Note from the Facilitators

Another summer has pretty much flown by us—school has started back up, and with it, the need for structure/routine. We’d like to encourage people to connect with their local AMP councils; make us a part of YOUR routine! This program is a solid investment in the future of our youth, as we’ll help them to develop the skills they need as they transition into adulthood. Check out this month’s newsletter for more information!

Untitled Poem

Dear Father God I’m callin my Lord and Savior
Askin can you please forgive me for my behaviors
And I’m prayin hopin you save me
because the devil been chasin my spirit he huntin me daily
An it’s cold the life that I’m livin
Really a struggle before I walk out the house I tell my brothers I love em
Then pray the angels protect me
Cause people is really busters
They hopin to knock me off
Coz they see the success is comin
So I grind hard
Keep to myself when I feel like cryin out.
Drink the pain away got me reelin like Amy Winehouse
All emotions in the corner like days:
Used to get timed out now I’m speakin on em

Feelin like this my time now.
It hurts ya soul when ya ribs is showin
Ya mama gone them bag of clothes from the thrift store feel like pots of gold.
Go to school and they laughin like this a talent show.
Always don’t wanna notice so ion think that my talent show.
Got comfortable getting the cold on the shoulder
Coz cocky people scared to lose
But it’s a humblin moment
So let em know a bad experience
Gon be tough to get over
But understand that numbing the pain only covers the feeling.
So you’ll only make it worse when you finally feel it
And when I get a chance I’ma honestly kill it
Cause this opportunity like winning a lottery ticket.

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.
AMP Activities Across the State

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 @ Youth & Shelter Services Youth Activity Center on Third Floor (420 Kellogg Ave., Ames)
Monday 9.4.17 4 PM—6 PM: Food @ First—market (need boys to volunteer)
Thursday 9.7.17 4 PM—6 PM: Food @ First—meal (need girls to volunteer)
Monday 9.18.17 5:30 PM—7:30 PM: Food @ First—meal (need boys to volunteer)
Thursday 9.21.17 4 PM—6 PM: Food @ First—market (need girls to volunteer)
Thursday 9.28.17 **No meeting—Terri is on vacation!**

Burlington
Facilitator: Debbie Schmidt  Email: debraschmidt319@gmail.com  Phone: 260.241.1127
Web: http://www.ampiowa.org/en/amp_near_you/burlington_amp/
Meets @ Christamore Family Treatment Center (905 South Iris, Mt Pleasant)
Thursday 9.14.17 6:30 PM: Iowa Aftercare Program Presenter Vicki Riniker
Thursday 9.28.17: NO MEETING
Thursday 10.12.17 6:30 PM: Internet Safety Presenter Jason Marlow, Iowa State Patrol

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 @ First Church of the Open Bible (1911 E Ave NW) 6:30 PM—8:30 PM Dinner is provided!
Thursday 9.14.17: Planned Parenthood
Thursday 9.28.17: Hands-On Life Skills Activity

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 the 1st and 3rd Tuesday from 6 PM—8 PM @ Children’s Square Gym (N 6th St & Ave E).

Davenport
Facilitator: Hannah May  Email: mayhannah.davenportamp@gmail.com  Phone: 815.768.9505
Web: http://www.ampiowa.org/en/amp_near_you/davenport_amp/
Meets 2nd and 4th Thursdays from 6 PM—7:30 PM @ Annie Wittenmyer Complex-Gymnasium (2800 Eastern Ave)

Des Moines
Facilitator: Yahaira Espinosa  Email: yaya.xo4997@gmail.com  Phone: 515.943.5885
Web: http://www.ampiowa.org/en/amp_near_you/des_moines_amp/
Meets on 1st & 3rd Tuesday @ Polk County Riverplace (2309 Euclid Ave) 6 PM—8 PM Enter through W atrium door, AMP is in Room 1.

(Continued on page 4)
JOIN US!
This FREE conference is specifically designed for parents of children with mental health issues. Participants will leave with increased knowledge and awareness of pediatric behavior health issues, resources available, and skills and strategies to navigate the challenges of behavioral health. While the conference is entirely free to parents, we ask that persons wishing to attend pre-register so that we have enough space, food, and childcare available. Professionals and pre-professional students are only $10. Donations are welcome and allow for us to continue to maximize our efforts across the state.

WHERE & WHEN
• September 9th 9am-3:20pm
• Boy Scout Mid Council Iowa Headquarters
• 6123 Scout Trail, Des Moines, IA 50321 (off of 63rd Street)
• Free pizza lunch will be provided!

TOPICS
• medicine management
• caregiver wellness
• transitioning to adulthood
• crisis management
• IEP’s/504 plans and parent rights
• relationship building
• suicide prevention
• legislative action
• mental health and LGBTQ youth
• AND MUCH MORE!

