We just had the AMP Plugged in and Charging conference, and the event was AWESOME! Thanks again to Holly, Joe, and the staff at Indian Hills Community College for this experience. Youth were able to come on Friday night for pizza and to hang out, as well as to play some games. Saturday, we were up early and getting ready to learn—youth had the chance to attend workshops about various trades, we heard a talk from a former foster youth who has overcome the obstacles in their life; how they didn’t have to fit the narrative and could #provethemwrong! There were more presentations in the afternoon, a tour of Job Corps (we have a national pilot project right here in Iowa), supper, and a basketball game! Bummed you missed it? There will be more opportunities for mini-conferences and camps throughout the year!

Amerigroup and MCO Choice
Amerigroup Iowa has notified the Iowa Department of Human Services (DHS) that they have capacity to begin accepting new IA Health Link members. DHS will be ending the temporary suspension of MCO choice.

Members who initially chose Amerigroup Iowa and were temporarily transitioned to Fee-for-Service coverage will be assigned to Amerigroup Iowa effective March 1, 2018. These members, approximately 10,000, should look for their welcome packets in the mail from Amerigroup Iowa.

New IA Health Link members will be able to choose Amerigroup Iowa for coverage effective May 1, 2018. These members will receive enrollment packets in the mail with details on how to choose their MCO, as they have in the past.
Facilitator Spotlight: Council Bluffs

Jenn Kephart

Jenn spent 5 years teaching STEM at Girls Inc. It was there that she was paired up to mentor a girl in foster care. Through that relationship she learned how much youth need to have someone teach them to advocate for themselves and it is the reason she is excited to be an AMP facilitator.

Jenn lives in Omaha with her partner, Brandon, their two kids, and two dogs. When she’s not hanging out with her family, you can find Jenn riding her bicycle, working with Mode Shift Omaha to create a more inclusive and sustainable transportation system, or whipping up some tasty treats in the kitchen.

Ames
Facilitator: Terri Bailey  Email: tbailey@yss.org  Phone: 515.249.7089
       Julie Holscher  Email: jholscher@yss.org  Phone: 515.291.0689
Web: http://www.ampiowa.org/en/amp_near_you/ames_amp/
Meets on the 2nd and 4th Thursday of every month (6:30-8:00 PM) @ Youth & Shelter Services Youth Activity Center on Third Floor (420 Kellogg Ave., Ames)
Monday 3.5.18  (4—6 PM) Food @ First—market (Boys)
Thursday 3.18.18 Get the chance to win a prize just for attending and entering your name in the drawing! Join us as we learn about the legalities of bullying and what happens when people cross the line!
Thursday 3.15.18  (5:30—7:30 PM) Food @ First—meal (Girls)
Monday 3.19.18  (4—6 PM) Food @ First—market (Boys)
Thursday 3.22.18 Hands on approach to learn about how to open a bank account, use a debit card, how to build a credit history and much more! This meeting will be at the Wells Fargo Bank in downtown Ames.

Burlington
Facilitator: Debbie Schmidt  Email: debraschmidt319@gmail.com  Phone: 260.241.1127
Web: http://www.ampiowa.org/en/amp_near_you/burlington_amp/
Meets twice a month (6:30 PM) @ Christamore Family Treatment Center (905 South Iris, Mt. Pleasant)
Thursday 3.8.18: Stress Management—IWU Nursing Students
Thursday 3.22.18: Relaxation Techniques—IWU Nursing Students

Cedar Rapids
Facilitator: Shelby Holsapple  Email: shosapple@foundation2.org  Phone: 319.651.0688
Web: http://www.ampiowa.org/en/amp_near_you/cedar_rapids_amp/
Meets on the 2nd and 4th Thursday of the month (6:30—8:30 PM) @ First Church of the Open Bible (1911 E Ave NW) Dinner is provided!
Tuesday 3.8.18: budgeting
Tuesday 3.23.18 to be announced

