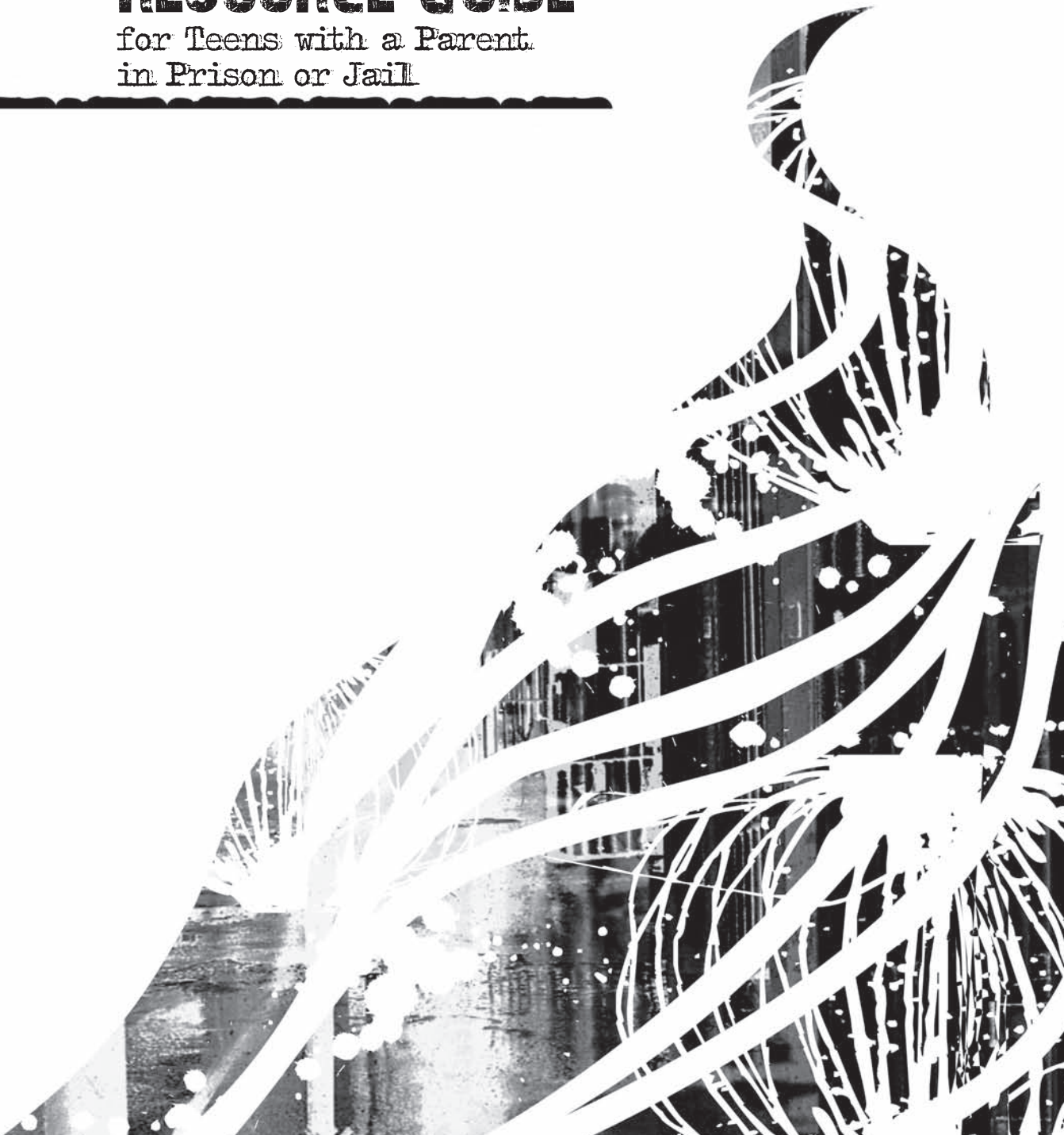




RESOURCE GUIDE

for Teens with a Parent
in Prison or Jail





RESOURCE GUIDE

for Teens with a Parent in Prison or Jail

Who are we and why do we care?

We are a group of teenagers and young adults from different parts of the San Francisco Bay Area. We go to different schools and like doing different things for fun. We have faced different struggles and had different successes in our lives. One thing

we have in common is that all of us have had a parent incarcerated at some point in our lives. Some of our parents were locked up when we were younger; some have been in and out of jail most of our lives and still are.

Why did we create this guide?

We made this guide because we know that having a parent locked up is not easy. We want to express the voices of youth who are often silenced. Most importantly, we want to make sure you know that there are resources to help you deal with the stress and problems you might be facing. As youth who have all had one or both of our parents locked up, we believe you can get through this. Lots of other young people have parents in jail or prison. In 2004, the U.S. government estimated that 2.4 million children across the nation had a parent in prison or jail. More than seven million children have a parent under the supervision of the criminal justice system (a parent who is incarcerated, on probation, or on parole). This guide will give you some idea of the different things we've gone through, how you can visit or stay in touch with your parent if you want to, and where you can find help. You might not want to ask anyone for help.

You might be used to surviving on your own, or worried that other people will judge you if they find out your mom or dad is incarcerated. Maybe there's just not anyone you trust. In any case, this guide gives you ideas and places to find help without anyone judging you or having to know your personal business. So, while this resource guide isn't a fix-all, it just might have something that will help.

Since we're from the Bay Area, many of the resources in this guide are specifically for teens in the Bay Area or California. Even if you don't live in the Bay Area, we hope the stories and information will be useful, or will inspire you to create your own guide to help youth of incarcerated parents wherever you live.



Table of Contents

Section 1:

Where Am I Gonna Stay? (and Other Basic Needs)

- Question 1:** My parent just got locked up and I need food, clothes, or a place to stay. What should I do? 06
- Question 2:** My parent got arrested and I'm living with a relative (or another adult). Can they get any money for taking care of me? 10
- Question 3:** What is CPS? Why would someone call CPS? What happens when CPS is called? 11
- Question 4:** What is legal guardianship? What's the difference between legal guardianship, foster care, and the dependency system? 13
- Question 5:** What is emancipation? Is this an option for me? 13

Section 2:

Mental Health, Counseling, and Medical Services

- Question 6:** I'm under eighteen and don't live with my parents. Am I eligible for free medical services through Medi-Cal? 15
- Question 7:** The stress of this whole situation is getting to me. Is there someone I can talk to? 16
- Question 8:** Can I see a counselor, therapist, or psychologist without my parents or legal guardians knowing about it? 16
- Question 9:** I think I'm pregnant, have a sexually transmitted disease or infection (STD/STI), or have a drinking or drug problem. What should I do? 17

Section 3:

Visiting a Parent in Prison or Jail

- Question 10:** How do I locate my parent? 24
- Question 11:** How do I get on the visitors list? 25
- Question 12:** How old do I have to be to visit alone? 26
- Question 13:** I don't have a car. How can I get there? 26
- Question 14:** This is confusing. Is there anyone who can just help me figure out what I need to do so I can visit? 27

Section 3A: Forms

San Francisco County Jail Visiting Information	29
California State Prison Visiting Information	31
Questions to Ask When You Call the Jail or Prison	34

Section 4: Legal Questions

Question 15: I'm in the foster care system and no one is listening to what I want about my placement or care. Who can help me?	38
Question 16: I need a FREE lawyer. Is there anyone I can call?	38
Question 17: My parent is in jail and is fighting for custody of me. Is there anyone who can help my parent understand his or her rights?	39

Section 5: Making Something Positive Happen in My Life

Question 18: I have lots of negative people around me. How can I find an adult who will help me achieve my goals and dreams, or just someone positive to hang out with sometimes?	41
Question 19: I need money! What should I do?	44
Question 20: There's nothing to do in my neighborhood besides hang out on the streets. Where can I go to stay out of trouble?	45
Question 21: My grades dropped after my parent got locked up. How can I improve them so I can get my high school diploma or GED, and/or get into college?	48

Index of Organizations	50
------------------------	----

Feedback Form	52
---------------	----

How the guide is organized: Each section lists organizations that are related to answering the questions in that section. Many organizations provide multiple services for youth. The first time we list an organization, we give a full description of the services provided. After an organization appears for the first time, we only include its name and the page number where it first appears. Entries are separated into East Bay and San Francisco, then listed alphabetically. There are a few organizations listed under “Bay Area Wide” because they have multiple locations. You can also check the index to find an organization quickly.

Remember that organizations sometimes change their hours or the services they provide. It's always best to call places first and check on their services and hours in case their information has changed.



SECTION

Where Am I
Gonna Stay?



Where Am I Gonna Stay? (and Other Basic Needs)

If you need help, you shouldn't be ashamed to ask for it. If you were living with a parent who was arrested, one of the first problems you might have to solve is where you're going to stay. In this section, you'll find organizations in the Bay Area that can help you meet basic needs like housing,

food, and clothing while a parent is in jail. We answer some basic questions about public agencies like the foster care system, CalWORKS, and CPS, because it's useful to know what these agencies do in case you need to use them or they come into your life uninvited. De'Mel's story gives you an idea of what he went through to find a place to live and take care of his lil' bro when he was fifteen and his father got locked up.

tives or arrange for a more permanent place for you to live.

If you don't have anywhere to go—and no one you can trust to call and ask for help—you can call or go to an emergency youth shelter on your own. **If you have young brothers or sisters, it is important for their safety that you get help**—hopefully there is someone you trust to call. You can always call a youth hotline if you want to talk out your situation with someone. See the hotlines and organizations below for help with finding emergency housing.

Question 1:
My parent just got locked up and I need food, clothes, or a place to stay. What should I do?

Many children live with family members or friends when the parent they were living with gets locked up. Sometimes the arrangement is informal (you're just staying there), and at other times, an adult relative or friend becomes your legal guardian. If someone (like the police or a neighbor) calls Child Protective Services (CPS) after your parent is arrested, CPS will probably place you into emergency shelter while they try to locate rela-

If you end up living with an adult who is abusing you physically, sexually, or emotionally, tell an adult you trust who can help you get into a safe living situation, or call the child abuse hotline CPS at 1-800-856-5553. This number is available twenty-four hours a day. **Before you call CPS, read Question 3 for more information so you understand what CPS is supposed to do and what could happen after you make the call.**

Even if you have a roof over your head, you might still need food and clothes. Many emergency shelters provide food and clothes. Organizations such as churches, community centers,

M X STORY

What Made Me Feel I Wasn't a Kid Anymore

By De'Mel Bullock

What made me feel I wasn't a kid anymore? It wasn't turning eighteen. It happened earlier, the year after I got kicked out my grandma's house, when I was fifteen.

I was living with my dad for the first time since my early single digit years, four or five years old. It felt differ-

ent, because I always got to visit him growing up, but I hadn't lived with him since I was too young too remember. I was happy to live with him again, for real—happier than a little kid riding his new bike on Christmas morning. I was happy not to have to go visit him in jail, happy not to have to feel sad anymore if my dad said he

and YMCAs sometimes provide food and clothes, even if they don't have a place for you to sleep. Different places have different hours and services, so if you can, call before you go.

Hotlines

Runaway Hotline: 1-800-448-3000. If you are running away from home, a group home, or anywhere else, call twenty-four hours a day to get information about shelters, counseling, bus tickets, or help going back home. Trained counselors can offer advice to help you right now.

National Runaway Switchboard: 1-800-RUNAWAY (786-2929) or www.1800runaway.org. Call if you're a teenager thinking of running away from home, if you have a friend who has run away and is looking for help, or if you are a runaway ready to go home. Their twenty-four hour crisis line is anonymous, confidential, and free.

YouthLINE: (415) 977-6949, 1-888-977-3399, or www.youthline.org. YouthLINE gives youth, parents, and caregivers one number to call for information about children and youth services and programs throughout the Bay Area. The free, confidential phone line is open every day (including holidays) from 12 p.m. to 10 p.m. The phones are answered by youth between the ages of fourteen and eighteen.

East Bay Resources for Food, Clothing, and Shelter

Berkeley Food & Housing Project

Trinity Church Building
2362 Bancroft Way
Berkeley, CA 94704
(510) 649-4965 ext. 302 (meal program)
(510) 649-4976 (multi-service center)
www.bfhp.org

Neighborhood: Downtown Berkeley

The Trinity Church building houses the Quarter Meal Program (the meal used to cost a quarter) and Multi-Service Center (MSC) of the Berkeley Food & Housing Project. The MSC is a daytime drop-in and services program for homeless and low-income Berkeley residents. In addition to providing respite and hospitality, the MSC staff provides information and referral, resource counseling, and case management. Sit-down meals are served Mondays through Wednesdays in a welcoming, cafeteria-style, dining venue. A take-out, brown bag dinner is available on Thursdays and Fridays.

Covenant House

2781 Telegraph Ave. at 28th
Oakland, CA 94612
(510) 625-7800
www.covenanthouseca.org

Neighborhood: Downtown Oakland

Covenant House serves runaway, homeless, and at-risk youth, providing housing, crisis intervention, mental health, case management, education, youth development, tutoring, and vocational training. The Crisis Shelter



What Made Me Feel I Wasn't a Kid Anymore

Continued from page 06

was coming to pick up me and my little brother and didn't show, happy just knowing I would be able to enjoy my dad's presence at any time of the day or night.

But as time passed, as many youngsters do, I found my way in and out of trouble—nothing big, but big enough. So after a few months went by, either Pops or myself got taller or maybe one of us shrank—point is, we stopped seeing eye to eye. To this day, I really don't even know why. Maybe we hadn't had time to get to know, like really get to know each other, or maybe we were just too much alike. But I'm assuming you know how it works: my house, my rules, you don't like it, I'm changing the locks, so do it moving, no looking back or making stops. I wasn't given the choice to like it or not. Just the simple get your shit and get out.

So there it was around three in the morning and I'm walking down the street with a bag that weighs more than my little brother, flipping through phone contacts, mind racing 200 mph, trying to find somewhere to go. Now a few more months passed. I'm on my own, well, living with a friend, barely sleeping, showering here, some clothes there. Just trying to make the best out of a bad situation.

Then one day I get this phone call from my auntie. "Go to the house and get your little brother so them people don't take him. They takin' your dad to jail."

What? What happened? "I'm on my way," and doing a hundred on my five

provides safe housing, food, clothing, case management, counseling, medical care, and other supportive services to assist homeless, at-risk youth in resolving their crisis situations. Once taken into the shelter, each youth is assigned a case manager with whom they develop a service plan based on the individual's needs and short- and long-term goals. **This program operates twenty-four hours daily throughout the year.**

DreamCatcher

422 Jefferson St. at 5th
Oakland, CA 94607
1-800-379-1114 or (510) 522-8363
www.alamedafs.org

Neighborhood: Downtown Oakland

DreamCatcher has an emergency shelter and a support center. Youth between the ages of thirteen and seventeen (or eighteen if enrolled in school) may stay in the shelter. Youth may only stay twenty-four hours if they are in the foster care or probation systems. DreamCatcher cannot take pregnant teens who are more than six months pregnant. **The shelter hours are 7 p.m. to 8 a.m. Monday through Friday and 7 p.m. to 10 a.m. Saturday and Sunday.** The support center is for youth ages thirteen to nineteen, and provides lunch and dinner, laundry, case management/crisis counseling, health education workshops, health clinic, HIV and STD testing and counseling, contraceptives, academic tutoring, computer training, job skills training, art and recreation activities, peer support, hygiene supplies, family mediation, outreach, transportation/bus passes, and a safe place for youth to learn, relax, create, and make connections. **The support center hours are 2 p.m. to 7 p.m. Monday through Thursday and 2 p.m. to 5 p.m. on Fridays.** Call (510) 839-1559 to reach the support center. All services are free of charge and voluntary.

George P. Scotlan Center

1651 Adeline St.
Oakland, CA 94607
(510) 832-4544
Neighborhood: West Oakland

George P. Scotlan Center serves youth ages eight to eighteen, providing housing, food and clothing, outreach, education, mental health, medical care, case management, STD screening, HIV testing, HIV/STD prevention, family planning, substance use services, crisis intervention, youth development, and tutoring.

