



Special points of interest:

- Current foster statistics
- Briefly highlight your point of interest here.
- An Inspire youth gives her perspective
- 2nd Annual Inspire Invitational

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Isn't this a great looking group????!!

Inspire Insight

Inspire Life Skills Training, Inc.

DID YOU KNOW?

1. There are over 4,000 foster youth that age-out of the foster care system in California each year.
2. Approx. 300 youth age-out in Riverside County each year.
3. 50% become homeless upon leaving care.
4. 25% become incarcerated
5. Less than 6% attend college
6. Only 2% graduate

There are much higher instances of pregnancy,

unemployment and drug and alcohol abuse among youth leaving the foster care system.

While the youth do receive financial aid to attend college, they would need to work full time just to survive and they would be lacking a positive support system.

Inspire gives the youth the opportunity to become educated, live in a safe and stable home while learning the life skills necessary to be self-sufficient and break the cycle of abuse in their families.

CANDICE'S PERSPECTIVE (one of the amazing Inspire Youth)

Change is inevitable, and undoubtedly scary. We become so comfortable in our bubble-wrap lifestyles, that we sometimes forget to put one foot in front of the other. Change is scary for several reasons. One, we are afraid of what we don't know. Two, change means we must evaluate who we are, and where we want to go. Finally, the most

common reason why change is daunting is the fear of failure. Failure is the antagonist of our lives, and "change" is its companion. When applying for a promotion at a job, it isn't the possible change of authority that is intimidating; it is the fear of failing at such a commitment. Fear of change is ultimately the fear of failure. However, without change one wouldn't understand what it means to truly succeed due

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However, without change one wouldn't understand what it means to truly succeed due to the absence of failure. Failing is just as, and possibly, more important than

to the absence of failure. Failing is just as, and possibly, more important than success. It allows us to learn from our mistakes, and to become stronger, both emotionally, as well as intellectually. As a former foster youth, I can assertively say that change has played a dominant role my entire life, however, within the past year it has challenged me more than ever.

As, my eighteenth birthday grew nearer, so did my anxiety. I knew I was going to college, and my job was secure at the universities café/deli. My only worry was in wondering were I would live. My foster parents had been taking care of me since the age of seven, and now that I was ready to spread my wings and depart, they were not so supportive. It wasn't exactly an option to continue living with them. So with my college career ahead of me, and still no where to live, I decided to stay with my brother for a while. As college was nearing around the corner, and still no permanent housing or transportation, my anxiety took the best of me. I had no idea how I was going to be able to commute all the way to California Baptist University in Riverside from Perris, Ca, which was nearly a half hour drive. Then something happened that would change my life forever.

I first heard about the Inspire program from a friend. He was also in the same predicament I was. He gave me the number, and I eagerly called the next day. As I listened to the phone ring in my ear, a million thoughts ran through my head at once. "Will they like me? What if they don't accept me? What is my alternative option?" With all of this running through my head, I heard a voice on the other end of the phone. As I jolted back to the present reality, I began to speak to a woman named Kristi Camplin, the founder/director of Inspire Life Skills Training Inc. We became acquainted with one another, and I let her know my current situation, and what my conflicts were. She explained the steps I needed to take in order to be considered. Within two weeks I was accepted into the program.

I cannot begin to tell you how much of a

transition it has been for me since being in the program for almost a year now. I have successfully finished my first year in college while maintaining a steady job. I have learned what it means to be a responsible adult, and to never take anything for granted. Inspire has opened up so many doors for me and I am blessed to be apart of such a loving family. It is because of programs such as this that give the less-fortunate an opportunity at a promising future.

Although I have been forced to make many changes in my life within past year, I have overcome many fears. Prior to my eighteenth birthday, I was terrified of the outside world, mainly because I wasn't sure if I could survive, in the cruel world I had been introduced to at such a young age. Now I realize that I am more confident than I ever was. Inspire has given me the motivation, and desire to overcome my past. I am now able to present myself to the world, not as a scared, helpless teenager, but as a competent young woman with a passion for life. They say change is scary, but I say change is necessary. It is not



Candice, a journalism major at Cal Baptist University, with her mentor Krista.



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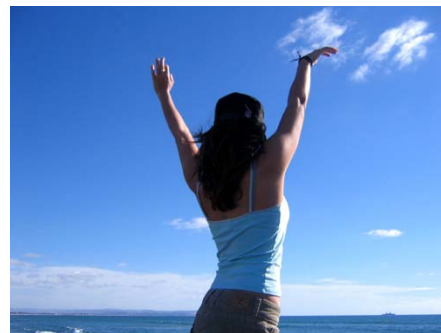
Holly Morris

Carla Lidner-Baum

Thank you for your
service!

