



FOOTSTEPS FORWARD

Waukesha County
Health & Human Services
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Can You Afford Not To Go To College?

By: Michelle Montez & Foster Youth to College

Did you know that according to the Foster Youth to College Advisory Group, there are approximately 400 youth who age out of foster care system each year in Wisconsin? Prior to aging out of care, 79% of Wisconsin's youth indicate a desire to go to college. However, 12-18 months after aging out of care only 55% had completed high school and only 9% had entered college.



There are many beliefs as to why the percentage of foster youth enrolling in postsecondary education is so low including not being aware of college opportunities and the student support services available to them. Youth may also believe that the cost of post secondary schooling is unmanageable. It is those reasons that I wanted to share with you some facts and some of the resources available.

In 2010, Wisconsin received funds of \$527,747 for the Division of Child and Families (DCF) Scholarship, which allowed 325 scholarships to be awarded. Unfortunately, 32 youth were turned away due to the lack of available funding. **For the 2012-2013 school year, the maximum amount of DCF scholarship that can be awarded will be reduced from \$5000 to \$4000 in hopes of allowing more youth to receive the funding.**

Education is the key to opening doors to a successful future. Studies regarding the difference in earning potential between high school graduates and those who have earned a bachelor's degree indicate there will be a gap of more than \$500,000 in their incomes over a lifetime. In other words, college graduates earn nearly 60% more than those with only a high school diploma do. Money is not the only or even most important reason to attend college! College graduates report they are happier with their jobs, have better health insurance coverage, benefits, and are generally more satisfied with their lives! People who do not participate in post secondary training are three times as likely to be unemployed than those with some post high school training. According to the US Department of Labor, Bureau of Labor Statistics, 21 of the 30 fastest growing jobs in the US require some type of post secondary education. Can you afford not to go to college?

Wisconsin Technical Colleges & Careers

Wisconsin Technical Colleges offer more than 300 career education programs at 16 different colleges throughout the state. No program takes longer than two years of full-time study and many can be completed in a year or less. Great educational choices exist that lead to great careers. Technical colleges may also be an option for students who need to build their academic skills. The Wisconsin Technical College website offers all kinds of great information and links to all 16 Wisconsin technical colleges at <http://www.witechcolleges.com>.

Wisconsin Private Colleges & Universities

The Wisconsin Association of Independent Colleges and Universities (WAICU) includes 21 great colleges and universities. Large and small campuses throughout the state offer hundreds

of majors and programs of study that lead to four-year degrees. In addition to information on Wisconsin's 20 private colleges and universities, the Wisconsin Mentor site at <http://www.wisconsinmentor.org> includes free ACT or SAT test prep, career exploration and plenty of helpful advice to plan and prepare for college. Student Access Center representatives are available to assist youth at 800-4-DEGREE (800-433-4733) ext 227.

University of Wisconsin System

The University of Wisconsin System includes 13 two-year campuses, 13 four-year campuses and UW-Extension. With 26 great campuses throughout the state, each with plenty of opportunity, there's something for everyone! Visit UW HELP Online at <http://uwhelp.wisconsin.edu> for information on planning for college, careers, majors, admission, financial aid and much more. Talk with educational advisors by calling UW HELP at (800)442-6459 to learn more about University of Wisconsin campuses and college planning.

Wisconsin Educational Opportunity Program

The Wisconsin Educational Opportunity Program (WEOP) provides great information about state scholarships, loans, grants, and other aid to students. In addition to financial aid information, youth can participate in other opportunities provided by WEOP. Services and programs may include postsecondary counseling, campus tours, ACT preparation, financial aid counseling, help with completion of the Free Application for Federal Student Aid (FAFSA) and more!



The WEOP staff is ready, willing, and able to assist students with college planning and other program opportunities like Talent Search, GEAR UP, and precollege program enrollment. WEOP Offices are located in Ashland, Eau Claire, Green Bay, Madison, Milwaukee, Racine and Wausau. Visit the WEOP website at <http://dpi.wi.gov/weop> for more on the program and opportunities, as well as local contact information.

