

IOWA DD Council

Preparation, Participation, Power

Iowa Youth Engagement Opportunities

This product was prepared for the Iowa Developmental Disabilities Council (DD Council) by Community! Youth Concepts (CYC) with input from the ID Action Youth Advisory Board. This document includes a resource map of youth engagement opportunities in Iowa. For the purposes of this publication, statewide opportunities and opportunities within central Iowa were solicited. Opportunities that function within schools, remedial settings, or Medicaid funding (i.e. respite, employment programs, vocational rehabilitation, group homes, Supported Community Living, etc.) were not included. Instead, programs offering enrichment and leadership opportunities for youth ages 14-22 were sought. For each entry, the group's name, a brief description of the opportunity, website, phone number, general email, and eligibility information is included. Opportunities for youth with and without disabilities are included.

Statewide Youth Opportunities

Advisory Boards

Name: State of Iowa Youth Advisory Council (SIYAC)

Description of Opportunity: The Iowa Department of Human Rights coordinates a non-partisan policy advising organization comprised of youth ages 14-20 from across the state. SIYAC serves as a youth voice within state government, guides statewide projects affecting youth, and aligns issues by partnering with other youth initiatives. Council members serve two-year terms, meet quarterly in Des Moines, and hold monthly conference calls.

Eligibility: Must be a youth between the ages of 14-20 living in Iowa. Applications are accepted year-round, and new council members are selected in June of each year. To apply, contact the SIYAC Coordinator at the information below.

Contact Information:

Phone: (515)242-5823

Website: <http://www.icyd.iowa.gov/SIYAC/>

Email: siyac@iowa.gov

Civic and Political

Name: Boys State

Description of Opportunity: Boys State is a weeklong, hands-on experience in the operation of the democratic form of government, the organization of political parties, and the relationship of one to the other in shaping Iowa government.

Eligibility: American Legion posts select delegates and work with schools to identify boys with leadership potential.

Contact Information:

Phone: (800)365-8387

Website: http://www.ialegion.org/boys_state.htm

Email: boysstate@ialegion.org

Name: Capitol Girls

Description of Opportunity: High school girls from across Iowa convene in Des Moines to learn about the workings of the Iowa General Assembly and have an opportunity to shadow female legislators and learn about how state laws and budgets are developed and passed.

Eligibility: Participants must be female high school students and apply for the opportunity. Applications are due in January for a February event.

Contact Information:

Phone: (515) 281-4461

Website: http://www.women.iowa.gov/just_for_girls/index.html

Email: women@iowa.gov

Name: Capitol Page Program

Description of Opportunity: Participants work as pages for the Iowa Senate, Iowa House of Representatives, or the Legislative Services Agency. Examples of their duties include assisting with the switchboard, delivering messages, distributing bills and amendments, and assisting legislators. Pages work during the entire legislative session, which usually lasts from January until April.

Eligibility: Pages must be high school juniors and seniors of high academic standing. Applications are due in October for the upcoming legislative session and are turned in to the Secretary of the Senate's Office (for Senate program), the Chief Clerk's Office (for the House program), or the Legislative Services Agency (for the LSA program).

Contact Information:

Phone: Senate (515) 281-5307; House (515) 281-5381; LSA (515)281-3566

Website: <https://www.legis.iowa.gov/DOCS/lsaReports/pageInfo/PageApplication.pdf>

Email: Not Available

Name: Girls State

Description of Opportunity: Girls State is a weeklong, nonpartisan program where students assume the roles of government leaders in an immersive learning experience.

Eligibility: To be eligible for Girls State, participants must have completed their junior year in high school, be keenly interested in government and current events, have high moral character, show strong leadership abilities, and be above average in scholastic achievement. Delegates are selected by American Legion Auxiliary units, which work with local high school educators to select young women demonstrating leadership qualities.

Contact Information:

Phone: (515)282-7987

Website: <http://www.ialegion.org/ala/Programs/Girlsstate.html>

Email: alasectreas@ialegion.org

Name: Governor's Office Internship

Description of Opportunity: The Governor's Office offers an internship program for undergraduate, graduate, and law students. The program is designed to meet the individual needs of students and assist the Governor's Office in meeting its goals.