San Francisco Resources for Food, Clothing, and Shelter

Girls 2000

763 Jerrold Ave. at Earl
San Francisco, CA 94124
(415) 824-3225
Neighborhood: Bayview

Girls 2000 provides outreach, education, mental health services, case management, STD screening, HIV/STD prevention, family planning, pregnancy-related services, substance use services, crisis intervention, housing, food, clothing, youth development, tutoring, vocational training, and sports programs.



What Made Me Feel I Wasn't a Kid Anymore

Continued from page 07

point toes, I felt like my world was coming to an end. That the weight on my back could get even heavier. *Is this really happening?* I kept thinking, until I got there, and true enough, my dad was going to jail.

Looking for my little brother, I must have looked like a suspect. "What you doing here?" "Who are you?" "How old are you?" "Is he going to live with you?" "Where?" Question after question from the police—as if just seeing the police in my dad's house wasn't bad enough. I couldn't tell them I was only eighteen, didn't have a home of my own—the whole thing became even scarier. My dad was going to jail, and I watch Court TV—isn't lying to the police a crime in itself? But with bottom lip trembling and legs shaking, I got through it and ended up convincing them I was legit. Or maybe they really didn't even care and just had to say they asked.

The world seemed to spin a little faster, as everything was now on me: school clothes, rent, food, "I wanna go here," "I wanna go there." All on me. Taking care of a kid when most older people still called me a baby. I'd rather not go into details about how I pulled it off, and yeah, there were people I could have turned to for help, but they weren't there when we were babies and really needed them, so I figured we didn't need them now. So with my I'll-Do-It-Myself, I-Don't-Need-Anyone, We-All-We-Got attitude, and most importantly the hedge of protection that I know God placed upon us, we got situated in an apartment and got through the next few months.

Continued on page 9

Huckleberry Youth Services at Cole Street Clinic

555 Cole St. at Haight
San Francisco, CA 94117
(415) 386-9398

www.huckleberryyouth.org

Neighborhood: Haight Ashbury

Huckleberry Youth Programs serves homeless, runaway, and other at-risk youth at Huckleberry House and Nine Grove Lane (in Marin). Other services include outreach, education, mental health, medical care, case management, STD screening, HIV testing, HIV/STD prevention, family planning, pregnancy-related services, emergency housing, crisis intervention, youth development, and tutoring.

Huckleberry House

1292 Page St.
San Francisco, CA 94117
(415) 621-2929 or 1-800-735-2929 (TTY)

Neighborhood: Haight Ashbury

Huckleberry House offers continuous twenty-four-hour crisis services and an emergency shelter for youth. Huckleberry House is the oldest program for runaway and homeless youth in the country. It also provides a wide range of mental health services, including individual, family, parent, and group therapy, family mediation, and crisis counseling.

Larkin Street Youth Services Drop-In Center

1142 Sutter St. (between Larkin and Polk)
San Francisco, CA 94109
(415) 673-0911 ext. 252 or (800) 669-6196

www.larkinstreetyouth.org

Neighborhood: Tenderloin

Larkin Street Youth Services Drop-In Center mainly serves youth nineteen and under, providing meals, showers, clothing, laundry, and case management. **Hours for youth ages nineteen and under are Monday, Wednesday, Thursday, Friday, and Saturday from 8 a.m. to 8 p.m.; Tuesday from 8 a.m. to 6 p.m.; and Sunday from 8 a.m. to 4 p.m.** Youth ages twenty-four and under can come every Thursday from 2 p.m. to 6 p.m.

Diamond Youth Shelter (part of Larkin Street Youth Services)

536 Central Avenue (between Hayes and Grove)
(415) 567-1020 or 1-800-887-1020

Neighborhood: Tenderloin

Diamond Youth Shelter is an emergency overnight shelter for youth ages seventeen and under that provides meals, showers, and groups. **Diamond opens at 8:30 p.m. on Monday, Wednesday, Thursday, Friday, and Saturday. On Tuesday, it opens at 6 p.m. and on Sunday it opens at 4 p.m.**

Lark-Inn for Youth (part of Larkin Street Youth Services)

869 Ellis St. (between Van Ness and Polk)
(415) 749-2968 or 1-800-447-8223

Neighborhood: Tenderloin



What Made Me Feel I Wasn't a Kid Anymore Continued from page 08

Then, as the neighbors started to get nosier than they already were, and started to run their mouths, the building manager started to investigate, and faking the grown-ups-would-be-home-shortly was getting tiresome. Have you ever had a feeling someone was watching you? It's a cold feeling. Now here that manager go with the question and answer game: "How old are you?" "Who all lives here?" Enough said, it was time to find another place to reside.

With my back against the ropes, I was still fighting my inner self, trying to avoid asking anyone for anything, for the simple fact that it always seems to get thrown back in my face at some point. I don't like to hear "I did this for you, I did that for you" down the line. And I don't like to owe anybody anything. Asking for help has always been one of the hardest things for me to do. But with a thirty-day notice on our door, and a slim chance of getting a new one when I wasn't eighteen yet, what could I do now? Flipping through phone contacts once again, I finally thought to call my big sister. She had actually insisted on helping with everything from the beginning, but I had always told her we was cool, we didn't need nothing and everything was fine, even if it wasn't. My grandma had always said a closed mouth don't get fed, but hey, we was eating. Still, looking back now, asking my sister for help seems as simple as the scripture, "Ask and you shall receive."

So, the fog started to clear, and it began looking a little better for the home team. We had a new apartment,

Lark-Inn is an emergency shelter for youth ages eighteen to twenty-four, providing case management, groups, meals, showers, and laundry. **You must be at the shelter at 9:45 p.m. for a bed.**

Walden House Youth Services

214 Haight St. at Laguna
 San Francisco, CA 94102
 (415) 554-1480

www.waldenhouse.org

Neighborhood: Haight Ashbury

Walden House Youth Services provides outreach, education, mental health, medical care, case management, alternative therapy, STD screening, HIV testing, HIV/STD prevention, family planning, pregnancy-related services, substance use services, food, clothing, housing, crisis intervention, youth development, tutoring, vocational training, and substance abuse treatment programs for teenagers and adults.

Question 2:
My parent got arrested and I'm living with a relative (or another adult). Can they get any money for taking care of me?

Qualified adult relatives can receive public assistance for their support, regardless of their income level. (Qualified relatives under Cal-WORKS include mothers, fathers, aunts, uncles, first cousins, nieces, nephews, sisters, brothers, or any of the above if half-related, a grand, a great-grand, a great-great-grand, an adopted, step, or spouse of any of the above). The program that gives money to relatives is called Cal-WORKS: California Work Opportunities and Responsibility to Kids. Relatives may apply for assistance on your behalf with or without legal guardianship in San Francisco at 170 Otis Street. They must be able to show that they are a relative (birth certificate, adoption papers, or marriage license are sufficient to demonstrate relations.

101 Grove Street in San Francisco can help you to locate birth certificates). Call before you stand in line to make sure you have the correct documents: (415) 557-5723.

An unrelated adult must become your legal guardian in order to receive benefits for you. Your non-relative guardian should discuss how to receive these benefits with the Guardianship Monitoring Unit in San Francisco. Your legal guardian is also entitled to enroll you in Medi-Cal. Call (415) 863-9892. **See Question 4 for more information about legal guardianship.**

Note: Answers to questions 2, 3, 4, and 5 were partially taken from "Legal Rights and Options for Runaway Teens", August 2003, a publication of Legal Services for Children. We edited the information for our guide. If you have additional questions about any of these topics, or you need free legal advice, contact LSC at (415) 863-3762.



What Made Me Feel I Wasn't a Kid Anymore
 Continued from page 09

which meant a new beginning. A couple months later, my dad got out. No hard feelings—I love him, and he'll always be my dad.

It was time to move forward with life. I went to Job Corps looking to get a trade and finish up school. But soon, I found my way back into some trouble. No wait, trouble found me. Like really knocked on my door one night. But I'm not one to point the finger—I take responsibility for my actions.

So there I was in jail, on the other side of the glass, in the shoes my dad once wore, given nothing but time to think about my life, what I wanted to happen in it, my little brother, and who he might become if he didn't have anyone but the deceased rapper Mac Dre (RIP) to look up to. I thought about the past year, and what I needed to do to make things better. How things that you simply take for granted can be taken from you, and then you have to fend for yourself. I learned to accept the fact that I do and will need people's help at certain points. I even produced some patience.

So yeah, if anyone was to ask me, I believe what you go through in life makes you who you are. Through it all I got to see my reflection without a mirror and tell myself, step it up and get it together 'cause the world don't see you as a kid anymore.

So here I am today, sharing my story with you all. I'm now twenty years old, going to Laney College in Oakland, California, and working with Project WHAT! to build a training

Question 3:

What is CPS? Why would someone call CPS? What happens when CPS is called?

CPS stands for Child Protective Services. This division of The Human Services Agency investigates and protects children from physical abuse, emotional abuse, sexual abuse, verbal abuse, and neglect. Anyone, including you, can call your county's child abuse hotline to report suspected child abuse or neglect. We hope this information will help you understand more about CPS, mandated reporting, and how CPS might become involved in your life if your parent is arrested and/or incarcerated.

Mandated reporters: Some people are “mandated reporters.” A mandated reporter is someone who is required by law to report to CPS any neglect or child abuse that they know of. Common mandated reporters include: teachers and other employees of public schools, staff and administrators of public or private day camps or youth centers, foster parents, group home personnel, social workers, probation officers, parole officers, police, doctors, nurses, and people who develop film. There are other mandated reporters (this isn't the full list). **If you're not sure if someone is a mandated reporter, you can always**

ask them before you tell them details about your personal life. If you tell a mandated reporter that you are being neglected or abused, or say something to a mandated reporter that implies you are being neglected or abused, they are required by law to report this to CPS. **You should be aware of their legal obligation, and make an informed decision about what to say or not say to mandated reporters.**

Here are a few scenarios in which someone might call CPS and report that they are concerned about you:

1) **When the police arrest your parent, if they believe there are children in the house who won't be able to take care of themselves.** In some places, like San Francisco, when the police arrest an adult, they are required to ask whether there are children living in the home. Even if the police don't call CPS, a neighbor, building manager, or anyone else who is concerned about your well-being might call. If your parent is arrested and you have somewhere safe to live—like a relative's or friend's home—CPS will not necessarily get involved in your life. CPS is not worried about a youth living with a non-parent in a stable living situation. In fact, any adult can become your “caregiver” with parental consent. CPS is only interested in investigating situations in which you might not be safe or in which you are being neglected.

2) **You can call CPS yourself because you are being abused or neglected.** Generally, taking a child out of a home requires a high level of “proof” that abuse or neglect has occurred. If you report that you are being abused and want CPS to be able to do something about it (like take you out of the home where you are staying), you must be prepared to tell the investigating social worker that you are scared of the person who is abusing you, and possibly show physical evidence of the abuse (like bruises or cuts). Since CPS keeps a record of all reports, even if they don't take you out of the home the first time, if you demonstrate a long history of abuse or neglect, it will be easier to document to the court that you are not safe in your home.

3) **If a mandated reporter or someone else suspects that you are being abused or neglected.** This situation could occur regardless of whether your parent has been arrested or incarcerated.

This is what should happen after CPS is called:


The intake worker on the phone will ask many questions to the person placing the call and determine the danger of the situation. Based on the information they receive in this conversation, if CPS thinks you are in immediate danger, they will send a social worker to your school or home to investigate and potentially



What Made Me Feel I Wasn't a Kid Anymore | Continued from page 10

curriculum for teachers and social workers, hoping to better the lives of others who have dealt with their parents being incarcerated. Still dealing with some of my old ways of thinking. Like, when school started I didn't have

enough money to pay for the books I needed for my business and real estate classes, and I really didn't want to ask my dad for help. I was telling my brother, “I think I'm going to quit school because I don't have enough

money.” Then the next day, my dad gave me the money for my books and told me I didn't owe him anything and just to pay him back with success. I plan to repay that debt, plus interest. You will be hearing from me. 

remove you from a dangerous situation within twenty-four hours. For your safety, CPS should make every effort to interview you in a safe place away from home (or wherever the suspected abuse/neglect is happening). CPS often goes to schools to conduct interviews. If the case does not appear to be immediately dangerous, a social worker will visit your home or school within ten days of the call. If the intake worker does not think that the child and family require services or intervention, the case will be closed; however, a record of the call will be kept on file. All CPS calls are kept on record. If CPS is concerned about your safety, they have several choices.

In the short term:

- ★ They might take you to a friend’s or relative’s home.
- ★ They might take you to a temporary foster care placement such as Huckleberry House in San Francisco, or place you with a family or in a group home while they investigate the child abuse charges.

In the long term:

Long-term involvement with CPS (an open CPS case) means that you become a dependent of the court. That is, the court is your legal guardian. This might happen if the social worker and the court believe that you are not safe in your home. **See Question 4 for more information about the dependency or foster care system.**

Family reunification services: If you are placed in foster care, your placement will almost always be accompanied by “family reunification services.” These services work to create a safe and stable living environment for you back at home. Some services include counseling, residential therapy, and mediation for you and your family. If these services do not appear to improve your chances of moving back

home, the state may seek to terminate your parent’s rights so that a more stable long-term situation can be established for you. This may include being adopted by someone else, placement in a foster home or other licensed facility such as a group home.

Adoption: All children and teens should remember that adoption by someone who loves you, or someone who is waiting for a child or teen to share their life with, is an option you can explore by speaking with your assigned Protective Services Worker.

Termination of parental rights:

If your parent is in prison or jail, especially if they received a sentence over six months, it is very important that you and your parent understand what “termination of parental rights” means. If your parent’s rights are terminated, your parent has no right to see you again, make any decisions about you, or get information about you. Under the federal Adoption and Safe Families Act (ASFA), a law passed in 1997, the state must seek to terminate parental rights if a child has been in foster care for more than fifteen months out of the past twenty-two months, or six months if the child is under the age of three. Under ASFA, exceptions to the timelines for termination of parental rights are permissible under two circumstances: 1) when a court finds that termination of parental rights is not “in your best interest” or 2) when a court determines that “reasonable efforts” have not been made to support reunification with your parent(s).

The act is meant to make it easier to move children from foster care to permanent adoptive homes, and speed up the process of getting you into a stable living environment. However, the law has resulted in

parental rights being terminated for many incarcerated parents, even for parents incarcerated for relatively minor convictions, and sometimes in circumstances where a child has a good relationship with the parent and might be better off living with the parent when the parent returns home from jail or prison. This usually happens because when a parent is incarcerated, it can be very difficult to meet the reunification requirements set by the court, such as taking parenting classes and having regular visits with the child, or just because a parent’s sentence is longer than the ASFA timelines for reunification.

Termination of parental rights is difficult to understand. We talk about it here to flag the issue, but understand this is just basic information. If you want your parent to maintain parental rights over you, have your parent talk to a lawyer, or talk to your own social worker, court appointed special advocate, or lawyer. **See Question 17 for more resources to help you and your parent better understand this issue.**

Note: We took most of the information about AFSA and termination of parental rights from Nell Bernstein’s book, *All Alone in the World: Children of the Incarcerated* (The New Press, 2005). For more information, see pages 148–50, 153–54, 156–57, and 263–64.

You might be wondering if you will be better or worse off if CPS gets involved in your life. CPS exists to protect children from abuse or neglect, not to take children away from stable living situations. If you’re a teenager, the CPS worker is likely to take into strong consideration what you say about your own situation and what’s best for you. That being said, the agency and its individual employees do not always make the best decisions

for youth for a variety of reasons such as lack of information or resources, legal requirements to follow laws that might not be in your best interest, or poor judgment by workers. While it's very hard to predict whether you will be better off with CPS in your life or not, if CPS does get involved in your life it is very important that you speak up and tell the CPS worker what you think would be best for your life and why.

Question 4:
What is legal guardianship?
What's the difference between legal guardianship, foster care, and the dependency system?

Legal guardianship is when a court has given custody of a child to someone who is not the child's parent. Your legal guardian has the right to make decisions about your well-being, including decisions about your health, education, and welfare.

