

## Workshop Descriptions continued

### Fun Time Activities Pound

Pound is a Cardio Jam Session inspired by energetic drumming with lightly weighted drumsticks 'Ripsticks.' Become the music for a full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out!

### LARPING to Better Advocacy

Dungeons and Dragons The attendees are split into several groups. Each group will designate roles to the participants relevant to the foster care system (e.g. foster youth (tank), youth advocate (warrior), social worker (healer), CASA/ legal support (archer), and facilitator (dungeon master). The participants will then create a character sheet based on their character class, identify their skills (attack moves), and work with their team to overcome adversity and complete their quest.

### Making it on Your Own: Money Management & Sticking to a Budget

This workshop will focus on the essentials of money management for independent living. Topics covered include creating (and sticking to) a monthly budget, opening a checking and savings account, how to write a check (and pay your bills online), and what to consider before getting a credit card.

## Workshop Descriptions continued

### Nutrition on a Budget, Plan, Shop and Save

Participants will be able to learn how stretch their food dollar. They will learn the basics of shopping on a budget. They will learn how a grocery store is set up, and how to navigate through a grocery store effectively. They will learn how to avoid spending their money on foods that are processed and more expensive. Participants will also learn basics of food safety. They will be able to prepare and store food safely after their trip to the grocery store.

### Rethinking Violence: Prevention 101

This activity-driven class addresses the issues with how our society addresses violence and how we can better prevent assault. Participants begin by deconstructing common "safety tips" (be aware of surroundings, use a buddy system, don't drink/watch your drinks, etc.) in order to understand how common advice oftentimes contains factors that are known to contribute to violence. Factors like victim-blaming and denial can play a key role in how our society develops its safety advice, which is counterproductive, at best. The class then will look at ways to act to prevent violence – both as acting as a bystander, as well as by challenging gender roles and acceptance of norms that are supportive of violence. • CRITICAL THINKING around socialization and gender norms and how they can affect sexual violence • MEDIA ANALYSIS of the violence we see portrayed most often and how that relates to biases • UNDERSTANDING of the role bystanders and community members can play in preventing and interrupting violence.

### Rise Up

The RISE Up Workshop will be focused on recognizing personal strength and resiliency within our own stories to RISE Up and create the life we want. There will be music, interactive activities, and some visual media.

## THANK YOU!!

### To our Donors/Sponsors

Many thanks to Mr. David Romero for conducting the Karate session.



Montañas del Norte  
Area Health Education Center



## Workshop Descriptions

### Breaking the Cycle of Generational Involvement with the System

The panel will answer questions and provide concrete advice based upon their personal life experiences navigating through the turbulence of being in foster care. They will discuss how they were able to overcome the various obstacles, how they were able to create a positive life after the negative experiences in their past, and ultimately what they have done to break the cycle.

### Choosing a Career, One Day at a Time

"What do you want to be when you grow up?" Does this question stress you out? If you don't have an answer, don't panic. Choosing a career is about learning, reflecting, and choosing what works for you, and you don't need to tackle it all at once. In this workshop, we will explore individual interests and skills, through discussion, writing, and taking some individual quizzes to find out about different careers.

### Cyber Safety / Cyber Bullying: Tips to Staying Safe Online

The Office of The Attorney General is dedicated to keeping our children and youth safe from Internet Crimes. As the home of The Internet Crimes Against Children Task Force, The Office of The Attorney General provides a cyber safety presentation that boldly acts to educate and empower youth and adults on the dangers of the internet. This presentation covers potential internet threats, how to prevent internet crimes against children and solutions to issues such as cyber bullying, and online predators.

### Fire Safety in the Home

Getting familiar with your home and what to do in case of an emergency is important. This presentation will help with understanding some of the hazards that present themselves and what can be done to help prevent emergencies and fires, understanding what resources are there for you.

## Speakers

### Opening Speaker



**Anna Gennari**

Ms. Gennari is a Project Coordinator with Building Futures & Foundations, a local initiative aiming to improve the path from foster care into adulthood. Her passion for working with young people comes from her personal experience navigating group homes and managed-care facilities through the juvenile justice system.

