

The Michigan Adoption Resource Exchange is a program of Judson Center and is funded by the Michigan Department of Health and Human Services.

To learn about foster care adoption and view photolistsings and videos of waiting children, visit our website at www.mare.org.



YOUTH NEWSLETTER November 2020

Page 1 - Tips to polish your skills
Page 2 - Yum! Homemade Twix
Page 3 - Youth like virtual Meet & Greets
Page 4 - Be sure to watch this video



Get the skills you need to succeed

Gain the know-how for independent living

If you're interested in learning independent life skills, your worker can provide information for you.

One of the resources your worker can access is the Casey Life Skills (CLS), a free tool that assesses the behaviors and competencies youth need to achieve their long-term goals. It aims to set youth on their way toward developing healthy, productive lives. Examples of the life skills CLS helps youth self-evaluate include:

- Maintaining healthy relationships
- Work and study habits
- Planning and goal-setting
- Using community resources
- Daily living activities

- Budgeting and paying bills
- Computer literacy
- Their permanent connections to caring adults

The CLS website is designed to be used by workers in collaboration with youth between the ages of 14 and 21. It is appropriate for all youth regardless of whether they are in foster care, live with their biological parents, or reside in a group home.

If you want to learn more about this service, contact your worker and have them follow this path: www.michigan.gov/fyit/ > Foster Youth & Alumni > Casey Life Assessment.

Or you can have your worker call MARE at 800-589-6273 for assistance.



Twix as a treat courtesy of Le-Asia

Homemade Twix?! Le-Asia (Le-Azhanique, C08821) has her own recipe to share and walks through the process on a recent video.

Ingredients:

- 1 package melting caramels
- 1 package Voortman vanilla wafers
- 1 package milk chocolate chips
- 1-2 tbsp. of coconut oil

In a bowl, add a small amount of water to the caramels. Melt the chocolate chips with the coconut oil and caramels with water in separate bowls in a microwave oven taking care to not overcook them. "You can start it with just 30 seconds to see how it

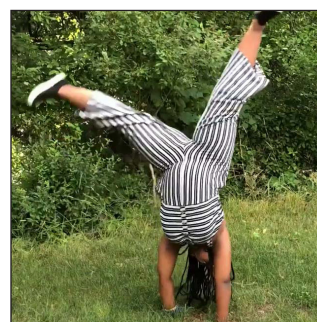
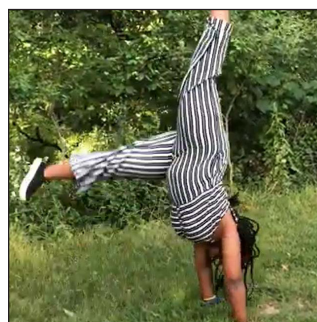
goes," says Le-Asia.

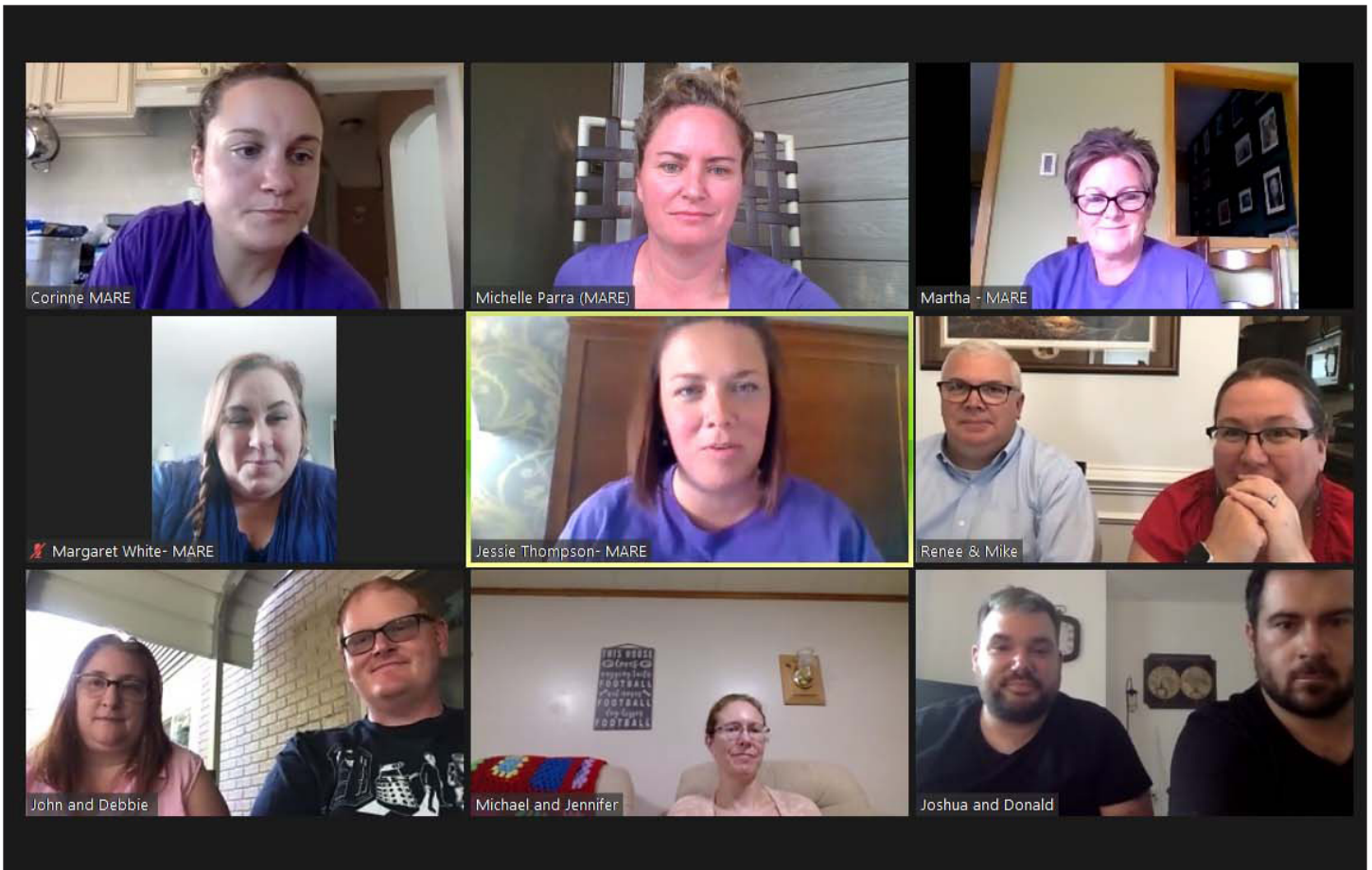
Using a butter knife, spread a small amount of the melted caramels on a vanilla wafer and place another wafer on top to make a yummy sandwich. To make it even more delish, place the caramel and wafer sandwich into the bowl with the melted chocolate and use tongs to roll and coat it, then put your homemade Twix bar on a cookie sheet lined with a towel or wax paper.