The dependency system and the foster care system are the same system! The words are used interchangeably to mean the same thing. "Dependency" means that you, as a youth, are dependent on the court (with delegation of your care, custody, and control to the Human Services Agency's Family and Childrens Division) instead of your parents or another adult caregiver. The court makes decisions about where you will live and with whom you will live, based on the Protective Services Worker's recommendation. Many families and group homes are licensed by the state of California as foster care providers. If you can't live with your own family (mother, father, siblings, grandparents, aunts, uncles, cousins, etc.) you might move to one of these licensed foster care provider's

homes. You will be placed by an assigned Protective Services Worker. **See Question 3 for more information about CPS.**

There is a difference between legal guardianship and foster care. In a legal guardianship, your "dependency" is dismissed by the court. The adult who is your legal guardian has custody over you. It is assumed that you will stay with this guardian until your parent comes home and is able to take care of you, until you turn eighteen, or until it becomes impossible for you to live with that person (i.e., that person becomes an unstable or unsafe caregiver).

Question 5:
What is emancipation? Is this an option for me?

Emancipation is a legal process that frees a child who is between fourteen and eighteen from the custody and control of their parents or legal guardian. Emancipation is a serious step that has negative as well as positive consequences. Legal Services for Children published an excellent guide about Emancipation in November 2004 for youth in California (laws are different in each state). If you want to learn more about emancipation, go to LSC's website and read the guide: www.lsc-sf.org/publications/emancipation_manual.pdf. After reading it, if you feel this is an option you want to explore, you should talk about it with a trusted adult, counselor, social worker, or your attorney. You can also call LSC at (415) 863-3762. An intake worker can answer your questions and help you figure out your options.

Remember, if you are in the "dependency" foster care system and are at least fourteen or fifteen (the mini-

mum age varies depending on where you live), you are entitled to participate in an Independent Living Skills Program (ILSP) that will provide you with a stable transition from foster care to living on your own. Independent Living Skills Programs help you with things like job skills, job placement, and money management. Some provide additional services such as medical and mental health services, substance abuse treatment, and tutoring, and can give you access to computers.

Below is information about Bay Area Independent Living Skills Programs.

East Bay Independent Living Skills Program

Teen Center East Bay
2647 International Blvd. at 27th
Oakland, CA 94601
(510) 261-4102
Neighborhood: East Oakland

San Francisco Independent Living Skills Program

225 Valencia St. at 13th
San Francisco, CA 94103
1-800-818-2989
www.sfilsp.org
Neighborhood: Mission District



SECTION

Mental Health,
Counselling, and
Medical Services



Mental Health, Counseling, and Medical Services

Section II answers health questions you may have, such as how to get health insurance, finding ways to deal with stress, and seeing a doctor. At the end of the section, we list a bunch of free clinics that provide mental health services and/or medical care. We put all of these organizations together because so many of them provide both mental health and medical services.

Question 6:

I'm under eighteen and don't live with my parents. Am I eligible for free medical services through Medi-Cal?

Yes, under any of these circumstances:

1. If you need emergency medical

care. You CAN receive emergency medical care without insurance of any kind or if you are undocumented. If you need emergency medical care right away, go to the hospital or call 911 (it is a free call from anywhere) and ask for an ambulance to come and get you.

2. If you are living with an adult relative. That relative can apply for a Medi-Cal card (and CalWORKS) for you. The relative does not have to be your legal guardian to do this.

3. If you are under eighteen years of age and qualify for "minor consent services." According to the California Code of Regulations Sections 50063.5 and 50147.1, minor consent services include treatment for:

- a. Sexual assault, including rape and involuntary sexual acts;
- b. Drug or alcohol abuse treatment for youth twelve years of age or older;
- c. Family planning involving discussions with health care providers about your personal decisions regarding birth control, pregnancy, parenting, and adoption;
- d. Pregnancy, including prenatal care, benefits, and options counseling;
- e. Sexually Transmitted Diseases (STDs or STIs) for youth twelve years of age or older;
- f. Mental health services for youth twelve years of age or older who are ready to actively participate and where either you or other people are in danger OR you have experienced incest (sex with a family member) or child abuse.

4. If you are twelve years of age or older, are not living with a parent or legal guardian, and there is no person who accepts legal responsibility for you, you may apply for the full scope of Medi-Cal benefits

as an adult (as long as you appear competent). This means that Medi-Cal will cover all health services—not just minor consent services.

It will help Medi-Cal if you can bring some identification (a school picture I.D. is fine). Medi-Cal is not allowed to contact your parent or guardian if you are applying for minor consent services! However, always ask whether the local Medi-Cal office will contact your parents before you apply for Medi-Cal. Many providers are not clear on the minor consent laws. You may enroll in the Medi-Cal minor consent program even if you are living at home AND regardless of your parents' income. If you are already enrolled in a Medi-Cal managed care plan (in San Francisco the Medi-Cal managed care plans are the San Francisco Health Plan and Blue Cross) you do not need to apply for a minor consent card. You can simply use your managed care card to receive minor consent services.

The easiest way for you to enroll in Medi-Cal is simply to visit a youth shelter with a Medi-Cal outreach worker or a youth medical clinic. Most clinics have a Medi-Cal worker whose job it is to enroll young people in Medi-Cal. Always call the clinic you wish to visit first and confirm when the Medi-Cal worker will be available.

For immediate medical care in San Francisco, go to San Francisco General Hospital at 1001 Potrero Avenue or call them at (415) 206-8000. For immediate medical care in Alameda, go to Highland General Hospital at 1411 East 31st Street, Oakland or call them at (510) 437-4800.

Question 7:

The stress of this whole situation is getting to me. Is there someone I can talk to?

It's normal to be stressed out about a situation like this—it's not easy to have a parent in prison. In Luis's story, he talks about the impact that his dad's incarceration had on his whole family. You have lots of options for dealing with this stress in a healthy way. Some people write in a journal or play sports. It can also be useful to talk to a trained counselor or psychologist, in person or through a confidential hotline. Some hotlines are staffed by youth. See the end of this section for a few crisis counseling hotlines. Question 1 also lists hotlines for more general services and emergency shelter. You might not hit it off right away with a particular counselor, or you might have had a bad experience in the past, but counseling can sometimes be a great way to help you sort out your feelings and deal with stress.

Question 8:

Can I see a counselor, therapist, or psychologist without my parents or legal guardians knowing about it?

Sometimes—it depends on the circumstances. **Before your first appointment, make sure to ask the mental health provider if the services are confidential.** Also ask under what circumstances s/he would be required to contact your parents/legal guardians. Mental health providers—and all other mandated reporters—are required to report suspected child abuse or neglect to Child Protective Services (CPS). **See question 3 for more information about CPS.** Some mental health care providers do not know the law. Make sure you feel comfortable with your confidentiality agreement. If you explain that it would make you uncomfortable if they told your parents, they might be more likely to keep the information private.

1. You may consent to your own counseling if you meet all of the following conditions [Family Code Section 6924(b)]:

- a. You are twelve years old or older;
- b. The counselor, therapist, or psychologist believes you are mature enough to participate intelligently; and
- c. The counselor, therapist, or psychologist believes you would be a danger to yourself or others without the treatment OR you are an alleged victim of incest or child abuse and are stating that parental consent would be detrimental to you.

2. You may consent to drug and alcohol abuse counseling if you are twelve years old or older. However, you cannot receive methadone treatment without the consent of your parent or legal guardian. [Family Code Section 6929]. Remember, the provider is required to inform your parents/legal guardian about your treatment UNLESS s/he feels that doing so would be inappropriate or detrimental to you. Be sure to discuss the conditions under which s/he would contact your parent/guardian.

M X S T O R Y

The Life and Times of Luis

By Luis Esparza

Oh how I ask myself every day, "Where is Daddy?" If I am lucky, I get to see him once a month. Every time we visit, I don't have the courage to talk to him. I just stare at him through the glass. There really isn't much to say. I said everything I wanted to say to him the first time he went to jail.

I told him I loved him. I asked him why he did what he did. He said, "You got to do what you got to do." This was to make me feel better.

I told him I thought it was dumb of him to take the blame for something my brother did. He told me he did it for my brother, and for the family. I know my dad did what he did to protect us, but protecting us made it worse. No one talked to my brother. They all blamed him. Everyone in my family started drifting apart, not talking. It was like we weren't even a family anymore.

The second time my dad went to jail, he went for leaving the country and

3. You can see a school counselor for confidential counseling if you are twelve years of age or older [Education Code Section 49602]. Remember, there are limits to the confidentiality of these services. For instance, a school counselor may tell your parents or others what you say if s/he feels it is necessary to protect your health, safety, and welfare or that of the school community. The counselor may also report information you give him/her regarding a crime that could or already has hurt someone or damaged property. The school counselor may not, however, tell your parents about what you say if the school counselor reasonably feels that your health, safety, or welfare would be endangered [Education Code 49602].

You might not hit it off right away with a particular counselor, or you might have had a bad experience in the past, but counseling can sometimes be a great way to help you sort out your feelings and deal with stress.

Question 9:

I think I'm pregnant, have a sexually transmitted disease or infection (STD/STI), or have a drinking or drug problem. What should I do?

Get to the doctor or clinic. Lots of organizations provide free pregnancy-related services, STD/HIV testing and prevention, and alcohol/drug

None of this information will become part of any official school record.

In general, a mental health provider (e.g. counselor) may have you hospitalized without your permission if s/he believes that you will hurt yourself or others, or that you are "gravely disabled" (unable to use the basics of life such as food, clothing, or shelter, even if they are provided to you). In addition, if you threaten to harm someone or damage their property, and the mental health provider feels it is necessary to warn that person to prevent the harm, the mental health provider is required to warn that person of your threat [Tarasoff v. Regents of the University of California, 17 Cal. 3d 425, 131 Cal Rprt. 14 (1976)].

treatment. See our list at the end of this section.

If you're pregnant or have children, and want to understand your rights, The Center for Young Women's Development (CYWD) published a handbook for young mothers in 2007 called "My Life Chose Me." This guide is especially useful if you have already been involved with the juvenile justice and/or child welfare systems. Call (415) 703-8800 or visit CYWD to get a free copy: 1550 Bryant Street, #700, San Francisco.



The Life and Times of Luis

Continued from page 16

not calling his parole officer. I had told him to call, that if he got caught one more time I wouldn't have a father anymore and he should forget he had a son, that I had already heard too many excuses.

How would you feel if your father went to jail for something as minor as that? My mom told me, "He is still your father," and that I should love him no matter what. I guess I still love him, but I don't want to get close to him and see him get taken away again.

After he went to jail I kept to myself a lot—became the quiet kid that no one noticed and no one really cared about. At one point I didn't even have any friends. No one talked to me, so I didn't have to say anything about my life. I kind of like it that way, but inside I feel sad and angry. In this world, though, no one wants to see that so I keep it all to myself.

My dad sends me a letter for my birthday. I just start to cry because I can't even see him.

I say to my mom and dad that I don't have a father anymore and I don't care if he gets out of jail. I am only kidding myself. The first time he got out of jail, I was eleven. I was home at the window and my face lit up like the sun when I heard him calling my name from the curb. I ran out of the house and hugged him, crying and crying. I pinched myself like 100 times just to make sure it wasn't a dream. Then he went back to jail and my world came crashing down.

Hotlines

Child Crisis Hotlines in Bay Area Counties: If you feel like you might hurt yourself or someone else, you can call a “crisis” hotline. The person you talk to can help you figure out options and ways to get help. See below for numbers in nine Bay Area counties. If you live in other parts of California or in other states, dial 411 and ask for the phone number for the “child crisis” or “suicide prevention” hotline in your county.

Alameda County: (510) 849-2212

Contra Costa County: (925) 646-2800

Marin County: (415) 499-1100

Napa County: (707) 253-4261

San Francisco County: (415) 970-3800

San Mateo County: (650) 327-TEEN

Santa Clara County: (408) 993-TEEN

Solano County: (707) 553-5311 (Vallejo) or (707) 428-1131 (Fairfield)

Sonoma County: (707) 938-4357

California Youth Crisis Line: 1-800-843-5200 or www.youthcrisisline.org. A crisis counseling and support program that is available 24/7 from anywhere in California, for ages twelve to twenty-four.

Bay Area Wide Health Clinics

Planned Parenthood Golden Gate

1-800-967-7526 or 1-800-967-PLAN

www.ppgg.org

Planned Parenthood offers a wide range of reproductive and primary health care services, including medical care, STD screening, HIV testing, HIV/STD prevention, family planning, pregnancy-related services, and health education during daytime, evening, and Saturday hours. You can make a confidential online appointment from the website or call the appointment/information line at 1-800-967-PLAN (1-800-967-7526). PP also has free teen clinics for teens only. All services are free and in most cases confidential for teens ages twelve and older. See below for select locations, or look at the website for all Bay Area locations and hours.

San Francisco Health Center

815 Eddy St. at Van Ness Ave.

San Francisco, CA 94109

Oakland—Eastmont Health Center

Eastmont Mall, Suite 210

7200 Bancroft Ave.

Oakland, CA 94605

Oakland—MacArthur Health Center

482 West MacArthur Blvd.

Oakland, CA 94609

Hayward Health Center

1866 B St.

Hayward, CA 94541



The Life and Times of Luis

Continued from page 17

I ask my mom if she misses him. She doesn't say a word. I think it is because she is secretly seeing someone else. She acts like nothing happened and goes on with her life. I feel bad for her, but I should talk—I am the same way.

When my dad is out, it is a whole different story. Mom smiles and laughs and has the time of her life. I feel so happy for her because it's been like forever since I have seen her be that happy. I guess she does love him.

The second time they told me he was getting out, I put my best clothes on and sat next to the window like a dog waiting for his master's return. He didn't show. I asked my mom to call and check if he was released. She looked at me with a sad face. I swallowed my feelings in front of her and acted like it didn't bother me. As soon as I got to my room I started crying, but then I told myself, “Hey, what's the difference? He hasn't been here for me for most of my childhood. Why should it matter to me now?”

My mom says that my dad is coming out soon, and that we can be a family again. I don't think that's possible. Too much has happened.

I hate that when my dad gets out, no one tells him what they really feel. But I do the same thing. I can't get the courage to tell him how much he has hurt me and everyone else around him. I guess that's how my family wants it—to act like nothing ever happened. I love the moments I get to spend with him when he is

Continued on page 19

East Bay Clinics

Already listed:

DreamCatcher (See page 08)

George P. Scotlan Center (See page 08)

Berkeley Free Clinic

2339 Durant Ave. at Ellsworth

Berkeley, CA 94704

(510) 548-4811 ext. 6400

www.berkeleyfreeclinic.org

Neighborhood: Berkeley

The Berkeley Free Clinic provides a variety of services, including free primary care services and other medical care, dental services, HIV/STD prevention/testing, peer counseling, and health education. The Information and Referral Collective (IRC) provides information in areas such as addiction programs, medical needs, mental health resources, shelters, foodstuffs and meals, legal services, HIV and STD programs, and much more. To get information about health and social services in the community, or if you have questions about the services of the Berkeley Free Clinic, call. **They answer phones on Sundays from 4 p.m. to 7 p.m., Mondays through Fridays from 3 p.m. to 9 p.m., and Saturdays from 8 a.m. to 5 p.m.**

Youth Uprising

8711 MacArthur Blvd.

Oakland, CA 94605

(510) 777-9909

www.youthuprising.org/index.html

Neighborhood: Oakland, near Castlemont High School

Youth Uprising serves youth ages thirteen to twenty-four, providing youth leadership and community building training, classes in media arts, physical arts and material arts, health and wellness services, career and education services, and legal services. They also have a health clinic.

San Francisco Clinics

Already listed:

Girls 2000 (See page 08)

Huckleberry Youth at the Cole Street Clinic (See page 08)

Larkin Street Youth Services (See page 09)

Walden House Youth Services (See page 10)

A Home Within

2500 18th St.

San Francisco, CA 94110

1-888-898-2249

www.ahomewithin.org

Neighborhood: Potrero Hill

A Home Within's Local Chapters offers pro bono psychotherapy to current and former foster youth. Their Fostering Art Program gives foster youth the



The Life and Times of Luis

Continued from page 18

out, and I sort of get why my family says nothing. I guess we would rather have some moments of happiness with my dad than not have him in our lives at all.