### Closing Speaker



**Dr. John DeGarmo**

Dr. DeGarmo wrote his dissertation on The Challenges that Foster Children Face While in Rural Schools, and is the author of several books, including “Helping Foster Children in School”, the training book “The Foster Parenting Manual”, as well as the foster care children’s book “A Different Home”. Dr. DeGarmo has spoken with/trained foster parent associations, businesses, and numerous nonprofit organizations. He is also a regular contributor to the Huffington Post, several publications and newsletters throughout the USA and Europe on the topic of foster care and parenting. Dr. DeGarmo has been a foster parent for over thirteen years, now and is the host of the radio show “Parent Factors” with Dr. John.

## NM Foster Youth Document Of Responsibilities

This Document of Responsibilities was created by Adelante, a unique group of foster youth who serve as the voice for all children and youth in the foster care system. This document is to be shared with all youth in foster care and should accompany the New Mexico Foster Child & Youth Bill of Rights. These responsibilities are to be posted in CYFD offices, and shared with staff and foster parents who work with foster youth. Furthermore, Adelante asks that the spirit of these responsibilities be viewed toward encouraging, uplifting and supporting the foster youth in their development and successful transition toward young adulthood.

*I will always try to do my best to make positive decisions concerning my life. There is a guarantee that I will make mistakes while I grow, but I will try my hardest to learn from them. I respectfully ask that you do not judge me by my past or present mistakes, and that you do not hold them against me. When I make mistakes I will take full responsibility and accountability for my actions, and I will accept the consequences. I will do my best to ask for help when I need it ... but, please remember, I may not always know how to ask for help, and I may need you to gently and respectfully guide me. I promise to respect myself and others, trying my hardest to treat everyone as I would want them to treat me. I will always try to live my life better and to take advantage of the opportunities provided to me. I promise to make every effort to work, to the best of my ability, in all areas of my life, especially in the areas of my education. I will try to remember that I make the choices, I make the difference, and that it is me and my actions that make the biggest difference in my life. I promise I will try hard to define my goals for my future, and to make genuine and serious efforts to accomplish my goals. Even if I am afraid, I promise myself and others that I will speak up for myself if I feel my rights have been violated. Know that I will always remember where I come from, the good and the bad; although I recognize that my past defines who I am today, it does not define my future.*

## What is LUVYANM

Leaders Uniting Voices Youth Advocates of New Mexico (formerly Youth Advocates for New Mexico/Adelante), is a non-governmental youth advocacy and advisory board composed of youth from around the state who represent current and former foster care youth. The board evaluates policies and practices of the child welfare system and advocates for system improvements. LUVYANM educates other youth, resource families, child welfare workers, and the general public on issues related to youth in foster care.

### What has LUVYANM accomplished?

- Successfully advocated for Medicaid coverage for youth aging out of foster care through age 26.
- Successfully advocated with the legislature for Youth Attorney representation starting at age fourteen for youth involved in the child welfare system.
- Successfully advocated for CYFD Protective Services to contract with an outside fiscal agent so that youth may access funds available to them through the federal Chafee Act.
- Successfully advocated for changes to the New Mexico Children's Code in order to allow youth in foster care to obtain driver's licenses.
- Completed a New Mexico Foster Youth Bill of Rights and New Mexico Foster Youth Responsibilities which is included in the New Mexico Foster Parent Handbook.

## Wednesday Agenda continued



8:45 - 9:00pm	Prepare for dance
9:00 - 10:30pm	Ice Cream Social ( <i>El Tovar room</i> )
9:00 - 11:30pm	Dance w/DJ Mike ( <i>Kachina room</i> ) Movies/Video games ( <i>Nambe room</i> ) Board games/Card games ( <i>Tewa room</i> )
11:30 - 11:45pm	Chaperone check-in
11:45pm - 12:00am	Youth in rooms

## Thursday Agenda

7:30 - 8:45am	Breakfast ( <i>Kachina room</i> )
8:45 - 9:00am	Chaperone check-in
9:00 - 10:45am	Closing Speaker ( <i>Kachina room</i> ) ~Dr. John DeGarmo
10:45 - 11:00am	Closing Remarks ( <i>Kachina room</i> )
11:00am - 12:00pm	Check out/Key turn-in/Lunchbox/Goodbye ( <i>El Tovar room</i> )



