Youth Newsletter

MICHIGAN ADOPTION RESOURCE EXCHANGE

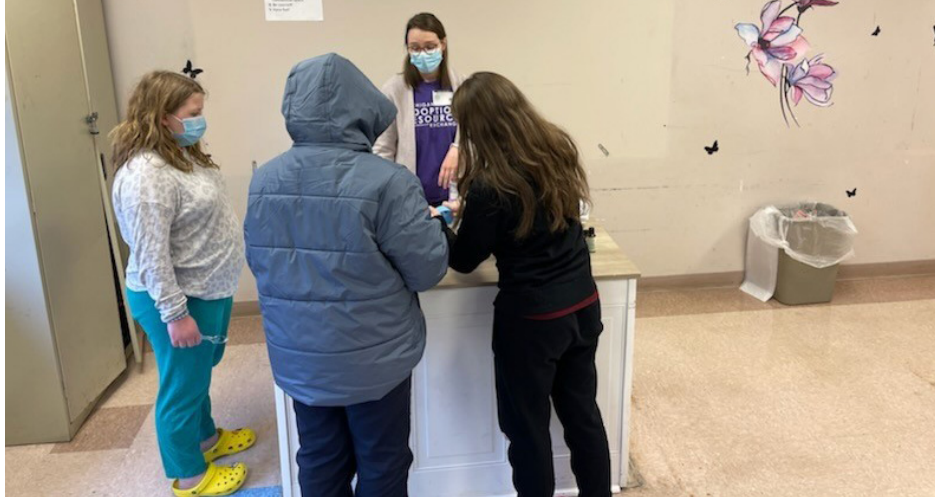## YAB focuses on DIY projects for physical and mental health

The Youth Advisory Board met recently with a group of MARE youth for fun DIY projects and conversation.

Everyone made their own DIY body scrub while talking about the importance of taking care of themselves physically by paying attention to things such as personal hygiene, exercise and eating habits. The meeting also focused on taking care of mental health by doing things such as journaling and taking time for themselves.

In addition, the group shared their thoughts on recruitment, MARE Meet & Greets and what it is like when they are meeting interested families for the first time. One youth shared that communication among youth and their team is extremely important and necessary, especially when transitioning into a home.

Youth Advisory Board (YAB) Facts

Participants: Anyone who is or has been in foster care.

Meetings: Held quarterly at locations throughout Michigan.

Educational resources

Bold.org is helping students fight their debt through scholarships and education resources. There are many scholarships to apply for that are broken into categories. They also feature a blog with entries such as "what is the difference between a grant and a scholarship?" and "how to write a scholarship essay." This is a great resource for students who are looking for help with college.

On Mare.org, youth can find the For Youth > Resources & Documents page that has an "Education" link, which also has many resources to help those who are pursuing higher education.

Thanks to a generous donation, they also got to pick out items that they wanted to use to take care of themselves. They were able to pick from items such as shampoos, body wash, journals and coloring books.

If you would like to participate in a Youth Advisory Board, please have your worker contact MARE Youth Specialist Gabrielle_Werkheiser@JudsonCenter.org.

Meet the faces behind the masks

These are the faces that you might have seen recently partially covered with masks at MARE events. Gabrielle Werkheiser, left, and Jen Brooks work both in-person and behind the scenes to help youth find a forever family. Jen is part of a new MARE program to step up efforts in recruiting a family for youth while Gabrielle strives to make sure youths' profiles on Mare.org accurately describe them. They both love seeing youth at events, so say "hi."

MICHIGAN HEART
2021
GALLERY

Aiyana
Photo by Jen Brooks

Hi, I'm Aiyana and I write songs

You don't need a special talent such as Aiyana's to find a forever family, but you can be open to helping adoptive parents find you.

On her recruitment consent form, Aiyana told her worker that she wants to be featured in as many ways as possible to find a forever family, including newsletters such as this one and the one that reaches families.

MARE encourages you to do the same. It's one of the best ways for you to find your forever family.

