



# Strong Able Youth Speaking Out, Inc.

VOLUME 16, ISSUE 19

SEPTEMBER 2016

## 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.

## Contact Info:

411 Andrews Road,  
Suite 140 Durham,  
NC 27705

Phone number:  
(919)-384-1457

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

## September is National Suicide Prevention Month



Suicide is the 10th leading cause of death and the 2nd leading cause of death cause among people aged 10-24. If you or someone you know is in an emergency, call

The National Suicide Prevention Lifeline at

1-800-273-TALK (8255) or call 911 immediately.

# NORMALCY

in Foster Care

Normalcy means not being singled out and labeled as a ‘foster youth’ or having the label of ‘troubled teen’ attached to you.” Crystal



This legislation empowers substitute caregivers to partner with youth to determine their participation in normal adolescent activities. Substitute caregivers can now help facilitate a child’s access to these activities, using a reasonable and prudent parent standard, without prior approval of the Department of Social Services. Children and youth in foster care of-

ten lack opportunities for normal development. This change in law is one step toward having a sense of normalcy. Huge thank you to Buncombe, Forsyth, Lenoir, Wake, Halifax & Gaston Counties who have hosted Town Hall meetings for their young people and caregivers to learn more about ways the State and local agencies are helping to support this law.



Nations largest day of service!

“Make A  
Difference Day “

**Saturday, October 22th**

Join SaySo on Saturday,  
Oct 22 as they collect gently  
used duffle bags and suit-  
cases for youth who enter  
care. SaySo has done this  
event for the past 9 years so  
that youth will not have to  
place their most valuable  
possessions in trash bags.

**LOCATION:**

Emily K. Family Life Center  
904 W Chapel Hill St,  
Durham, NC 27701

**DROP OFF TIME:**

11:00 A.M.- 2:00 P.M.

[https://www.youtube.com/  
watch?v=4QnYldmXgY](https://www.youtube.com/watch?v=4QnYldmXgY)

919-384-1457 more info

## GSK Fostering Wellness Initiative

### Young people, leading the way!



In fall 2016 an exciting new project launched in the Triangle that promises to provide opportunities for young people transitioning out of foster care to improve their employment skills, to live healthier lives, and to become strong community-wide advocates for healthier living.

This unique project, Fostering Wellness, focuses on the local food system as the vehicle to create these new opportunities. The local food system is a booming sector in the Triangle and demand for competent, reliable employees is high. In addition, the food system has few barriers for entry and provides numerous ways for young people to participate in the growing, harvesting, processing, packaging, transporting, marketing, and disposing of food.

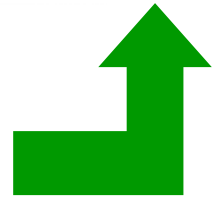
Throughout the year, Fostering Wellness hosts eight-week career readiness programs focused on a variety of different topics relevant to the food system. Topics include culinary arts, customer service and administration, logistics, hospitality, and more. Through these programs, Fostering Wellness participants receive skills-based training in aspects of the food system, one-on-one career development coaching, opportunities to interact with local leaders and employers in the food system, and access to supportive services in housing, education, and other areas.

This program is open to young people between the ages of 18 and 25 living in Wake, Durham, or Orange counties who have transitioned out of foster care. For more information, please contact Stacy Bluth, Executive Director, at [sbluth@fosteringwellnessnc.org](mailto:sbluth@fosteringwellnessnc.org)

Fostering Wellness is funded through a GSK Impact Grant and is administered through the collaboration of several nonprofit agencies including Community Partnerships, Inc., Dress for Success, Life Skills Foundation, Interfaith Food Shuttle, The Hope Center at Pullen, SaySo and United Way of the Greater Triangle.

