

# Connecting YOUTH Newsletter



## Focus 2018 Youth Conference

Two members of Anchor House's Youth Advisory Council traveled to Louisville, Kentucky this month for the four-day National Safe Place Network, Heart of the Matter conference. The YAC members participated in the opening conference workshop, a Fishbowl activity where they along with five other youth participants discussed youth safety, what it means to be safe as well as how they think safety can be achieved and expressed what professionals/adults should know to create change. The audience of professionals listened in and watched the interactions of the youth without engaging with them until the end when they were allowed to ask questions. The YAC members attended eight workshops throughout the four days, learning about Choosing Paths to Success, What it means to have Character, Human Trafficking Survivors, Work Ethic, Significance of Listening, the Dynamics of Secrets and other relevant information. They participated in the Run Away games, a 39 year-old tradition to the National Safe Network for youth organization that brings participants together for a competitive interactive game. The YAC members were part of a team that won this game and became the first ever youth/young adult team to take home the Run Away Games trophy.

This conference gave the members an opportunity to network with professionals from over 14 different states in the country and learn about what their respective programs were doing to help youth/young adults. They spoke about their work within the Youth Advisory Council, what Anchor House programs offer the youth and young adults in the Trenton community and what their personal vision is for reducing youth violence and homelessness. The members shared their goals for the future and their commitment to working alongside professionals to make strides for a better community. They traveled to two Safe Place sites where they saw how these facilities operate as opportunities for youth to come into their settings to receive support from Safe Place staff members. On the final day of the conference the YAC members took part in opening a Time capsule that was sealed by youth over twenty years ago, reviewing statements they made about change they wanted to see in the world as well as other items relevant to this time period. The members and other conference participants included their own statements about what they would like to see changed in the next twenty years along with placing some items of their own into the capsule to be opened in 2038. Lastly, the members toured the Muhammad Ali Center and saw multimedia presentations, interactive exhibits, historical videos, images, and artifacts about Muhammad Ali.



# Connecting YOUTH



Hi! My name is Lindsay Plaza and I joined the Connecting Youth program as a Success Coach in June. I have always heard about the great events and causes associated with Anchor House, and I am very excited to join the team! I enjoy arts and crafts, cooking, traveling, and I am a proud mother of a 7-month old. I completed my Bachelors in Psychology at Rutgers University and my Masters in Counseling at Rider

University. My education and training have brought me into a wide range of work experiences – I have worked with children and adults in early intervention, therapeutic foster care, summer camp, day program and school settings. Although these roles are varied, they all allowed me to meet amazing individuals and appreciate the way relationships can make positive impacts. I look forward to meeting even more amazing youth through the Connecting Youth program! As a Success Coach, I am eager to begin guiding youth towards identifying, reconnecting and maintaining positive relationships that will help them reach their personal goals and live their best lives possible.



## Rapid Rehousing

The Rapid Rehousing program has gained its wings to fly high here at Anchor House Inc. The young people that have been accepted are working, attending school or setting realistic goals to accomplish soon. Now that the program is on its way, this August we will begin a series of community engagement activities.. In addition we will also have monthly Life Skills groups.

### Topics:

- Money Management
- Short/Long Term Goals
- Credit Repair
- Jobs vs. Careers

### Community Activities:

- Bag Lady (fill used purses with hygiene and feminine products and pass them out to homeless women in community)
- Manpower (fill bags with condoms, sanitizer and hygiene products and pass them out to homeless men in community)

## 3D Printing: What an experience

Gulu Brewer had Mr. Dalton Fowler come to visit Anchor House from New Egypt High School on a Friday afternoon. He is a high school STEM teacher (Science, Technology, Engineering, and Math) and he brought a 3D printer, some 3D printed samples, and taught a class on 3D printing. Youth logged in on laptops and signed into tinkercad.com. This website allows people to design objects in simulated 3D space and then print them. The class Mr. Fowler taught followed a similar format that he uses for his high school classes. Once everyone was logged in and settled he walked us through how to make our own Pac Mans. He went step by step, teaching us how to introduce different shapes, how to resize them, how to group multiple shapes into one larger shape, and most importantly how to fix our mistakes. Usually he would follow up that lesson with having the students design whatever they want, but that didn't happen for us because the youth were so engrossed in their Pac Mans and asking Mr. Fowler questions that the class actually ran an hour longer than it was supposed to. The participants really had a lot of fun and got exposed to some cool technology and hopefully it will inspire them to learn more about STEM moving forward.