Council Bluffs
Facilitator: Jenn Kephart  Email: jkephart@childrenssquare.org  Phone: 402.212.1474
Web: http://www.ampiowa.org/en/amp_near_you/council_bluffs_amp/
Meets on the 1st Tuesday of every month (6:00—8:00 PM) @ Gym of the Lied Education Center, Children’s Square U.S.A (N 6th St & Ave D) & 3rd Tuesday of every month 6:00—7:30 PM location TBD.
Tuesday 3.6.18 We will be doing an art activity inspired by the Des Moines Art Center’s former exhibit "Drawing in Space." Here’s a short video on the art that inspired our activity: https://www.desmoinesregister.com/videos/entertainment/arts/arts-in-iowa/2017/09/28/tape-medium-dm-art-centers-new-exhibit/106096264/
Tuesday 3.20.18 info not available
Celebrate ISTEP. Celebrate YOU.

The ISTEP Executive Council is excited to announce (drum roll)…registration is now open for the 2018 ISTEP Summit, Celebrate ISTEP. Celebrate YOU.

This year’s Summit will be all about celebrating our past accomplishments and being proud of who we are.

As a reminder, the Summit will be held April 17 at the FFA Enrichment Center on the DMACC Ankeny Campus. Registration will begin at 8:30 AM, and the Summit will be 9:00 AM - 2:30 PM.

We request one person register each Chapter as a group, preferably the Chapter Advisor or Community Partnership. Space is limited so register as soon as possible.

In the upcoming weeks, more information about the position for the 2018-2019 ISTEP President will be sent to Chapter Advisors. There will be an online application process and the President will be elected at the Summit. Please begin thinking about if YOU would like to be in running to be the next ISTEP President!

Register here:
https://www.surveymonkey.com/r/ISTEPSummitRegistration
CAREERS BEGIN HERE

TRAIN
Successful careers require a strong foundation.

LEARN
Further your education and gain new skills to advance your career.

LIVE
Become part of a community that encourages growth and success.

CONNECT
Network with employers and community leaders.

WHAT YOU NEED TO KNOW
- Job Corps is tuition-free to income-eligible young men and women.
- Job Corps is open to ages 16 through 24.
- There are 126 centers across the nation.
- Job Corps offers hands-on training in high-demand industries like health care, information technology, advanced manufacturing, and many more.
- Training programs take approximately 8 to 15 months to complete.
- Job Corps works—80 percent of Job Corps graduates either enter the workforce, join the military, or go on to higher education or an apprenticeship.

JOB CORPS INDUSTRY SECTORS
- Advanced Manufacturing
- Automotive and Machine Repair
- Construction
- Finance and Business
- Health Care
- Homeland Security
- Hospitality
- Information Technology
- Renewable Resources and Energy
- Retail Sales and Services
- Transportation

(800) 733-JOBS [5627]
recruiting.jobcorps.gov
mifuturo.jobcorps.gov (español)

Job Corps is a U.S. Department of Labor Equal Opportunity Employer Program.
Auxiliary aids and services are available upon request to individuals with disabilities. TDD/TTY telephone number is (877) 889-5627.
Davenport
Facilitator: Email: Phone:
Web: http://www.ampiowa.org/en/amp_near_you/davenport_amp/
*Information coming soon!*

Des Moines
Facilitator: Hannah Garside Email: hgarside@yss.org Phone: 515.422.1484
Web: http://www.ampiowa.org/en/amp_near_you/des_moines_amp/
*Meets on the 1st & 3rd Tuesday of every month (6:00—8:00 PM) @ Polk County Riverplace (2309 Euclid Ave)*
Enter through W atrium door, AMP is in Room 1.
Tuesday 3.6.18: Step Into Spring & AMP Survey
Tuesday 3.20.18: info not available