Eligibility: Applicants should be undergraduate, graduate, and law students. Applications for the spring are due in December, for summer in April, and for fall by August. Applications are reviewed on a rolling basis and can be found on the website listed below.

Phone: (515) 281-5211

Contact Information:

Website: <https://governor.iowa.gov/constituent-services/internships/>

Email: Jenae.Jenison@iowa.gov

Name: Independent Voters of Iowa Volunteering Opportunities

Description of Opportunity: Opportunities to volunteer are available by contacting the organization via their website.

Eligibility: Not Available

Contact Information:

Phone: Not Available

Website: <http://www.indvoteria.org/>

Email: indvoteria@q.com

Name: Iowa Democratic Party Volunteering Opportunities

Description of Opportunity: Opportunities to volunteer are available in events, voter registration, fundraising and others. To find out more about opportunities, visit the organization's website and register for more information.

Eligibility: Not Available

Contact Information:

Phone: (515) 244-7292

Website: <http://www.iowademocrats.org/>

Email: info@iowademocrats.org

Name: Iowa High School Model United Nations

Description of Opportunity: Each fall, hundreds of students attend the Iowa Youth Symposium to discuss what should be the official position of the United State regarding topics of international importance. Each spring, a large scale conference is held for high school students. Students model the procedure of the United Nations. First-round selections are due in August.

Eligibility: Iowa high school students are eligible.

Contact Information:

Phone: (319) 273-2668

Website: www.uni.edu/ihsmun

Email: ihsmun@uni.edu

Name: Iowa Youth Congress

Description of Opportunity: The Iowa Youth Congress brings students from across the state to discuss issues that affect youth as decided on by youth.

Eligibility: Participants should be in high school during the year in which they participate. One hundred students are accepted, and a focus of the program is providing underrepresented youth a voice in the Legislature.

Contact Information:

Phone: (515) 281-4080

Website: <http://iyc.latinoaffairs.iowa.gov/>

Email: sara.schoneberg@iowa.gov

Name: Republican Party of Iowa Internship Opportunity

Description of Opportunity: The Republican Party of Iowa offers full and part-time internships during the fall, spring, and summer. Interns assist with media credentialing, office management, event planning, communications, and management of the Straw Poll and Caucus events. Additional opportunities for volunteering are also available.

Eligibility: Applicants must be registered as a Republican. Application materials can be found on the organization's website.

Contact Information:

Phone: (515) 282-8105

Website: <http://iowagop.org>

Email: info@iowagop.org

College and Career Preparation and Exploration

Name: AmeriCorps Programs

Description of Opportunity: Individuals perform voluntary service in communities across the United States and address the country's critical needs in education, economic opportunity, health, and the environment.

AmeriCorps members serve in a variety of ways, from directly interacting with clients to mobilizing community volunteers to building organizational capacity. Individuals may serve full-time or part-time and earn an educational award to pay for college, graduate school, or student loans. Members may be eligible for living allowances, health care, and child care assistance.

Eligibility: Eligibility depends on the AmeriCorps program, but the minimum age requirement is 17 or 18 for most programs.

Contact Information:

Phone: 1-800-308-5987

Website: <http://www.volunteeriowa.org/ameri-corps/default.aspx>

Email: icvs@iowa.gov

Name: Business Horizons

Description of Opportunity: Business Horizons is a weeklong summer program for high school students who want to learn about the world of business and what the future holds for them. Students in the program develop a product, make financial decisions about their operations, create a marketing plan and a television infomercial, prepare and deliver a presentation to investors, and participate in a trade show.

Eligibility: Participants should be students who are currently in grades 9-12. Application materials are available on the website listed below.

Contact Information:

Phone: (800) 383-4224

Website: www.iowaabifoundation.org

Email: info@businesshorizonsiowa.com

Name: Iowa DECA

Description of Opportunity: DECA prepares emerging leaders and entrepreneurs in marketing, finance, hospitality, and management.

