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# Strong Able Youth Speaking Out, Inc.

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MAY 2017

## National Foster Care Month

**The Mission of SaySo:**  
**Is to work to improve the substitute care system by educating the community, speaking out about needed changes, and providing support to youth who are or have been in substitute care”.**

SaySo, Strong Able Youth Speaking Out, is a statewide, North-Carolina based association of youth aged 14 to 24 who are or have been in out-of-home care. This includes all types of substitute care, including foster care, kinship care, group homes, and mental health placements.

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**[www.saysoinc.org](http://www.saysoinc.org)**

May is National Foster Care month, so educating yourself about the foster care system and process will help you understand your choices and know what to expect while in care. Visit the SaySo website for foster care bill of rights, siblings bills of right and other “Normalcy” options you as a youth have while you are in care! Do you have a foster parent or social worker you would like to recognize for their hard work let us know! [sayso@ilrinc.com](mailto:sayso@ilrinc.com)



### SAYSO'S NEW BOARD OF DIRECTORS



SaySo Saturday held each 1st Saturday in March had over 401 youth and adults in attendance! Thank you all who attended and supported this event.

### Lonyae Ransome Scholarship

*Lonyae know what's it like to be a young person in foster care and is now giving back! Are you a young person ages 17-26 getting for or returning to college, a vocational program or a university?*

*Are you or were you in kinship care, adopted or aged out!?*

*Are you a member of SaySo or other youth advocacy organization?*

*If so, you should email [carmelita.coleman@ilrinc.com](mailto:carmelita.coleman@ilrinc.com) for a application for the 2017 Lonyae Ramsome Scholarship!*

*\*Action Needed: Children's Health Insurance Is at Risk! [www.ncchild.org](http://www.ncchild.org)\**

## SaySo in Action



SaySo at the NC DHHS and Federal Joint Meeting! **Your voice matters!**

Thank You Mia, Megan, Marcella and Angela for speaking out about your foster care experience and the changes that should be made within the NC foster care system!

### SaySo Upcoming Events

\*May 20th It's My Transition-Richmond County

\*June 13-15 SaySo Board of Director's Orientation

\*July- It's My Transition -Raleigh (Eaton Corporation)

\*Fall Events TBA (Lenoir, Union Cabarrus & New Hanover)

**SHIFT NC Every Teen Counts**

**Recruiting All Counties in Northeastern NC:**

**Thank You Halifax, Columbus & Franklin for your support!**

**Making Proud Choices is available to you for FREE!**

SaySo has trained sexual health facilitators and we are looking to implement the Curriculum Making Proud with local county DSS agencies! SHIFT NC stands for (Sexual Health Initiative for Teens). We began this partnership to help build the capacity of local county agencies to better serve their youth in out of home care.

Making Proud Choices! For Youth in Out-of-Home care is a ten-module curriculum designed to empower adolescents to change their behavior in ways that will significantly decrease their chances of being involved in unintended pregnancies, and reduce their risks of becoming infected with STDs.

Please feel free to contact :

Gabrielle Foushee, Program Assistant, 919-384-1457 OR [Gabrielle.Foushee@ilrinc.com](mailto:Gabrielle.Foushee@ilrinc.com)



## Have you heard about the possibility of S.B .594 Family/ Child Protection & Accountability Act?

The bill would essentially:

- 1) Restructure social services for standardization and efficiency
- 2) Reform the North Carolina Department of Social Services
- 3) Create a Child Welfare Transformation Council
- 4) Establish a Foster Care Driving Pilot
- 5) Include a pilot to help stabilize children in therapeutic foster care
- 6) Reduce the time to permanency for children in foster care
- 7) Shorten the processing time for those trying to become licensed foster parents.
- 8) Make additional money available for driver's licenses and insurance!