## Wednesday Agenda continued

## What else does LUVYANM do?

12:00 - 1:00pm	Lunch ( <i>Courtyard</i> )
1:00 - 1:15pm	Chaperone check-in
1:15 - 2:30pm ( <i>Kachina room</i> )	<u>Workshop Session 3</u> Cyber Safety/ Cyber Bullying: Tips to Staying Safe Online <i>Presenter: Erica Davis-Crump</i>
( <i>Nambe room</i> )	LARPING to Better Advocacy <i>Presenter: Andrew Salazar</i>
( <i>Boardroom</i> )	Fire Safety in the Home <i>Presenter: Geronimo Griego</i>
2:30 - 2:45pm	Chaperone check-in
2:45 - 4:45pm	<u>Activities</u> ( <i>movies, swimming, fire house demo meow wolf, Santa Fe mountain center</i> )
4:45 - 5:00pm	Chaperone check-in
5:00 - 6:00pm	Dinner ( <i>Kachina room</i> )
6:00 - 7:00pm	Engaged Presence ( <i>Courtyard</i> ) <i>Presenter: Matthew Sexton</i>
7:00 - 7:15pm	Chaperone check-in
7:15 - 8:45pm	Town Hall ( <i>Kachina room</i> )


- LUVYANM meets on a monthly basis to carry on their regular business.
- LUVYANM plans the annual independent living youth conference.
- LUVYANM serves as the youth advisory board to the System of Care grant.
- LUVYANM participates in regular community service projects
- LUVYANM participants support each other in developing leadership skills.

**NOTES**

**Wednesday Agenda**



	7:30 - 9:00am	Breakfast ( <i>Kachina room</i> )
	9:00 - 9:15am	Chaperone check-in
	9:15 - 10:30am ( <i>Kachina room</i> )	<u>Workshop Session 1</u> <i>RISE Up</i> ~ <i>Presenter: Anna Gennaria</i>
	( <i>Nambe room</i> )	Rethinking Violence: Prevention 101 ~ <i>Presenter: Alena Schaim</i>
	( <i>Boardroom</i> )	Choosing a Career, One Day at a Time ~ <i>Presenter: Catherine Hummel</i>
	10:30 - 10:45am	Break ( <i>no food</i> )
	10:45am - 12:00pm ( <i>Kachina room</i> )	<u>Workshop Session 2</u> Breaking the Cycle of Generational Involvement with the System ~ <i>Presenters: Delilah Trujillo, Erica Padilla &amp; Crystil Rosas</i>
	( <i>Nambe room</i> )	Nutrition on a Budget, Plan, Shop and Save ~ <i>Presenter: Gabriel Gomez</i>
	( <i>Boardroom</i> )	Making it on your own: Money Management & Sticking to a Budget ~ <i>Presenter: Dawn Iglesias</i>

 Tuesday Agenda		NOTES
2:00 - 4:30pm	Registration ( <i>El Tovar room</i> )	
2:00 - 4:45pm	Reception ( <i>Courtyard</i> )	
4:45 - 5:00pm	Chaperone Introductions ( <i>Hallway outside of Kachina room</i> )	
5:00 - 6:00pm	Dinner ( <i>Kachina room</i> )	
6:00 - 6:15pm	Chaperone check-in	
6:15 - 8:00pm	Opening Remarks and Opening Speaker <i>RISE Up ~Anna Gennari (Kachina room)</i>	
8:00 - 8:45pm	<u>Fun Times Activities</u> Karate ( <i>Nambe room / Courtyard</i> ) Pound ( <i>Tewa room</i> ) Games ( <i>TBA</i> )	
8:45 - 9:00pm	Break ( <i>El Tovar room</i> )	
9:00 - 9:30pm	LUIVYANM Update ( <i>Kachina room</i> ) Chaperone Meeting ( <i>Nambe room</i> )	
9:30 - 10:30pm	Youth/Chaperone Activity ( <i>Kachina room</i> )	
10:30-10:45pm	Chaperone check-in	
10:45 - 11:00pm	Youth in rooms	

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# 2016 Independent Living Youth Conference



*The Strongest Trees  
Grow on the Windiest Hills*