Eligibility: Not Available

Contact Information:

Phone: (515) 281-3615

Website: <http://iadeca.org>

Email: kdiemer@iowa.gov

Name: Iowa FFA Association

Description of Opportunity: FFA is a dynamic youth organization that is a part of agricultural education programs at middle and high schools. FFA develops students' potential for premier leadership, personal growth, and career success through agricultural education.

Eligibility: Not Available

Contact Information:

Phone: (712) 790-2345

Website: www.iowaffa.com

Email: Scott.Johnson@iowaffa.com

Name: Iowa Jobs for America's Graduates (iJAG)

Description of Opportunity: The iJAG program provides participants with classroom and work-based learning experiences that result in a quality job, leading to a career after graduation or completion of a GED. iJAG operates 30 programs in 24 schools statewide.

Eligibility: Not Available

Contact Information:

Phone: (515) 242-5617

Website: <http://www.ijag.org/ijag/>

Email: Laurie.Phelan@iowa.gov

Name: Iowa Workforce Development Workforce Investment Act Youth Program

Description of Opportunity: The Workforce Investment Act (WIA) Youth Program offers on-the-job training, work experience, institutional skills training, GED instruction, and career guidance and counseling for youth. Programs are offered regionally throughout Iowa.

Eligibility: Youth between the ages of 14-21 who are low income and is one or more of the following are eligible: deficient in basic literacy skills, a school dropout, homeless, a runaway, foster child, pregnant or parenting, an offender, or an individual with an Individualized Education Plan (IEP).

Contact Information:

Phone: (515) 281-5387

Website: <http://www.youthforiowa.org/contacts.html>

Email: IWD.CustomerService@iwd.iowa.gov

Name: SAVE Program

Description of Opportunity: SAVE is a secondary transitional preparatory program for students on a current Individualized Education Plan (IEP) located at the Emmetsburg Campus of Iowa Lakes Community College. The purpose of the program is to provide special education secondary students with an option where they will receive, based on their IEP goals, further education in the areas of life skills training, vocational/employability skills training, and transitional/self-advocacy skills training.

Eligibility: Participants must be special education students between the ages of 18-21 who are on a current IEP who have transitional needs in life, employability, vocational, and self-determination skills. Students must enroll in SAVE through IEP and SAVE Program procedures.

Contact Information:

Phone: (712) 852-5274

Website: http://www.iowalakes.edu/student_services/special_needs_services/save_program/

Email: mkogel@iowalakes.edu

Name: STRIVE (Selected Training Received in Vocational Education)

Description of Opportunity: STRIVE is a support program on the Des Moines Area Community College Ankeny campus for special education students requiring transition assistance from high school to a vocational program at DMACC. STRIVE provides resource assistance, tutoring, study skills assistance, accommodations, advising, progress monitoring with instructors, and campus services information.

Eligibility: Students must be receiving special education services and have a current IEP; have completed their high school requirements but have an unmet vocational goal on their IEP; and be referred by their local high school prior to mid-March of their senior year.

Contact Information:

Phone: (515) 964-6200

Website: <https://go.dmac.edu/strive/Pages/welcome.aspx>

Email: Not Available

Name: Summer Transition Program at St. Ambrose University

Description of Opportunity: The Summer Transition program is a month-long program for students with learning disabilities to learn about study skills, support services and accommodations, earn college credit, develop individual career plans, academic orientation and self-advocacy seminars, and participate in recreational and additional learning opportunities.

Eligibility: Participants must have completed their junior year of high school, have documentation of a learning disability, have a strong desire to be successful in college, complete an application form, and participate in an interview. Applications are due in May for the summer program.

Contact Information:

Phone: (563) 333-6275

Website: <http://web.sau.edu/disabilityservices/transitionprogram.htm>

Email: SaddlerRyanC@sau.edu

Name: University of Iowa REACH Program

Description of Opportunity: The University of Iowa REACH program is a two-year, transition certificate program for students with multiple intellectual, cognitive, and learning disabilities. REACH provides a campus experience to empower young adults to become independent, engaged members of the community. Key features include integrated, on-campus residence hall living, inclusive academic learning opportunities, generous scholarship support, College of Education instructors and advisors, specialized curriculum and service learning, employment preparation and training, community-based internships, and transition portfolio.

