

Mockingbird Times

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Foster Care and Homeless Youth Speak Out Across the Nation

INSIDE



The Mockingbird Society
Building a world-class foster care system



SPECIAL YOUTH ADVOCACY DAY EDITION



System Reform

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youth reporters



Diamonique Walker
Sr. Network Representative



David Buck
Sr. Network Representative



Amanda Bevington
Network Representative



Deonate Cruz
Network Representative



Samantha McDonald
Network Representative



Mandy Urwiler
Network Representative



System Reform David Buck

Youth Network Has Responsibility and Right to Speak Up at YAD 2012

We live in a very interesting, and difficult, time in our State's history. By now many of us are aware how the harsh economic environment has affected foster care systems and the supports youth in care have access to. The challenges aren't just regional; the news these days reminds us constantly that economic hardships can be seen in nearly every aspect of American life.

Despite these hardships, there are pillars of hope standing tall around us. This hope is related to our constitutional rights. These rights (like the rights to free speech and assembly), held sacred since our nation's founding, are more than just rights, they're responsibilities. And as we approach Youth Advocacy Day (YAD), the economic and political challenges we face makes what we do now all the more important.

Since its founding, The Mockingbird Society has worked to create powerful outlets for youth voice. With the guidance and support of The Mockingbird Society, the Mockingbird Youth Network has advocated for and helped pass laws that have improved the foster care system.

We have advocated directly with the community, with legislators, and through the *Mockingbird Times*. When times were economically prosperous it was easier to advocate, but now, in these difficult times, is when the Network will show its real potential.

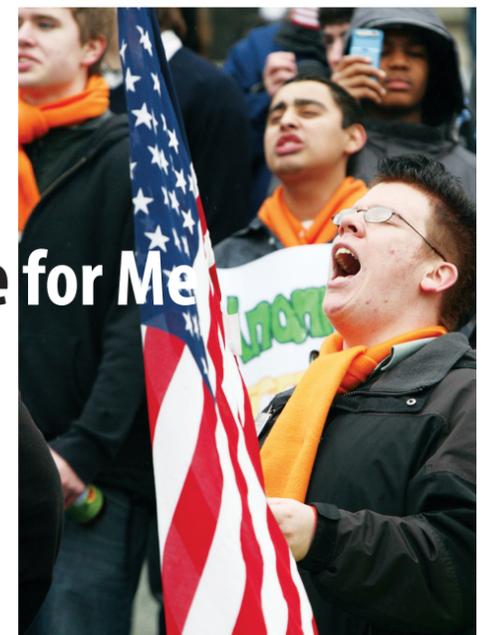
The economic recession that began in late 2008 hit the state of Washington hard. Every budget cycle, the state has to approve a balanced budget, and many services,

including those related to foster care, have already lost critical funding. Back in 2008, the Mockingbird Youth Network had only just begun, and with the recession there were many reasons to temper expectations about what our advocacy could accomplish.

But those that participated in the Network's beginnings were dedicated to the task of advocacy and the responsibility we felt because we had a voice and could influence the democratic process. And from 2008-2011, the Mockingbird Youth Network helped support several bills that became laws. Despite constant statewide economic hardship, we were still able to help pass effective policies and even got the State to expand some services. We were able to pass bills such as 2011 Unannounced Visits, which improves safety for youth living in foster homes, and we succeeded in getting the State to begin implementation of the *Federal Fostering Connections Act*. In times of

hardship we have shown our powerful voice to be an effective catalyst for change.

And as we approach Youth Advocacy Day 2012, we bring with us a legacy that goes beyond the Network's tremendous success. We come with an American legacy; an American responsibility to speak up for what we believe is right. We come knowing that the quality of life for kids in foster care is at stake. At The Mockingbird Society, our vision is to create a world-class foster care system, and as long as there are young people who have a voice and are willing to use it, we will continue to move the system in that direction.



Garrett Nadeau made his voice heard in Olympia during YAD 2011; this year he'll be back again to advocate for safe housing programs for youth aging out of care, like Foster Care to 21.

The Mockingbird Society's 2012 Legislative Priorities:

Protect, maintain and expand critical services!

Protect Adolescent Services

- Responsible Living Skills Program
- Street Youth Programs
- Family Reconciliation Services

Maintain Child Welfare Funding

- Child Placing Agencies
- Office of Family & Children's Ombudsman

Expand Safe Housing

- Pass HB 2592 (Extended Foster Care)
- Pass HB 2048/SB 5952 (Homeless assistance surcharge)

Call to Action!

