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STATE OF IOWA DEPARTMENT OF

Health <sup>AND</sup> Human

SERVICES

# Resources for Transitioning Youth

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# Transition Planning for Youth in Foster Care

- Help youth gain life skills
- Connect youth to services and support
  - Adult services
- Develop a positive support system
- Create a housing plan
- Explore future opportunities to set them up for success

# Foster Care

- Any child HHS or JCS is responsible for placing and maintaining care
  - Court ordered or voluntary placement agreement
  - Family Foster Care, Kinship Care, QRTP, Shelter, SAL, S/O and PMIC (sometimes)
- Age 0 to 21 (VPA is used at 18+)
- Detention and STS are not foster care

# Goal

- All youth 14 and older in HHS/JCS care receive
  - consistent planning services
  - Information about programs and services
  - youth-centered meetings
  - team support

Youth Who Aged out of Foster Care Said, I need help with:	Number and rate of participants that identified this singular option (n=130)
More information about services that would be available to me like Aftercare	28 (21.5%)
Finding a place to live/deciding where I was going to live	8 (6.2%)
Information on how much things are really going to cost (housing, food, transportation, education, etc.)	13 (10.0%)
Identifying my interests and skills	11 (8.5%)
Deciding if I should or am ready to go to college	11 (8.5%)
Exploring different colleges/ technical and trade schools, classes	2 (1.5%)
Exploring military options	2 (1.5%)
Completing applications for financial aid	2 (1.5%)
Finding a job/completing job applications	1 (0.8%)
Help getting my driver's license	12 (9.2%)
Connecting with family	5 (3.8%)
Setting up bank accounts	6 (4.6%)
Someone to talk to about my fears or things I was stressed about	9 (6.9%)

# Barriers

- Complex trauma
- Access to services and supports when needed
- Disrupted placements
- Frequent moves
- Interrupted social and emotional support
- Disproportionately high rates of physical, developmental, and mental health challenges
- Delayed academic development

# Children in foster care

- Talented
- Able to accomplish things
- Eager to learn
- Resilient
- Successful

....the future

# Transition Planning Specialists

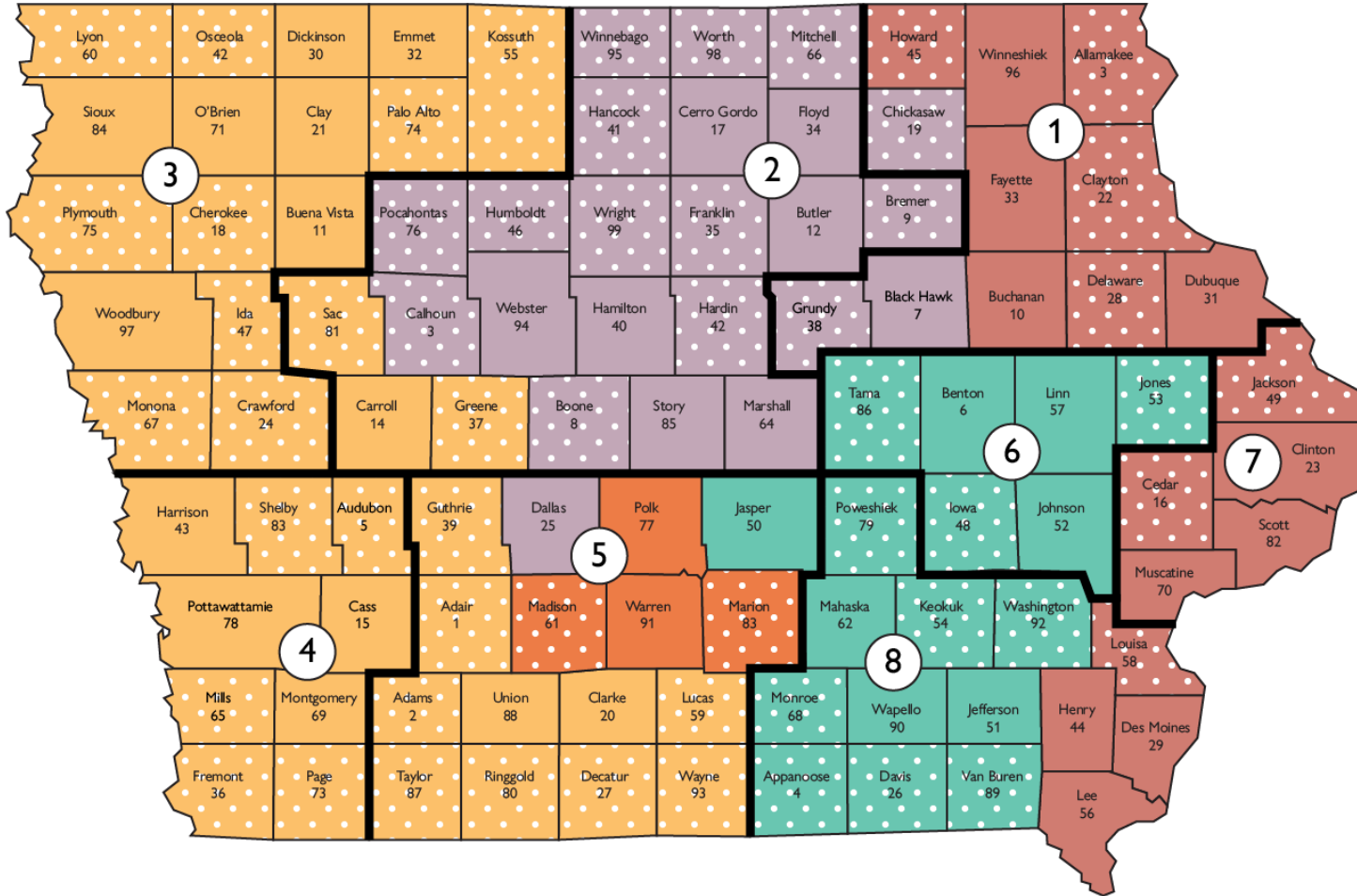
- Social Worker II (no caseload)
- Stationed in your region
- Transition experts
- Specialized training
- Responsible for tracking the completion of transition activities
- Staff support