## FAMILY COMES TOGETHER

By Glaedr

Family comes together  
For always and forever  
In sickness and in health  
In poverty or in wealth  
Family comes together  
For always and forever  
Without any reason  
Anytime or any season  
Family comes together  
For always and forever  
In death or in life  
In happiness or in strife  
Family comes together  
For always and forever  
In anger or in kindness  
Whether all seeing or in blindness  
Family comes together  
For always and forever  
Whether for work or for play  
They somehow find a way  
For family to come together  
Because families are forever

The words of this poem express the seasons of family connections. Families may not be perfect but they are forever. As you work on building your bridge links to a stronger path towards your family, just remember that the feeling of togetherness will come through during all the different times as mentioned in this poem. Connecting YOUTH Bridging Lasting Connections can assist you as you experience changing feelings towards your family members. Don't forget you can call anytime: 609-610- 9650 and ask for Ms. Danette.

Though it is still summer, the school year is right around the corner so it's essential to have the tools you need to have a successful school year! Here are some tips and tricks to prepare you for school in September.

**READ-** Your chances of having summer reading projects might increase in each grade you advance in. Make sure to read your summer books. You might be tested on them!

**STUDY-** It might seem boring, but studying can help you stay ahead of the game, and refresh your mind on subjects.



**START TO WAKE UP EARLY-** Go on and get into the pattern, so you won't be as slouchy, Monday morning.

**GET WHAT YOU NEED-** If you wait until the week before, everybody will be out there and take most of the items.

**GET ACTIVE-** Especially if you are a part of a sports team. Go out for walks, jogs, and make use of outdoor exercise equipment. Can't forget P.E!

**MAKE A PLAN-** It's important to create & stick to a consistent routine and to make sure you get enough sleep.

### The Connect to Home Corner - Credit 101 Series

Connect to Home hosted their first ever community tenant meeting luncheon style at China Grill Buffet in Hamilton Marketplace. During the meeting the tenants engaged in a credit survey quiz, processed items that will appear on your credit report such as: bankruptcies, account information on existing loans i.e. school loans, car loans, open credit accounts, court judgments, evictions, and **YES** even every time you apply for a new Macy's, Walmart, H&M, Target, Sears Best Buy etc. store credit cards even those inquiries show up. There was also discussion of ways in which credit is important and has a positive and negative effect on your abilities to do the following:

- ◆ Land Your Dream Job
- ◆ Affordable Insurance Plan
- ◆ An iPhone
- ◆ An Apartment



**Facts:** Your Credit Score is used to measure:

Your Personality

How Financially Savvy You Are

**Your Ability To Repay Your Debt**

How Much Money You'll Make After Graduation



**Mindfulness...** It's a pretty straightforward word. It suggests that the mind is fully attending to what's happening, to what you're doing, to the space you're moving through. Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us. In the month of July, the Life Skills Group Class has met and discussed and Learned about Mindful practice. Participants in the group have reported increased problem solving skills and decreased negative reactions and thoughts. Life Skills Group takes place Mondays and Thursdays at 4:30pm, at the Outreach office. In the month of August we will continue our Mindful practice and incorporate problem solving skills tips and Practical application of Mindfulness in everyday life. We are so excited to offer some surprise guest speakers in these areas! Please contact Reana: (609) 218-5630 for more information! We would LOVE to see you there!

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## Group Calendar August 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Mtg w/ Men for Hope 5pm @ Greenwood	2 Youth Engage- ment Mtg @ Life- Ties 5:30pm  Life Skills Group @Outreach 4:30- 5:45 pm	3	4
5 Volunteer @ Special Olym- pics (Great Adventure) 8am-4pm	6 Life Skills Group @Outreach 4:30 -5:45 pm	7 Various Locations 	8 Trenton Policy & Prevention Mtg 3-5pm	9 Life Skills Group @Outreach 4:30-5:45 pm	10	11
12 Volunteer Men for Hope Block Party 12-5pm	13 Life Skills Group @Outreach 4:30-5:45 pm	14 YAC presenting @ Staff Mtg 5pm	15	16 Life Skills Group @Outreach 4:30-5:45 pm	17	18
19	20 Life Skills Group @Outreach 4:30-5:45 pm	21 YAC 7 Habits Group @ Green- wood 4:30pm  Game Night @ Anchorage 4:30-7:30 pm	22	23 Life Skills Group @Outreach 4:30-5:45 pm	24 Talent Show 2-7pm	25 YAC Volunteer @ Slackwood Church 6-9pm
26	27 Life Skills Group @Outreach 4:30-5:45 pm	28	29	30 Life Skills Group @Outreach 4:30-5:45 pm	<p><b>Getting Connected:</b></p> <p>Shelter: 609-396-8329</p> <p>Anchorage: 609-989-1625</p> <p>Connecting Youth: 609-439-4215</p> <p>Outreach: 609-218-5630</p> <p>School Outreach: 609-396-8329</p> <p>NJ Abuse Hotline: 877-652-2873</p>	