*Consistency, Transparency & Accountability!*

*Email SaySo an let us know your thoughts: at sayso@ilrinc.com*



## Fostering Wellness

Fostering Wellness is a partnership of organizations in Wake, Durham, and Orange counties, working together to empower young people to become healthy, thriving members of the community. **Youth can get paid for their involvement! 10 weeks of skill development!**

- Career Development workshops
- One-on-one career coaching
- Business tours
- Leadership training
- Work experience
- Job fairs

Want more information:  
info@fosteringwellnessnc.org  
Questions? Call 919 390-1964



**ServSafe® Food Handler**



**Certification?**

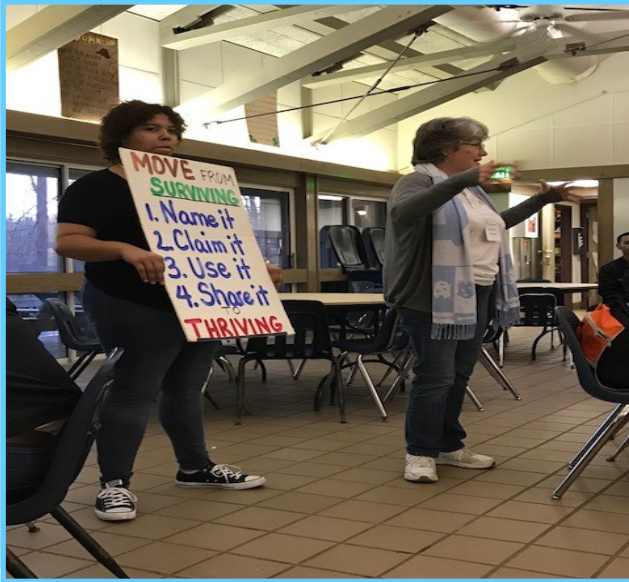
The ServSafe Food Handler Certification is a complete solution that delivers consistent food safety training to participants.

The program covers five key areas:

- Basic Food Safety
- Personal Hygiene
- Cross-contamination & Allergens

**STRONG ABLE YOUTH SPEAKING OUT, INC.**





SaySo Survivor Express is a one day overnight event for youth to focus on their resiliencies.

Survivor Express was held in March at Camp Chestnut Ridge in Efland, NC. The young people spent time at the camp, working on building their resiliencies and identifying personal strengths.

Thank You: Vance, Granville, Rutherford, Forsyth, Wake, Halifax, Johnston, Orange & Mecklenburg Counties for bringing young people to this event!

Thank You Megan Holmes for being our keynote Speaker!

## Transition Tip: “Tips for Buying A Car”

Provided by Roslyn Lash: “Ol Skool Money Mentor” Youth Smart Financial Education Services

Spending too much on a car creates unnecessary financial stress. Despite the flashy rides and too-good-to-be-true deal you may see, there are a few steps you can take to stay in your financial lane when buying a car:

Set a budget to include: car payment, car insurance, and car expenses

Do your research: Before you go to a dealership, research what car you want to buy!

Get preapproved for a loan: Compare interest rates from your bank, credit union, and other car loan!

Get a vehicle report: In order to get a car’s vehicle report you will need the car’s VIN Number (vehicle identification number) Many dealerships will provide these for free if you ask!

Get an inspection: Inspections should cost less than \$100. Small amount to pay for the peace of mind knowing the car is reliable

Be a Smart Negotiator: If you don’t have approved financing, never tell the salesperson the monthly payment amount you can afford! You should negotiate directly on the cost of the car. Before agreeing to the deal, ask for the total price, along with a breakdown of the taxes and fees. This is known as the “out of the door” cost.

Be prepared to walk away: When you’re negotiating the cost, if you can’t come to agreement, leave the dealership. You’re the one who will be responsible for those payments, not the salesperson. So save yourself some money, reduce the frustration of haggling, and leave—taking your money with you!

You can contact Roslyn Lash at : [rlash@youthsmartedu.com](mailto:rlash@youthsmartedu.com) (336)655.5701 YouthSmartEdu.com

Become a Member! It’s FREE!! If you are  
Interested in joining SaySo, let us know!  
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## SaySo Alumni Graduates from College!



Favorite quote:

*“God grant me the serenity  
to accept the things I cannot change;  
courage to change the things I can;  
and wisdom to know the difference.”*

Damonique Levy is graduating this May with a B.A. in Political Science from UNC Charlotte! Damonique has been a dedicated and hardworking member of SaySo for 5 years!

Congratulations, Damonique, and thanks for all that you do!



**Congratulations Class of 2017**

**GED recipients, high school and college!**

**Congratulations to our Co-Chair**

**Brianna D.**

**Thank you to our individual and corporate sponsors!**

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Demetrius Dudley

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