Eligibility: To be considered for fall enrollment, students are encouraged to submit application materials by February. Materials are reviewed by members of the Admissions Committee, and possible candidates will be invited to campus for an interview. Students are admitted into the program on an ongoing basis.

Contact Information:

Phone: (319) 384-2127

Website: <http://www.education.uiowa.edu/services/reach/default.aspx>

Email: ask-education@uiowa.edu

Name: VESS

Description of Opportunity: VESS is a secondary transitional preparatory program for students on a current Individualized Education Program (IEP). Its purpose is to provide employability and independent life skills training, and the program is located on the Iowa Central Community College campus in Fort Dodge.

Eligibility: Participants must be 17-21 years old and on a current IEP. Interested students should talk with their IEP teams, schedule a visit to the program, complete the COMPASS test, and complete an interest inventory.

Contact Information:

Phone: (515) 574-1975

Website: <http://www.iccc.cc.ia.us/vess.asp>

Enrichment and Social

Name: Best Buddies Iowa

Description of Opportunity: Best Buddies Iowa pairs high school and college age students with intellectual and developmental disabilities in one-to-one friendships with students without disabilities. Students work together to lead and direct chapters in their schools, in addition to hosting friendship-building events.

Eligibility: Programs exist in select high schools and colleges across the state. Participants are high school and college age youth with and without disabilities. For a list of sites, visit the organization's website.

Contact Information:

Phone: (515) 282-6218

Website: www.bestbuddiesiowa.org

Email: LauraEngels@bestbuddies.org

Name: Camp Courageous

Description of Opportunity: Camp Courageous of Iowa is a year-round respite care and recreational facility for individuals of all ages with disabilities.

Eligibility: Participants are youth and adults with disabilities.

Contact Information:

Phone: (319) 465-5916

Website: www.campcourageous.org

Email: info@campcourageous.org

Name: West Music – Sound Reach Choir

Description of Opportunity: The Sound Reach Choir is a community choir for teens and adults of all abilities. Choirs are available in Marion, the Quad Cities, Coralville, and Des Moines.

Eligibility: Teens and adults of all abilities are encouraged to try out for the choir.

Contact Information:

Phone: See website for local information.

Website: www.westmusic.com

Email: Not Available

Health and Wellness

Name: Special Olympics Iowa

Description of Opportunity: Special Olympics Iowa offers games and competition in 23 Olympic-type sports. Events are offered throughout the year on a state and regional level.

Eligibility: Participants are people with intellectual disabilities. Participation forms are available on the organization's website.

Contact Information:

Phone: (877) 267-0134

Website: <http://www.soiowa.org/>

Email: Not Available

Leadership

Name: AMP (Achieving Maximum Potential)

Description of Opportunity: AMP is a youth-driven statewide group that seeks to unleash the full potential for personal growth among foster and adoptive children in Iowa. AMP offers leadership, service learning, speaking, and educational/vocational assistance and opportunities.

Eligibility: Participants are youth who are foster and adoptive youth.

Contact Information:

Phone: (515) 233-3141

Website: <http://www.ampiowa.org>

Email: Available through website contact section

Name: Camp Fire Day Camp Aide and Leadership Camps

Description of Opportunity: Camp Fire USA administers leadership programs that are age-specific and progressive in responsibility levels. Opportunities range from middle school programs that offer personal growth exploration to day camp aide programs that train youth to assist with activities, to upper leadership programs for older high school youth.

Eligibility: The navigator program is an after school program for middle school students. For the day camp aide program, participants must be entering grades 7-10. For the Leadership Challenge and Buckaroo program, participants must be entering grade 10. For the Apprentice and Wrangler program, participants must be entering grades 11 or 12. Most programs require submission of an application and supporting materials for consideration.

Contact Information:

Phone: (515) 274-1501

Website: <http://www.campfireusaia.org/teenleadership.php>

Email: campfire@campfireusaia.com

Name: College Leadership Forum (CLF)

Description of Opportunity: College Leadership Forum is an annual week-long opportunity for college juniors and seniors and vocational/technical undergraduates with disabilities. It is a four-day leadership training that includes setting goals, self-advocacy, principles of leadership, the experience of disability, technology and resources, reasonable accommodations, resume writing, job searching, and interviewing.