Financial Aid

The only thing more expensive than going to college is not going to college! Youth coming from foster homes are considered independent for financial aid purposes and are eligible for a significant amount of federal and state financial assistance. There are many informative websites available on financial aid. For information on federal student aid, visit Student Aid on the Web at <http://studentaid.ed.gov>. Visiting financial aid sites at colleges and universities of interest is also very helpful.

***Note: Any Youth placed in out-of-home care anytime after age 13 are considered "independent" for financial aid purposes meaning only the youth's income and assets are considered. Post secondary schools may need verification of a youth being in out-of-home care after age 13 - your county's worker is able to provide the necessary documentation.**

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Is This Love: Teen Dating Violence

By: Adoption Resources of Wisconsin - ARW/FCARC

R&B singers Rhianna and Chris Brown made news headlines with their violent dating relationship. On the night before the Grammy music awards, while sitting in a luxurious sports car, Chris Brown punched, choked and bit Rhianna, according to police records.

He threatened her life, he shoved her head against the car window and he bloodied her mouth. Despite being well known and famous, this couple is only one of many young couples that are in a violent dating relationship.

Are you in a relationship that is abusive or could turn violent? Do you know somebody who is?

Who does it affect?

Young people between the ages of 16 and 24 are at the highest risk for dating violence. One in five teens in a serious relationship report having been hit, slapped, or pushed by a partner, and physically or sexually abused. You may know others who have been hurt, hit, punched, kicked or slapped by their boyfriend or girlfriend.

Dating violence happens in straight and gay relationships, in casual and serious relationships, in wealthy and not-so-wealthy homes, and among any race. In short, dating violence may happen to anyone at any time. Some violence may happen only once in a while, and some violence may be very frequent between the partners.

What is it?

How do you know if you are in a healthy relationship or one that could become violent and unsafe? Teen dating violence is not an occasional argument or a bad mood after a hard day. It is a *pattern* of controlling, abusive and aggressive behavior that can cause injury and even death.

Continuing in this kind of unhealthy relationship can be dangerous. You may be involved in potentially abusive relationship if your dating partner shows one or more of the following:

- Control
- Verbal and emotional abuse
- Physical abuse
- Sexual abuse

Controlling behavior may include:

- Calling or texting multiple times to know where you are and who you are with.
- Trying to keep you from spending time with your friends or family.
- Taking charge and making most of the decisions in your relationship.
- Spreading rumors or posting personal conversations and information about you on your MySpace or Facebook page.
- Telling you what to wear.
- Having to be with you all the time.
- Name calling (“ugly, stupid, worthless, fat”).
- Being jealous of friends, co-workers, family.
- Threatening to hurt you, your family or themselves if you don’t do what they want.
- Blaming you for whatever goes wrong.

Physical abuse may involve:

- Pushing
- Shoving
- Slapping
- Pinching
- Hitting
- Kicking
- Hair pulling
- Choking



Sexual abuse may include:

- Unwanted touching and kissing.
- Pressuring or forcing sexual contact or intercourse.
- Not letting you use birth control.

Jeremy and Salina: Is this violence?

Jeremy and Salina have been dating for three months. Salina decided at the last minute to attend the school dance with her girlfriends.

During the dance, Jeremy texted Salina’s cell phone 45 times within an hour. “Who are you dancing with? Are you wearing my favorite blue blouse for the boys? Keep away from Chad or I’ll beat you both” were some of the messages he sent.

Jeremy is attempting to control Salina through threats and intimidation. Salina feels guilty for attending the dance without him. She also feels threatened and is afraid of him. She thinks that if she does not cooperate with him, he may break up with her or he may harm her. Salina and Jeremy have a relationship that involves dating violence.

How can I tell if I am in an abusive relationship?

Trust your instincts. If you sense you are in an unhealthy relationship, you probably are. Your stomach might be tight or your body tense.