REGISTER!
Those interested in sponsoring an expo table and all other questions may contact Jennifer Ulle-Wells at info@pleasepassthelove.org.

To register, visit pleasepassthelove.com!

Questions? Contact us at info@pleasepassthelove.org

Please Pass the Love is committed to increasing school-based mental health supports to improve the quality of life and educational opportunities for children, families, and educators as well as offer culturally responsive comprehensive services and evidence-based supports to school systems. We strive to bridge positive relationships between the educational and mental health communities to more effectively prevent and address mental health issues for our children and adolescents throughout the state of Iowa.
AMP Activities Across the State (continued)

**Des Moines Mobile**
Facilitator: Yahaira Espinosa  
Email: yaya.xo4997@gmail.com  
Phone: 515.943.5885  

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  

Sunday 9.3.17 7 PM—9 PM: Movie Night (Inside Out) AY McDonald Fellowship Hall, Hadley Chapel (On Hillcrest Campus 2005 Asbury Road)
Thursday 9.21.17 6:30 PM—8 PM: Finances w/ Nancy from Dupaco
Monday 9.25.17 6:30 PM—8 PM: Art & Poetry Slam (Nature) @ Multicultural Family Center (1157 Central Ave)

**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.**

Tuesday 9.5.17: Mini Crossfit
Thursday 9.7.17: Mini Crossfit
Monday 9.11.17: 9-11 How and why
Saturday 9.16.17: Leadership Reaction
Monday 9.18.17: Leadership activities and tasks
Thursday 9.21.17: Leadership activities and tasks
Saturday 9.23.17: Crossfit
Monday 9.25.17: GaGa Ball
Friday 9.29.17: Graduation
Saturday 9.30.17: Leadership events

Ongoing: Painting and developing the recreation center. Developing resumes for kids that are leaving.

**Working on:** Bringing in ROTC cadets to demonstrate rope bridge techniques. Bringing in a yoga instructor and Crossfit expert.

**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 on the 2nd and 4th Mondays from 5:30 PM—7:00 PM @ First United Methodist Church (127 N 10th St).

**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 1st and 3rd Tuesday @ Youth & Shelter Services (11 E State St) from 6 PM—8 PM.

**Mason City**
RE-OPENING SEPTEMBER 2017
Web: http://www.ampiowa.org/en/amp_near_you/mason_city_amp/

Meets the 1st & 3rd Tuesday @ Trinity Lutheran Church (213 N Pennsylvania Ave) 6:30 PM—8:00 PM (1 block north of Mohawk Square/ DHS Building)

(Continued on page 7)
Join Us!
TEENS AGAINST HUMAN TRAFFICKING
FALL LEADERSHIP SUMMIT

September 16th, 9:00am-3:00pm
Cornerstone Church
56829 US-30, Ames, IA 50010

The Summit will be an exciting day for TAHT clubs across Iowa to come together to learn, grow, and connect. The day will consist of a keynote speech given by a survivor of sex trafficking, breakout sessions on various topics, and a strategic planning session for clubs to get ready for the new school year. We encourage clubs to bring as many members as possible, and we strongly suggest the club’s teacher advisor/sponsor attend with the students.

RSVP TODAY: https://www.surveymonkey.com/r/TAHT
IOWA YOUTH SCHOOL CLIMATE LEADERSHIP SUMMIT

November 17-19, 2017
Camp Sacajawea - Boone, IA

Please Pass the Love is proud to announce the first annual Iowa Youth School Climate Leadership Summit November 17-19, 2017 at Camp Sacajawea in Boone, Iowa. We are seeking nominations and/or applications from some of Iowa’s most amazing high school students. No leadership experience is required, but a desire to be a leader is essential.

This fall we will bring youth leaders from across the state for a variety of education and training revolving around team-building, public speaking, leadership, advocacy, social-emotional learning, and much more. The objective is that the leaders will take this back to their schools and districts to create a sustainable youth climate transformation “group/team.” We will provide the team with ongoing support, but each group will have its own goals based on school/district/region needs. After the youth leader is accepted into the program, we will work with the leader and the school for a school mentor to advise and facilitate.

In the spring, those same trained leaders will also be facilitators for a state-wide youth retreat that will also provide skill-training, education, awareness, relationship-building, leadership, FUN, and much more, for youth from across the state.

The best part about this event is that it is completely FREE for our limited number of youth leaders accepted into the program. We have your room and board covered for the weekend. If you need help with transportation, we will try our hardest to help with that, too.