Call the legislative hotline:
1.800.562.6000

Urge your legislators to help Washington's children, youth and families by supporting these priorities!

For more information, visit www.mockingbirdsociety.org/advocacy



Special Contribution Garrett Nadeau

Foster Care to 21 Made a Difference for Me

The end of high school is an exciting time to begin planning for new experiences. For me, and many youth in foster care, this moment was complicated by mixed emotions and serious concerns. Making the transition to college or vocational skills training requires many types of support. But, when a foster youth turns 18 all forms of assistance from Washington state stop, including the promise of secure housing. Thanks to the efforts of The Mockingbird Society and the Washington State Legislature, I was able to turn to the Foster Care to 21 Program which allows youth pursuing a post-secondary education to have a safe place to

live. Qualified participants in this state-funded program are ages 18-21 and have already earned a high school diploma or GED. As of this writing there are 83 total spots in this rolling-admissions program.

When I was 17, I began meeting with my Independent Living (IL) caseworker to determine what options were available to me if I wanted to continue my education. The IL program helps teens transition into safe housing and an independent life. I decided to apply for Foster Care to 21 because I wanted the peace of mind that if things

Care to 21 on page 4



"Providing extended foster care to youth pursuing post-secondary education provides a \$1.35 return for every tax dollar spent."
[Letter from the Editor](#)



"I am proud to work with such a diverse team, whose unique qualities help expand our Youth Network and bring us closer to achieving our mission of building a world-class foster care system." [Meet Our Staff story](#)

our team

Senior Management

Jim Theofelis, *Executive Director*
 Ros Ghan, *Deputy Director*
 Tiffany Washington, *Youth Programs Director*
 Brian Lawrence, *Development Director*
 Beth Vance, *Finance Director*

Staff

Jon Brumbach, *Public Policy & Communications Coordinator*
 Bailey Buckingham, *Mockingbird Network Program Assistant*
 Aine Cowan-Kuist, *Administrative Coordinator*
 David Forte, *Evaluations and Database Coordinator*
 Lauren Frederick, *Executive Assistant*
 Fredrick Kingston, *Network Coordinator*
 Kylie Palzer, *Development Coordinator*
 Virginia Philbrook, *Receptionist*
 Georgina Ramirez, *Youth Development Specialist*

Resource Specialists:

Jerry Bobo, Seattle
 Sarah Mahaffy, Spokane
 Tammy Soderberg, Yakima
 Kate Storms, Everett
 Selona Willette, Tacoma & Olympia

Senior Network Representatives:

David Buck
 Diamonique Walker
 Network Representatives:
 Amanda Bevington
 Samantha McDonald
 Mandy Urwiler
 Deonate Cruz

Contributing Writers & Artists:

Garrett Nadeau
 Malia Hargrave
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Letter from the Editor



Please join us February 10th from 9:00am to 1:30pm at the Tivoli Fountain on the Capitol Campus in Olympia for our annual Youth

Advocacy Day! Every year we bring youth from across the state who have been impacted by the child welfare system to the Capitol to bring their voice directly to our elected officials.

This year's Advocacy Day comes at a critical time. As the legislature works to address the over \$1.5 billion budget shortfall, youth will be urging legislators to protect, maintain and expand safe housing programs for youth in care in the final budget. Additionally, youth will be advocating for the passage of HB 2048/SB 5952 — Home Security Fund surcharge, and for HB 2952

— Extended Foster Care. HB 2048 and SB 5952 would provide additional resources for important programs like HOPE Centers and the Independent Youth Housing Program. HB 2952 represents Washington's next step towards fully implementing the federal *Fostering Connections Act*, providing a 50% funding match for programs that extend foster care to 21. This bill allows youth who pursue a college, vocational or other post-secondary education to remain in care, providing them an opportunity to focus on success instead of survival. In addition to qualifying the state for federal funds, providing extended foster care to youth pursuing post-secondary education provides a \$1.35 return for every tax dollar spent according to the Washington State Institute for Public Policy.

This year's Youth Advocacy Day priorities represent the importance of advocacy in difficult times. We must ensure that effective and important services are preserved as we

build a world-class foster care system. I hope you will join us on February 10th at 9:00am at the Capitol to help us remind legislators that we cannot balance the budget on the backs of our children, youth and families!

If you plan on attending, please register online at www.mockingbirdsociety.org. If you are unable to join us, you can still help! Visit www.mockingbirdsociety.org/advocacy to find out more about our priorities and how you can advocate for system reform during this important time.