Other signs include:

- You are frightened by the other person’s anger, jealousy and control.
- You think that the poor treatment your partner give you is your fault.
- You feel anxious and do not trust what your partner may do next.
- You feel angry, sad, lonely, depressed and confused.
- You are afraid or embarrassed to talk to family or friends about this relationship.
- You are afraid of getting hurt, feel unsafe and are fearful.
- You feel worthless and your self-esteem is not boosted by spending time with your date.
- You stick up for your boyfriend or girlfriend.
- You have bruises or injuries from your partner.

Your Rights

It is not your fault if you are in a relationship that is violent or has the signs of possible violence. It is not happening because of what you have said, done or what you wear. Nobody has the right to be controlled, hurt, threatened or scared.



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You have the right to:

- Be treated with respect.
- Be in a healthy relationship.
- Not be hurt physically or emotionally.
- Refuse sex or affection at any time.
- Have friends and activities apart from a boyfriend or girlfriend.
- End a relationship.

How can you get help?

Get help right away. If you are hurt, get medical help immediately. Be honest with the staff about your situation. If you are not physically harmed but worried about your dating relationship, talk to someone you trust: a friend, parent, teacher, parent of a friend, or school counselor.

Try to spend more time with family and friends than with your boyfriend or girlfriend. During a disagreement with your partner, walk away before it gets out of control. Consider getting counseling for yourself too.

If you know friends who are in an abusive relationship, listen to them, tell them you are worried and offer support by finding people to help.

Contact the National Teen Dating Abuse Helpline at www.loveisrespect.org for resources. Locate Wisconsin resources at <http://www.wcasa.org/> or in the phone book under crisis intervention services.

To learn other ways to support a friend go to, <http://www.seeitandstopit.org>.

Teens are at high risk for dating violence. Listen to your body and intuition. Are you in a safe and healthy relationship or is there a pattern of control and abuse? By learning more about the warning signs and your rights to be respected, you will be on the road to a healthy dating relationship. You deserve it!

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Fruitastic Summer Smoothie Blast

<http://recipes.extension.iastate.edu/2011/12/15/fruitastic-summer-smoothie-blast/>

Serves: 2
Serving Size: 1 ¼ cup
Per Serving: \$.75

Ingredients:

- ½ banana
- ½ cup frozen berries
- 1 (6-ounce) container strawberry yogurt



Directions:

1. Blend all ingredients well in blender.
2. Pour into your favorite glass and enjoy!

Cooking Tips:

- Be sure to wash your hands and fresh fruit before preparing.
- Can use over-ripe fruit.
- Freeze your smoothies in plastic cups and take them in your cooler for picnics.
- Use one cup of frozen or other fresh fruit instead of bananas and strawberries.

Nutrition Facts

Serving Size about 1 1/4 cups	
Servings Per Container 2	
Amount Per Serving	
Calories 190	Calories from Fat 10
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 60mg	3%
Total Carbohydrate 41g	14%
Dietary Fiber 2g	8%
Sugars 31g	
Protein 4g	
Vitamin A 2%	Vitamin C 110%
Calcium 15%	Iron 2%

Resources/References

- *Rhianna and the Reality of Abuse*, March 10, 2009, and *Can Love and Abuse Co-Exist?*, April 29, 2009, National Public Radio
<http://www.npr.org/>
- **National Teen Dating Abuse Hotline**
www.loveisrespect.org
- **Dating Violence Resource Center**
http://www.ncvc.org/ncvc/main.aspx?dbID+DB_DatingViolenceResourceCenter101
- **Wisconsin Council Against Sexual Assault**
<http://www.wcasa.org>
- **National Teen Dating Violence Prevention Initiative**
<http://www.abanet.org/publiced/teendating.shtml>
- **The Aurora Center**, Program Against Sexual Violence. 612-626-9111
<http://www1.umn.edu/aurora/>
- **Teen Dating Violence**
<http://www.womenslaw.org/>

