

# U.R.O.C.K.

## A Program for Teens Transitioning out of Foster Care



You know as well as I do the challenges that face teens when they leave foster care. Everyday, your organization works hard to ensure that teens have the tools they need before they leave care.

I can remember the how I struggled to find a program that was not only educational, but also motivational and engaging for teens. And after 13 years, I believe we have the perfect one-day program to do just that!

Our team came together to create a program that is unique, educational, and motivational for teens in care. Below you will find more information about the one-day program, as well as, how you can bring this program to your agency.

I'd be glad to work with you to create a one-day program to pull in the teens from your program, and the other programs in your area.

I look forward to talking with you about this exciting program.

Adam Robe, MSW

### U.R.O.C.K. Educate, Build Character, Overcome, and Live with Purpose

There are many teenagers across the county who anxiously await their eighteenth birthday, welcoming the freedom they will soon enjoy. As you read this, they may be loading their cars, hugging their family goodbye and hitting the road for college, a new job, or to expand their horizons by visiting far off countries. The support of family and friends are close by in the event that things don't work out the way they planned.

Sadly, for the approximately 20,000 teens that are leaving foster care this year, they are facing a different kind of fear and anxiety. They ask; what is to become of me? Where will I live? Who can I turn to if I need help?

Many of the teens leaving foster care are poorly prepared for the challenges that face

them once they are released from the state system. For many of them, the statistics are not good.

According to the Pew Commission:

- One in four will be incarcerated within the first two years after they leave the system.
- More than 20 percent will become homeless at some time after age 18.
- Approximately 58 percent had a high school degree at age 19, compared to 87 percent of a national comparison group of non-foster youth.
- Of youth who aged out of foster care and are older than 25, less than 3 percent earned their college degrees, compared with 28 percent of the general population.

The UROCK Program is designed to help teens who are preparing for their journey out of foster care. The target audience is teens between the ages of 15 – 21, who are currently in the foster care system.

Our one day program will help educate teens about what it takes to make it to (and in!) higher education. We will also cover the essential assets that a youth should put into place prior to leaving foster care. Teens will explore available resources and be able to identify the steps needed to prepare for their transition out of foster care.

Most youth are fighting a constant battle within themselves. Their personal battle might be a lack of self value, loss of self respect, loneliness, being labeled, trust, love, depression, insecurity, addiction or a sense of wanting to belong.

By participating in the UROCK program, teens will learn:

- To recognize what internal struggles and battles that may be holding them back from excelling.
- They will develop a Personal Power Anthem that will help strengthen their hearts and minds in their everyday struggles.
- They will also hear from other teens and alumni of foster care who will share their stories and how they are taking or have taken control of their lives.

The UROCK program doesn't end at the end of the day; however. Teens will establish connections with successful peers and alumni who can help continue to provide them with additional support and resources as they embark on their journey.

After completing our program, teens will be able to:

- Have essential information that will help guide them as they prepare for life after foster care.
- Become motivated to pursue higher education, identify obstacles, and to discover possible supports for their journey.
- Understand the importance of transition planning and preparation.
- Take an active role in their case plan.
- Clarify their struggles and battles that are holding them back from excelling.
- Develop their Personal Power Anthem (song) that will help strengthen their hearts and minds in their everyday struggles.

- Access information or be able to reach out to a connection gained from the program for help.

It is recommended that the teen's caregivers (case managers, foster parents, guardians), attend the program as well. By attending with their teen (s), they will be able to assist them in their journey as they transition out of foster care.

**The UROCK program staff will provide;**

- Up to three current foster youth (trained by a national organization in leadership and facilitation) to co-lead the program, sit on a panel, and provide support and help throughout the day.
- Two child welfare professionals (and foster care alumni) to help lead the educational components.
- A professional speaker, author, and musician to help the teens create their Personal Power Anthem.
- Program materials that include T-Time tool kits, Get Educated Publications, and books to empower and motivate teens.
- Ongoing support from a national foster care organization.

**Contact us today to learn about pricing and availability!**

**816-682-3658 or [adam@robbietherabbit.com](mailto:adam@robbietherabbit.com)**