# SHIFT NC Every Teen Counts

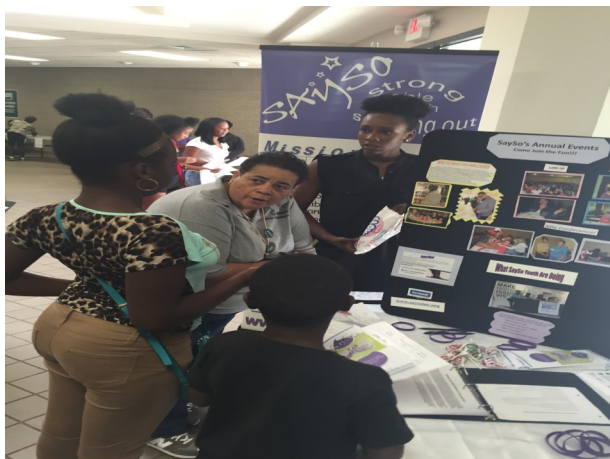
Every Teen Counts is a initiative to help North Carolina increase its capacity to help young people in out-of-home care (foster care) and juvenile detention centers stay healthy and avoid unplanned pregnancy. Youth in foster care and justice-involved youth both experience teen and unplanned pregnancy at a much higher rate than other youth. Every Teen Counts works with SaySo, NC LINKS - North Carolina's system for serving youth in foster care - and with juvenile detention centers to help professionals in these systems build their capacity to help youth avoid unplanned pregnancies. SaySo has trained foster care alumni who are ready to come implement the Making Proud Choices curriculum in your county. If you are interested please contact Gabrielle Foushee, SaySo Program Assistant at SaySo at 919-384-1457 or [gabrielle.foushee@ilrinc.com](mailto:gabrielle.foushee@ilrinc.com).



## What You Missed...

### It's My Transition-Eaton Corporation

“It’s My Transition” was held at the Eaton Corporation in Raleigh, NC. “It’s My Transition” is a one-day workshop for youth ages 16+up . The day focused on the (7) LINKS Outcomes with greater emphasis on having sufficient income to meet your daily needs and having a health care access and rights. There were youth speakers and great door prizes. It was a fantastic day and we hope to see you soon!



## LINK-UP Mecklenburg County

(Central United Methodist Church in Charlotte, NC )

SaySo Partnered with Mecklenburg county LINKS program at Central United Methodist Church to host a LINK-UP youth Conference. Mecklenburg County youth Conference had over 200 youth and adults attend this conference. We had a blast educating the youth about sexual and reproductive health information and how to have a healthy support team. The youth enjoyed the Chick-fil-a lunch and the door prizes. Let's just say LINK-UP was a fantastic day! Thank you SHIFT NC, Mecklenburg LINKS, Meck. Health Dept. Youth Villages, Devon keynote speaker and others who participated in making this day a success.



## SaySo Board of Directors Orientation

The June 2016-2017 New Board of Directors were commissioned in Raleigh, NC. Your new Board members are: Lanitta B., Angelica B. (Treasurer), Mary C., Brianna D. (Co-Chair), Lyrike E., Eric G., Kaitlynn H., Micah J., Symanthia L., Ahlivia M., Julita ., Kenneth S., Rose T (Co-Chair), Katara W. (Secretary), Victoria W., Latara W. and also Jashia W.

Congratulations everyone!



**THANKS**  
**FOR**  
**BEING**  
**AWESOME**

**Alumni Spotlight:**  
**Angelica Brice**

as well as invited and selected to attend the NYLF Advanced Medicine and Health Care program at Chicago University. I was just recently selected to go to the FYA Conference. You can do anything you want to if you put your mind to it and be consistent, persistent and slightly assertive.

My name is Angelica Brice. I have been associated with SAYSO for 4 years now and I have been in foster care 8 years now. Within in those 8 years I have accomplished a lot. I have been the President and Secretary for Gaston county local chapter. I have now been on the State board now for my second year. I was inducted into the National Honors Society last year



**Social Worker Recognitions for being OUTSTANDING:**



Johanna Torres Vance County DSS

Tracey Bullock Forsyth County DSS

Thank you for the work that you do!

**UPCOMING EVENTS**

- Oct. 19 Hickory NC Social Services Institute
- Oct. 22 Make A Difference Day
- Nov. 8 Cumberland Its My Transition
- Dec. 2-3 SaySo BOD



***Foster Care Chronicles***

For Youth 15-25 who are or use to be in Foster Care. This project you will tell your true life story through performance. As you share your stories with the other participants , social workers, and a playwright, we will create a play that will inspire and educate others. If you would like to participate please contact Alicia at: [abkaplan@uncg.edu](mailto:abkaplan@uncg.edu) or 336-334-4756.