My dad is out now. I am fifteen. He first went in when I was seven. I haven't seen him once since I was eleven, except in that horrible place that is the jail waiting room. He is in Mexico and wants us to go there too. He was given the choice to stay in the U.S. but he wanted to go to Mexico so he chose to be deported. I tell him I won't leave the people I love here, because some of them have helped me out more than my father. "How do you expect to tell me anything, when you haven't been there almost my entire life?" I ask. He tells me he has no right, but he is trying to make everything right.

Some people I have told this to tell me that it seems like a bad dream or something made up and sometimes I think it is. Sometimes I feel like all this isn't really happening, that maybe one day I'll wake up from this bad dream. I call this dream my life.



How do you expect to tell me anything, when you haven't been there almost my entire life? I ask. He tells me he has no right, but he is trying to make everything right.

chance to explore and document their inner and outer worlds through art and the written word, while developing life skills and strong ties with peers and the community. Fostering Transitions pairs youth about to leave foster care with mentors from the community for at least one year to build healthy relationships and skills for work and life.

Balboa Teen Health Center

1000 Cayuga Ave. Room 156
 San Francisco, CA 94112
 (415) 469-4512

The Balboa Teen Health Center serves high school aged adolescents, not just students at Balboa High School. They provide medical and mental health services. Drop-in services are available.

Note: We've heard there's a plan at San Francisco Unified School District to create health centers like the one at Balboa at all the high schools and then middle schools, so look out for them at your school in the future.

Bayview Hunters Point Foundation

Youth Services

5015 3rd St. at Quesada
 San Francisco, CA 94124
 (415) 822-1585

Neighborhood: Bayview

The Bayview Hunters Point Foundation is a drop-in center with social services for youth in Bayview Hunter's Point, providing outreach, STD screening, HIV testing, HIV/STD prevention, family planning, pregnancy-related services, substance use services, crisis intervention, youth development, tutoring, and vocational training.

Haight Ashbury Free Clinics, Inc.

Youth Outreach Team

1696 Haight St. at Belvedere
 San Francisco, CA 94117
 (415) 565-1942

www.hafci.org

The mission of the Haight Ashbury Free Clinics (HAFCI) is to increase access to health care for all and improve the health and well-being of clients. HAFCI provides free or low-cost health care, substance abuse treatment, HIV prevention, and a range of community programs.

Hip Hop to Health Clinic

446 Randolph St. at Ramsell
 San Francisco, CA 94132
 (415) 337-4719

Neighborhood: Lake Merced

Hip Hop to Health is a community clinic that provides supportive services for youth, including outreach, education, mental health, medical care, case



**INTERVIEW
 QUESTIONS**

The following questions were answered by Project WHAT! participants and other youth that we interviewed. These answers give you some insight into some of the thoughts and feelings we've had about our parent's incarceration.

Do people treat you differently because of your parent's incarceration?

My dad's a drug dealer and where I'm from, it's like, they know my dad, so I'll be walking down the street and the police pull me over, and run my name and everything, and they're like, 'your dad's this and this.' Just 'cause my dad do that doesn't mean I do. [Youth from interview]

I know that I'm scared to say that my mom's in prison because I wouldn't want people to look at me differently just because of who my mom is. Because that's not who I intend to be. [Youth from interview]

Who should you trust?

I don't believe or trust people easily. The one person I do trust fully is my grandmother that raised me. The fact that I have at least one person to talk to is a great thing. So, as far as who you should you trust, look inside and see who would have your back in the worst situation. That person should be your main confidante and the person you trust. (Tiffany)

management, STD/HIV screening, STD/HIV prevention, family planning, substance use services, and crisis intervention.

Horizons, Inc.

440 Potrero Ave at Mariposa
San Francisco, CA 94110
(415) 487-6710
www.horizons-sf.org
Neighborhood: Potrero Hill

Horizons engages, educates, and inspires youth to greatness through a wide range of programs and services. Services provided include outreach, education, mental health HIV/STD prevention, substance use services, crisis intervention, youth development, tutoring, and vocational training.

Homeless Prenatal Program

2500 18th St.
San Francisco, CA 94110
(415) 546-6756
www.homelessprenatal.org
Neighborhood: Potrero Hill

Homeless Prenatal helps women have healthy babies through case management, education, and home visits. They provide housing assistance, substance abuse services, a childcare center, a mental health center, a technology center, and perinatal services.

Valencia Health Services

1647 Valencia St.
San Francisco, CA 94110
(415) 647-3666
www.nurseweb.ucsf.edu/conf/vhs
Neighborhood: Mission District

Valencia Health Services (VHS) is a community clinic that offers confidential sexual health services to teens. VHS offers these confidential services: Plan B (emergency contraception) and condoms at the clinic, birth control counseling and prescriptions, safer sex counseling, pregnancy testing and counseling, referrals for prenatal care or abortion, STD testing and treatment, and pelvic exams and pap smears. VHS also offers general health services to teens. Clients don't need a parent or guardian's permission to receive sexual healthcare at VHS. Health care practitioners will not give your parents or guardians any information about the sexual health treatment you receive there. However, if you are under eighteen you will need a parent or guardian's permission for these services: physical exams, including pre-sports, camp, job training or college physicals; urgent care visits; care for teen chronic conditions, including asthma and acne; and referral to specialists. Services are NOT free, but they are payable on a sliding scale. Many insurance plans are accepted, including San Francisco Health Plan and Healthy Kids.



**INTERVIEW
QUESTIONS**

Do you think your parent's incarceration was your fault?

No, I don't think so. I can't even blame my mom because she didn't intend for it to be that way. She did her best to keep us alright.
(Anthony)

Until recently, I entirely blamed my mother's incarceration on myself. I think this is very common for young kids, because I felt helpless, and as though there was nothing I could do to help her out. Without any particular person to blame, I believed that it was because of me that my mom was incarcerated. I began to believe that I should have done more to stop her incarceration because she did so much for me her entire life. (Zoe)

What was it like to visit your parent in prison?

When I went to go see my dad it was sad because I couldn't give him a hug and I had to talk to him through glass on a phone. I wouldn't have missed a chance to visit, but it's not fun to see someone you care about through glass and not be able to at least touch the person. I wanted to break that glass but I knew I couldn't. It just made me think that I shouldn't ever get locked up...and if I have a son, I will never want my son to be without me. (Anthony)



SECTION

Visiting a
Parent in
Prison or Jail



Visiting a Parent in Prison or Jail

It can be hard to visit a parent who is locked up. You might not even want to. But if you do want to, we hope this section will help you figure out how. If you can't visit for whatever reason, you can stay in touch with your parent by writing letters or talking on the phone.

M **S T O R Y**

Sunday Morning

By Zoe Willmott

Generally here's how prison phone systems work: 1) you can't call an inmate in prison—they have to call you; 2) phone calls are usually limited to fifteen minutes; 3) often, inmates can only make collect calls, although some prisons allow inmates to pay for their own calls. Either way, rates are way higher than normal phone calls. Even though phone calls can be expensive, they can be a good way to keep in touch with your parent if you're able to afford them. And remember, stamps are cheap and your parent can receive as many letters as you want to write.

If you do want to VISIT, read this section carefully.

There may be lots of obstacles to visiting: where you live, transportation, your age, getting permission, etc. On top of all this, prisons and jails are confusing. Many have different rules. Visiting someone you care about in jail or prison can be an overwhelming experience. You might leave angry, upset, or sad. At some jails and prisons, there are only non-contact visits—visits that take place through glass, or where they only allow one hug. This can be stressful, especially

for younger children, so if you plan to visit your parent with a young child, it might help if someone explains to them what to expect ahead of time.

Even if you don't have younger siblings, you need to prepare YOURSELF for the visit. Guards are often rude. Sometimes it seems like they look for an excuse to turn visitors away—like little dress code violations. Don't give them an excuse! If you do, you might not get in, even if you traveled hundreds of miles to visit. Getting turned away at the door is really frustrating. Just make sure you're doing everything "right" according to their rules—even if they seem pointless.

It's critical to remember that each jail and prison has different visiting rules. Even if you follow everything we say in this guide, the best way to make sure your visit happens is to call the prison or jail before you visit. Use the worksheet we provide at the end of this section to help you ask the right questions and get all the information you need in one place.

In the rest of this section, we give you as much information as we can about visiting in general. Check out the

Every Sunday morning I would wake up to a fresh glass of ripe orange juice, that tasted so sweet, but I never could quite keep it down. Tension knotted in the depths of my stomach, anxiety that made me shake. An interesting mixture of nervousness and excitement flowed through my pulsating veins as I stepped into the back seat of our silver/gray beat-up Toyota. We whizzed past the dead brown stench of dried

hills, covered completely with black and white cows, blurring in my sleepy eyes, followed by the heat of still air as we sat in traffic for what must have been hours. We drove through an army base, a training camp that existed right across the street from my destination: my mother. She was hidden behind barbed wire, metal detectors, cold steel, shackles, and clanking chains that kept her inside of this place, of this prison.

Continued on page 24

Visiting someone you care about in jail or prison can be an overwhelming experience. You might leave angry, upset, or sad... You need to prepare yourself for the visit...

sections for visiting San Francisco county jails and California state prisons. For a personal perspective, Zoe tells her story about visiting her mom every Sunday in prison.

Question 10:
How do I locate my parent?

First of all, know that if your parent was just arrested, admitted, or transferred to a jail or prison, information about them may not be available for about a week. The length of time depends on where they were arrested and/or are being held. If it's been longer than seven days, use the procedures below to locate them. You can still try to use these instructions if it's been less than seven days, but just be aware that they might not yet show up on any official records.

County Jail: If your parent was given a sentence of under one year or is awaiting trial, they are probably being held in a county jail. California is divided into fifty-eight counties. If you know what county your parent is in you can usually access the county website at [the county's initials\)gov.org \(for example, San Francisco County is \[www.sfgov.org\]\(http://www.sfgov.org\), Alameda County is \[www.acgov.org\]\(http://www.acgov.org\), and Santa Clara County is \[www.sccgov.org\]\(http://www.sccgov.org\). Once you are in the county website you can follow the information for the County Jail or Sheriff's Department to possibly locate the inmate's information. Inmate information can also be obtained by phone through the jail's administrative booking unit. If you call, be prepared for a long wait because these numbers are usually very busy. The other option is to visit the administrative booking office. You should be able to find the address and phone number if you go to the county's web page or call 411. **No matter which way you try, the most important information to get is the phone number or address of the jail's "administrative booking unit" and the personal file number for your parent, as these numbers are the key tool for locating an inmate in the jail system.**](http://www.(add</p>
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California State Prison: If your parent has been sentenced to a California state prison, call the CDCR Identification Unit at (916) 445-6713, Monday through Friday from 8:00 a.m. to 5:00 p.m. You must provide your mom or dad's full



Sunday Morning
Continued from page 23

As my dad and I pulled up to the front gates on those Sunday mornings, my six-year-old body became restless.

Form after form to fill out, line after line to wait in. The processing room to get into the prison visiting room was filled with antsy families, some from as far away as other countries. Little children anxiously ran around, and their parents were yelled at for not keeping them under control. Then, of course, were the teary-eyed folks who had been sent home because they didn't follow the dress code perfectly, or whatever other reasons the guards decided they needed to send someone home that day. Confirmation that I was not smuggling drugs into the prison as a four-year-old, metal detectors, and even more forms to fill out while waiting in even more lines, took up a good portion of the morning. Then, finally, being escorted by multiple guards, watching all of us like hungry vultures, ready to swoop down at any moment. And then, the visiting room, which brought even more waiting. Staring at those thick beige doors, desperately hoping that every time the red light came on, my mom would be the one to walk out. Eventually, she would, but each time I stood there waiting, I feared that she would never come out to see me again. She quickly walked through the doors, standing tall at five foot even. Her short, dyed-red hair bobbing at her shoulders, and kind face immediately put me at ease. I remember rushing across the room to get to her, and holding on so tight I thought I'd never let go. That is until a guard came along, staring us down, his eyes working like pliers, determined to pull us apart. Those visits flew by so quickly; I can hardly recall the time we actually spent

name and full birthday (month, date and year), or their CDCR identification number if you know it. This unit can only provide you with the current location and CDCR identification number for the offender. They don't have future release date information. If your parent was just admitted or transferred, information may not be available about them for seven business days.

Federal Prison: If your parent has been sentenced to a federal prison, you can search online with first and last name, using the "inmate locator" tool on the Federal Bureau of Prisons website. Go to www.bop.gov/iloc2/LocateInmate.jsp.

Question 11:
How do I get on the visitors list?

After you find out where your parent is, it's up to them to put you and the person who will take you to visit them on their visiting list. The inmate almost always has to start the process, whether they are in a state prison, federal prison, or county jail. Some county jails don't require you to be pre-approved prior to a visit, but many do, so call and ask first.

County Jail: The process for getting on a visitors list varies between counties. Some counties, like San Francisco, don't require that you apply to get onto a pre-approved visitors list. The best thing to do is call the Sheriff's Department or jail in the county in which your parent is being held, and ask if you, or the adult who is taking

you to visit (if you're a minor), needs to be pre-approved.

California State Prison: Inmates have to sign a Visitor Questionnaire (CDC Form 106) and send it to any adults who are going to visit. All adult visitors must complete the questionnaire and return it to the Visiting Sergeant by mail. Youth under eighteen don't have to fill out the form, but make sure the person who's taking you to visit fills it out. The prison visiting staff must approve visitors before they visit. This should take approximately thirty working days. Failure to provide all requested information might result in the request being either denied or delayed.

Federal Prison: The process is similar to state prison. The inmate gives a list of proposed visitors to staff, who investigate the proposed visitors before putting anyone on the list. An initial visiting list is ordinarily established within a few days. It includes immediate family members approved to visit. Additional family members and friends may be added following investigation. (These investigations can take a long time, but if you're visiting a parent, you should be able to get onto the 'immediate family member' list. If for some reason you or an adult who is taking you to visit is being investigated, be prepared for a long wait). When your parent arrives at a federal prison, they receive an institution handbook that has all the visiting procedures. Your parent is responsible for giving each visitor the visiting guidelines and directions to the prison.



Sunday Morning

Continued from page 24

together. I do remember just wanting to sit there and talk forever, wanting her to know what my life was like, and also the curiosity in my head of what it must be like for her to be stuck in this place, but of course, I never got around to those questions. I was too scared to know. I didn't want to think about what she was going through, so I left it up to my imagination. Still, the questions stayed in my mind: what was prison like? How did they treat her? How did she survive here? I didn't want to make our only time together depressing so I just avoided asking the questions. Instead, I would tell her about school, about my teachers and my friends. Her smooth voice and calming tone made me feel like I was back at home, just for a second. She knew how to make me giggle and laugh, making the experience of visiting as enjoyable as it possibly could be. She would tell jokes and tickle me (only she knew my most ticklish spots).

Occasionally I brought my best friend with me to visit my mom, so I could bring the different parts of my life together in the same beige visiting room. I was never ashamed that my mom was in prison. I was more proud than anything else, because I could show people that no matter what she's done in her past, she's still my mom. I felt the need to teach people that being incarcerated doesn't make you a bad person. Whether you are guilty or not, prisoners are still human beings, just like anyone else. My mom was my mom no matter what, and her incarceration never changed that. I was proud that she stood up for herself, that she didn't let the prison environment become an excuse to be depressed. She

Question 12:

How old do I have to be to visit alone?

County Jail: In county jails, the age requirement varies. In some, you only have to be sixteen to visit alone, but in most, you must be eighteen. Mostly, the rules are very similar to those described for California state prisons. In some cases, the written policy is different than what actually happens. This is frustrating, but it happens, so you should be aware of it.

California State Prison: Children under eighteen are only allowed to visit when they are accompanied by an approved adult visitor such as a parent or court-appointed legal guardian, or they have written, notarized permission to visit from the child's parent or legal guardian and a certified birth certificate or embossed abstract of birth. Notarized letters must have the notary stamp on the original document; it must not be stapled or attached as an amendment and must be updated each calendar year.

Federal Prison: Children under sixteen must have an adult with them when they visit, and their parent or guardian must approve their being on the visiting list. Some institutions have programs for young children during visitation, so if you have a younger brother or sister it's good to find out about these programs.

Question 13:

I don't have a car. How can I get there?