Des Moines Mobile
Facilitator: Hannah Garside Email: hgarside@yss.org Phone: 515.422.1484
*Serves youth in and surrounding Des Moines who live in YESS Shelter, Polk County Detention Center, Orchard Place, Woodward and Youth Homes of Mid-America. This facilitator brings the AMP Council meeting to the youth in their facility.*

Dubuque
Facilitator: Indigo Channing Email: jessica.perry@hillcrest-fs.org Phone: 563.542.9736
*Meets every Monday (6:30—8:00 PM) @ Multicultural Family Center (1157 Central Ave) & the 3rd Thursday (6:30 PM—8:00 PM) @ AY McDonald Fellowship Hall, Hadley Chapel (Hillcrest Campus, 2005 Asbury Road).*
Monday 3.5.18: Service Project for the homeless
Tuesday 3.6.18: 3:30 PM—5 PM Inclusive Dubuque Arts and Culture Sector Group (Roshek Building)
Monday 3.12.18: Renters’ Rights and Responsibilities
Thursday 3.15.18: Taking care of your home
Monday 3.19.18: Iowa Students for Tobacco Education and Prevention
Monday 3.26.18: Art Night (Identity Project)

Eldora State Training School
Facilitator: Paul McNamara Email: pmcnamara@yss.org Phone: 319.404.6356
Web: http://www.ampiowa.org/en/amp_near_you/eldora_sts_amp/
**MEETINGS ARE FOR RESIDENTS OF THE STATE TRAINING SCHOOL ONLY.**
**CLOSED TO THE PUBLIC.**

Fort Dodge
Facilitator: Cassie Johnson Email: cjohnson.ysc@frontier.com Phone: 515.570.4867
Facilitator: Kate Cardenas Email: office.ysc@frontier.com
Web: http://www.ampiowa.org/en/amp_near_you/fort_dodge_amp/
*Meets twice a month (5:30—7:00 PM) @ First United Methodist Church (127 N 10th St).*
Tuesday 3.6.18: Wells Fargo Bank Speaker on how to make an account, write a check, how to save money, and balance your checking.
Monday 3.19.18: Sexual Assault Advocate speaker Toria on how to set boundaries and healthy relationships.

**SAVE THE DATE! Variety AMP CAMP**
June 20—June 26, 2018 (Mentor Training June 19th)**
Marshalltown
Facilitator: Alyson Hicks  
Email: Mtownamp@hotmail.com  
Phone: 641.751.1776  
Web: http://www.ampiowa.org/en/amp_near_you/marshalltown_amp/

Meets on the first and third Tuesday of each month (5:30—7:30 PM) @ Youth & Shelter Services (11 E State St).
Tuesday 3.6.18: Kirk Stevenson from Slumberland Furniture to talk about employment.
Thursday 3.15.18: Visit Cedar Rapids Future Fest.
Tuesday 3.20.18: No meeting, due to Future Fest visit.

Mason City
Facilitator: Collette Whitney  
Email: cwhitney@yss.org  
Phone: 641.430.3552  
Web: http://www.ampiowa.org/en/amp_near_you/mason_city_amp/

Meets on the 1st & 3rd Tuesday of each month (6:30—8:00 PM) @ Trinity Lutheran Church (213 North Pennsylvania Ave.—1 block north of Mohawk Square/DHS Building).
Tuesday 3.6.18: info not available
Tuesday 3.20.18: info not available

Ottumwa
Facilitator: Holly Dommer  
Email: hdommer@ahfa.org  
Phone: 641.682.3449
Co-Facilitator: Joe Schulz  
Email: growingwt@gmail.com  
Phone: 641.682.3449  
Web: http://www.ampiowa.org/en/amp_near_you/ottumwa_amp/

The Ottumwa Council meets on the 1st Sunday of each month (6—8 PM) @ Job Corps, the 3rd Sunday of the month (6—8 PM) @ AHFA Shelter/Group Home, and the 2nd and 4th Friday of the month (11:30 AM—12:30 PM) @ Ottumwa Community Schools ACA.
Sunday 3.4.18: info not available
Friday 3.9.18: info not available
Sunday 3.18.18: info not available
Friday 3.23.18: info not available