Repeat the process with the remaining ingredients. Enjoy!!!

Watch Le-Asia in action at Mare.indepthprofiles.org/profiles/introducing-leasia/

Check out Le-Asia's cartwheeling tips at mare.indepthprofiles.org/profiles/introducing-leasia/ Take a flip with her to keep yourself fit.





MARE's virtual Meet & Greet are a big hit

Judging by what some of you have told us, you're enjoying meeting families in the virtual world via MARE's new online Meet & Greet.

"The kids say they're having fun and enjoying meeting families this way," says MARE Recruitment Specialist Jessica Thompson.

"I just attended an online Meet & Greet, and I noticed the same thing," says MARE Adoption Navigator Supervisor Kimberly Wolowski. "The kids seem more relaxed and talkative. They're having a good time."

Prior to the pandemic, MARE

hosted these events in person, but since the outbreak, MARE has been working on making these events happen virtually, so if you want to participate, be sure to talk to your worker.

And have fun and be yourself!

Share your success story!

Fostering Success Michigan is asking for students who are interested in being featured on its website. This is an opportunity for students and professionals alike to read the success stories and learn about supports that helped you and others succeed. The stories will be used as a way to highlight students and their achievements. If you know of any youth or alumni of foster care between the ages of 18 and 24 who are currently enrolled in high school or college, Fostering Success Michigan would love to

hear from them.

Contact the Fostering Success Student Advisor at fostering-info@wmich.edu to have the interview questions sent directly to your inbox.

Fostering Success Michigan is a statewide initiative that aims to increase awareness, access and success in higher education and post-college careers for youth and alumni of foster care (fosteringsuccessmichigan.com).

Check out this video about you and your peers

Hey guys! We know many of you missed not being able to attend the in-person Michigan Heart Gallery Grand Opening this year due to the pandemic.

But did you know you can watch the virtual version of the event online? Even if you did see the virtual grand opening when it aired on Sept. 12, we think you'll want to look at it again.

The video is now available for viewing, and it features youth who live in foster care talking about their desire to be adopted and what it's like waiting for a family. The video also features a poem written by youth in foster care entitled "We Will Rise."

Some of the youth appearing in the video include Isa, Kenadee, Caleb, Devon, Sandra, Sleven, Christian, Bayli, Red Arrow, Imani, Marcellous, Cecilia, Shiann, Roland, Mikale and Meleah.

You can view the video of the event at Mare.org.



In the 2020 Michigan Heart Gallery Grand Opening video, Sleven talks about what activities he enjoys and what qualities he wants in a future forever family.

YOUTH RESOURCES

Michigan Youth Opportunities Initiative - MYOI is a partnership between the Michigan Department of Health and Human Services, the Jim Casey Youth Opportunities Initiative, the Oakland/Livingston Human Services Agency and many other local community partners. MYOI's goal is to ensure that young people in foster care have successful outcomes in housing, education, employment, community engagement and health.

(Michigan.gov/FYIT > MYOI)



Foster Youth in Transition - MDHHS website geared towards older youth who are experiencing foster care. It's a comprehensive, youth-oriented site with advice, interactive features, a useful glossary of foster care terms, and information on a variety of issues important to current and former foster youth. The site provides links on how to develop supports, find services, get answers to important questions and just keep you posted on what's new. (Michigan.gov/FYIT)



FosterClub - FosterClub is a national network for young people in foster care and young foster care alumni. The site includes blogs from current foster youth, success stories from youth who were in the foster system as well as celebrities who faced foster care. It also provides a listing by state of contact information for professionals and hotlines. (www.fosterclub.com 503-717-1552)