Requirements:

- Enrolled in a public or private high school
- Need to be able to attend the entire leadership summit on November 17th-19th. No exceptions. We will work with schools to get excused absences for those needing to miss school to arrive on time.
- Need to be able to attend the entire retreat April 6-8th. No exceptions. We will work with schools to get excused absences for the 6th.
- Access to the internet to meet regularly via Zoom throughout the school year to plan, reflect, problem-solve, and work as a leadership team!
- Desire for every school to be a safe, happy, and healthy place for all students.
- Passion for your community, school, and everyone in it.
- We do not have a GPA requirement, but we do ask that you do get a letter of recommendation from at least one teacher that has had you in class in the last year.
- Willing to make this a commitment a priority for the 2017-2018 school year. Be cautious of being too involved and not allowing for the adequate time this commitment requires (regular leadership meetings, regular team meetings at school, both the summit and the retreat).
- Completing an application and essay questions
- We reserve the right for phone and/or Zoom interviews depending on the number of applicants received.
- Applications are due no later than September 1st at 11:59pm.

Apply and find out more about Please Pass the Love at www.pleasepasstelove.org

We also welcome nominations for youth that you feel may be exceptional for this opportunity. Those can also be completed at www.pleasepasstelove.org

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AMP Activities Across the State (continued)

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/

Friday 9.1.17 12:30 PM—2:00 PM @ Ottumwa High School: What is AMP and Future planning
Sunday 9.10.17 5:30 PM—7:00 PM @ Job Corps: Welcome to AMP Overview, where to go from here (youth driven activity)
Sunday 9.17.17 5:30 PM—7:00 PM @ American Home Finding Association: What is AMP, Legislative discussion, where to go from here (youth driven activity)

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 @ St. Luke's Lutheran Church (2309 S. Saint Aubin St.) 5 PM—7 PM.

Waterloo
Facilitator: Jessica (Perry) Christman  Email: jperrychristman@gmail.com  Phone: 515.451.4233
Web: http://www.ampiowa.org/en/amp_near_you/waterloo_amp/
Meets @ Grace Lutheran Church (1024 West 8th St., Waterloo)
Tuesday 9.12.17 6:30 PM—8 PM Job Corps
Tuesday 9.26.17 6:30 PM—8 PM Veridian Credit Union
October 24th Potential date for Waterloo Future Fest
November Annual AMP Thanksgiving Dinner—Date to be determined. Stay Tuned!
December AMP Holiday Party—Date and location to be determined.

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 Foster and Adoptive Parent Association, Iowa KidsNet, the Iowa Aftercare Services Network, Juvenile Court Services, as well as both governmental and

SAVE THE DATE
FUTURE FEST EAST 2017

Wednesday 10.18.17
Davenport, Iowa

Foster/Adoptive youth ages 14+, parents, and caregivers! Come check out our INDEPENDENT LIVING SIMULATION and have some fun!

Check out this link for information on a new program created by a former foster youth:
https://chronicleofsocialchange.org/analysis/former-foster-youth-develops-online-course-empower-foster-children/27902

AMP CAMP REUNION & TEAM BUILDING

Sunday 10.15.17
2:00 PM—7:30 PM
Forrest Lake Camp
Bloomfield Iowa
Foster Youth In Action National Priority Issues Poll 2017

Which Foster Youth issues are MOST IMPORTANT to YOU?

Foster Youth in Action (FYA), a grassroots network of foster youth-led groups across the US. Foster youth leaders from our national network want you to help them identify the most important issues that foster youth are facing in this country. Please take 2 minutes to complete this confidential poll; your opinion is REALLY important. YOUR most important issues will become OUR most important issues. The poll results will influence our National Action Campaign, with the top issues highlighted during our National Leaders for Change conference in Washington, DC. PLEASE complete this poll ASAP, and send to other current and former foster youth you know. We want to hear from them too.

What is your age?
- □ 13-17
- □ 16-24
- □ 25-30
- □ 31+

What state are you from?
- □ Choose one that fits you best for you.

What is your ethnic background?
- □ Native American/Alaska Native
- □ Asian
- □ White/Caucasian
- □ Black/African American
- □ Hispanic/Latino
- □ Pacific Islander
- □ Prefer not to answer
- □ Other: __________

What is your connection to foster care? (Please select all that apply)
- □ Currently in Foster Care
- □ Foster Care alum
- □ Adopted
- □ Adult Partner
- □ Aged Out
- □ Emancipated
- □ Group Home
- □ Kinship Care
- □ Other: __________

How many placements have you experienced?
- □ 1-2
- □ 3-4
- □ 5-6
- □ 7-8
- □ 9+

From the list provided below, please use the CHECK BOXES to PICK THE TOP 5 ISSUES you feel are most important & in need of change in the Foster Care system.