There is one organization called Get on the Bus which started out by providing transportation for children to visit their mothers in California prisons on Mother's Day. The Chowchilla Family Express was launched at the end of 2006, and will provide free monthly transportation to families (including children, spouses, siblings, parents, and other family members) of women in Chowchilla prisons. They plan to have six buses each month from northern and southern California. They are also starting to provide transportation to some men's prisons in California.

**Get On the Bus
 Northern California Office**
 1125 Ferry St.
 Martinez, CA 94533
 (925) 335-9314

**Get On the Bus
 Oakland Office:**
 (510) 276-7021

Public Transportation
 Many people take a public bus or train to visit someone in jail or prison. If you have access to the web and live in the San Francisco Bay Area, you can use the website 511.org to help plan your route. Centerforce has a lot of information about California prisons and jails all over the Bay Area (Alameda, Contra Costa, San Francisco, Marin, and Santa Clara Counties). They list buses and trains that go to the jails and prisons in California. Like all information on the web, sometimes it's outdated, but it's a good place to start: www.centerforce.org/families.



Sunday Morning
 Continued from page 25

never let them take her spirit, which always amazed me.

That visiting room holds so many of my childhood memories, it's almost like a part of me grew up there. I still recall the first time I got yelled at by a guard. I was four years old and I'd gone over to say hello to another prisoner, a friend of my mom's who I had also known. Of course, this type of behavior is "unacceptable" in the visiting room, because you may only have any form of contact with the inmate you are signed up to visit. Now, how was a four-year-old supposed to understand this? How was I to comprehend that it was not allowed for me to say hello to someone I knew? That experience taught me to fear guards and police officers, and eventually to hate them. I grew up being scared of the people in uniform who I had to be around every weekend.

I also spent a considerable amount of time without my mom in the visiting room. In the kids play area, where she wasn't allowed, I would go and play with other kids while my parents had their visit. I drew pictures, and played with toys. Some of the older girls used to braid my hair, and we would all just try and make the best of the situation. Knowing we all had something in common made it easier. There was no awkward period to get over the question of where your parents are. Occasionally, they would have someone directing an arts and crafts project. While this was all fun for me, I often sat there staring through the window, back out at my mom. All I longed for was to be by her side.

With my mom, we talked, we laughed, we cried, until it was time to say

Question 14:

This is confusing. Is there anyone who can just help me figure out what I need to do so I can visit?

We agree—the rules are confusing. Don't feel bad about not understanding them. You'll eventually figure it out. Ask that smart friend, your social worker, or another adult to help you. They probably won't know all the rules either, but share this guide with them—they might be able to help you read through it and understand everything. And here are a few more resources to make it easier:

If you're visiting someone in a **California State Prison** see our list at the end of this section.

If you live in **San Francisco County** and your parent is being represented by the Public Defender's Office, call Yolanda Robinson at (415) 575-4439. Yolanda serves families of public defender clients. Part of her job is to help children visit their parents in San Francisco jails.

If you live in **Santa Clara or Sonoma Counties**, the Friends Outside

offices below can help you understand the regulations and/or set up a visit, and provide other services as described.

Friends Outside in Santa Clara County

551 Stockton Ave.
San Jose, CA 95126
(408) 295-6033

www.friendsoutsideinscc.org
Friends Outside in Santa Clara County provides a variety of services to inmates, their families, and their children. Friends Outside in Santa Clara County can help you understand how to locate and visit a family member in jail or prison in Santa Clara County. They also provide notary services. They do not provide transportation, but may be able to connect you with other organizations that will provide transportation. Friends Outside also gives out emergency food and clothing, personal hygiene supplies, and household items such as dishes, pots, pans, and bedding through its drop-in center. For families who qualify (this depends on the zip code you live in), they can provide financial assistance and housing referrals. Youth Programs serve children ages nine to fourteen and include mentoring, after school programs, summer camps, and a Girl Scout Troop. Friends Outside offers a home visitation program for parents (including teens) who are pregnant or have

a baby and have had a family member incarcerated. To sign up for this program you can call the main number and ask for the Steps Ahead program.

Friends Outside in Sonoma County Main Adult Detention Facility-Lobby

2777 Ventura Avenue
Santa Rosa, CA
(707) 526-7318

www.friendsoutsidesonoma.org

Mailing Address:

PO Box 3905 Santa Rosa, CA 95402

Friends Outside in Sonoma County has a drop-in center in the lobby of the Main Adult Detention Facility at 2777 Ventura Avenue, Santa Rosa. They provide help dealing with the system, including helping family members communicate information to inmates, getting signatures on legal papers from inmates, cashing checks for inmates, and providing information about community resources and services to inmates and their family members. Friends Outside gives reading glasses, books, and greeting cards to inmates, and provides conflict resolution workshops to inmates. They also have a program for incarcerated parents in which the parents can read books to their children on tape, and they send the tape and book to the child.

M X S T O R Y**Sunday Morning** | Continued from page 26

goodbye. Saying goodbye to my mom was the one thing I swore I would never be able to do again, yet every week I was forced to. Those goodbyes, when everyone got quiet, all the mothers with tears sliding down their cheeks, mirroring their sobbing children. I would hold on to her for as long as possible, we repeated "I Love You" and "Goodbyes" to each other. Even today, going back to that visiting room makes

my eyes tear up, just watching other children desperately clinging on to their own mothers, just how I used to be. I just left her with the strongest hope in the depths of my heart that it would not be the last time I said good-bye to her. Leaving my mom was the hardest thing I've ever had to do, yet it was the only option I had. I wanted so much to take her home with me, show her my room, my school, my friends, my

life. Every time I had a chance to blow out birthday candles, or make a wish in a fountain, it was for her to come home with me. All I desired was for that missing piece to be filled in, for her to be able to complete my puzzle. But she couldn't. Which is why I will never forget those Sunday morning visits, my one chance to be a part of her life.



project. WHAT?

[28]

SECTION

39

Formals

San Francisco County Jail Visiting Information

Finding Your Parent

The San Francisco Sheriff's Department (SFSD) runs the county jail system. In order to find out if your parent is in any San Francisco jail, call processing at (415) 575-4489 (CJ9) or records at (415) 553-1430 (CJ1). You'll need your parent's full name and may need their date of birth.

Types of Visits

Most visits at San Francisco county jails are non-contact visits through glass—also called “phone visits”—for thirty minutes maximum. Some of the jails allow contact visits, but **ONLY** if your mother or father is participating in a program **AND** you are not too old. The upper age limit for contact visits depends on which facility your parent is in (there is not one consistent policy throughout the department). In any case, if you and your parent are eligible for a contact visit, someone from the program staff will call you and tell you what to do in order to arrange the contact visit. The contact visit is only for you (the child). Your other parent or legal guardian must bring you to the jail to sign paperwork, but can't go into the visiting area during a contact visit. For a non-contact visit through glass, the parent or guardian who brought you to visit must be with you the whole time. Children cannot be left unattended at any time in a jail facility or waiting area. **If you are younger than eighteen, you must be with a parent or guardian for the entire visit, unless you are in the process of having a contact visit.** Unlike at state and federal prisons, where you need to fill out paperwork and get pre-approved to visit, there

is NO application process to visit at any of the San Francisco jails. However, you must call to reserve a visiting time slot for a non-contact visit through glass. To reserve a thirty-minute time slot for a non-contact visit (at all the jails except CJ8), you must call the appropriate number between 1 p.m. and 6 p.m. the day before you want to visit. Be prepared for the phone line to be busy. It's very difficult to get a call through and it's possible you will have to call many times (along the lines of twenty or more times). Once you get through, you might be put on hold. We don't say this to discourage you, but don't expect this to be an easy process. It's not right, but for now, it may be what you have to go through to visit. We hear that the Sheriff's Department might be changing this system, but we aren't sure exactly what the new policy will be or when it will go into effect. We listed the number you need to call for each jail in the section titled “which jail is which.”

What to Wear

The San Francisco County Jail has a strict dress code:

- Do NOT wear ORANGE at all.
- Do NOT wear ALL BLUE or ALL RED (a red, white and blue sweat suit would be okay, but an all red sweat suit would not).
- Do NOT wear any NUMBERS (sometimes even sports jerseys with numbers on them are a reason to be turned away—don't take the risk, just wear something else that day).
- Do NOT wear HATS (for any reason, even if it's cold).
- In general, deputies may deny a visit if they feel you have “inappropriate gang-related clothing or hairstyles.”

Identification

Adult visitors (your parent or guardian, or you if you're over eighteen) must be prepared to show valid **identification** with a current photograph, showing name, address, and date of birth. If you're a minor visiting with an adult, you don't need to bring ID.

You may bring money to put into an inmate's account but you may not bring any personal items for your parent. All visitors may be searched. There are NO lockers in CJ1 and CJ2, but there are lockers in CJ5 and CJ8 for visitors to store personal items. The easiest thing to do is to NOT bring any personal items with you except your keys and wallet (which they should allow you to keep in your pocket during the visit).

Which Jail is Which

The jails in San Francisco County are commonly referred to by their number. There are five jails: County Jail #1 (CJ1), County Jail #2 (CJ2), County Jail #5 (CJ5), County Jail #8 (CJ8), and County Jail #9 (CJ9). As of the printing of this guide, there were plans to rename some of the jails (we don't know when the new names will go into effect), so be aware that the jail names we use below may be different by the time you are reading this. We included the NEW names of the jails in parentheses, but right now they are still called by the old names.

County Jail #1 (going to be renamed CJ3)

850 Bryant St., 6th Floor
San Francisco, CA 94103



CJ1 is located on the 6th floor of the Hall of Justice.

Visiting hours and notes: Phone visits (i.e., through glass) only.

Thirty-minute phone visits on Saturdays, Sundays, and holidays from 8 a.m. to 2 p.m. The last slot begins at 1:30 p.m. To reserve a thirty-minute slot, call (415) 553-1464 between 1 p.m. and 6 p.m. the day before you want to visit.

County Jail #2

(going to be renamed CJ4)

850 Bryant St., 7th Floor
San Francisco, CA 94103

CJ2 is located on the 7th floor of the Hall of Justice.

Visiting hours and notes: Thirty-minute phone visits (i.e., through glass) and contact visits for a small number of inmates who qualify.

Phone visits take place on Saturdays, Sundays, and holidays from 8 a.m. to 2 p.m. The last slot begins at 1:30 p.m. To reserve a thirty-minute slot, call (415) 553-9896 between 1 p.m. and 6 p.m. the day before you want to visit.

Contact visits are available to men housed only in the dorms that offer programs. Visits to men in this jail are scheduled between 9 a.m. and 1:30 p.m. on Fridays in thirty-minute time slots. **The Northern California Service League, (415) 552-9250**, runs the contact visiting program in this jail (by offering parenting classes). If your father is taking a parenting class, and is eligible to have you visit, NCSL will contact you to tell you when the first visit is scheduled. You must be 16 or under to be eligible for a contact visit. As of the printing of this guide, NCSL normally would call you on Wednesday to schedule a visit for Friday.

County Jail #5

(was already renamed, no

plans to rename again)

1 Moreland Dr.
San Bruno, CA 94066

Visiting hours and notes: Thirty-minute phone visits (i.e., through glass) and contact visits for a small number of inmates who qualify.

Phone visits take place on Saturdays, Sundays, and holidays from 8 a.m. to 2 p.m. The last slot begins at 1:30 p.m. To reserve a thirty-minute slot, call (650) 266-1730 or (650) 266-7500 between 1 p.m. and 6 p.m. the day before you want to visit.

Contact visits are only for parents participating in programs through Prison Match and for youth ages seventeen and under. Contact visits are held on Sundays for three hours between 9:30 a.m. and 12:30 p.m. Prison Match will contact you if your parent is eligible and will let you know when the first visit is scheduled.

County Jail #8

(going to be renamed CJ2)

425 7th St. (near Bryant)
San Francisco, CA 94103
(415) 575-4378

Visiting hours and notes: Thirty-minute phone visits (i.e., through glass) and contact visits for a small number of women who qualify.

No men in CJ8 can have contact visits. Phone visits take place on Saturdays, Sundays, and holidays from 8 a.m. to 2 p.m. The last slot begins at 1:30 p.m. Unlike the procedure in the other San Francisco jails, phone visits at CJ8 are first come first serve. Because visits start at 8 a.m., try to arrive by 7 a.m. the day you want to visit and get in line. We don't know if there are plans to put in a phone reservation system.

Contact visits are only for women in the SISTER Project who live

in D or E Pods (pods are like dorms). Contact visits are held on Saturdays for two hours, from 9 a.m. to 11 a.m. You must be sixteen or under and signed in by 9:15 a.m. or you won't be able to visit. If your mother is eligible, someone from SISTER will call you to let you know when the first visit is scheduled.

County Jail #9

(going to be renamed CJ1)

425 7th St. (near Bryant)
San Francisco, CA 94103

This is the intake, booking, and release facility. You can call or visit this jail to find out if your parent is in the San Francisco County jail system. Call (415) 575-4489 or (415) 575-4410 at CJ9 or records at CJ1 at (415) 553-1430. Whether you call or visit, you need to know your parent's full name and might also need to know their date of birth. **No visiting is allowed in CJ9.**

Please note: In doing research for this section, we often received inconsistent information from the Sheriff's Department about jail visiting procedures. As of May 2007, this is the best information we have. Hopefully the department will change its rules to make it easier for you to have both contact and non-contacts visits with your parent, but especially contact visits. We also hope the department keeps its website up to date (www.sfsheiff.com/home.htm). Until then, follow the same advice we give to anyone who's trying to visit a friend or family member in any prison or jail: call first and check the rules.

You can always see our form "Questions to Ask" (pages 34-35) to verify the information here.



California State Prison Visiting Information

Use the following list if your mom or dad is in one of California's thirty-three state prisons. You can get more information about visiting someone in a California State Prison by calling visitor information at (800) 374-8474 or go online to www.cya.ca.gov/Visitors/facilities.html.

If you call the prison directly, call the main number and ask to be transferred to the "visiting lieutenant." It is the lieutenant's job to explain the visiting rules.

Visiting hours for many of the prisons are Saturdays and Sundays from about 8 a.m. to 3 p.m. and designated holidays (usually New Year's Day, Independence Day, Labor Day, Thanksgiving, and Christmas Day). The visiting hours vary for each prison and a few prisons have totally different visiting hours. Call and find out the exact visiting hours before you go. Use the worksheet entitled "questions to ask when you call the jail or prison."

Friends Outside (FO) is a nonprofit organization that has a contract with California to provide services to inmates and their families. FO runs visitors centers near each state prison, and they have case managers at each state prison. The visitor centers are open only during prison visiting hours, so if you call outside of visiting hours, you may not get in touch with anyone. Outside of visiting hours, contact the Director of the Friends Outside Visitor Centers at the national office: Maria Rocero at (209) 955-0701 or mrocero@friendsoutside.org. The FO case manager usually has an office in the prison, and provides services to inmates, including help-

ing to coordinate paperwork and visits for families.

Each entry below consists of:

Prison name
Address
Main Phone Number

Friends Outside:

Visitors Center Phone Number
Case Manager's Name, Work Days, Phone Number (Even if the Case Manager changes, the phone number should remain the same)

Avenal State Prison (ASP)

PO Box 8
#1 Kings Way
Avenal, CA 93204
Main Number: (559) 386-0587

Friends Outside:

Oasis Visitor Center:
(559) 386-4370
Case Manager: Alma Beltran
(Monday to Friday)
(559) 386-0587 ext. 6825

California Correctional Center (CCC)

711-045 Center Rd.
PO Box 790
Susanville, CA 96130
Main Number: (530) 257-2181

Friends Outside:

Friendship Place #I:
(530) 257-2211
Case Manager: Cora Harris
(Monday to Friday)
(530) 257-2181 ext. 4587

California Correctional Institution (CCI)

24900 Highway 202
P. O. Box 1031
Tehachapi, CA 93581
Main Number: (661) 822-4402

Friends Outside:

Tehachapi Visitor Center:
(661) 822-3407

Case Manager: Irene Romero
(Monday to Friday)
at (661) 822-4402 ext. 4383

Central California Women's Facility (CCWF)

23370 Road 22
PO Box 1501
Chowchilla, CA 93610
Main Number: (559) 665-5531

Friends Outside:

The Lighthouse: (559) 665-4617
Case Manager: Elizabeth Hanson
(Monday to Friday)
at (559) 665-5950

Calipatria State Prison (CAL)

7018 Blair Rd.
PO Box 5001
Calipatria, CA 92233-5001
Main Number: (760) 348-7000

Friends Outside:

Sorensen Visitor Center:
(760) 348-2232
Case Manager: Benjamin Raisin
(Monday to Friday)
(760) 348-7000 ext. 5720

Centinela State Prison (CEN)

2302 Brown Rd.
PO Box 731
Imperial, CA 92251
Main Number: (760) 337-7900

Friends Outside:

Centinela Visitor Center:
(760) 352-2466
Case Manager: Martha Iniguez
(Monday to Friday)
(760) 337-9594

California Institute For Men (CIM) 14901 Central Ave.

