

Accelerating Independence & Supporting Foster Youth: Resource Navigation & Financial Empowerment

INDEPENDENT LIVING PROGRAM, KING COUNTY

JULIE BROWN, PROGRAM DIRECTOR

CLAIRE ROTTER, CASE MANAGER

DILLON BAKER, CASE MANAGER

MOLLY STUTZMAN, CASE MANAGER

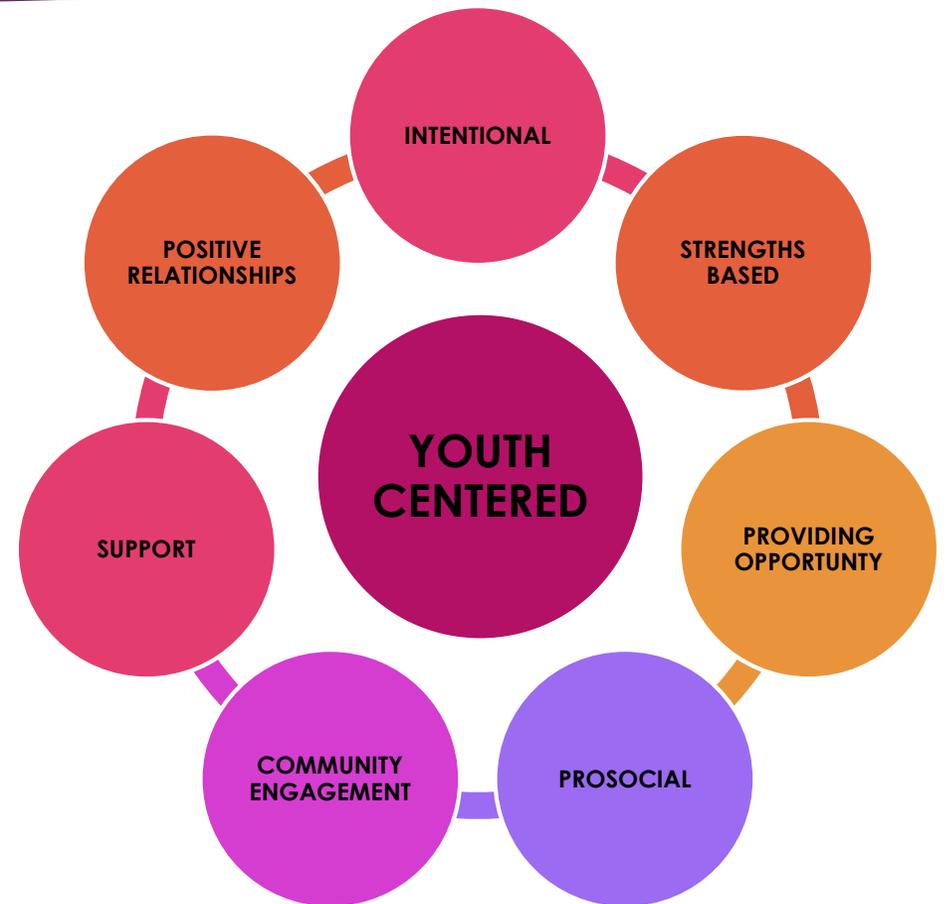
Our Work

- ▶ Accelerator YMCA: IL Program in King County
 - ▶ IL programs across the state
- ▶ Independent Living Program
 - ▶ Work with youth/young adults (15-21 years old)
 - ▶ Case management and support
 - ▶ Housing, Education, Employment, other Life Skills



Our Approach

- ▶ Collaborative partnership
- ▶ Strengths based
- ▶ Trauma Informed
- ▶ Youth/young adult centered:
Positive Youth Development



WHAT IS FINANCIAL EMPOWERMENT?



Financial Education, Literacy, and Empowerment

- ▶ **Financial education** provides people with financial knowledge, skills, and resources so they can manage their money to achieve their goals. It should:
 - ▶ Build on knowledge, skills & capacity
 - ▶ Enhance financial literacy
- ▶ **Financial empowerment** is when an individual understands all of the financial resources available and makes informed decisions about how to handle their finances.

Supporting Young Adults in Foster Care with Financial Empowerment

▶ How does foster care impact the financial stability of young adults?

- ▶ No experience with opening a bank account or a line of credit
- ▶ Delays or issues with getting an ID card to open bank account
- ▶ Accruing nominal debt from family members before the age of 18
- ▶ Bank account password questions
- ▶ Lack of financial safety net
- ▶ Incomplete or inaccurate financial education
- ▶ Stress and/or trauma around money, money making decisions



Mitigating barriers: How does IL help?

