



## TA(Y)LK To Me Podcast

### Social Media Guide

Share with your networks and help amplify these voices! Use this social media guide that includes pre-written captions and descriptions.

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## How To Use This Guide

### Main elements for each episode

#### YouTube Link:

Use the YouTube links for embedding the podcast episode into websites, presentations, email newsletters, etc.

#### Download Video Link:

Click the link to download the video file onto your computer. This will allow you to upload the video to your own social media channels.

#### Sample Caption:

Copy and paste the sample text to caption your post on Facebook, Instagram, etc.

#### Sample Hashtag:

Copy and paste the hashtags to the end of your captions to help people find the videos. Be sure to use #TA(Y)LKToMePodcast.

#### YouTube Description:

Copy and paste the text into description section when uploading the video to your YouTube Channel.

#### Episode Resources:

Share the links with the corresponding episode to provide youth-specific resources relevant to each episode's specific topic.

## TA(Y)LK To Me Podcast Overview

### Summary & Acknowledgments

The TA(Y)LK To Me podcast is a youth-led, youth-created project aimed at supporting young people involved in the foster care and juvenile justice systems. Originating from the Short Term Residential Therapeutic Program (STRTP) Child and Family Team (CFT)/Youth Engagement Workgroup, co-led by the Office of Child Protection (OCP) and Department of Children and Family Services (DCFS), the podcast responds to a strong demand for relatable, visual, and audio-based educational tools. Designed by and for youth, the podcast features hosts with lived experience discussing real-life challenges alongside subject-matter experts.

The TA(Y)LK To Me Podcast was made in partnership with the Los Angeles County Office of Child Protection and Trauma Informed Learning Alliance, with support from Castillo Consulting Partners, the Los Angeles County Youth Commission, and Kids in the Spotlight.

## Podcast Reel

### YouTube Link:

[TA\(Y\)LK to Me Podcast Highlight Reel](#)

### Download Video Link:

[https://archive-video.granicus.com/lacountymediahost/lacountymediahost\\_bcc0a4a6-2a1f-478e-9cb7-e89c180edeb6.mp4](https://archive-video.granicus.com/lacountymediahost/lacountymediahost_bcc0a4a6-2a1f-478e-9cb7-e89c180edeb6.mp4)

### Sample Caption:

Take a sneak peek at what to expect on the TA(Y)LK To Me Podcast. This podcast is a youth-led, youth-created project aimed at supporting young people involved in the foster care and juvenile justice systems. Each episode will have youth and subject-matter experts discussing real-life experiences and practical resources to provide support.

### Sample Hashtag:

#TA(Y)LKToMePodcast

### YouTube Description:

Take a sneak peek at what to expect on the TA(Y)LK To Me Podcast. The TA(Y)LK To Me podcast is a youth-led, youth-created project aimed at supporting young people involved in systems like foster care and juvenile justice systems. Each episode will have youth and subject-matter experts discussing real-life experiences and practical resources to provide support.

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## Podcast Introduction

### YouTube Link:

[Introducing the TA\(Y\)LK To Me Podcast!](#)

### Download Video Link:

[https://archive-video.granicus.com/lacountymediahost/lacountymediahost\\_8a96c9e7-eb40-4c50-954b-48a29003b5f6.mp4](https://archive-video.granicus.com/lacountymediahost/lacountymediahost_8a96c9e7-eb40-4c50-954b-48a29003b5f6.mp4)

### Sample Caption:

Introducing the TA(Y)LK To Me Podcast! Featuring host Sherrie Bradford, a Los Angeles County Youth Commissioner, system-impacted foster-youth advocate, and lived expert. In this short introduction, Sherrie offers an overview of the podcast and an invitation to watch the powerful conversations throughout the series.

### Sample Hashtag:

#TA(Y)LKToMePodcast

### YouTube Description:

Introducing the TA(Y)LK To Me Podcast! Featuring host Sherrie Bradford, a Los Angeles County Youth Commissioner, system-impacted foster-youth advocate, and lived expert. In this short introduction, Sherrie offers an overview of the podcast and an invitation to watch the powerful conversations throughout the series.