PO Box 128
Chino, CA 91710
Main Number: (909) 597-1821
Friends Outside:
Friends Outside Hospitality Center:
(909) 597-5428



Case Manager: Mineora Ooten
 (Monday to Friday)
 (909) 597-1621 ext. 4389

California Institute For Women (CIW)

16756 Chino-Corona Rd.
 PO Box 6000
 Corona, CA 92878
 Main Number: (909) 597-1771
Friends Outside:
 Casa Frontera: (909) 597-0234
 Case Manager: Dorothy Hogans
 (Monday to Friday)
 (909) 597-1771 ext. 7005

California Men's Colony (CMC)

Highway 1
 PO Box 8101
 San Luis Obispo, CA 93409-8101
 Main Number: (805) 547-7900
Friends Outside:
 Friends Outside Visitor Center:
 (805) 543-3888

Case Manager: Gary Davis
 (Monday to Thursday)
 (805) 547-7900 ext. 7589

California Medical Facility (CMF)

1600 California Dr.
 PO Box 2000
 Vacaville, CA 95696-2000
 Main Number: (707) 448-6841
Friends Outside:
 Friendship House: (707) 469-9345
 Case Manager: Jerone Davison
 (Monday to Friday)
 (707) 448-6841 ext. 2829

California State Prison, Corcoran (COR)

4001 King Ave.
 PO Box 8800
 Corcoran, CA 93212-8309
 Main Number: (559) 992-8800
Friends Outside:
 Bienvenidos: (559) 992-4499
 Case Manager: Tina Torres
 (Monday to Friday)
 (559) 992-8800 ext. 7719

California Rehabilitation Center (CRC)

5th St. at Western
 PO Box 1841
 Norco, CA 92860
 Main Number: (909) 737-2683
Friends Outside:
 Hospitality Place: (909) 737-7010
 Case Manager: Valerie Musielak
 (Monday to Friday)
 (951) 737-2683 ext. 3385

Correctional Training Facility (CTF) Highway 101 North

PO Box 686
 Soledad, CA 93960-0686
 Main Number: (831) 678-3951
Friends Outside:
 El Puente: (831) 678-0135
 Case Manager: Victor Uranday
 (Monday to Friday)
 (831) 675-3328 or
 (559) 665-1299

Chuckawalla Valley State Prison (CVSP)

19025 Wiley's Well Rd.
 PO Box 2289
 Blythe, CA 92226
 Main Number: (760) 922-5300
Friends Outside:
 Esperanza: (760) 921-8294
 Case Manager: Kathy Barney
 (Monday to Thursday)
 (760) 922-5300 ext. 6354

Deuel Vocational Institution (DVI) 23500 Kasson Rd.

PO Box 400
 Tracy, CA 95378-0400
 Main Number: (209) 835-4141
Friends Outside:
 The Gathering Place:
 (209) 835-4141
 Case Manager: Melissa DeJesus
 (Monday to Friday)
 (209) 835-4141 ext. 5640

Folsom State Prison (FOL)

PO Box 71
 Represa, CA 95671

Main Number: (916) 985-2561
Friends Outside:
 Welcome House Visitor Center:
 (916) 985-2372
 Case Manager: Jennifer Stadler
 (Monday to Friday)
 (916) 985-2561 ext. 4689

High Desert State Prison (HDSP)

475-750
 Rice Canyon Rd.
 PO Box 750
 Susanville, CA 96127
 Main Number: (530) 251-5100
Friends Outside:
 Friendship Place #11:
 (530) 257-5581
 Case Manager: Jon Joscelyn
 (Monday to Friday)
 (530) 251-5100 ext. 5710

Ironwood State Prison (ISP)

PO Box 2229
 Blythe, CA 92226
 Main Number: (760) 921-3000
Friends Outside:
 Descanso Visitor Center:
 (760) 921-1964
 Case Manager: Shirley Kimble
 (Monday to Friday)
 (760) 921-3000

California State Prison, Los Angeles County (LAC)

44750 60th St.
 West Lancaster, CA 93536-7620
 Main Number: (661) 729-2000
Friends Outside:
 Lancaster Visiting Center:
 (661) 728-0844
 Case Manager: Yvette Waterworth
 (Monday to Friday)
 (661) 729-2000 ext. 7590

Mule Creek State Prison (MCSP)

4001 Highway 104
 PO Box 409099
 Ione, CA 95640
 Main Number: (209) 274-4911
Friends Outside:
 New Beginnings Visitor Center:



(209) 274-4749
Case Manager: Bill Tracy
(Monday to Friday)
(209) 274-4911 ext 5983

Northern California Woman's Facility (NCWF)

7150 Arch Rd.
P.O. Box 213006
Stockton, CA 95213-9006
Main Number: (209) 943-1600

Friends Outside:
Rainbow Visitor Center:
(209) 463-5450
Case Manager: position is not filled

North Kern State Prison (NKSP)

2737 West Cecil Ave.
PO Box 567
Delano, CA 93216-0567
Main Number: (661) 721-2345

Friends Outside:
North Kern Visitor Center:
(661) 725-3833
Case Manager: Tony Hernandez
(Monday to Friday)
(661) 721-2345 ext. 6332

Pelican Bay State Prison (PBSP)

5905 Lake Earl Dr.
PO Box 7000
Crescent City, CA 95531-7000
Main Number: (707) 465-1000

Friends Outside:
Hospitality House:
(707) 465-6269
Case Manager: Dante Kon
(Monday to Friday)
(707) 465-100 ext. 5435

Pleasant Valley State Prison (PVSP)

PO Box 8500
Coalinga, CA 93210
Main Number: (559) 935-4900

Friends Outside:
Centerforce /Pleasant Valley Visitor Center: (559) 935-0660
Case Manger: Carlos Garcia
(Monday to Friday)
(559) 935-4900 ext. 6576

R.J. Donovan Correctional Facility at Rock Mountain (RJD)

480 Alta Rd.
San Diego, CA 92179
Main Number: (619) 661-6500

Friends Outside:
Su Casa: (619) 710-1645
Case Manager: Karen Moreno
(Monday to Friday)
(619) 661-6500 ext. 5666

California State Prison, Sacramento (SAC)

PO Box 29
Represa, CA 95671-0002
Main Number: (916) 985-8610
Friends Outside:

Welcome House Visitor Center:
(916) 985-2372
Case Manager: Debbie Drake
(Monday to Friday)
(916) 985-8610

California Substance Abuse Treatment Facility (SATF)

900 Quebec Ave
PO Box 7100
Corcoran, CA 93212-7100
Main Number: (559) 992-7100

Friends Outside:
Visitor Center:
(559) 992-9756
Case Manager: Rose Benitez
(Tuesday to Friday)
(559) 992-9092

Sierra Conservation Center (SCC)

5100 O'Byrnes Ferry Rd.
PO Box 497
Jamestown, CA 95327
Main Number: (209) 984-5291

Friends Outside:
Mother Lode Visitor Support Center: (209) 984-5523
Case Manager: Pat Petersen
(Monday to Friday)
(209) 984-5291 ext. 5591

California State Prison, Solano (SOL)

2100 Peabody Rd.
PO Box 400
Vacaville, CA 95696-4000

Main Number: (707) 451-0182
Friends Outside:
Friendship House:
(707) 469-9345
Case Manager: General Muhammad
(Monday to Thursday)
(707) 451-0182 ext.5472

San Quentin State Prison (SQ)

San Quentin, CA 94964
Main Number: (415) 454-1460

Friends Outside: The House:
(415) 482-8509
Case Manager: Andres Vasquez
(Monday to Friday)
(415) 456-5702

Salinas Valley State Prison (SVSP)

PO Box 1020
Soledad, CA 93960-1020
Main Number: (831) 678-5500

Friends Outside:
Salinas Valley Visitor Center:
(831) 678-0135
Case Manager:
(831) 678-550 ext. 5718

Valley State Prison for Women (VSPW)

21633 Ave.
PO Box 92
Chowchilla, CA 93610-0099
Main Number: (559) 665-6100

Friends Outside:
Valley State Visitor Center:
(559) 665-1913
Case Manager: Sandra Wing
(Monday to Friday)
(559) 665-5500 ext.5965

Wasco State Prison (WSP)

701 Scofield Ave.
PO Box 8800
Wasco, CA 93280-7620
Main Number: (661) 758-8400

Friends Outside:
Casa De Rosas:
(661) 758-8332
Case Manager: Beverly Faulkner
(Monday to Thursday)
(661) 758-8400 ext. 5674



Questions to Ask when You Call the Jail or Prison

This list is to help you get all the information you need in one place so you can visit your mother or father. If you need help, ask a friend, social worker, teacher, or another adult to help you make phone calls to get the answers to these questions.

Name of prison/jail: _____

Address: _____

Phone number for visitor information (use our guide to find phone numbers for CA state prisons or San Francisco County Jails): _____

Name of parent you are visiting: _____

Your parent's birthday and inmate ID number (if you know it): _____

How you're going to get there: _____

What are the visiting hours and days? _____

What are the time limitations for the visit? _____

Is it a contact, non-contact (phone), or family visit? _____

Things you should NOT wear: _____

Things you should NOT bring with you: _____

Is there a locker to store anything you have with you that you're not allowed to bring in (like cell phones, clothing/hats, pens)? _____



How old do you have to be to visit without a legal guardian? _____

If you're too young to visit alone, who has to go with you? Does the person have to be your legal guardian or other parent? _____

If the adult is not your parent or legal guardian, what paperwork do you need to have with you to prove that your parent or guardian approved the visit? _____

Does the adult with you have to be on a pre-approved visitors list or can you just show up together at the prison or jail during visiting hours and get in? _____

How does someone get on a pre-approved visitors list? _____

Do you have to bring ID if your parent, guardian or another adult is bringing you and you're a minor? What ID does the adult need to bring? What ID is acceptable? Do you need an original birth certificate? _____

Does the prison have special arrangements for children? (Ask this if you have younger brothers or sisters or any younger children who will be with you.) _____

Is prison visiting running normally? If you're visiting a California state prison, before you leave for your visit, call the prison visitor information number at 1-800-374-8474. There's a recording that tells you whether visiting procedures at a specific prison are running normally. If a prison is on lockdown – and sometimes for other reasons – visits are cancelled. Information is in English and Spanish.



Take your own notes:

Lined writing area consisting of horizontal lines for notes.

[36] WHAT? project





SECTION

Legal Questions



Legal Questions

Question 15:

I'm in the foster care system and no one is listening to what I want about my placement or care. Who can help me?

If you're in the foster care system, you should have an attorney or court appointed special advocate (CASA). CASAs provide individual assistance, advocacy, and mentorship to make sure you get the services you need and want, if you are a ward of the court. Some CASA offices provide other services such as education, vocational training, youth development, and HIV/STD prevention. Many child welfare departments also have an ombudsman number which you can call for complaints or concerns you have about any unit within Family and Children's Services. **See Question 16 for more information about free legal services.**

San Francisco CASA

100 Bush St., Suite 650
San Francisco, CA 94104
(415) 398-8001
www.sfcasa.org

CASA of Alameda County

1000 San Leandro Blvd. at Davis,
Suite 3000
Oakland, CA 94577
(510) 618-1950
www.casaofalamedacounty.org

CASA of Contra Costa County

2020 N. Broadway, Suite 204
Walnut Creek, CA 94596
(925) 256-7284 or 1-888-398-3300
www.cccocasa.org

Question 16:

I need a FREE lawyer. Is there anyone I can call?

You might need a lawyer for a variety of reasons—to help a relative become your legal guardian, because you got expelled from school and want to go back, because you got into trouble with the police and juvenile court system, or for whatever reason. Unfortunately, there aren't a whole lot of lawyers who provide free legal advice to children. However, the San Francisco Public Defender has a Juvenile Division (see information below). We also recommend Legal Services for Children (LSC). LSC provides free legal and social services to children and youth and has in-house attorneys and social workers to enable youth to achieve safety and stability and avoid unnecessary placement in the foster care and juvenile justice systems. LSC accepts collect phone calls. If you're in the foster care system, you should already have an attorney or CASA. If you don't know who your attorney is, ask your social worker. **Also see Ques-**

tion 15 for information about court appointed special advocates.

Legal Services for Children

1254 Market St., 3rd Floor
San Francisco, CA 94102
(415) 863-3762
www.lsc-sf.org

Warm Line:

Monday to Friday
1:30 p.m. to 5:00 p.m.

Clinic Hours:

Wednesdays 4:00 p.m. to 6:00 p.m.

The San Francisco Public Defender Juvenile Division

375 Woodside Ave., Room 118
San Francisco, CA 94127
(415) 753-7600

The legal resources listed below—including the public defender's office—don't work directly with youth, or tailor their services to youth. They may be useful to your parents or caregivers, but it's better if an adult calls.

Alameda County Public Defender's Office

1401 Lakeside Dr., Suite 400
Oakland, CA 94612
(510) 272-6600

East Bay Community Law Center

3130 Shattuck Ave.
Berkeley, CA 94705
(510) 548-4040
www.ebclc.org

East Bay Community Law Center provides legal services to the low-income community in the areas of housing, welfare, HIV and health, homelessness, and economic development. Our work makes the lives of East Bay community members more healthy, secure, productive, and hopeful.

San Francisco Office of the Public Defender
555 7th St.
San Francisco, CA 94103
(415) 553-1671

Legal Services for Prisoners with Children (LSPC)
1540 Market St., Suite 490
San Francisco, CA 94102
(415) 255-7036
www.prisonerswithchildren.org

Question 17:
My parent is in jail and is fighting for custody of me. Is there anyone who can help my parent understand his or her rights?

Legal Services for Prisoners with Children (LSPC) and Prisoner Legal

Services published a very useful booklet for Incarcerated Parents in 2001 called “Incarcerated Parents Manual: Your Legal Rights and Responsibilities.” It’s designed to answer many of the legal and practical questions that incarcerated parents have about custody of their children, both during and after the time they are in prison or jail. The information is based on California law as of June 2000. You can print a free copy by visiting their website at www.prisonerswithchildren.org and clicking on “publications,” or you can print the order form and mail it to LSPC to request a copy. They ask for a donation but if you don’t have the money, they might send it to you free. It will help if you mention that you’re a youth in need of their services on the order form. The Center for Young Women’s Development (CYWD) published a

handbook for young mothers in 2007 called “My Life Chose Me.” If you have children or are pregnant, and want to understand your rights—especially if you have already been involved with the juvenile justice and/or child welfare systems—you should read this guide. Call (415) 703-8800 or visit CYWD to get a copy: 1550 Bryant Street, #700 in San Francisco.

Both of the above booklets have useful information but neither is intended to replace the advice of an attorney.

INTERVIEW QUESTION



How are you going to go about having a successful future and overcoming having a parent in jail or prison?

Well for me that thought had not come about ‘til I was older and my dad no longer was in jail. I still think about ways to have a successful future and honestly I haven’t come up with the perfect plan, but I have been making little progress step by step trying to stay positive and doing positive things. I kinda look at it like “I don’t want him or me to be locked up in a cage” and the fact that the criminal justice system will not have a problem taking your life away is another thing that keeps my head straight. Really I think you can make the best of anything, if you use your situation as a motivation. (Demel)

I don’t really know what I want to be or what to do with my life, but basically understanding that the past is over and now I can move forward is what motivates me most to do better. Knowing that I can help others get through this and share my own story is also helping me change my future for the better. (Zoe)

I guess not doing the same mistake that my dad did and show the world that it’s not always “like father like son.” That just because he messed up doesn’t mean I will. I want to show the world that I can do everything like everyone else and just

because I have a parent in jail doesn’t mean I’m any different than the other kids who don’t have parents in jail. (Luis)

I’m going to look at their wrongs and see what they were doing and acknowledge that it was the wrong thing and know not to go that way. I’m going the opposite way and have a positive outlook on life. Also my church will be a big help because they know the struggles that I have and they are dedicated to helping me have a successful future no matter what. (Tiffany)

WHAT!
[40]
project.