- ▶ We can help provide:
 - ▶ Financial education
 - ▶ Knowledge on running credit reports
 - ▶ Visit banks and/or credit unions
 - ▶ Acquire necessary documentation to open a bank account
 - ▶ Introduce young adults to financial consulting, debt management, investing, budgeting resources, etc.
- ▶ Talk about early experiences with money
- ▶ Help understand where their values and feelings about money come from
- ▶ Help young adults distinguish between needs and wants for budgeting

What have we learned from our young adults?

Our young adults teach us what works best for them. For example, here are some tips from our participants:

- ▶ Money order for rent, break up pay check into money orders
- ▶ Difficult to open piggy bank
- ▶ Leave debit card at home, open second bank account for direct deposit and leave that debit card at home
- ▶ Financial aid disbursement for rent
- ▶ Take advantage of your Chafee funds
- ▶ Access food banks, free food on campus
- ▶ Access affordable housing (e.g. FUP vouchers, tax credit buildings, renting a room in a house)
- ▶ Get a short term second job, under the table job (babysitting etc.)
- ▶ Open IRA to plan for the future

Framing conversations

- ▶ When working with students, remember to acknowledge your identity and privilege!
- ▶ Transparency
- ▶ Approach



A (loose) Guide to Supporting Financial Empowerment on an Academic Timeline

First Term!

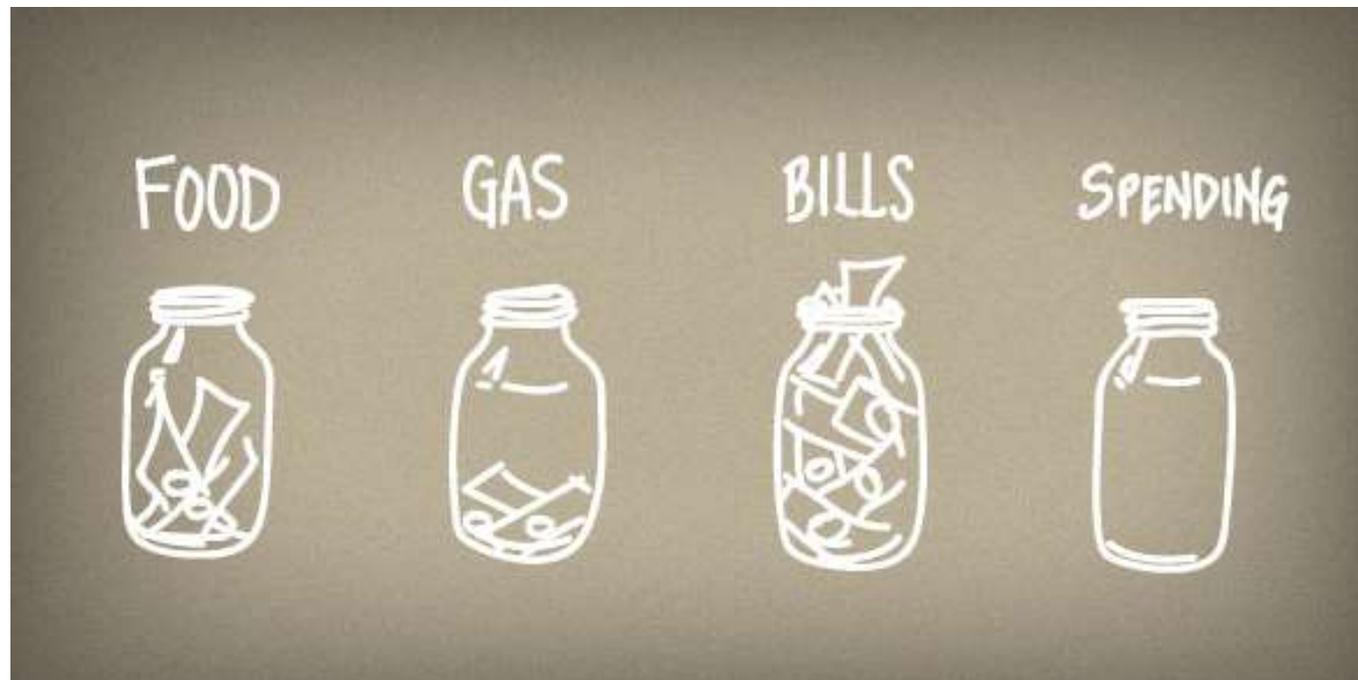


Financial Aid Breakdown

Where does all the money go??



