

About Us

The Independent Living Skills program provides services to youth who are in-care or recently emancipated from the Foster Care System. Our program is staffed with Program Specialists who specialize in Education, Employment, Housing and Health and Well Being. Our program serves youth between the ages of 16-21.

Our building is made up of offices, a classroom, library computer lab and kitchen.

We teach a variety of workshops- Life Skills, Money Management, Resume, Scholarships, SAT/ACT, College Application, Housing, Cooking, etc. We try to give our youth the skills necessary to succeed after leaving the foster care system. ILSP staff also work one-on-one with youth who might not do well in a classroom setting or might need a little extra help.

Our kitchen serves as the primary area for the cooking classes and doubles as a youth break room.

With over 25 internet capable computers in our lab we are able to help youth with financial aid, employment searches and resumes, housing searches and college applications.

ILSP is also able to help youth with our very own clothes closet and food pantry. Youth can find interview or casual clothes or take home a food box at no cost to them.

CONTACT US

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ILSP Numbers/Social Media

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Voice Mail Boxes: 925-957-2400
Fax Number: 925-957-2427
Website: www.cocoilsp.org
Facebook: CoCo Ilsp
Instagram: cocoilsp

To DONATE

VESTIA/ILSP

Tax ID: 94-3017952

Send check made payable to:

VESTIA

(In the memo line write)-ILSP

OR

Donate on-line at:

(please declare that it is for ILSP)

Visit www.vestiainc.org

(PayPal keeps a small percentage of each donation).

All donations tax deductible.



"We Deal In Futures"

Contra Costa County
Independent Living
Skills Program

1875 Arnold Dr., Suite 200
Martinez, CA 94553
1(866) 994-4577 toll-free
www.cocoilsp.org

We provide our youth with a variety of workshops and activities designed to give them the skills and experiences necessary for successful emancipation from the foster care system.

Fall Retreat— In August of every year ILSP has a kickoff BBQ to introduce new ILSP eligible youth to the program to learn about services that the ILSP provides.

ILSP Life Skills Series— ILSP provides weekly life skills workshops in the areas of Education, Employment, Housing, Health and Well Being. They learn home management, effective shopping, goal setting, healthy relationships and much more. Youth are paid a stipend for attending classes. We also provide specialized classes for our high school seniors.

Money Management— This 4-week, 8-hour course prepares youth for the responsibility of managing their money. Basic banking, insurance info, credit, investing, loans and interest rates are all covered. At the end of the workshop the youth get a certificate and a check for \$50.00 for attending the workshops. Using this certificate they can open their own bank account at Mechanics Bank and the Financial Planning Associates who teach the course will then match that \$50.00 with \$50.00 from their organization.

Cooking Classes— Learn to create culinary masterpieces or just plain fare cooking for the everyday cook. Learning the basics is where we start. Youth learn the art of taking this and that and creating healthy and tasty meals.

Concerts, Ball Games, etc.— When the opportunity arises we take our youth to concerts, plays, baseball games, with tickets donated to our program.

Ski Trip— Off to the snow to learn to cross-country ski and learn how to cook breakfast and dinner for a group.

Transitional Housing/ THP+ / THP+ Foster Care

In-Care Transitional Housing

Our in-care transitional housing is available for youth who are still in-care and over the age 16. Youth have the opportunity to live in their own apartment, with a roommate, in a supported environment. They will learn to shop for themselves, budget, daily household chores and basic cooking. Youth must get themselves to school each day and look for part-time work. They are expected to save a portion of each paycheck. They have to have 3 letters of recommendation approval from the county, ILSP and their Social Worker.

THP+ -Emancipated Transitional Housing

Contra Costa County currently contracts with four emancipated transitional housing providers. Every program has support staff that youth must meet with weekly and house meetings that youth must attend to address issues, teaching moments and concerns. Each program has their own requirements regarding educational plans and employment. All THP+ programs have a 24 month limit regardless of which program or combination of programs are utilized by the youth.

1. First Place for Youth—Scattered site housing in an apartment with a roommate starting by paying 30% of the rent which is raised every 3 months until the youth covers their full half of the rent.
2. Mi Casa-Shared home with multiple youth and on-site staff. Each youth has their own room that they can lock and shared common areas. Youth pay 30% of their income.
3. Bissell Cottages/Appian House- Shared homes/cottages with 24hr. on-site staff. Youth pay 30% of their income

AB12 Information

- The California Fostering Connections to Success Act, also known as AB 12, became law on January 1, 2012.
- AB 12 extends foster care beyond 18, up until age 21.
- Participation is voluntary.
- Young adults have the choice to exit foster care at age 18 or anytime before they turn 21.
- Young adults have the option to re-enter foster care before they turn 21.

For more information contact ILSP at 1(866) 994-ILSP (4577).

California Youth Connection

CYC was founded by a group of foster youth and supportive adults to provide a vehicle for California foster youth to learn leadership and advocacy skills and to engage directly with policymakers to improve the foster care system. Contra Costa County's chapter is always looking for new members.

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