We're excited to invite you and a male-identifying friend to join us. Our waitlist has a number of male youth waiting for a male advocate. As a current volunteer you can speak to this need firsthand, **We need more male-identifying volunteers!** Do you know someone who might want to help?

Please invite them to our Happy Hour. Let's have a drink, snacks and let's listen to other Male CASAs experiences volunteering with San Francisco CASA.

Please come to this event and invite a male-identifying friend who might be interested on becoming a CASA volunteer. We hope you can make it!

The event is being hosted by our male recruitment group on

[Thursday, November 10th, 2022 from 6:00 pm to 7:30pm at Manny's 3092 16th St, San Francisco, CA 94103](#)

Please email [Jennifer Moya](#) at if you have any questions.

LOOKING FOR VOLUNTEERING
OPPORTUNITIES?



Happy Hour!

With
SAN FRANCISCO CASA



LET'S GRAB A FREE DRINK AND LEARN HOW
TO SUPPORT FOSTER YOUTH

We're excited to invite you to join us to our male-identifying
volunteer recruitment event

RSVP here!



Our waitlist has a number of male youth waiting for a male advocate.
Do you know someone who might want to help?



Thursday, November 10

6:00 pm to 7:30pm

At Manny's

3092 16th St,

San Francisco, CA 94103

For questions email: jennifer@sfcasa.org



Call for Volunteers: All Hands On Deck for SFCASA Recruitment!

We need your help! With over 60 youth on our waitlist, our goal is to recruit as many volunteers as we can for the next training, beginning January 24. Word of mouth has been our best recruiting tool by far, so we are asking you to please [spread the word!](#) Please share with your networks about SFCASA and what it's like to serve a foster youth. Invite them to our [upcoming events](#) and [weekly info sessions!](#) Connect them with our Community Engagement Coordinator [Jennifer Moya](#) to learn more.

Your voice and your experience have power. Let's give our youth on the waiting list the chance to have a volunteer!

Announcing CASA Forums

SFCASA is thrilled to announce the opening of CASA Forums in [Advocate Link!](#)

We will pilot a General Forum starting on November 5, which allows Advocates to learn about upcoming events and resources. Advocates can respond to posts - an opportunity to build community and crowdsource knowledge!

In upcoming months, we will launch additional CASA Forums focused on Transitional Age Youth (TAY), Juvenile Justice involved youth, and Educational

Advocacy. We look forward to hearing from you (in Forums!) about other topics of interest!

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!

CASA Community Network (CCN) Survey

We want to support you better in your journey as a CASA. We want hear from you about the topics you are interested in discussing at our Huddle. We need your help with new ideas! Please help us by completing this short survey [HERE](#)

Tinker Crates for 4th – 8th graders

Tinker Crates are fun and easy science kits you can 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

[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.

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.

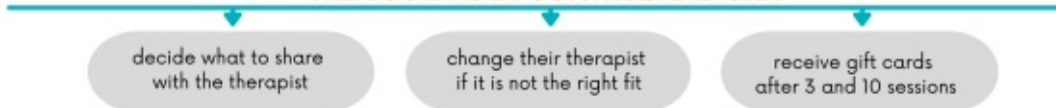
Clients are in foster care, 12-21 years of age or have recently aged out, many have experienced trauma and would benefit from weekly teletherapy. ACTP offers opportunity to improve communication, address anxiety and depression, and learn self-esteem and self-love so symptoms don't become severe.

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:

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

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.

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](#)

CASA Community Network Huddle: How to support your youth during the holidays

Monday, December 5, 2022 6:00 – 7:00 PM on Zoom (1 CE Credit)

The CASA Community Network (CCN) is a network for CASAs, organized by CASAs and hosted by CASAs. We share, lean in and on, and support each other through events, such as The Huddle. Sometimes we learn from expert guest speakers in continuing education sessions. In The Huddle we learn from experts – ourselves – we have collective years of expertise among us. We are a network of support – who better understands the ups, the downs, the joys, the challenges than we do.

Please join us for an opportunity to share with and learn from each other. We will move into breakout rooms based on the age of your young person to discuss the holidays – how do you support your young person during this often difficult time of year?

Register [HERE](#)

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](#)

Social Skills For Youth: Promoting Pro-Social Behaviors

Thursday, January 19th at 6-8 PM via Zoom (2 CE Credits) with Dr. Natalia Estassi.

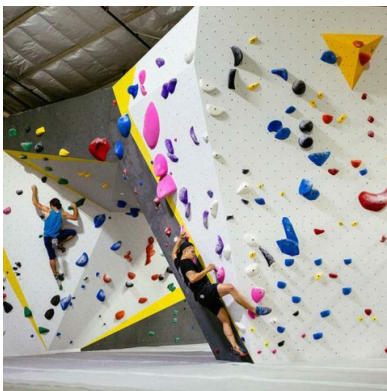
Youth in foster care suffer higher rates of incarceration, high school dropout, homelessness and unemployment. Also, there is a lot of literature examining disparities in medical health, behavioral health and social and economic well-being. Research also suggests that mentoring and social skills training 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

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 holidays can sometimes be a stressful or sad time of year for foster

youth. CASAs can help by gently asking how the youth wants to celebrate (or not) the season together.

Don't forget to invite them to our [Youth Holiday Party!](#)

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



SFCASA | 2535 Mission Street, San Francisco, CA 94110-2511

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