- □ EQUAL ACCESS TO ACTIVITIES: Make it easier for foster youth to participate in after-school, sports or other teen activities
- □ JUVENILE RECORDS: Ensure that foster youth will have their juvenile records cleared after they turn 18
- □ FOSTER PARENT TRAINING: Provide better training for new foster parents
- □ RIGHTS 4 LGBTQ+ YOUTH: Improve rights of Foster Youth who identify as Lesbian, Gay, Bi-sexual, Transgender, Questioning, or Intersex
- □ COLLEGE ACCESS AND SUCCESS: Help more foster youth get to and succeed in college or other higher education
- □ FOSTER CARE TO 21: Extend foster care until 21 in states that don’t currently allow it
- □ LIMITING PLACEMENTS: Make sure foster youth know beforehand if they are going to relocated to a new placement
- □ CULTURAL CONNECTIONS: Help more foster youth connect to cultural or ethnic communities they identify with.
- □ GROUP HOMES: Reduce reliance on group homes for foster care placements.

- □ SOCIAL WORKER TRAINING: Provide better training for case managers, social workers and group home staff.
- □ SEEING SIBLINGS: Strengthen rights for foster youth to see their siblings
- □ TOO MANY MEDS: Reduce the over-medication of foster youth
- □ HEALING FROM TRAUMA: Ensure that foster care services help foster youth heal from their trauma
- □ PREVENTING FOSTER YOUTH HOMELESSNESS: Increase the amount of safe & affordable housing for youth leaving care
- □ YOUR FILES: Having access to your foster care files for information purposes.
- □ MEDICAL INSURANCE TO 26: Ensuring that all foster youth are signed up for Medicaid till 26.
- □ HUMAN TRAFFICKING: Prevent human trafficking in the foster care system and improve support for youth who experience it.
- □ LIVING INDEPENDENTLY AFTER CARE: Improve services and supports for youth to help them be successful and independent in adulthood.
- □ DRIVING LICENSE ACCESS: Give more support and resources to Foster youth to get their license.

To return to FYA, please either mail to FYA, 2140 Shattuck Avenue, #504, Berkeley CA 94704, or scan and email to anna@fosteryouthaction.org.
FREEDOM IN ACTION II
FIGHTING HUMAN TRAFFICKING IN IOWA

This training is designed for law enforcement, first responders, victim advocates, healthcare workers, educators, legal professionals and any other professionals who may encounter human trafficking.

OCTOBER 30
9AM-5PM
AMES, IA
at Cornerstone Church

Featuring Ambassador Luis CdeBaca
Former Ambassador to Monitor & Combat Trafficking in Persons and Former Director, USDOJ Sex Offender (SMART) Office

One of the country’s most decorated Federal Prosecutors, he has built his litigation record into policy, transforming US anti-trafficking efforts and including voices of victims, workers, and advocacy community in decision-making. He is working to ensure exploitation-free supply chains and establish information-sharing that makes communities, college campuses, and the travel industry safer.

ADDITIONAL SPEAKERS INCLUDE:
Jana Rhoads, DHS
Joy Fopma, Wings of Refuge
Mike Ferjak, Ret. IA Attorney General Task Force
Mike Staebell, Ret. US Dept. of Labor
Ruth Buckels, YSS

REGISTRATION REQUIRED:
E-MAIL TAHT@YSS.ORG

Space is limited; registration closes Oct. 20th.
*Lunch is on your own.
Facilitator Spotlight: Dubuque
(Indigo Channing)
I started my journey with Hillcrest Family Services in 2008 and strive to live as a Promise Person. It is my belief that everybody has the ability to learn, to grow, and to build a better future—and that my job is to serve as a supporter in this process. In the summer of 2014, I was searching for contributors to a graphic novel project and was introduced to the AMP program and invited to sit in on a meeting. This program made my heart happy, and when I saw the position posting a few months later, I knew it was something I wanted to apply for.

What drives me is my connection to my Higher Power; my spirituality guides my life decisions. I do what I can to elevate and empower others and to be an advocate for social justice. My areas of specialization are in issues for the LGBTQ+ population and sexuality education.

A few of my strengths are my sense of humor, imagination/creativity, big picture thinking, and cat whispering. I’m pretty awesome at writing, drawing, and public speaking. My weaknesses are that I can be socially awkward and have a short attention span.

I’d like to encourage anybody who is interested in learning more about AMP to contact me—I’m up meeting with people individually, so parents and community partners know who they are sending their youth to spend time with, and so youth can get to know me.

This year, I was fortunate to be a part of the I’m a Dubuquer campaign through the Telegraph Herald and Inclusive Dubuque. Check it out!

Things I’m involved in:
- Dubuque Human Rights Commission
- Better Together Dubuque (LGBTQ+ Organization)
- Volunteer at Multicultural Family Center
- Volunteer at the S.O.U.R.C.E. (Addiction/Recovery Center)
- Set Free Dubuque (Human Trafficking)
- Inclusive Dubuque Arts & Culture Sector
- Alcohol Risk Reduction Committee Chair (Part of Dubuque Area Substance Abuse Coalition)

Email: Jessica.perry@hillcrest-fs.org / Phone: 563.542.9736

A program of the AMP Partnership of Iowa Foster Youth Councils