Eligibility: Applications are accepted in April for a summer session. Participants must be college juniors or seniors or vocational/technical undergraduates with disabilities.

Contact Information:

Phone: (888) 219-0471

Website: http://www.humanrights.iowa.gov/pd/leadership_forum/college_forum.html

Email: dhr.disabilities@dhr.state.ia.us

Name: Deaf Services Commission of Iowa's Junior Commission Program Leadership Camp

Description of Opportunity: This leadership development opportunity is an intense, six-day curriculum that focuses on communication, conflict resolution, decision making, goal setting, group dynamics, leadership techniques, project management, and self-awareness. The program opens communication among deaf, hard of hearing, and hearing teens.

Eligibility: Any student who is enrolled in an Iowa school in grades 7-12 is encouraged to apply. Students may be deaf, hard of hearing, deaf-blind, late deafened, or hearing. The program is limited to 20 students, and applications must be turned in by May for a July camp.

Contact Information:

Phone: (515) 281-3164 (Voice/TTY); (515) 598-7327 (Videophone)

Website: <http://www.deafservices.iowa.gov/youth/junior-camp.html>

Name: Hugh O’Brian Youth Leadership (HOBY)

Description of Opportunity: The Hugh O’Brian Youth Leadership (HOBY) is an international organization dedicated to the recognition and development of leadership potential commencing with high school sophomores. An annual seminar is held each summer in Iowa. The program is designed to develop critical thinking skills by actively involving participants in discussions and informal debate. Participants are expected to undertake a community service project in their home communities.

Eligibility: Registration is available by contacting the email address listed below. Application materials are due in May for a summer session.

Contact Information:

Phone: (563) 605-0198

Website: www.iahoby.org

Email: registration@iahoby.org

Name: Youth Leadership Forum (YLF)

Description of Opportunity: Youth Leadership Forum is an annual week-long opportunity for high school sophomores, juniors, and seniors with disabilities. It is a five-day leadership training that includes career choice information, the history of disability culture, assistive technology for independence, identifying barriers to personal and professional success and developing plans to deal with barriers, developing a Personal Leadership Plan, and interacting with others with similar hopes and dreams. Alumni of the forum can also apply to be staff during future programs.

Eligibility: Applications are accepted in February for a summer session. Participants must be high school sophomores, juniors, or seniors with disabilities.

Contact Information:

Phone: (888)219-0471

Website: http://www.humanrights.iowa.gov/pd/leadership_forum/youth.html

Email: dhr.disabilities@iowa.gov

Name: Youth Philanthropy Programs

Description of Opportunity: The Youth Philanthropy Initiative supports foundations in the creation, implementation, support, and improvement of student grant-making programs. Iowa has youth philanthropy programming in 25 counties. To find a local program, visit the website listed below.

Eligibility: Not Available

Contact Information:

Phone: See website for local information

Website: <http://www.iowacounciloffoundations.org/about-us.aspx>

Email: See website for local information

Name: Youth Tobacco Prevention Program

Description of Opportunity: This program provides peer-to-peer education to youth across the state, promotes leadership at the local level, and implements events and activities across the state to engage youth in the fight against tobacco.

Eligibility: Not Available

Contact Information:

Phone: (515) 281-4299

Website: <http://www.idph.state.ia.us/tobacco/jel.asp>

Email: garin.buttermore@idph.iowa.gov

Central Iowa Youth Opportunities

Advisory Boards

Name: Central Iowa Regional Workforce Investment Board, Youth Advisory Council

Description of Opportunity: The Youth Advisory Council advises the Central Iowa Regional Workforce Investment Board on the Workforce Investment Act (WIA) Youth Program. Members include adults and youth with an interest in local workforce initiatives.

Eligibility: Board makeup can be found at the website listed below.

Contact Information:

Phone: (515) 246-2511

Website: <http://www.centraliowawib.com/boardminutes.asp>

Email: SueGibbons@centraliowawib.com

Name: Des Moines Youth Advisory Board

Description of Opportunity: The Des Moines Youth Advisory Board studies and coordinates youth activities for the Des Moines area and makes recommendations to the City Council and City Departments. Membership terms last for three years.