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## Episode Guides

### Episode 1: Arts & Healing

Hosts:

- **Sherrie Bradford** and **Cristopher Espino**, Los Angeles County Youth Commissioners and lived experts

Guests:

- **Elizabeth Nails**, Los Angeles County Department of Arts and Culture
- **Arlena Ortega**, makeup artist and lived expert
- Spoken word by **Evelyn Karina Rodriguez**, Los Angeles County Youth Commissioner and lived expert

YouTube Link:

[TA\(Y\)LK To Me Podcast Episode 1 - Arts & Healing](#)

Download Video Link:

[https://archive-video.granicus.com/lacountymediahost/lacountymediahost\\_28f9396d-b473-4894-98ce-1ef8611ffbcb.mp4](https://archive-video.granicus.com/lacountymediahost/lacountymediahost_28f9396d-b473-4894-98ce-1ef8611ffbcb.mp4)

Sample Caption:

The first episode of the TA(Y)LK To Me Podcast, hosted by Los Angeles County Youth Commissioners Sherrie Bradford and Cristopher Espino, focuses on the theme of arts and healing with guests Arlena Ortega (makeup artist and lived expert), and Elizabeth Nails (Los Angeles County Department of Arts and Culture). They explore how art has been a powerful tool for healing, self-expression, and empowerment for youth impacted by foster care and the juvenile legal systems. The episode closes with a powerful spoken-word performance by Youth Commissioner Evelyn Karina Rodriguez, showcasing art as a voice for resilience and transformation.

Sample Hashtags:

#TA(Y)LKToMePodcast

#ArtsAndHealing

#FosterYouthVoices

#CreativeWellbeing

#MentalHealthMatters

#ArtsEssential

YouTube Description:

The first episode of the TA(Y)LK To Me Podcast, hosted by Los Angeles County Youth Commissioners Sherrie Bradford and Cristopher Espino, focuses on the theme of arts and healing with guests Arlena Ortega (makeup artist and lived expert), and Elizabeth Nails (Los Angeles County Department of Arts and Culture). They explore how art has been a powerful tool for healing, self-expression, and empowerment for youth impacted by foster care and the juvenile justice systems. The episode closes with a compelling spoken-word performance by Youth Commissioner Evelyn Karina Rodriguez, showcasing art as a voice for resilience and transformation.

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Episode Resources:

- [Department of Arts & Culture Community Wellbeing Resource List](#)

## Episode 2: Policing

### Hosts:

- **Sherrie Bradford** and **Cristopher Espino**, Los Angeles County Youth Commissioners & lived experts

### Guests:

- **Walter Finney**, actor, mentor, and lived expert
- **Evelyn Karina Rodriguez**, Los Angeles County Youth Commissioner

### YouTube Link:

[TA\(Y\)LK to Me Podcast Episode 2 - Policing](#)

### Download Video Link:

[https://archive-video.granicus.com/lacountymediahost/lacountymediahost\\_afae1476-466e-4150-8bf2-3d587ff00fde.mp4](https://archive-video.granicus.com/lacountymediahost/lacountymediahost_afae1476-466e-4150-8bf2-3d587ff00fde.mp4)

### Sample Caption:

In this episode of the TA(Y)LK to Me podcast, hosts Sherrie Bradford and Cristopher Espino speak with youth advocates and lived experts about policing and the justice system. Guests Evelyn C. Rodriguez (Los Angeles County Youth Commissioner and lived expert), and Walter Finney (actor, mentor, and lived expert) share their personal stories of being impacted by incarceration, systemic neglect, and over-policing. They also each reflect on what they would tell their younger selves, centering around love, resilience, and the power of using one's voice to fight for justice and support others.