Sioux City
Facilitator: Jen Schaper  
Email: jschaper@childrenssquare.org  
Phone: 712.255.9061  
Web: http://www.ampiowa.org/en/amp_near_you/sioux_city_amp/

Meets the 1st & 3rd Thursday (5—7 PM) @ St. Luke’s Lutheran Church (2309 S. Saint Aubin St.).
Thursday 3.1.18: info not available
Thursday 3.15.18: info not available

Waterloo
Facilitator: Jessica (Perry) Christman  
Email: iperrychristman@gmail.com  
Phone: 515.451.4233  
Web: http://www.ampiowa.org/en/amp_near_you/waterloo_amp/

Meets on the 2nd & 4th Tuesday of every month (6:30—8 PM) @ Grace Lutheran Church (1024 West 8th St.).
Tuesday 3.13.18: info not available
Tuesday 3.27.18: info not available

**CALL FOR ARTISTS!**
From May 18-20th, the Dubuque Fine Arts Festival is taking over Washington Park, and AMP has a booth! We are looking for AMP youth from across the state to participate in our Identity Project—this will be an exhibit for National Foster Care Month, and the coolest part is that this is an opportunity for youth to work on skills for being a professional artist. Youth who wish to sell their work will be able to keep 90% of the proceeds, with the other 10% going to AMP (or they can choose to donate more). If we don’t have a way to follow up with you, all money goes to AMP—we also welcome adult supporters to donate pieces to benefit our program! (Indy will be creating some works to donate for the cause: superhero art, anyone?)
For more details, email: jessica.perry@hillcrest-fs.org.
The 6th Annual

Future Fest 2018

March 15th from 5-8:15 PM
Grant Wood AEA: 4401 6th St SW Cedar Rapids 52404
For foster/adoptive youth ages 16-21

Please join us for a night of information, food, and fun! This night will help you get connected with resources and community supports to help you when you transition out of care! Whatever path you choose we have resources available for you including housing, finances, college, military, and many more!

Dinner is provided and there will be prizes as well!

Key Note Speaker: Will Keeps

“At an early age of 13, Will found himself living a lifestyle of gang member. This lifestyle went from feeling powerful, cared for and protected to almost losing his life and seeing others die.”
- www.willkeeps.com

Come find out what path he chose...

Made possible for you by:

Transportation is available. Please call Foundation 2 at (319) 368-3376 to request a ride by March 14th at 3pm
**Ashley's Story**

Ashley, 17 years old, entered into foster care approximately three years ago. She came into care because she wasn’t following directions and her parents had trouble controlling her. During the three years in care thus far, Ashley has been in two different foster homes.

Similar to other youth in the foster care system, Ashley has experienced both positive and negative things while in care. One negative thing she has dealt with is bullying. Ashley said, “It has always happened in my life” and has gotten somewhat worse since entering the foster care system. Thankfully Ashley feels comfortable talking to her principal as well as her foster parents who have been able to help her. Her friend, Charnell, has also been a great support person by standing up for her and simply listening. In order to further help students dealing with bullying, Ashley would like to see schools teach relaxation techniques and also have a support group for students who have been bullied.

Ashley has also experience some positive things while being in foster care. Prior to entering into care, Ashley’s grades were low but have since gotten much better thanks to receiving the help that she needs. She also has been placed into some general education classes (rather than special education classes) which is something she is very proud of. It took some effort but once she was in the general education classes and focused more on school, it was pretty easy for her. Ashley also feels like she has matured and made several friends through school and AMP.

Being a part of AMP has not only introduced Ashley to many more friends, but has also helped improve her skills. Attending AMP meetings and events has helped her become more comfortable talking in front of groups and has also allowed her to practice telling her story. Her favorite AMP event has been their Christmas party where they went roller skating. Ashley enjoyed this because it gave her a chance to hang out with the many friends she has made through AMP.