Thank you for your unwavering support for children, youth and families.

Sincerely,

Jim Theofelis
jim@mockingbirdsociety.org



Pay It Forward
 Diamonique Walker

New Staff Help Build World-Class Foster Care System



New Mockingbird Society staff members Kate Storms, Fredrick Kingston, Sam Martin, Bailey Buckingham and Selona Willett (not pictured) are working to make YAD 2012 the most successful yet.

Over the past few months The Mockingbird Society has made some wonderful new additions to our dedicated and mission-driven team. These five new staff members are passionate about helping build a world class foster care system.

Fredrick Kingston, the Mockingbird Youth Network Coordinator, has been a part of the team since last June. In his words, "Of all of the responsibilities I have, I am most excited about working directly with the young adult staff and coordinating the production of the *Mockingbird Times*. I have a passion for engaging young adults in authentic, meaningful youth development. Also, I have my B.A. in writing, and as a former high school English teacher, I have a strong interest in helping young writers grow their skills and change their communities through the written word."

Bailey Buckingham, who joined the team in October, is our Network Program Assistant and does a lot of the behind the scenes work that drives the Network. She states, "I wanted to work for a nonprofit with specific

focus in advocating for youth. What drew me to The Mockingbird Society was their mission to change and reform the child welfare system, always putting the youth first no matter what. I am very excited about where the organization is headed and hope to continue learning and growing as an individual and professional."

Kate Storms began in December as our new Resource Specialist for Region 2 North (Everett). She demonstrates her enthusiasm for this work with the following quote: "I'm excited to join The Mockingbird Society because of the passion and fortitude exhibited by all of the staff, Network participants and allies. My goal for 2012 is to continue engaging foster youth within my region in advocacy trainings, leadership opportunities and community partnerships."

Samuel Martin, who rejoined the team in December, is the Assistant Resource Specialist to Region 2 South (Seattle) and is no stranger to The Mockingbird Society. Sam says, "I have been involved with Mockingbird since 2006. I began as a Youth

Representative. I have also been a Chapter Member and Chapter leader. My involvement with MBS is extensive and I only want to continue. As an alumnus of care, it is important for me to improve the lives of youth in care."

Selona Willett, who started at the beginning of January, is our newest team member and is the Resource Specialist for Region 3 North and South (Tacoma and Olympia). She says, "Working in Portland (prior to joining Mockingbird) with young adults in foster care I became aware of the positive impact of The Mockingbird Society. I believe in the view that youth who have experienced foster care are the ones with the power and expertise to improve this safety net for all youth. I will focus on assisting members in Tacoma and Olympia to build strong, unique Chapters"

I am proud to work with such a diverse team, whose unique qualities help expand our Youth Network and bring us closer to

"I have a strong interest in helping young writers grow their skills and change their communities through the written word."

— Fredrick Kingston

achieving our mission of building a world-class foster care system. To me, our work shows that there are people that still care about the youth and the community. If more people value youth and community, we'll impact even more lives. Not only does Mockingbird impact the system's youth, but they impact the people that are a part of the staff as we develop professionally and promote awareness of the imperfect, but improving, child welfare system.

about us

The Mockingbird Society is a leading advocate for foster care reform built on youth-inspired solutions, powerful coalitions and public support for every children's right to a safe home and a bright future. The *Mockingbird Times* is a key component of our youth development program, the Mockingbird Youth Network. All youth reporters are paid employees, and contributors from across the country receive up to \$25 for published works. The Times is distributed nationally to more than 20,000 through our mailing list and as an insert in Real Change, a Seattle-based community newspaper. As a nonprofit organization, we appreciate your private contributions to support our youth and family programs. Donate online, by phone or mail.

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the name

The 1962 American classic **To Kill A Mockingbird** by Harper Lee is the inspiration for our name. Atticus, the widowed father of Jem and Scout, teaches them that it's a sin to kill a mockingbird because "...Mockingbirds don't do one thing but make music for us to enjoy. They don't do one thing but sing their hearts out for us." We work to bring the same commitment to our most vulnerable children, youth and families. Join us!



"You don't deserve to be abused. This is not your fault. There are people who will believe and support you. There are places you can call for help" *Domestic violence story*



"For me it is an honor to be able to hear about people's trauma and then try to help them. They have lived through it and survived one way or another; that is hard. I have the easy job." *PTSD story*



Pay It Forward
Mandy Urwiler

Resources Available to Survivors of Domestic Violence

Domestic violence (DV) affects many people around the world. There are no cultural boundaries. Rich or poor, brown or white, people in many different communities become victims of domestic violence. Luckily, there are also many resources available to survivors in western Washington.