## 3 Important Money Lessons for Youths

By [Roslyn Lash](#)

Learn more about Roslyn on NerdWallet's [Ask An Advisor](#)

I first learned about credit as a preteen. If I wanted my bike on Christmas Day, I'd have to get a store-brand bike. If I waited until after the holiday, I could get a Schwinn. I chose the store-brand bike, but as winter passed, I realized that it wasn't a very good bike and complained to my mother. I was shocked to learn that six months later she was still making payments on my Christmas gift.

That was my first lesson on two important issues: patience and credit. I understood that I should have waited and gotten the Schwinn. I also learned that when you buy something on credit, the attached interest means you'll pay more. These early life and money lessons matter a lot. Research has shown that kids form their [money habits by age 7](#). Even at a young age, I knew there was something wrong with continually making payments, for what seemed like forever.

### 3 key lessons

To help children develop a healthy financial foundation, we must teach them about money early on. While there is much to learn about money, it's the seemingly small, basic lessons about building wealth that are most essential. These principles can help children build good financial habits that will help them for the rest of their lives:

#### 1. PRIORITIZE NEEDS OVER WANTS

Don't buy what you want and then struggle to afford what you need. For example, if your child receives money as a gift and wants a new toy but needs new socks, encourage her to buy what she needs or suggest an alternative that will let her accomplish both goals. Buying a less expensive toy may allow her to buy the socks, too. Letting your child buy the toy while you pay for the socks essentially means your child has prioritized her wants over her needs. If kids don't learn to take care of their needs first early in life, you could be raising adults who will buy an expensive piece of jewelry or a gadget while neglecting to pay the utility bill.

#### 2. SPEND WISELY

This doesn't mean that you must live a rigid financial life but that you must be mindful of your spending habits. Each financial decision can have a long-term impact on financial wellness. As a parent, you must teach your children to remember their priorities and spend their money accordingly.

Teach your children to consider how a financial decision, even a small one, will affect their goals. For example, say your child is saving money for a certain pair of shoes, but a friend asks him to go to the movies. This places your child at a financial crossroad; he must make a decision, weighing the cost of going to the movie now against his long-term saving goal. This kind of comparison helps kids realize how spending money today can delay their progress toward a larger goal, and it can perhaps aid them at bigger financial crossroads in the future.

#### 3. SAVE FOR A RAINY DAY

This is an old adage, but it's an important one. Kids need to realize that unexpected things can happen, so it's crucial to [save money in case of an emergency](#). If you have a pet, it's easy for kids to understand the need to have extra money saved. Should the pet get sick and need medicine, you'll need money set aside to take care of those unplanned expenses. *Salem, North Carolina.*

#### The power of education

Nearly every decision we make involves money, from setting an alarm clock so we aren't late for work to divvying up our paychecks. As children grow, they, too, will have to make financial decisions. Should I go on that trip with my friends? Should I [buy a car](#)? Should I go to a technical school or a university? Should I live with a roommate? As parents, our job is to make sure they have the financial tools and understanding to make the best possible decisions.

According to a 2015 report on millennials by Bank of America and USA Today, 41% of respondents identified themselves as being "[chronically stressed](#)" about money. Financial education is key to reducing some of this stress. As the author of "[Rich Dad Poor Dad](#)," Robert Kiyosaki, so eloquently stated, "Money is one form of power. But what is more powerful is financial education." So don't delay. Start teaching your children these important money and life lessons as early as you can.

*Roslyn Lash, AFC, is a financial educator and coach at [Youth Smart Financial Education Services](#)*

*in Winston-Salem North Carolina Roslyn Lash, AFC®*

*rlash@youthsmartedu.com, (336)655.5701, YouthSmartEdu.com*

## Recognizing Social Worker Tracy Bullock for being OUTSTANDING:

### Standing Up for Teens

“In this job, you don’t know what you are going to wake up to when your feet hit the floor in the morning.” - Tracy



Tracey Bullock is a Social Worker for Forsyth County Department of Social Services. She is an outstanding caseworker and a true pillar of advocacy and inspiration to those around her and in our community. She works with teens and exemplifies what a caseworker should be by being honest and providing accurate information to youth regarding their foster care journey.

Tracey advocates relentlessly for resources and services for her teens and ensures they have opportunities and experiences that will help them in a successful transition from foster care. She doesn't hesitate to be there for them on special occasions—school plays, sports events, proms, and graduations—to make sure they have at least one person in the audience to support them.