### Sample Hashtags:

#TA(Y)LKToMePodcast

#JusticeReform

#YouthVoices

### YouTube Description:

In this episode of the TA(Y)LK to Me podcast, hosts Sherrie Bradford and Cristopher Espino speak with youth advocates and lived experts about policing and the justice system. Guests Evelyn C. Rodriguez (Los Angeles County Youth Commissioner and lived expert), and Walter Finney (actor, mentor, and lived expert) share their personal stories of being impacted by incarceration, systemic neglect, and over-policing. They also each reflect on what they would tell their younger selves, centering around love, resilience, and the power of using one's voice to fight for justice and support others.



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Episode Resources:

- [KIND: Know Your Rights! For Youth Encounters with Police and Immigration](#)
- [Youth Justice Coalition](#)

## Episode 3: Foster Youth Bill of Rights (FYBOR)

### Hosts:

- **Sherrie Bradford** and **Cristopher Espino**, Los Angeles County Youth Commissioners and lived experts

### Guests:

- **Michelle Lucarelli Beltran**, Los Angeles County Ombudsperson for Youth in Congregate Care
- **Brian Noelle**, writer, actor, and Kids in the Spotlight Assistant Studio Manager

### YouTube Link:

[TA\(Y\)LK To Me Podcast Episode 3 - Foster Youth Bill of Rights \(FYBOR\)](#)

### Download Video Link:

[https://archive-video.granicus.com/lacountymediahost/lacountymediahost\\_ead7d52c-3f94-4732-8547-163ffadbbf0d.mp4](https://archive-video.granicus.com/lacountymediahost/lacountymediahost_ead7d52c-3f94-4732-8547-163ffadbbf0d.mp4)

### Sample Caption:

This episode of TA(Y)LK To Me centers on the Foster Youth Bill of Rights (FYBOR) in California and the critical need for awareness and education about those rights among foster youth and those who serve them. The hosts discuss the FYBOR with Michelle Lucarelli Beltran (Los Angeles County Ombudsperson for Youth in Congregate Care) and Brian Noelle (writer, actor, and Kids in the Spotlight Assistant Studio Manager), focusing on the episode's goal, to ensure that foster youth are protected and informed.

### Sample Hashtags:

#TA(Y)LKToMePodcast

#FYBOR

#FosterYouthVoices

#YouthRights

### YouTube Description:

This episode of TA(Y)LK To Me centers on the Foster Youth Bill of Rights (FYBOR) in California and the critical need for awareness and education about those rights among foster youth and those who serve them. The hosts discuss the FYBOR with Michelle Lucarelli Beltran (Los Angeles County Ombudsperson for Youth in Congregate Care) and Brian Noelle (writer, actor, and Kids in the Spotlight Assistant Studio Manager), focusing on the episode's goal, to ensure that foster youth are protected and informed.

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Episode Resources:

- [Los Angeles County Youth Rights](#)
- [Los Angeles County Foster Youth Bill of Rights](#)
- [The California Office of the Foster Care Ombudsperson: Foster Youth Help Los Angeles County Ombudsperson for Youth in STRTPs](#)
- [Community Care Licensing Division Complaint Hotline](#)

## Episode 4: Housing & Concrete Supports for Transition-Age Youth

### Host:

- **Sherrie Bradford**, Los Angeles County Youth Commissioner and lived expert

### Guests:

- **Bishop Ed Smith**, Nehemiah Project Los Angeles, Inc.
- **Corey Davis**, Skillhouse CEO, professional trainer, basketball coach, and lived expert
- **Alexis Obina**, advocate, social worker and lived expert

### YouTube Link:

[TA\(Y\)LK To Me Podcast Episode 4 - Housing & Concrete Supports for Transition Age Youth](#)

### Download Video Link:

[https://archive-video.granicus.com/lacountymediahost/lacountymediahost\\_dd8fcfe6-03aa-4672-9a55-d4f15b45f813.mp4](https://archive-video.granicus.com/lacountymediahost/lacountymediahost_dd8fcfe6-03aa-4672-9a55-d4f15b45f813.mp4)

### Sample Caption:

In episode four of the podcast, host Sherrie Bradford talks with Bishop Ed Smith (Nehemiah Project Los Angeles, Inc.), Corey Davis (Skillhouse owner, coach, and lived expert), and Alexis Obina (advocate, social worker, and lived expert) about the importance of concrete supports, especially housing and stability, for transition-age youth. Guests share personal stories about how coaches, teachers, and community members helped them navigate the system and gain confidence. They also emphasize the importance of community collaboration and relationship-building.