Ashley will graduate from high school next year and plans on continuing her education. She would like to attend Iowa Central Community College and someday work with a child care program.

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**CPPC Meeting Dates**

<table>
<thead>
<tr>
<th>County</th>
<th>January</th>
<th>February</th>
<th>March</th>
<th>April</th>
<th>May</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dubuque</td>
<td>1/18/2018 Carnegie Stout Library 360 W 11th St, 11:30 a.m.</td>
<td>2/15/2018 Place to be announced 11:30 a.m.</td>
<td>3/15/2018 Place to be announced 11:30 a.m.</td>
<td>4/19/2018 Place to be announced 11:30 a.m.</td>
<td>5/17/2018 Place to be announced 11:30 a.m.</td>
</tr>
<tr>
<td>Jackson</td>
<td>1/26/2018 Eagle’s Club 1102 East Plat 12:00 p.m.</td>
<td>2/23/2018 Eagle’s Club 1102 East Plat 12:00 p.m.</td>
<td>3/23/2018 Eagle’s Club 1102 East Plat 12:00 p.m.</td>
<td>4/27/2018 Eagle’s Club 1102 East Plat 12:00 p.m.</td>
<td>5/25/2018 Eagle’s Club 1102 East Plat 12:00 p.m.</td>
</tr>
<tr>
<td>Clinton</td>
<td>1/30/2018 Clinton County Admin. Bldg. 1900 N 3rd St. Conference Rm D 11:00 a.m.</td>
<td>2/27/2018 Clinton County Admin. Bldg. 1900 N 3rd St. Conference Rm D 11:00 a.m.</td>
<td>3/27/2018 Clinton County Admin. Bldg. 1900 N 3rd Street Conference Rm D 11:00 a.m.</td>
<td>4/24/2018 Clinton County Admin. Bldg. 1900 N 3rd St. Conference Rm D 11:00 a.m.</td>
<td>5/29/2018 Clinton County Admin. Bldg. 1900 N 3rd St. Conference Rm D 11:00 a.m.</td>
</tr>
<tr>
<td>Scott</td>
<td>1/17/2018 Scott County Admin. Bldg. 1st floor boardroom, 10:30 a.m.</td>
<td>2/21/2018 Scott County Admin. Bldg. 1st floor boardroom, 10:30 a.m.</td>
<td>3/21/2018 Scott County Admin. Bldg. 1st floor boardroom 10:30 a.m.</td>
<td>4/18/2018 Scott County Admin. Bldg. 1st floor boardroom, 10:30 a.m.</td>
<td>5/16/2018 Scott County Admin. Bldg. 1st floor boardroom, 10:30 a.m.</td>
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Gwen Deming
CPPC Coordinator
cppc2014@icloud.com (563) 321-3401
AMP Conference Wrap-Up

The 3rd Annual AMP “Plugged In and Charging” Conference took place on Friday and Saturday February 16 & 17, 2018. It was held at Indian Hills Community College (IHCC) in Ottumwa Iowa. AMP facilitators partnered with the college to provide a venue for youth to learn about the college experience. Eighty-one, youth, facilitators and support staff were part of this event. Youth from 11 of the AMP Councils were represented at this AMP Conference.

Through the generosity of the College, youth were able to arrive on Friday evening and experience time with other AMP youth from around the state. They were housed in the dorms at the College so that they could see what dorm life entailed. Thirty-two youth and facilitators had the experience of the Friday evening time at the college.

Saturday, the rest of the youth and facilitators arrived from around the state. The morning part of the conference engaged the youth in a college tour as well as breakout sessions that allowed youth to explore different degree/diploma programs that the youth had interest in. Youth had some hands-on opportunities in the laser department, mechanics, criminal justice, and health science field, just to name a few.