Tracy was recently recognized for her great work through an article published through adoptuskids.org. She has also partnered with SaySo as an Adult Support for many years and continues to advocate for youth in the foster care system.

From all of us at SaySo and youth in the foster care system, we say THANK YOU to Social Worker, Tracy Bullock.

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### October is National Domestic Violence Month



October is . . . **National Domestic  
Violence Awareness Month**  
[www.NationalDayCalendar.com](http://www.NationalDayCalendar.com)

National Domestic  
Violence Hotline:  
1-800-799-SAFE

# Survey Opportunity for Youth & Adults

The National Campaign to Prevent Teen and Unplanned Pregnancy is interested in speaking with youth and foster care professionals as part of an effort to develop an intervention to address unplanned pregnancy among youth in care, specifically transition-age youth (16 to 21 years). Given your expertise, we are seeking your support in identifying potential candidates for our formative research.

Specifically, we are interested in speaking with:

- Transition age (16-21) youth in care;
- Child welfare staff who work with transition age youth in care; or
- Child welfare administrators.

The conversation will include questions to help us learn more about the specific circumstances of these audiences and help us identify potential opportunities for intervention that fit within existing child welfare system structures. In exchange for 90 minutes of their time, participants will receive \$100 (inclusive of transportation costs). Please share the information below with your networks as appropriate.

Youth recruitment:

Are you a youth in foster care between the age of 16 and 21? We want to hear from you! We are developing an intervention and need your insights. If you are interested in having a conversation about your experience in foster care, please call, text or email: 202-630-4492 or [fcinnovation2016@gmail.com](mailto:fcinnovation2016@gmail.com). The conversation will take about 90 minutes and you will receive \$100 for your time.

Adult recruitment:

Do you work with transition age youth in foster care? We want to hear from you! We are developing an intervention and need your insights. If you are interested in having a conversation about your experience working with transition age youth in foster care, please call text or email: 202-630-4492 or [fcinnovation2016@gmail.com](mailto:fcinnovation2016@gmail.com). The conversation will take about 90 minutes and you will receive \$100 for your time.

Administrator recruitment:

Do you supervise transition planning and independent living activities for youth transitioning from foster care? We want to hear from you! We are developing an intervention and need your insights. If you are interested in having a conversation about your experience as a child welfare administrator, please call, text or email: 202-630-4492 or [fcinnovation2016@gmail.com](mailto:fcinnovation2016@gmail.com). The conversation will take about 90 minutes and you will receive \$100 for your time.

IDEAS FOR THE NEWSLETTER:

[sayso@ilrinc.com](mailto:sayso@ilrinc.com)

WE VALUE YOUR IDEAS & INPUT



IRB NUMBER: IRB2016-0458D  
IRB APPROVAL DATE: 08/24/2016  
IRB EXPIRATION DATE: 08/01/2017

## #NFECEXPO

National Family Empowerment Conference & EXPO  
We would like to thank our sponsors!

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WBTV  
ON YOUR SIDE

Friday, September 30, 2016

6:30pm - 9:30pm

Coat-tails & Couture

"The Ultimate Evening Tea Affair"

Filled with Fashion, Jazz and Dancing

Benefiting & Featuring: LEC Up on LIFE teens

Saturday  
October 1, 2016  
9:30am - 4:30pm

Carol A. Hoefener Center, Uptown  
610 East 7th Street, Charlotte, NC 28202

NFEC Scholarship Benefit Luncheon 12:15  
Special Guest Speaker  
Dr. Dennis Kimbro

Keynote Speakers:  
Willie Moore, Jr. & Dr. Dennis Kimbro

Events:

Entrepreneurial Empowerment Symposium  
Vision Board Party - Teens Only  
World's Largest Love Train (Networking Demonstration)  
Entertainment/Exhibitors/Vendors  
Mini College Fair  
Culinary & Cupcake Competition  
Author's Row (Book signing: Dr. Kimbro & Local Authors)  
Youth & New Entrepreneurs Display  
LEC Up on Life Youth Presentation  
Foster Parent & Social Worker Accredited Workshops  
Youth & Family, Workforce & Talent Development  
Career Readiness, Entrepreneurial, Financial Literacy



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