Enjoying a fun-filled day with Grant Me Hope

Grant Me Hope had more exciting film days in January.

The filming took place over two days and at two different locations – Full Throttle Adrenaline Park in Novi and Paradise Park in Novi. Participating youth had fun riding go-karts, playing virtual reality games, pool and foosball, while others had a whole arcade to themselves.

Everyone seemed to have a lot of fun and now their videos are ready to be featured on several news stations across Michigan.

If you would like to have a Grant Me Hope video, please ask your worker to contact Gabrielle_Werkheiser@JudsonCenter.org

Clockwise from far left, Orlando with the trophy he "received" and the car that "won" the race; K'ymari shooting hoops; Asher giving MARE Adoption Permanency Specialist Jennifer Brooks a hug.

"Chef" Jayvion shown in a video from his In-Depth Profile.

Tell your story in your own way

In-Depth Profiles (IDP's) are coming back! After a brief pause from creating these youth-led projects, MARE will be starting them again.
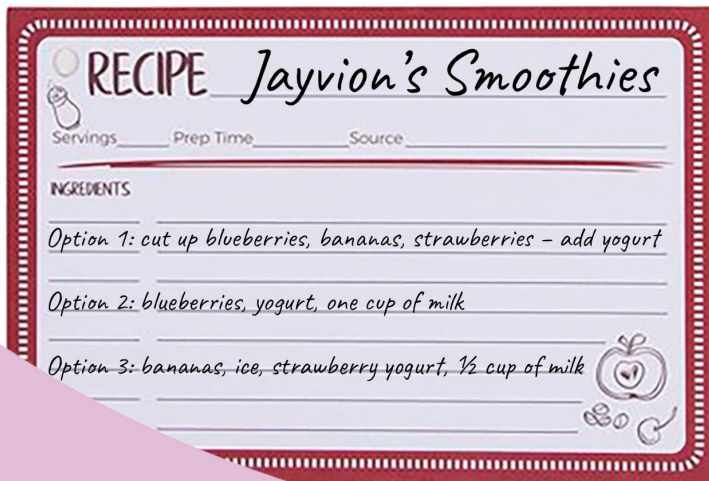
In these projects, youth dream up how they might want to express themselves, what's important to them, what they like to do and what they might want a family to know. The end result turns into videos, pictures, podcasts – really any option is on the table.

Some teens have a lot to say and want to seize a platform to share a lot about themselves with families. Others like the opportunity to share more about one of their passions

(such as Jayvion showcasing his cooking skills), and it's fun to help them create something that they can be proud of.

We keep the start of these projects intentionally open-ended, so teens can really engage with the basic questions: "What would I want to share with potential families, and how would I want to share it?"

If you are interested in having your own IDP, tell your worker to reach out to Jennifer_Brooks@JudsonCenter.org. If you would like to see profiles that your peers have created, go to https://indepthprofiles.mare.org/profiles/

RECIPE **Jayvion's Smoothies**

Servings_____ Prep Time_____ Source_____

INGREDIENTS

Option 1: cut up blueberries, bananas, strawberries – add yogurt

Option 2: blueberries, yogurt, one cup of milk

Option 3: bananas, ice, strawberry yogurt, ½ cup of milk

Calendar

April 30
In-Person MARE Meet & Greet Bloomfield Township
11 a.m.-2 p.m.

May 21
In-Person MARE Meet & Greet Stevensville
10 a.m.-3 p.m.

June 18
In-Person MARE Meet & Greet Holland
11 a.m.-2 p.m.

For more information, contact jessica_thompson @judsoncenter.org or call 734-528-2070.

Take note: Watch for notices of upcoming Meet & Greets on www.mare.org and on Facebook and Twitter.

Fun fact

The DeZwaan Windmill in Holland, Mich., is the only authentic Dutch windmill operating in the United States. It grinds locally-grown wheat into flour. The windmill was brought from the Netherlands to Holland in 1964, and its name is Dutch for swan.