### Sample Hashtags:

#TA(Y)LKToMePodcast

#FosterYouthVoices

#YouthRights

#HousingFirst

### YouTube Description:

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Episode Resources:

- [Nehemiah Project Los Angeles, Inc.](#)
- [Department of Mental Health: TAY Resource Guide for Housing & Supportive Services](#)
- [Los Angeles County Homeless Outreach Portal \(LA-HOP\)](#)

## Episode 5: Supporting LGBTQ+ Youth

### Host:

- **Sherrie Bradford**, Los Angeles County Youth Commissioner and lived expert

### Guests:

- **Christopher Hendrix**, actor, mentor, social strategist, and lived expert
- **Jael Nixon**, actor, singer, content creator, and lived expert

### YouTube Link:

[TA\(Y\)LK To Me Podcast Episode 5 - Supporting LGBTQ+ Youth](#)

### Download Video Link:

[https://archive-video.granicus.com/lacountymediahost/lacountymediahost\\_e7905531-5bb9-4b19-8090-0f717c5447af.mp4](https://archive-video.granicus.com/lacountymediahost/lacountymediahost_e7905531-5bb9-4b19-8090-0f717c5447af.mp4)

### Sample Caption:

This episode of TA(Y)LK To Me welcomes lived experts Christopher Hendrix (actor, mentor, social strategist, and lived expert) and Jael Nixon (actor, singer, content creator, and lived expert) for a conversation on navigating identity, support, and resilience as LGBTQ+ youth. They delve into both the strengths of, and challenges faced by system-impacted LGBTQ+ youth, and highlight the importance of identity exploration, the need for emotional and mental support, and the role of creative outlets in healing and empowerment.

### Sample Hashtags:

#TA(Y)LKToMePodcast

#LGBTQYouth

#YouthEmpowerment

#QueerVoices

### YouTube Description:

This episode of TA(Y)LK To Me welcomes lived experts Christopher Hendrix (actor, mentor, social strategist, and lived expert) and Jael Nixon (actor, singer, content creator, and lived expert) for a conversation on navigating identity, support, and resilience as LGBTQ+ youth. They delve into both the strengths of, and challenges faced by system-impacted LGBTQ+ youth, and highlight the importance of identity exploration, the need for emotional and mental support, and the role of creative outlets in healing and empowerment.

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Episode Resources:

- [The Trevor Project](#)
- [DCFS LGBTQ+ Tailored Services to Youth Program Referral Form Instructions](#)
- [LGBTQIA+ Youth Resources](#)

## Episode 6: Permanency

### Host:

- **Sherrie Bradford**, Los Angeles County Youth Commissioner and lived expert

### Guest:

- **Sirrele Steinfeld**, software developer, mentor, and lived expert
- **Judge Michael Nash (Ret.)**, Executive Director of the Los Angeles County Office of Child Protection

### YouTube Link:

[TA\(Y\)LK To Me Podcast Episode 6 - Permanency](#)

### Download Video Link:

[https://archive-video.granicus.com/lacountymediahost/lacountymediahost\\_91807dfb-4a1d-4975-ac6b-9bd5a41b8aee.mp4](https://archive-video.granicus.com/lacountymediahost/lacountymediahost_91807dfb-4a1d-4975-ac6b-9bd5a41b8aee.mp4)

### Sample Caption:

The sixth episode of TA(Y)LK To Me explores how to create lasting stability for youth in foster care. Guests Sirrele Steinfeld (software developer, mentor, and lived expert) and Judge Michael Nash (Ret.), Executive Director of the Los Angeles County Office of Child Protection, join Sherrie to discuss the importance of family reunification, adoption, and community support. They explore how many youth age out without help, leading to poor outcomes, and underscore the need to act early, support families, and ensure every child has someone they can count on for life.