SECTION

Making Something
Positive Happen
in My Life



Making Something Positive Happen in My Life

Once you have your basic needs met—you have food, clothing and a roof over your head—you might have time for better things. This section has ideas about how you

can create positive things in your life, whether that means finding a job, mentor, or hobby, or improving your grades and going to college. As teens who have had parents incarcerated ourselves, we know that some people think “the apple doesn’t fall far from the tree” and that we’ll end up locked up ‘cause our mom or dad messed up. Yeah, that happens—you might even be reading this from inside Juvie Hall or the California Youth Authority (CYA). But we believe you can do whatever you want with your life. Even if you made mistakes in the past, or your parents messed up, you still can choose to do more positive things in the future. As Anthony says, “Struggles really make you stronger.” Tiffany’s story gives you a personal perspective on how knowledge has been her ticket out. We hope this section will give you ideas on how to make the next positive move in your life.

Question 18:

I have lots of negative people around me. How can I find an adult who will help me achieve my goals and dreams, or just someone positive to hang out with sometimes?

The most important thing to do is focus on yourself, which means staying away from people who bring you down, or could get you caught up in bad situations. Aside from talking to school counselors, whom you may or may not trust, there are plenty of free and confidential services available in the Bay Area. There are youth hotlines like YouthLINE (1-888-977-3399) so you can have someone to talk to when something goes down, or if you need someone to listen to you. There are also mentoring and youth development programs that can provide trustworthy adult allies to youth in need. Some of the mentoring programs serve younger children too, so keep these programs in mind for your younger brothers or sisters.

M X STORY

Untitled

By Tiffany Hopkins

A lot of people call me heartless, so I’m ‘bout to give you the background of how I became that way.

Man, I can’t remember a time when we weren’t poor. Don’t get me wrong, we were filthy rich in love and loyalty, but in dollars our wealth didn’t amount to much. I lived with my Mama, well, my great grandmother

actually, but I call her Mama. My real mother is always in and out of jail and never around, and even when she is I wish she wasn’t. I have no feelings toward her. My Mama tells me I’m wrong for that, that I should love her since she’s my “mom,” but she’s not, my grandma is my mother, the one who stood by me in all my struggles, made me feel as though I

East Bay Resources for Mentoring and Youth Development

Leadership Excellence

1924 Franklin St., #201
Oakland, CA 94612
(510) 267-9770

www.leadershipexcellence.org

Neighborhood: Downtown Oakland

Leadership Excellence is committed to developing the next generation of leaders who possess the skills and desire to create social change in urban communities. Their mission is to provide grassroots community organizing and leadership skills to African American children and youth (ages five to eighteen). This is accomplished through workshops, trainings, and curriculum which empowers young people to make informed decisions about their lives and positive changes in their communities.

LIFE Project

Centerforce

2955 Kerner Blvd., 2nd Floor
San Rafael, CA 94901
(415) 456-9980 ext. 116

www.centerforce.org/index.cfm

The Leaders in Future Environments (LIFE) Project provides one-on-one mentoring, annual retreats, and monthly group activities for teenagers throughout the San Francisco Bay Area who have or have had a parent involved in the criminal justice system.

The Mentoring Center

1221 Preservation Pkwy., Suite 200
Oakland, CA 94612
(510) 891-0427

The Mentoring Center provides services for youth who are on the wrong track and want to make a change in their lives and to develop survival skills. One program is the Positive Minds Group.

On The Bricks

1515 Webster St., Suite 303
Oakland, CA 94612
(510) 238-8080

On the Bricks provides services for youth ages fourteen to twenty who have been in the criminal justice system. There is a six-week mentoring program that focuses on education, career, and life skills.

OreMi Mentoring Program

Family Support Services of the Bay Area (FSSBA)

401 Grand Ave., Suite 500
Oakland, CA 94610
(510) 834-2443

www.fssba-sf.org

The OreMi Mentoring Program is a mentoring program for children ages



Untitled

Continued from page 41

was somebody, and provided the real parental love “that other woman” didn’t. Therefore, that other woman is lower to me than an enemy. Not having parents around, the people who look like you, affects the way you look at yourself. I would not come to terms with my appearance until late in life, if I even have now. But some things I learned along the way helped me a great deal with the missing pieces.

Another struggle: we’ve lived everywhere. In little apartments, abandoned houses, with family members, in our car—I mean everywhere. But fast forward that, leaves change colors, I’m on the block, you already know which one, no daddy around, so it’s time for me to find that male figure, someone to fill that void. Instead, I find nothing but trouble. Too much time on my hands and growing up too fast, Mama sick and we need money, that’s all I knew. Not surviving was not an option so I became one of those statistic kids they warn you about. No, not on a corner or in a bed, but hustling all the same. Knew I was tired of seeing my Mama cry herself to sleep every night, tired of doing something like crying myself, but bitterness and loneliness had dried up my tears a long time ago. Maybe I did cry then. I can’t remember now, that was too many lifetimes ago. My soul has gone through too many transformations since then.

My saving grace from getting caught up in all the drama that had engulfed my life, from becoming a copy of all the mistakes my mother made, was my knowledge. Knowledge. The most powerful word I know. My

Continued on page 43

four to fourteen living in Alameda County who have a parent in the state or federal prison system. Call or visit the website for more information or to get an application to find a mentor.

Project AVARY (Alternative Ventures for At Risk Youth)

1018 Grand Ave.

San Rafael, CA 94901

(415) 460-1184

www.projectavary.org

Project AVARY's mission is to cultivate a community of support for children whose parents are imprisoned or otherwise involved with the criminal justice system. They have a summer camp, "adventure days" (monthly field trips), and a mentoring program for youth. There are also Leadership Retreats for the older youth, a family camp weekend, and twice-yearly celebrations for the whole AVARY community.

San Francisco Resources for Mentoring and Youth Development

Already listed:

A Home Within (See page 19)

Horizons Inc. (See page 21)

Larkin St. Youth Services (See page 09)

Boys & Girls Clubs of San Francisco

www.bgcsf.org

The Boys & Girls Clubs of San Francisco provide a wide range of youth programs at nine locations throughout the city. They provide education and career development, life skills, arts, sports, fitness and recreation, and special services for teens. See below for addresses and phone numbers and call for hours and services at each location, or go online to www.bgcsf.org.

Columbia Park Clubhouse: 450 Guerrero St. at 17th (415) 864-2724

Ernest Ingold Clubhouse: 1950 Page St. (415) 221-6100

Excelsior Clubhouse: 163 London St. (415) 334-2582

Mission Clubhouse: Bryant Elementary School, 1050 York St. (415) 648-2434

Sunnydale Clubhouse: 1654 Sunnydale Ave. (415) 584-5028

Treasure Island Clubhouse: 401 13th Ave. (415) 362-1383

Tenderloin Clubhouse: 115 Jones St. (415) 351-3125

Visitacion Valley Clubhouse: 1099 Sunnydale Ave. (415) 239-0146

Hunters Point Clubhouse: 195 Kiska Rd. (415) 643-6140

Brighter Futures

Walden House

(415) 355-2559

www.waldenhouse.org/~waldenho/services/youthmentoring.html#bright

Brighter Futures is a Mentoring Program designed for children ages four to fifteen who have a parent, guardian, or influential relative incarcerated at the state or federal prison level. Children are enrolled in the program while the parent is still incarcerated, but can remain in the program when the parent is released, until the age of sixteen. Brighter Futures matches volunteer mentors with children for a period of one year or longer.



Untitled

Continued from page 42

ticket out, my way out. My thinking brain is my way to escape from everybody and everything.

The moment I found out I was smart, eighth grade, I think, when they were telling us that everybody in the class, except for me, was in great jeopardy of not graduating. That jumpstarted my self-appreciation. Or, maybe it was the fact that I knew, I better have good grades or else my Mama would have my butt. I like to think it was all me, and when I look back I know that it was my own determination that got me through. Knowledge let me know that I was somebody, a reckoning force that sooner or later somebody was going to have to deal with.

All before then I was reading, reading, reading, anything I could get my hands on. I have read hundreds of books, some I can't even remember, just my brain steadily absorbing everything it could, until I finally took a breath. I realized I could pick up a book and what was in it might help me get out of the predicament of either going crazy or not making it that, up until then, I thought were the only options.

Knowledge became my friend. Knowledge kicked in when my friends asked for help on homework. Knowledge made me accept myself. Knowledge made me focus. Knowledge taught me that it was okay that nobody around me looked like I did because that just made it harder for anybody to clone my greatness. Knowing that people of all shapes,

Center For Young Women's Development

1550 Bryant St., Suite #700 at Alameda
 San Francisco, CA 94103
 (415) 703-8800
 www.cywd.org

The mission of the Center for Young Women's Development is to empower and inspire young women who have been involved with the juvenile justice system and/or the underground street economy to create positive change in their lives and communities. Each year we hire seventeen young women for a paid internship that incorporates healing, skills development, political education, community organizing, and reintegration into the community. We also have weekly educational seminars for girls in YGC (San Francisco's Juvenile Hall) and those reentering the community.

Omega Boys Club/Street Soldiers

1060 Tennessee St.
 San Francisco, CA 94107
 1-800-SOLDIER (1-800-765-3437)
 www.street-soldiers.org/contents.htm
 Neighborhood: Potrero Hill

The Omega Boys Club/Street Soldiers' mission is to keep young people alive and unharmed by violence and free from incarceration. They provide youth with the opportunity and support to build positive lives for themselves, and to move into contributing roles in society.

Question 19: I need money! What should I do?

Teenagers can get better jobs than just at your standard fast-food place or store in the mall. Organizations like Enterprise for High School Students and Treasure

Island Job Corps can help youth not only go through job training, but offers job placement based on your specific talents. There are also jobs that are based around a school schedule, because staying in school is also important. There are plenty of organizations looking to hire youth who have struggled and are willing to give back to their communities, so what are you waiting for?

East Bay Resources for Job Placement

Already listed:

Covenant House (See page 07)
 East Bay Independent Living Skills Program (See page 13)
 Youth Uprising (See page 19)

Also see: Treasure Island Job Corps listed under San Francisco Resources below (Job Corps serves youth all over the Bay Area)

San Francisco Resources for Job Placement

Already listed:

Bayview Hunters Point Foundation (See page 20)
 Boys and Girls Clubs of San Francisco (See page 43)
 Center for Young Women's Development (See page 44)



Untitled

Continued from page 43

sizes, and abilities can do anything enforced my driving will to succeed because now my features or my thought of being ugly didn't matter. Shoot, look at Oprah. And the fact that I didn't have real parents, lived with a sick grandmother, and knew too much for my time—I learned that was all part of a greater good. I realized that if I could just harness all that anger, frustration, and knowledge into something good, there's no telling what might happen.

It took a while, but my thoughts started to shift. Learning about all the mistakes made since the beginning of time taught me that everybody makes mistakes, and while I don't forgive my mother for the hell and strife that I had to live through because of her, I am more aware of the many people who do the same things she does every day. I learned that sometimes you just have to say, "All right, we don't like that it's happening, but how can we prevent it from happening again?" And then do everything you can to prevent it.

I knew that I hated the person that my mother had turned out to be, but my main focus was making sure I did not end up like her. My goals and dreams had nothing to do with that aspect of life.

Now don't get me wrong, this is not a pretty story with a happy ending. Just a twig on one of the mighty branches of my life. So after we spruce this redwood up a bit, I'll let you know how far down I think the roots will go.



Girls 2000 (See page 08)
Horizons Inc. (See page 21)
Larkin Street Youth Services (See page 09)
San Francisco Independent Living Skills Program (See page 13)
Walden House Youth Services (See page 10)

Enterprise for High School Students (EHSS)

200 Pine St., Suite 600 (corner of Pine and Battery)
San Francisco, CA 94104
(415) 392-7600
www.ehss.org

Enterprise for High School Students (EHSS) is a citywide school-to-work/youth development agency in San Francisco that guides youth ages fourteen to eighteen to find and retain jobs, be trained and engage in experiential learning, and explore career interests. EHSS serves students residing in every zip code and planning district in San Francisco.

Treasure Island Job Corps

655 H Ave., Building 442
San Francisco, CA 94130
1-800-733-5627
(415) 277-2400
treasureisland.jobcorps.gov

The Treasure Island Job Corps Center is a training facility where you will have the opportunity to learn a trade, complete your high school education, participate in hands-on job training, and receive job placement support as you embark on your career. Job Corps is a stepping stone to meaningful employment. At Job Corps, you will develop the necessary tools that will continue to benefit you throughout your life.

Question 20:
There's nothing to do in my neighborhood besides hang out on the streets. Where can I go to stay out of trouble?

There are plenty of safe places to go after school or on the weekends

that are fun and productive, and will help you stay out of trouble. It's just a matter of finding them. Getting involved with school or neighborhood sports teams, arts programs, writing programs, or whatever it is that you may be interested in could make a world of difference.

Bay Area Wide Organizations

Youth Speaks

SF/Bay Area
290 Division St., Suite 302
San Francisco, CA 94103
(415) 255-9035
www.youthspeaks.org

Youth Speaks presents after-school workshops in various locations throughout the Bay Area. Workshops typically run in eight to ten-week blocks. The



Mel's Story

By Anthony Ellis

Well, let me start off by telling you how living with Melvin changed my life. Mel was my first cousin, my mom's sister's son. Mel grew up in West Oakland, like me, but he attended Clovis High School in Fresno. He played basketball and being 6' 9" didn't hurt his game. He graduated from Clovis and got a scholarship to Fresno State. There, Mel got even better. His grades were good and his passion for the game grew. His coach told him that scouts were looking at him from the 76ers. Given that he was from the 'hood, making it to the pros was a life dream. Mel played for the 76ers for one year, which made us all proud of him. After his first season, like the rest of the team, Mel went home for the off season.

Once home in West Oakland, he started hanging with his old friends from growing up, who were in the dope game. In 1994, he got shot in the throat during a drive-by and got paralyzed from the waist down. He spent four years in the hospital going through physical therapy and was released in 1998. He had to face the fact that the wheelchair they gave him would be his legs for the rest of his life.

In 2001, I moved in with him because I needed a male figure and we got along hella good. I needed a father figure because my own father was always in and out of the pen, so I was raised by just my mom. I was getting older and I saw my friends whose

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[45]
project

after-school workshops focus on different aspects of writing, from fiction, playwriting, and poetry, to performance, desktop publishing, and poetry slam. Taught by leading poets, writers, spoken word artists, and cultural activists, they are conducted throughout the San Francisco Bay Area. Workshops are open to any teen thirteen to nineteen years old (unless otherwise noted). All workshops are free and no registration is necessary. Go to the website or call for workshop locations and schedules.

East Bay Area Wide Organizations

Already listed:

- Covenant House (See page 07)
- DreamCatcher (See page 08)
- George P. Scotlan Center (See page 08)
- Leadership Excellence (See page 42)
- Youth Uprising (See page 19)

YMCA Teen Center

5908 Foothill Blvd.
 Oakland, CA 94605
 (510) 638-3984
www.ymcaeastbay.org/urbanservices

The mission of the YMCA teen center is to provide a fun and safe environment where teens of all origins engage in programs and activities that enhance individual health and well-being, strengthen personal and family relationships, and develop leadership skills. The teen center has educational services, art programs, technology classes, among other programs. The Teen Center in Oakland is part of YMCA Urban Services. Other YMCA Urban Services branches in the East Bay and San Francisco are also listed in this section.