Inspiring Quotes

- It is one of the most beautiful compensations of this life that no man can sincerely try to help another without helping himself.
Ralph Waldo Emerson
- When you reach the end of your rope, tie a knot in it and hang on.
Thomas Jefferson
- Here is a test to find whether your mission on earth is finished: If you're alive it isn't.
Richard Bach
- Even if you are on the right track, you will get run over if you just sit there.
Will Rogers
- Give me a stock clerk with a goal and I'll give you a man who will make history. Give me a man with no goals and I'll give you a stock clerk.
J.C. Penny



Lifetime Camping Membership to Mountain Lakes Resort for sale for only \$2,000 (worth \$5,000) with 100% of the proceeds going to Inspire! Call Kristi for more details at 951.316.0011

www.holidayguide.com/camp_usa/california/mountainlakes_cal

Therapist's Corner By Dave Camplin, MFT



Teen Depression

Often we see our teenagers go through phases and wonder "is that normal?" Teenagers continually go through phases of development that can appear to be normal, but really are masking a serious underlying problem.

When the problem becomes persistent and you're finding yourself at odds with your child more often than not, it's time to look deeper. Depression often looks different for teenagers than adults. We all know the typical signs and symptoms, like inability to sleep, persistent sadness, tearfulness, fatigue, restlessness, unexplained weight gain or loss, or sudden changes in eating patterns. However, teenagers often exhibit other signs and symptoms equally telling. Children and teenagers often exhibit constant irritability, short tempered, lack of confidence, constant negative attitude, dangerous or self mutilating behaviors (cutting), or thoughts of

running away or suicide.

Seeing these behaviors in our children can be troublesome. So what do we do? First, disengage from the problem, not the child. Remember your purpose is to raise your child. Focus on loving your child rather than trying to control behavior that can't be controlled. Second, allow your child to face rules, standards and consequences. Set clear limits and boundaries and allow your child to experience the consequences of his/her actions. Finally, develop a healthy vision for the family. Identify clear goals and objectives with your child and take incremental steps toward those goals.

When the problems seem insurmountable, seek help. Your church, therapist or doctor may have resources that may help.

Dave Camplin is a mental health supervisor for the county of Riverside and maintains a private practice in Corona for marriage and family therapy. He also teaches "Parenting Teens" seminars at Crossroads Christian Church.



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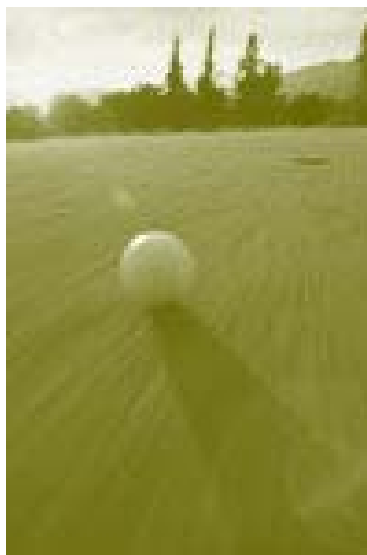
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Check out our updated
site at
www.inspirelifefskills.org

"Inspiring former foster youth to independence"

2ND ANNUAL INSPIRE INVITATIONAL



Have fun golfing with your friends and
make a difference for the Inspire Youth.

On June 16th, Inspire will be holding our 2nd Annual Inspire Invitational at the beautiful Vellano Country Club in Chino Hills, CA. The private Greg Norman course is an amazing setting for a fun day of golf with your family and friends. We will have Bristol Farms back with their delicious box lunches! Those of you that attended last year probably remember the wonderful food. There will be contests and hole in one opportunities. There will be prizes for the top teams and the "Most Honest" (okay the lowest) team scores.

After the golf wraps up we will enjoy another great meal on the lawn while one of the Inspire youth shares his or

her story about aging-out of foster care and how the **opportunity** to be in the Inspire program is forever changing their life.

Please help us fill all 144 spots this year and raise lots of funds so we can help even more foster youth transition to adulthood.

We are also looking for businesses and families to become sponsors. Please check out the enclosed flyer for details.

We look forward to seeing you there on June 16th.

Register online
[@inspirelifefskills.org](http://www.inspirelifefskills.org)