### Sample Hashtags:

#TA(Y)LKToMePodcast  
#FosterCare #Permanency  
#ChildWellbeing

### YouTube Description:

The sixth episode of TA(Y)LK To Me explores how to create lasting stability for youth in foster care. Guests Sirrele Steinfeld (software developer, mentor, and lived expert) and Judge Michael Nash (Ret.), Executive Director of the Los Angeles County Office of Child Protection, join Sherrie to discuss the importance of family reunification, adoption, and community support. They explore how many youth age out without help, leading to poor outcomes, and underscore the need to act early, support families, and ensure every child has someone they can count on for life.

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**Episode Resources:**

- [Benefits Eligibility Finder](#)
- [Prevention & Aftercare Services \(P&A\)](#)
- [Permanency Planning Guide](#)
- [Casey Family Programs](#)

## Episode 7: Substance Use & Psychotropic Medications

### Host:

- **Sherrie Bradford**, Los Angeles County Youth Commissioner and lived expert

### Guests:

- **Judge Michael Nash** (Ret.), Executive Director, Los Angeles County Office of Child Protection
- **Dr. Scott Hunter**, Los Angeles County Department of Mental Health
- **Angelique Russell**, writer, producer, advocate, and lived expert

### YouTube Link:

[TA\(Y\)LK to Me Podcast Episode 7 - Substance Abuse & Psychotropic Medications](#)

### Download Video Link:

[https://archive-video.granicus.com/lacountymediahost/lacountymediahost\\_df8c328a-5076-47b8-8a6a-c1824a43d87f.mp4](https://archive-video.granicus.com/lacountymediahost/lacountymediahost_df8c328a-5076-47b8-8a6a-c1824a43d87f.mp4)

### Sample Caption:

In this episode of the TA(Y)LK to Me podcast, Sherrie leads a critical conversation on substance abuse and the use of psychotropic medications in the foster care and juvenile-justice systems with Judge Michael Nash (Ret.), Executive Director, Los Angeles County Office of Child Protection), Dr. Scott Hunter (Los Angeles County Department of Mental Health), and Angelique Russell (writer, producer, advocate, and lived expert). The conversation emphasizes how trauma is often misdiagnosed, leading to overmedication and a lack of choice, and also accentuates the importance of trust, proper diagnosis, and individualized care, especially when addressing substance use and mental health.

### Sample Hashtags:

#TA(Y)LKToMePodcast

#TraumaInformedCare

#HealingNotHarm

### YouTube Description:

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Episode Resources:

- [Los Angeles County Substance Use Treatment Services](#)
- [Laced & Lethal: information on fentanyl in pills and powders](#)
- [Recover LA](#)
- [American Academy of Child and Adolescent Psychiatry Substance Use Resource Center](#)
- [Bridge to Treatment for Youth](#)

## Episode 8: Workforce Development and Higher Education

### Host:

- **Sherrie Bradford**, Los Angeles County Youth Commissioner and lived expert

### Guests:

- **Franco Vega**, CEO, The RightWay Foundation
- **Yanira Mendoza**, Workforce Development Coordinator, Kids in the Spotlight
- **Joshua Elizondo**, Los Angeles County Youth Commissioner and former Kings County (California) Board of Governors member

### YouTube Link:

[TA\(Y\)LK To Me Episode 8 - Workforce Development and Higher Education](#)

### Download Video Link:

[https://archive-video.granicus.com/lacountymediahost/lacountymediahost\\_d48c0c36-bf7a-4ab2-b449-adb2e76488bd.mp4](https://archive-video.granicus.com/lacountymediahost/lacountymediahost_d48c0c36-bf7a-4ab2-b449-adb2e76488bd.mp4)

### Sample Caption:

This episode of TA(Y)LK To Me looks at workforce development and higher education for system-impacted youth. Sherrie is joined by guests Franco Vega (The RightWay Foundation), Yanira Mendoza (Kids in the Spotlight), and Joshua Elizondo (Los Angeles County Youth Commissioner) to explore challenges such as delayed job readiness, a lack of workforce and higher education networks, and systemic instabilities that hinder youth self-sufficiency. They emphasize innovative programs such as trauma-informed job training and creative apprenticeships, and the need for community, employer, and policymaker engagement to create real opportunities for young people.