I spoke to Michelle Dixon-Wall, who works with domestic violence victims every day and has for the last ten years. Michelle is the Specialized Services Coordinator at Safeplace Olympia. She manages programs including outreach and education, legal services, support groups, and multi-lingual services. She said that one of the best ways to be empowered again after being abused is to start making your own decisions. She also said, "Trust yourself and your instincts. If something feels unsafe, then it probably is. If you feel unhappy or dissatisfied with your relationship, that is valid. You don't deserve to be abused. This is not your fault. There are people who will believe and support you. There are places you can call for help." Some widely available services are victim and legal advocates, support groups comprised of others with similar situations to your own, emergency housing, 24/7 hotlines, and free cell phones to make emergency calls. Many DV service providers in Washington also have multi-lingual interpreters. There are also books that may be able to help you heal. Michelle recommended *Why Does He Do That?* by Lundy Bancroft, which is one book that many survivors have found empowering.



Power of One
Amanda Bevington

Coping with Post Traumatic Stress Disorder



Amanda Bevington has used her experience in care to help inform and advocate for others impacted by the child welfare system.

I am writing this article, because I am an alumna of care who has been diagnosed with Post Traumatic Stress Disorder (PTSD). I have learned that if you are experiencing PTSD, it is best if you know how to cope with your issues. I have experienced situations where I did not have the ability to cope well, and I believe if I had known some techniques and skills to help me keep my anxiety level down, then I might have not have been as impulsive or done things that I would regret later. I hope that this article

REGIONAL DOMESTIC VIOLENCE HOTLINES

New Beginnings
(Seattle area)
www.newbegin.org 206.522.9472

Washington State Domestic Violence Hotline 800.562.6025

Northwest Network (LGBTQ-oriented services) www.nwnetwork.org
206.568.7777

Turning Pointe
(Mason County)
www.turningpointe.org 360.432.1212

Safeplace Olympia (Thurston County)
www.safeplaceolympia.org
360.754.6300

There also are ways to "break the cycle" of inter-generational DV. One major way is to model healthy behavior in relationships to your children. Make sure children know that what is seen in the media is not always healthy. Teach them to differentiate between reality and fantasy. Many foster children have not seen what healthy relationships look like and have not had the opportunity to experience healthy family or romantic relationships. Michelle had a thought on foster care and domestic violence: "I think that part of the reason [youth in care sometimes engage in DV relationships] is not getting the opportunity to bond or create lasting healthy relationships with parental figures, and/or others in their lives because of constant change, moving, new siblings, and new schools. Quick involvement in a

will encourage readers, especially those who have experienced foster care, to get the help they need, because it has made a very positive difference for me.

According to www.emedicine.medscape.com, Post Traumatic Stress Disorder (PTSD) in children and adolescents occurs as a result of a child's exposure to one or more traumatic events that were life-threatening or perceived to likely cause serious injury to self or others. Those with PTSD may experience flashbacks, nightmares, have difficulty sleeping or staying asleep, and avoid people, places, or things that remind them of a traumatic event. These are just a few of the symptoms of PTSD.

Two strategies that I find helpful are engaging in therapy and monitoring my symptoms. A therapist provides support and helps you learn more effective ways to manage your PTSD symptoms. Monitoring your symptoms, which is something you can learn to do from a therapist, is a way for you

relationship is one of the big warning signs for domestic violence. Many foster youth don't get an opportunity to spend a lot of time building up to a relationship and become accustomed to new relationships more often and more quickly. With this can come trust issues, either too easily trusting, or at the other end of the spectrum, not trusting...this can lead to becoming victimized."

Perpetrators of DV should know that, if they want to stop being abusive, there are resources for them too. Michelle said, "There are therapeutic groups called domestic violence treatment groups that are created to help facilitate this change. Domestic violence perpetrator treatment is a program designed to help people who have abused a family member or intimate partner to change their behavior, with the goal of avoiding re-offense." There are state laws that govern content in domestic violence treatment programs, including state certification as a requirement. "Anger management is not recommended in cases of domestic violence because it does not address the roots of the behavior," Michelle added

Domestic violence is a real issue all over the world. Victims and perpetrators both need support, and compassion. In the words of Heidi Potter, another advocate I spoke to in writing this article, who is the Victim Advocate Program Coordinator at the Snohomish County Prosecutor's office: "It's important to not judge women who go back [to abusive relationships]. They need people to support them to get them out of these situations, not judge them."