Eastlake Branch YMCA

1612 45th Ave.
 Oakland, CA 94601
 (510) 534-7441
 Contact: Larry Austin

M. Robinson Baker Branch YMCA

3265 Market St.
 Oakland, CA 94608
 (510) 654-9622
 Contact: DeCarlos Anderson

San Francisco Organizations

Already listed:

- Boys and Girls Clubs of San Francisco (See page 43)
- Girls 2000 (See page 08)
- Huckleberry Youth Services (See page 09)
- Larkin Street Youth Services (See page 09)



Mel's Story

Continued from page 45

dads had taught them certain things and there was no one around to teach me. Once I moved in with Mel, I got to do some male bonding that I hadn't had much of a chance to do before—even just watching football games with the guys was cool.

I learned to take on household responsibilities, like cooking, cleaning, and washing our clothes. It was hard to start doing a lot of those things because someone had always done them for me.

But the hardest thing I learned was how to properly take care of Mel's wounds. Lying down too long on your butt can cause bed sores, which is when the sweat dissolves the skin, making the skin so sensitive that any friction can cause it to become an open wound. Taking care of somebody is a hard job, but someone who's paralyzed is even a harder job. What teenager you know have to clean open wounds? Not just a cut, but a wound that's so deep to where you see a bone. That's what I had to clean everyday.

Picture this. One weekend I went to Fremont and Mel told me he was going to get someone to clean out his wounds, but he never did. They bled and the gauze started to stink.

When I got back Mel was like, "Lil cuz, it something wrong. My leg keep jumpin."

"Why?"

"I don't know, check my sores," he said.

Man I ain't never seen no shit like that in my life! It was real life maggots in there wiggling around and

Fostering Art

2481 Clay St.
San Francisco, CA 94115 (Mailing Address)
(415) 474-6365
www.fosteringart.org

Fostering Art is a program of A Home Within. It serves current or former foster care youth, providing classes and activities in expressing yourself through different forms of media.

LYRIC

127 Collingwood St.
San Francisco, CA 94114
(415) 703-6150
www.lyric.org
Neighborhood: Castro

LYRIC envisions a diverse society where lesbian, gay, bisexual, transgender, queer, and questioning (LGBTQQ) youth are embraced for who they are and encouraged to be who they want to be. By working towards social justice and supporting young leaders, their families and allies, LYRIC is building a world that that honors, respects and appreciates LGBTQQ youth and their contributions. LYRIC's programs fall into three general categories: community building, education and economic development, and health and wellness.

Out of Site Center for Arts Education

301 de Montfort Ave.
San Francisco, CA 94112
(415) 841-2215
www.outofsite-sf.org

Out of Site offers free arts classes for high school students. It's a great place to try out photography, painting, spoken word, music, architecture, or a variety of other art classes. In spring 2007, classes were being offered on Monday and Wednesday, or Tuesday and Thursday, from 4 p.m. to 6 p.m.

YMCA Bayview Hunter's Point

1601 Lane St.
San Francisco, CA 94124
(415) 822-7728
www.ymcasf.org/Bayview

YMCA Urban Services

1530 Buchanan St.
San Francisco, CA 94115
(415) 674-0888
www.ymcasf.org/UrbanServices



Mel's Story

Continued from page 45

my body got hella tingly.
"Mel Mel, blood."
"Wat nigga?"
"Blood, it hella maggots."
"For real?"
"Hella. Yea, I'm not playin."
A fly had got in there and laid some eggs.
Mel said, "Jus clean it hella good."
I'm thinking to myself "Hell naw!"

But cause of the love I had for him, I did it anyway. When I was done, he told me to call 911 so he could go to the hospital. The doctors told him that the maggots wasn't doin nothing but eating the dead tissue. In the hospital, sometimes they use maggots to clean out wounds, but when people hear that they're using maggots, they be like I was—"Hell naw!" So I learned a lot of people can't stomach it, but somehow and someway not only could I do that, there wasn't anything I wouldn't do for him. I loved him to death. I took care of Mel for a long time and I was getting real good at cleaning his wounds.

One time, I told him I could do it better than the doctors.
He said, "Yeah, lil cuz, you should think about taking this as a profession."
I was like, "Yea, I just might."
He said, "They get paid a lot of money too, lil cuz, I think you should go for it."

What I really want people to understand is that even though he sold drugs, he always made sure I went to school. He knew he took the wrong path and he knew he could prevent me from taking the same route he did. Mel used to tell me, "Man, go to col-

WHAT!
[47]
project

Question 21:

My grades dropped after my parent got locked up. How can I improve so I can get my high school diploma, GED or get into college?

Talk to your teachers or school counselor and ask for extra support. Make a plan together or turn to resources outside of school. Lots of places offer free tutoring. If it's too hard to focus on academics because you have so much on your mind, or have other responsibilities like a job or taking care of younger siblings, you might consider alternative

education programs like Independent Studies, Youth Chance High School in San Francisco, or getting your GED through a community-based center. Anthony enrolled in Independent Studies and got his high school diploma while taking care of his paralyzed cousin. Demel got his GED through a community organization. Both are now taking classes at community colleges. Even if there are ups and downs along the way, in the end, it's really important to get your high school diploma or GED, and even better if you go to college. To get academic support or tutoring, check out the following organizations.

East Bay Tutoring Resources

Already listed:

- Covenant House (See page 07)
- DreamCatcher (See page 08)
- George P. Scotlan Center (See page 08)
- Youth Uprising (See page 19)

Teen Homework Center

Oakland Public Library at Eastmont Town Center Adult Reading Room, Suite 211
 7200 Bancroft Ave. Oakland, CA 94605
 (510) 615-5726
 www.oaklandlibrary.org

The Eastmont Branch of Oakland Public Library launched a new Teen Homework Center in February 2007 which will run until the end of school in June. It offers free tutoring in math, science, English, and Spanish. Middle and high school students can drop in for homework help on Saturdays from 1 p.m. to 5 p.m., and on Mondays from 3 p.m. to 7 p.m. A new Eastmont Library Youth Chess Club (The Eastside Knights) for elementary through high school students will meet concurrently with the Homework Center, to provide an alternative developmental activity for youth after they finish their school work. We don't know if this specific program will be offered in future years, but it's good to remember that you can always go to the public library for a quiet space to study and borrow books.

San Francisco Tutoring Resources

Already listed:

- Bayview Hunters Point Foundation (See page 20)
- Boys and Girls Clubs of San Francisco (See page 43)



Mel's Story

Continued from page 47

lege, be somebody, don't end up like I did." That's what I respected 'bout him the most.

Because of everything that was happening with Mel—especially taking care of him—I started going to school at U Prep Independent Studies. At U Prep, there was one more person that made a big difference in helping me get to where I am today—that was one of my teachers. He was so nice. When I needed to call him for a question he would always be there to help me understand. On June 15, 2006, I crossed the stage because of the help of my family and this teacher. If all teachers were more like him a lot more kids would succeed in school. After I graduated, he pulled me to the side and told me about Cal State Hayward. With his support, I was able to get in.

Mel told me hella shit on life and at the time, I didn't take it all serious. In 2005, he got shot again but this time he didn't make it. Now that he's gone, I realize how much the things he told me guided me to where I am. If it wasn't for him—and people like the teacher at U Prep—I wouldn't be who I am today, tryin to finish my first year of college. I'm taking classes at Cal State to become better at dressing wounds and being a better caretaker. I know it's not going to be easy, but I have the drive to continue to be somebody in my life, just like Mel would have wanted me to be.



Youth Chance High School at the Embarcadero YMCA

169 Steuart St. (between Mission and Howard)

San Francisco, CA 94105

(415) 957-9622 (main number)

(415) 615-1302 (Youth Chance High School)

Neighborhood: Downtown San Francisco

Youth Chance High School is a non-tuition private school operated continuously by the Embarcadero YMCA since 1977. Young people ages sixteen to twenty-one who have been referred by school principals, social workers, friends, and probation officers, find an environment in which they can learn and succeed. The curriculum emphasizes the GED, financial literacy, and employment readiness training. It also includes study skills, independent living skills, critical thinking, personal growth and awareness, and paid work experiences.

INTERVIEW QUESTION

The following questions were answered by Project WHAT! participants and other youth that we interviewed. These answers give you some insight into some of the thoughts and feelings we've had about our parent's incarceration.

What resource helped you?

The single resource that helped me most through my life has been my church. Up until I had started going there, I always saw myself as something negative, but when I entered this church, I saw all these black

people who were beautiful, confident, and best of all intelligent and accomplishing a greater good. To see all these doctors, lawyers, businessmen and women did a great deal to boost my self love. (Tiffany)

How are social workers supposed to treat you?

Social workers should treat us as if they care. They should at least ask us what we want to do in our situation. They should most of all try to get to know us. Maybe then they could help us out a little more. We should be visited more often, at least once a month. Social workers should also drop in at random times at the foster home or group home to see how things really are. Social workers should always keep track of

the status at the home the children are staying at. Social workers should try and keep siblings together. When you're separated from your parents that's hard enough but when you're separated from your brothers and sister too that's even harder. Why should we have to go through even more pain than we already have? Think about it. (Former Project WHAT! youth participant)



INTERVIEW QUESTIONS

What should foster parents do to support children?

I think foster parents should support children more in the way of allowing or taking them to visit their parents during their incarceration, and talking to them and letting them know everything that is going on. When I was growing up I lived with a foster parent because my dad was locked up, although I considered her my grandma, and still do to this day. I always got to visit my dad so there were no questions or mysteries for me to try to figure out. That's probably because of the way she took care of us while my dad was gone. She didn't try to put bad thoughts about my dad into my head. (Demel)

Even if you made mistakes in the past, or your parents messed up, you still can choose to do more positive things in the future. As Anthony says, Struggles really make you stronger.

Index of organizations

Agency Name	PAGE	SERVICES OFFERED											
		Prison Advocacy, Prison Visiting, Inmate & Family Support	Legal Services	Medical Services*	Counseling/Mental Health	Education/Tutoring/Employment Services	Mentoring Programs	Food and/or Clothing	Emergency Housing for Youth	Crisis Intervention	Substance Abuse Services	Recreation (sports, art, music, etc.) or a place to hang out	Youth Hotlines
Bay Area Wide, Multiple Sites, Hotlines													
California Youth Crisis Line 1-800-843-5200	18											X	X
Centerforce LIFE Project	42	X				X	X				X		X
Child Crisis Hotlines	18											X	X
Court Appointed Special Advocates	38		X	X	X	X	X						X
Friends Outside	27	X	X					X					X
Get on the Bus	26	X											
Independent Living Skills Programs	13			X	X	X	X			X	X		X
National Runaway Switchboard 1-800-RUNAWAY	07											X	X
Planned Parenthood Golden Gate 1-800-967-PLAN	18												
Project AVARY	43	X				X	X				X		X
Runaway Hotline 1-800-448-3000	07											X	X
YouthLINE 1-800-977-3399	07											X	X
YouthSpeaks	45										X		
East Bay													
Alameda County Public Defenders Office	38		X										
Berkeley Food & Housing Project	07							X	X	X	X		X
Berkeley Free Clinic	19			X	X	X							X
Covenant House	07			X	X	X		X	X	X	X		X
DreamCatcher	08			X	X	X		X	X	X	X		X
East Bay Community Law Center	38		X										X
George P. Scotlan Center	08			X	X	X		X	X	X	X		X
Leadership Excellence	42					X	X				X		X
OreMi Mentoring Program	42	X						X			X		X
On the Bricks	42					X	X				X		X
Teen Homework Center, Eastmont Library	48					X					X		
YMCA Teen Center	46					X	X				X		X
YMCA Eastlake Branch	46					X	X				X		X

* Medical includes: Dr. appointments, HIV/STD prevention/treatment, and pregnancy services & family planning

Index of organizations (cont.)

Agency Name	PAGE	SERVICES OFFERED											
		Prison Advocacy, Prison Visiting, Inmate & Family Support	Legal Services	Medical Services*	Counseling/Mental Health	Education/Tutoring/Employment Services	Mentoring Programs	Food and/or Clothing	Emergency Housing for Youth	Crisis Intervention	Substance Abuse Services	Recreation (sports, art, music, etc.) or a place to hang out	Youth Hotlines
YMCA M. Robinson Baker Branch	46					X	X					X	X
The Mentoring Center	42						X					X	X
Youth Uprising	19		X	X	X	X	X			X		X	X
San Francisco													
A Home Within	19				X		X					X	X
Balboa Teen Health Center	20			X	X								X
Bayview Hunters Point Foundation	20			X		X	X		X	X	X	X	X
Boys & Girls Clubs of San Francisco	43					X	X	X		X	X	X	X
Brighter Futures, Walden House	43	X				X	X					X	X
Center for Young Women's Development	44		X	X	X	X	X	X	X	X		X	X
Diamond Youth Shelter	09							X	X			X	X
Enterprise for High School Students	45					X							X
Fostering Art	47											X	
Girls 2000	08			X	X	X	X	X	X	X	X	X	X
Haight Ashbury Free Clinics, Inc.	20			X	X					X			X
Hip Hop to Health Clinic	20			X	X	X				X	X		X
Homeless Prenatal Program	21			X	X			X		X			X
Horizons, Inc.	21			X	X	X				X	X	X	X
Huckleberry Youth Services at Cole St. Clinic	09			X		X		X	X	X		X	X
Huckleberry House	09				X			X	X	X		X	X
Larkin Street Youth Services Drop-In Center	09			X		X		X	X	X	X	X	X
Lark-Inn for Youth	09							X	X	X		X	X
Legal Services for Children	38		X										X
Legal Services for Prisoners with Children	39	X	X										X
LYRIC	47				X	X	X					X	X
Omega Boys Club/Street Soldiers	44					X	X					X	X
Out of Site Center for Arts Education	47											X	
San Francisco Public Defender	38		X										
Treasure Island Job Corps	45					X						X	X
Valencia Health Services	21			X									
Walden House Youth Services	10			X	X	X	X	X	X	X	X	X	X
YMCA Bayview Hunter's Point	47					X	X					X	X
YMCA Urban Services	47					X	X					X	X
Youth Chance High School, Embarcadero YMCA	49					X						X	X

* Medical includes: Dr. appointments, HIV/STD prevention/treatment, and pregnancy services & family planning



FEEDBACK FORM

Help Us Make the Project WHAT! Resource Guide Better...

and we'll enter you into a drawing to win one of three \$25 prizes!

Please respond to the following questions by typing or handwriting your answers on a separate sheet of paper. Please number each answer and make sure you write neatly. The contest is open to youth and service providers. If you work directly with youth, you may give us your own feedback and/or pass on thoughts from youth who have used the guide.

1. How did the information in the resource guide help you?
2. What was the most useful information to you, and why?
3. Is there anything missing?
4. Was the guide easy to use? If not, what made it hard?
5. Do you have any suggestions for ways we can improve the guide?

Include your name, age, mailing address, phone number, occupation and employer (optional), and email address if you have one. Send feedback either via email to projectwhatfeedback@gmail.com, fax to (510) 649-8239, or snail mail to:

**Project WHAT!
Resource Guide Feedback
Community Works
1605 Bonita Avenue
Berkeley, CA 94709**

Contest Rules:

1. By entering the drawing, you are giving us your permission to use your comments or quotes in future revisions of the guide or other material we produce. We will NOT use your name or personally identifying information. We will not use or sell the information in any way except as described above, and to contact you if you win the drawing.
2. The drawing will be held on or before December 31, 2007.
3. Winners will be notified before January 31, 2008. If we cannot contact winners within one week to verify information, we will draw more names until all of the gifts have been given out or until we have attempted to contact at least three winners for each prize. We reserve the right to end the contest at any time at our discretion. Winners will receive a \$25 check or \$25 gift card.



Credit and Thanks

Individuals and organizations we'd like to thank from the bottom of our hearts are: Nell Bernstein, SFCIPP members (www.sfcipp.org), and Fay from El Cerrito High School for giving us feedback multiple times (especially Nell); Stephen Duffy (myspace.com/thatmanfantastic) for recording our stories onto CD; Gabrielle Lupe (lunarmagic.com) for contributing initial designs and ongoing feedback; Maria Banos for designing and laying out the guide; Centerforce, the Center for Young Women's Development, Friends Outside, Legal Services for Children, and Legal Services for Prisoners with Children, who all contributed material; Modern Times Bookstore and Teachers 4 Social Justice, some of our partners in the community; and The Institute for Civic Leadership (ICL) at Mills College and Emily Frappier-Short, who donated her time and money from her ICL grant to assist in the creation of this guide.

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