The youth learned to maneuver the IHCC cafeteria to get their lunch followed by the keynote speaker Krista Tedrow. Krista was in the foster care system and from her experiences (good and bad) has developed a passion for helping young adults achieve their maximum potential. As a child of addicts and prison felons, Krista was told she would not graduate high school, have a stable job or start a family. From the good, the bad, even the ugly, Krista shared her journey of how she overcame the odds to prove them wrong. Krista created a great interactive activity for all the youth to take part in.

Following lunch, the participants attended afternoon breakout sessions which included; The Game of Life, Your Life in 3D, the Road to College Success and How to be a Leader. At the conclusion of the afternoon sessions, youth were transported by bus to Job Corps, for a Campus tour and overview of the Job Corps Program. Upon their return to IHCC, dinner was provided to them at Warrior Junction on Campus. This was followed by the youth and facilitators getting the opportunity to enjoy attending the college basketball game that evening before their return home.

Surveys were completed by the youth sharing their thoughts on the conference and what they enjoyed and learned, as well as what they would change. Positive feedback was again received by youth on how to improve the event but overall youth enjoyed and learned from the event this year.
What is AMP?

AMP is a youth-driven, statewide group that seeks to unleash the full potential for personal growth among foster and adoptive children in Iowa. AMP offers leadership opportunities, service learning projects, speaking opportunities, and educational/vocational assistance. Amp also provides the life skills youth need to become self-sufficient, independent adults.

WHO CAN COME?

Any youth between 13 and 21 can attend an AMP meeting if they have been placed out of the home at some point in their life. They could have been in foster care, relative care, residential, group home, or a shelter. If you have any questions, please contact your local facilitator.

GET INVOLVED

Whether you are able to offer an hour, afternoon, or perhaps a lifetime, AMP can benefit from your time, talents and treasures.

- Allow us to speak at your event: AMP youth have a compelling story to share, and would welcome the opportunity to speak at your next luncheon, meeting or event.
- Share a skill, talent or hobby: The majority of youth who reach adulthood while in foster care do not get the chance to develop critical life skills that enable others their age to succeed. Please consider sharing your skills and knowledge with our youth.
- Donate a service or product: Teens leaving foster care have the same needs as others their age, as they move toward living independently. Furnishings, linens, personal hygiene products, cleaning supplies, towels, kitchen supplies, etc. are welcomed by donors to help AMP youth succeed.
- Provide financial support: Visit ampiowa.org to make a secure online donation to AMP’s lead organization, YSS. You can also mail your contribution via check to: YSS 420 Kellogg Avenue, Ames, Iowa 50010. Please make your check out to YSS and note “AMP” in the memo line. To ensure your financial support is allocated to the AMP council of your choice, also include the location in the memo line.

The AMP Partnership of Iowa Foster Care Youth Councils is a collaboration of 10 organizations led by YSS. The Iowa Department of Human Services is the primary grant funder for AMP, with donations and local community support supplementing local youth AMP councils.

The Partnership includes: American Home Finding Association (Ottumwa Council), Children’s Square USA (Council Bluffs & Sioux City Councils), Foundation 2 (Cedar Rapids Council), Four Oaks (Waterloo Council), Francis Lauer, a YSS organization (Mason City Council), Youth Shelter Care of North Central Iowa (Fort Dodge Council), YSS (Ames, Marshalltown, & Davenport Councils), Iowa Homeless Youth Centers, a YSS organization (Des Moines Council), Hillcrest Family Services (Dubuque Council), and Young House Family Services (Burlington Council).

The partnership networks with other stakeholders, including but not limited to, the Iowa Aftercare Services Network, Juvenile Court Services, as well as both governmental and private agency service providers.

For more information contact: Achieving Maximum Potential (AMP)
YSS / 125 South 3rd Street / Ames, Iowa 50010 / P 515.233.2250 EXT. 4575
www.ampiowa.org
Facebook: Achieving Maximum Potential - AMP (Group)