RESOURCES FOR POST TRAUMATIC STRESS DISORDER

Harborview Center for Sexual Assault and Traumatic Stress (HCSATS)

Clinic Address: Patricia Bracelin Steel Building, 2nd Floor
401 Broadway, Seattle, WA 98104

Phone: 206.744.1600

Web: www.depts.washington.edu/hcsats/

to learn more about what situations trigger your PTSD symptoms and how to cope when they arise.

One well regarded resource for those with PTSD is the Harborview Center for Sexual Assault and Traumatic Stress in Seattle

PTSD, see page 4

upcoming

February 10, 2012

Youth Advocacy Day

9:00 am - 1:30 pm

State Capitol, Olympia

Please register online at www.mockingbirdsociety.org or by calling Network Coordinator Fred Kingston at 206.407.2134.



FEBRUARY IS BLACK HISTORY MONTH

As we work together to build a world-class foster care system, we must ensure that children, youth and families of color are not disproportionately impacted by the challenges of the child welfare system. **Racial Disproportionality** occurs when the proportion of children of color in any system, including the child welfare system, is higher than their proportion of the general population.

Recent data from the National Council of Juvenile Justice and Family Court Judges shows that the over-representation of African Americans in the foster care system in Washington state has decreased in recent years. However, the disproportionality of Native American Youth in the foster care system has increased. The Mockingbird Society is committed to ensuring that all children, youth and families have the same opportunity to a safe home, and a bright future, regardless of race.

thank you

Anonymous, Karen Armstead, Priscilla Bell-Lowe, Loren Hostek, William Jarcho & Susan Traff, Jennifer Jones & James Peyton, Stellan Keehnel, Laura Levings, Sarah Mahaffy, Wendy Marlowe, Donna Mathus, Ben & Margit Rankin, The Schultz Family Foundation, Beth Whitezel, Paul Wirsing, Patricia Wood, Victor Gonzalez, Catholic Family and Child Services, Casey Family Programs.



Art in Action
Malia Hargrave

Choice

The devil's voice echoes telling me to let go
Of faith, hope and light, all of the things that make me alive.
To welcome the abyss of hatred and anger,
To not only wager my essence, but my soul,
What makes me whole.
The angel's echo also tells me to let go.
But not the light, the dark
And its hold and mark on me.
They want me to honor and hold and watch their words unfold.
Their palace called heaven; they want me to be happy.
But why does this all make me feel hard and cold?
The light tells me this and the dark tells me that.
I don't know where to go or which one is fact
For they both tell me they're right, and the other is wrong.
But I believe this choice is mine, so be gone.
They fight over me and I can now see:
The path I have chosen, the one that is me.

We Welcome Your Work

We welcome submissions of articles, poetry, artwork, and photography from our young readers who have experience in the foster care system and/or homelessness. If you want to be, or have been, published in the *Mockingbird Times* visit www.mockingbirdsociety.org, call us at (206) 407-2134 or email us at mbt@mockingbirdsociety.org.

Note: Incoming letters to the editor and correspondence to youth under 18 years should be addressed to the *Mockingbird Times* and will be opened first by adult editorial staff.

Care to 21, from page 1

were rough at college, and at times they were, I would be able to go home to my "parents" and have somewhere to collect my thoughts and receive support.

I experienced many pressures and challenges at college and without Foster Care to 21 I am pretty sure that I would have dropped out of school and become homeless very quickly. This program gave a measure of security that I didn't imagine I would have after aging out of foster care. As a result, I did well in school and am able to function productively as a young adult.

When I reflect on the importance of Foster Care to 21 in my life what stands out is how it felt to be a "regular" student with opportunities on my horizon. As foster youth, one of the most common feelings we experience is the need to be self-reliant. Past circumstances taught me that I needed to be in control of my own life as much as possible going forward. In my opinion, one of the most important factors to



Yakima Leadership Team Planning for Success by Brandy Braxley

Region 1 South (Yakima) — Our chapter has been busy lately with great things. Our leadership team has been very successful. Brenda, Luis, Jacob, Stevie, and I get together before each of our trainings or big events, and we hold meetings to organize and prepare. Doing this has helped us improve our trainings and plan cooler events!