Eligibility: Youth must be under the age of 19 at the time of their appointment. For a list of board makeup requirements, see the website listed below. Applications can be submitted through the City of Des Moines' online mechanism to apply for a city board appointment.

Contact Information:

Phone: (515) 283-4761

Website: <http://www.dmgov.org/government/boards/YouthAdvisoryBoard/Pages/default.aspx>

Email: cityclerk@dmgov.org

Name: ID Action Youth Advisory Board

Description of Opportunity: First initiated by the Developmental Disabilities Council, this group of youth advise local groups from a youth perspective, engage in advocacy issues that interest them, and socialize together.

Eligibility: Youth between the ages of 16-22 who have a developmental disability are eligible to apply.

Contact Information:

Phone: 515-243-4292

Website: www.cyconcepts.org

Email: info@cyconcepts.org

Name: Public Health Youth Advisory Board

Description of Opportunity: Youth between the ages of 12-18 advise the Polk County Health Department on public health issues that are pressing to them. Youth participate in a forum that helps them identify an issue they want to do a service learning project on, and they receive funding to implement the project.

Eligibility: Youth between the ages of 12-18 are eligible to apply. Materials can be found on the website listed below.

Contact Information:

Phone: 515-243-4292

Website: www.cyconcepts.org

Email: info@cyconcepts.org

College and Career Exploration and Preparation

Name: Iowa Comprehensive Human Services (ICHS) Workforce Investment Act Youth Program

Description of Opportunity: The Workforce Investment Act (WIA) Youth Program offers on-the-job training, work experience, institutional skills training, GED instruction, and career guidance and counseling for youth. ICHS serves Polk, Story, Jasper, Madison, Marion, Warren, Dallas, and Boone counties.

Eligibility: Youth between the ages of 14-21 who are low income and are one or more of the following are eligible: deficient in basic literacy skills, a school dropout, homeless, a runaway, foster child, pregnant or parenting, an offender, or an individual with an Individualized Education Plan (IEP).

Contact Information:

Phone: (515) 245-7800

Website: http://www.ichsyouthemployment.org/service_wia.html

Email: info@ichsyouthemployment.org

Enrichment and Social

Name: Adventures in Social Drama

Description of Opportunity: Social skills and problem-solving can be improved using theater games and role-playing. This organization specializes in creating theater with youth with autism and serves youth of all abilities.

Eligibility: Not Available

Contact Information:

Phone: (515) 306-0030

Website: www.asdrama.org

Email: annie.mielke@asdrama.org

Name: Des Moines Playhouse

Description of Opportunity: The Des Moines Playhouse offers classes in improve and fast-paced games for youth in grades 6-12. The Playhouse also has an apprentice program that pairs responsible teen volunteers with instructors in the education program. Participants must attend each class session, conduct an interview, and participate in a training session. Information on each program is available on the website listed below.

Eligibility: Youth in grades 6-12 are eligible.

Contact Information:

Phone: (515) 277-6261

Website: www.dmplayhouse.com

Email: info@dmplayhouse.com

Name: GiGi's Playhouse

Description of Opportunity: GiGi's Playhouse offers support for people with Down Syndrome through social, literacy, math, and wellness activities for teens and adults.

Eligibility: Youth and adults with Down Syndrome are eligible to participate.

Contact Information:

Phone: (515) 252-7529

Website: <http://www.gigisplayhouse.org/location-Des%20Moines.asp>

Name: Kids with a Kause (KWAKers)

Description of Opportunity: Kids with a Kause (KWAKers) is a community- and school-based, youth-led, service learning program for kids of all ages. KWAKers is offered through Community Youth Concepts, a nonprofit organization. The focus of the group is on service and community building.

Eligibility: Youth between the ages of 2 and 15 are welcome. To join, contact the adult facilitator using the information below.