### Sample Hashtags:

#TA(Y)LKToMePodcast

#WorkforceDevelopment

#HigherEducation

### YouTube Description:

This episode of TA(Y)LK To Me looks at workforce development and higher education for system-impacted youth. Sherrie is joined by guests Franco Vega (The RightWay Foundation), Yanira Mendoza (Kids in the Spotlight), and Joshua Elizondo (Los Angeles County Youth Commissioner) to explore challenges such as delayed job readiness, a lack of workforce and higher education networks, and systemic instabilities that hinder youth self-sufficiency. They emphasize innovative programs such as trauma-informed job training, creative apprenticeships and the need for community, employer, and policymaker engagement to create real opportunities for young people.

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**Episode Resources:**

- [The RightWay Foundation](#)
- [Opportunity Youth Collaborative](#)
- [Youth@Work \(ages 14–24\)](#)
- [Los Angeles County Job Center of California](#)
- [Guardian Scholars](#)

## Episode 9: Foster Youth, Resilience, and System Reform

### Host:

- **Sherrie Bradford**, Los Angeles County Youth Commissioner and lived expert

### Guests:

- **Johna Rivers**, Real to Reel Global co-founder & lead producer, CASA Los Angeles board member, performing artist, and lived expert
- **Soraya Leonard**, student, performing artist, and lived expert

### YouTube Link:

[TA\(Y\)LK To Me Podcast Episode 9 - Foster Youth, Resilience & System Reform](#)

### Download Video Link:

[https://archive-video.granicus.com/lacountymediahost/lacountymediahost\\_b0b9acbc-ef18-4cc1-9a9c-d16b80ad7f20.mp4](https://archive-video.granicus.com/lacountymediahost/lacountymediahost_b0b9acbc-ef18-4cc1-9a9c-d16b80ad7f20.mp4)

### Sample Caption:

In the final episode of the TA(Y)LK To Me Podcast, Sherrie interviews Johna Rivers (Real to Reel Global co-founder & lead producer, CASA of Los Angeles board member, performing artist, and lived expert) and Soraya Leonard (student, performing artist, and lived expert) about how to improve the foster care system. They share personal stories of overcoming challenges like housing instability, lack of support, and stigma, underscoring how mentorship, education, and faith played key roles in their success. They advocate for better pay and training for social workers, consistent federal benefits, and more funding for organizations led by those with lived experience. Their message to professionals is to lead with heart and stay committed to making a difference. To youth? Speak up, know your worth, and don't give up.

### Sample Hashtags:

#TA(Y)LKToMePodcast

#YouthJustice

#SystemsChange

### YouTube Description:

In the final episode of the TA(Y)LK To Me Podcast, Sherrie interviews Johna Rivers (Real to Reel Global Co-Founder & Lead Producer, CASA of Los Angeles board member, performing artist, and lived expert) and Soraya Leonard (student, performing artist, and lived expert) about how to improve the foster care system. They share personal stories of overcoming challenges like housing instability, lack of support, and stigma, underscoring how mentorship, education, and faith played key roles in their success. They advocate for better pay and training for social workers, consistent federal benefits, and more funding for organizations led by those with lived experience. Their message to professionals is to lead

with heart and stay committed to making a difference. To youth? Speak up, know your worth, and don't give up.

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**Episode Resources:**

- [Alliance for Children's Rights](#)
- [Los Angeles County Foster Youth Bill of Rights](#)
- [Children's Law Center](#)