Budgeting



Potential Sources of Income:

- ▶ Financial Aid Reimbursement
- ▶ Work Study
- ▶ Extended Foster Care (EFC) Stipend
- ▶ SSI
- ▶ Job

Budgeting Considerations

- ▶ Identify external costs not covered by financial aid
 - ▶ Ex: cell phone bill
- ▶ Social Spending
 - ▶ Club/Activity fees
 - ▶ Entertainment
 - ▶ Misc.
- ▶ Meal Plans vs. Groceries/Dining Out

Budgeting Tools:

- ▶ Worksheet—Good ‘ol pen and paper!
- ▶ Apps
 - ▶ Mint
 - ▶ Spendee
 - ▶ Many banks have own spending tracker apps

BUDGET WORKSHEET BREAKOUT

- ▶ A student receives \$200/mo in income from their EFC stipend. Their room and board are covered by financial aid, and their meal plan includes 2 meals/day. They have a phone bill that costs \$65/mo.

Talk with a partner about how you'd have a conversation about budgeting with this student utilizing the budgeting worksheet. Keep in mind income amounts and surprise expenses that may come up.

Additional Budgeting Considerations

- ▶ Reactions? Thoughts?
- ▶ Budget vs Actual Spending
- ▶ Other tips
 - ▶ Needs vs wants
 - ▶ Prioritizing bills
 - ▶ Savings goals

Banking

- ▶ Establish a bank account and accessing banking
- ▶ Benefits of banking
 - ▶ Apps and Resources
 - ▶ Useful in tracking spending and budgeting
- ▶ Credit
 - ▶ Establishing credit
 - ▶ Credit report
 - ▶ www.Creditkarma.com
 - ▶ www.annualcreditreport.com

2nd Term!



Revisiting the Budget

- ▶ Reflect and Reassess
 - ▶ Revisit previous considerations (i.e.: social spending)
- ▶ New Considerations
 - ▶ New class schedule
 - ▶ Build adjusted budget



Beginning to Plan

- ▶ Deciding to live off campus
 - ▶ Move in costs
 - ▶ On campus vs. off campus expenses
 - ▶ Identifying affordable rent price point
 - ▶ Potential barriers: credit issues, lack of co-signer



The Second Year

- ▶ Reflection on first year
- ▶ Conversations to consider
 - ▶ Using school resources for continuing students (i.e. new scholarships)
 - ▶ Using ETV
 - ▶ Reworking past budgets to fit current needs
 - ▶ Studying abroad, taking extra classes, tuition changes
 - ▶ One time purchases vs ongoing needs

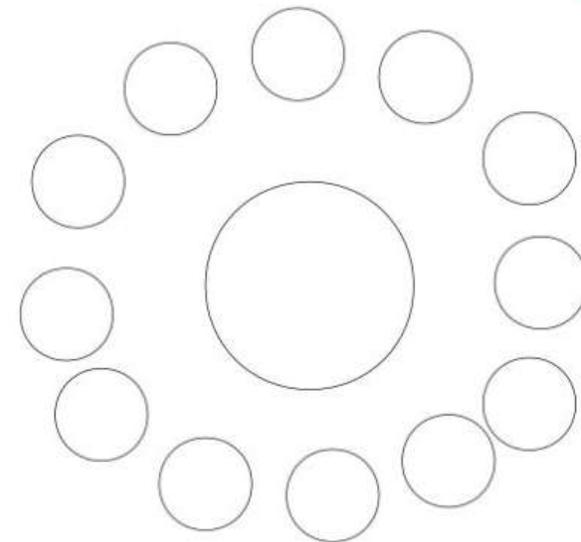


The Second Year: Housing

- ▶ Important to consider when living on your own:
 - ▶ Signing a lease
 - ▶ Understanding landlord-tenant laws
 - ▶ Building a positive rental history
 - ▶ Bills (fixed vs variable)
 - ▶ Roommates
 - ▶ Shared bills, responsibilities, etc.

The Second Year: Maintenance

- ▶ Social pressures as students get older
- ▶ Savings goals and debt management
- ▶ Identify what budget strategies works best for each individual
- ▶ Creating a network of support
 - ▶ Eco-mapping resources



Independent Living Program Resources

King County: Accelerator YMCA IL Program

Referrals/question to ilreferrals@seattleyymca.org

julieb@seattleyymca.org

crotter@seattleyymca.org

dbaker@seattleyymca.org

mstutzman@seattleyymca.org

Resource Packet

- ▶ Financial Empowerment Checklist for each term
- ▶ Budgeting worksheet
- ▶ Prioritizing bills worksheet
- ▶ Bank on—Bank comparison chart
- ▶ Financial Empowerment Network website
- ▶ Ecomap template

Questions? THANK YOU!