Contact Information:

Phone: 515-243-4292

Website: www.cyconcepts.org

Email: info@cyconcepts.org

Health and Wellness

Name: Aspen Athletic Club Youth Social Skills and Fitness Program

Description of Opportunity: This program combines group activities, fitness, sports, and resiliency for youth with disabilities. The program is designed and taught by special education teachers and associates.

Eligibility: Youth between the ages of 5-18 with all disabilities are welcome.

Contact Information:

Phone: (515) 270-5860

Website: http://www.aspenathleticia.com/socialskills_fitness/

Email: kkrieg@aspenathletic.com

Name: Dance Without Limits

Description of Opportunity: Ballet Des Moines presents Dance Without Limits — ballet classes that are especially designed for youth with disabilities who may not otherwise have the opportunity to experience the joy of dance. Each class lasts about 45 minutes, and offers a volunteer to youth ratio of 1:1. Class sessions are held at the School of Classical Ballet and Dance.

Eligibility: Not Available

Contact Information:

Phone: (515) 440-1177

Website: www.balletdesmoines.org

Email: info@balletdesmoines.org

Leadership

Name: Greater Des Moines Youth Leadership Institute

Description of Opportunity: The Youth Leadership Initiative introduces, develops, and nurtures leadership skills among youth in Greater Des Moines by providing experiential mentoring and leadership experiences that enhance self-esteem and encourage involvement in all levels of community life.

Eligibility: Candidates for the program should be entering their sophomore or junior years of high school, have an interest in developing their leadership skills, and have a desire to learn more about the Greater Des Moines community.

Contact Information:

Phone: (515) 286-4937

Website: <http://www.gdmli.com/yli>

Email: aperez@desmoinesmetro.com

Name: Jim Casey Youth Opportunities Initiative

Description of Opportunity: Polk County is one of the sites around the country piloting this approach to help youth in foster care make successful transitions to adulthood and self-sufficiency.

Eligibility: This group is made up of youth in foster care.

Contact Information:

Phone: (515) 727-4220

Website: www.ypii.org

Email: Cbehrer@ypii.org

Name: Young Women's Resource Center –R3 (Rights, Respect, and Responsibility) Group

Description of Opportunity: R3 meets weekly at the Young Women's Resource Center. It is a youth activist group comprised of 20 metro high school students, ages 14-21. These students provide education to their peers in the community on healthy relationships and pregnancy prevention.

Eligibility: Des Moines metro high school students between the ages of 14-21 are eligible to apply.

Contact Information:

Phone: (515) 244-4901

Website: www.ywrc.org

Email: ywrc@ywrc.org

Name: Young Women's Resource Center – Sheroes

Description of Opportunity: Sheroes Young Women's Philanthropy Institute is comprised of 25-30 high school girls, ages 16-18, who aspire to become leaders in the community through volunteerism and philanthropy. Sheroes directly benefits and volunteers for the Young Women's Resource Center.

Eligibility: High school girls between the ages of 16-18 are eligible to apply.

Contact Information:

Phone: (515) 244-4901

Website: www.ywrc.org

Email: ywrc@ywrc.org

Mentoring

Name: Big Brothers Big Sisters of Central Iowa

Description of Opportunity: Big Brothers Big Sisters matches youth with adults in the community to mentor them.

Eligibility: Youth ages 5-17 are eligible to participate.

Contact Information:

Phone: (515) 288-9025

Website: www.bbbsia.org

Email: info@bbbsia.org

Name: Mentoring Advantage Program (MAP)

Description of Opportunity: Community Youth Concepts offers a mentoring program Polk County youth between the ages of 12-17. The program pairs youth with adult mentors based on common career and life interests.

Eligibility: Youth should be between the ages of 12-17 and live in Polk County.

Contact Information:

Phone: (515) 243-4292

Website: www.cyconcepts.org

Email: info@cyconcepts.org

Name: Mentor Iowa

Description of Opportunity: Mentor Iowa provides trained volunteer mentors to abused, neglected, and delinquent children who are under the jurisdiction of the Juvenile Court.

Eligibility: Youth who have been abused, neglected, or who are delinquent are eligible.

Contact Information:

Phone: (515) 277-9797

Website: www.mentoriowa.org

Email: marty@mentoriowa.org