For example, the Mockingbird Youth Network does a training that educates foster youth what their rights are. It's called Your Rights, Your Life. Attendees, who are youth in care, learn their rights involving education, placements, sibling connections, and their rights with a social worker. We have given this training twice in 2012 already. The first time was for a group of nine participants in Yakima and the second was in Toppenish



where six youth attended. As of this writing, our chapter is expecting ten youth to attend our next Your Rights, Your Life training in the Tri-Cities on January 31st. A youth in Toppenish stated, "I learned that my school rights are important!" It was great to know the youth like the training and understand their rights better afterward, and I think we are doing a better job as facilitators because of our preparation with the leadership team. Speaking of successful trainings and events, we also gave the Culture of Foster Care

training to about 20 CASA members at Casey Family Programs in Yakima back at the beginning of December. It was a very powerful training and we received plenty of great feedback. We also had our Winter Ball on December 24th at Casey where fifteen youth showed up, and we definitely had a ball!

Our chapter met on January 21st for a chapter meeting. We started to plan for our four big and exciting events this year in the Yakima region: Spring Fling, Summer Fun BBQ at Moses Lake with the Spokane region, Harvest Festival, and Winter Ball. We have had a great start to a great year. Our chapter cannot wait for Youth Advocacy Day on February 10th! Just like every other region we want to build a world-class foster care system for ALL youth.

Region 2 North (Everett)
by Valerie Skelton



On Saturday January 14th the Everett Chapter Leaders participated in a very useful Legislative Advocacy Training in Seattle. We received great information and tips on how to facilitate this training in our region and also enjoyed meeting with the other amazing Chapter Leaders from throughout the state. We're getting geared up for making a huge impact at Youth Advocacy Day in Olympia this month!

Chapter Snapshots



Region 1 North (Spokane)
by William Mendoza



At the State Leadership Council, on January 14th, we discussed Advocacy Day and we are going to share what we learned with our chapter at our upcoming meeting. We chose Sean Reynolds, Dwayne Tolbert, Courtney Canova, Kristina Thomason and myself to represent Spokane. After wrapping up our Legislative Advocacy training on January 31st, we are going to plan a community service project!

Region 2 South (Seattle)
by Max Ream



As it comes closer to Youth Advocacy Day, we are continuing our preparation. We held our Legislative Advocacy Training on February 2nd, at the 2100 Building. It was fun to see everyone and encourage them to attend Youth Advocacy February 10th, 2012. In other news, the YMCA Center for young adults MAC Group & Region 2 South have started planning for the ILP (Independent Living Program) conference in April 2012 at the 2100 Building. See you all at YAD!

Region 3 North (Tacoma)
by Tianna Oliver



For the Tacoma Chapter, this month has solely been dedicated to preparing for Youth Advocacy Day, upcoming on February 10th. We also are getting to know our new Resource Specialist, Selona Willett. As we go through the trainings for YAD and make our posters, we also hope to fit in another day of community service, one of our chapter's favorite things to do.

Region 3 South (Olympia)
by Selona Willett



The New Year started with preparation for 2012 Youth Advocacy Day. Olympia chapter leader Chris Bauer and participant Joseph Ollom attended the State Leadership Council and Legislative Advocacy Training. The Chapter is renewing efforts to plan a special meal for families staying at the Family Support Shelter.

success for all youth is giving them security so that they have a solid foundation to study, work, and grow as adults.

I believe that this type of program is a way to stop cycles of homelessness and un-employment for alumni of foster care. As the Washington State Legislature considers what programs to support and extend this year, I urge our readers to advocate with me to protect Foster Care to 21, and qualify it for a 50% federal funding

match by passing HB 2592. The reality is that foster youth both need and deserve safe housing while they advance their futures.

PTSD, from page 3

(HCSATS). It is a place where children, youth, and adults can take advantage of programs that help them identify and work on their trauma-related issues. This clinic is great with their clients and every one of the staff is really supportive and engaging. Their

mission is to help kids and adults affected by trauma, abuse, and violence. They offer immediate assistance and advocacy for anyone in need of trauma and systems responses, crisis support, specialized sexual assault or physical child abuse medical care. When you are ready to talk, face up to what happened, and learn from your experience, I think this would be a good place to go.

In preparation for writing this article, I interviewed the director

of HCSATS, Lucy Berliner. She said something that really stuck with me: "For me it is an honor to be able to hear about people's trauma and then try to help them. They have lived through it and survived one way or another; that is hard. I have the easy job." This quote says a lot about why HCSATS would be a great place to turn if you are looking for help dealing with PTSD.