Tips and Tools for Dating Violence

- **The Safe Place**
Breaking the cycle of teen dating violence
<http://www.thesafespace.org/>
- **Know The Red Flags** is designed to help young adults form healthy relationships by learning to spot and deal with the warning signs of dating violence.
www.knowtheredflags.org
- **Break the Cycle** engages, educates, and empowers youth to build lives and communities free from domestic and dating violence.
www.breakthecycle.org
- **The Date Safe Project** is committed to being the nation's leading organization for teaching how "asking first" makes all the different in creating safer intimacy and in decreasing occurrences of sexual assault.
www.thedatesafeproject.org
- **The GLBT National Youth Talkline** provides peer counseling via telephone and email for gay and questioning teens
www.glnh.org/talkline
- **See It and Stop It** addresses ways teens can work against dating abuse in their everyday actions.
www.seeitandstopit.org



Resources:

Free Medical Clinic Returning to Oakwood and Westbrook Churches (which are located in Hartland) on April 28

The one-day free clinic will be held by Touched Twice Lake Country at Oakwood and Westbrook Churches on Saturday, April 28, from 10 a.m. to 2 p.m. The full range of medical services offered include blood pressure, glucose, and cholesterol checks as well as vision testing, chiropractic care, dental check-ups, dental procedures, haircuts, community resources counseling, food pantry, family portraits, hot meals, spiritual counseling and prayer partnering.

Transportation is available with bus pickup points in Oconomowoc and at several Waukesha locations. Visit oakwoodnow.org or westbrookchurch.com and click on Touched Twice Lake Country for pickup points and additional information.

WIA Youth Program

The WIA Youth Program enrolls youth age 16-21 and is available to assist individuals beyond their 22nd birthday (must enroll prior to their 22nd birthday). The program focuses on employment search assistance, work readiness programming, and career planning & assessment. The program can also offer PAID work experiences, PAID internships, and scholarship assistance for up to \$10,500 of post-secondary education with an approved program area of study.

This program is of no cost to you, however, eligibility criteria does apply (low income requirement or if an individual has a school IEP and/or disability).

This summer we hope to place 200-250 youth in summer employment in our 3 county areas of Waukesha, Ozaukee, and Washington Counties.

For more information please contact Ellen Umentum 262-695-7934 or Jana Heinzlmann 262-695-8042.

Assurance Wireless

<http://www.assurancewireless.com/Public/Welcome.aspx>

A worry-free way to stay connected
Free Phone & 250 FREE Voice Minutes
each month

You may qualify for Assurance Wireless, a Lifeline Assistance Program, if you participate in programs such as food stamps or Medicaid.



Acknowledgements:

If you would like to be included in the acknowledgements section of our newsletter for some of your many achievements (such as educational achievements, obtaining a driver's license, new job/promotion, new apartments, births, etc.), please contact Michelle at (262) 548-7364 or your on-going worker with any achievements you would like to have shared in the next newsletter.



Ashlee S. - obtaining a full-time job
Nicole S. - obtaining her first apartment
Eric G. - obtaining a new job & apartment

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Financial Need Defined:

Cost of Attendance (COA) equals tuition & fees + room & board + transportation + books & supplies + miscellaneous living expenses

COA minus your ability to contribute to the COA seeing as you qualify for an "independent" status equals your Financial Need

DCF Scholarship Fund

The Department of Children and Families (DCF) awards scholarships to youth formerly in out-of-home-care placements. Scholarship funds are available for tuition, room, and board expenses for postsecondary education and training programs. For information about scholarships, contact your ongoing worker or Independent Living Specialist.

Fund for Wisconsin Scholars (FFWS)

The FFWS is a private scholarship established to help reduce the financial barriers to college and to lighten the debt that most Wisconsin students incur during their college years. The founding gift of \$175,000,000 from John P. and Tashia F. Morgridge creates a permanent endowment to provide grants for eligible, lower-income, talent graduates of Wisconsin public schools attending a Wisconsin public post-secondary institution. To learn more about the Fund for Wisconsin Scholars, visit the website at <http://www.ffws.org/>.

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