# TRANSITION PLANNING SPECIALIST MAP

with HHS Regions (color coded) and Juvenile Court Services Districts (numbered)

JCS Districts    
  Less than Full Time Offices    
  Judicial District



● Brooke McCabe  
 Western Service Area  
 Pottawattamie Co. Office  
 712-435-0385  
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● Michelle Cooper  
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# Youth Resources

## ■ Transition Information Packet

- Resource book for youth in foster care and their caregivers
- How to guide for everything “transition related”
- Provided by the transition planning specialist
- Provide one copy to each youth in foster care around age 16

## ■ Available on the Iowa HHS “Transitioning to Adulthood” webpage.

- Youth Videos
- Transition Information Packet
- Medicaid information
- AMP information
- Aftercare Services Program information
- Education and training resources

# Transition Case Plan (See [Chapter 18C2](#))

- Transition planning starts with children in foster care who are 14 years of age or older.
- Casey Life Skills Assessment (CLSA) provides an evaluation of the youth's life skills in 9 domain areas.
  - Assessment completed by youth at age 14, 16, 18
  - QRTP and SAL will complete and provide to the case manager and the youth
- The case plan must include a written plan of:
  - Services
  - Supports
  - Activities
  - Referrals to programs

# Five Domains of a Successful Transition

- Employment services and other workforce support
- Education and education supports (financial and services)
- Health and health care coverage
- Stable housing
- Supportive relationships

# Youth-Centered Meetings

- Transition planning focus
- Youth selects up to 2 team members
  - Formal/informal connections welcome
- Invite transition planning specialist for high risk or hard to transition cases
- Document meetings in the case plan

# Local Transition Committee Review

- Led by Service Area Transition Planning Specialists
- Aftercare and other providers participate
- Attended by caseworker and supervisor
- Review must be completed by the time the youth is 17.5 years of age
- Review includes requirements of Iowa Code 232:
  - Housing plan
  - Documents
  - Education and work plan
  - Services and supports
  - Health and health care coverage
  - Relationships and permanency

# Disabilities-Maximus

- Any child who has a physical or mental impairment(s) should be referred using (form 470-3361) .
- For those youth receiving benefits from their own disability:
  - A Medical Review is initiated by the Social Security Administration
  - Around their 18th birthday
- MAXIMUS will first initiate contact with the worker when the youth hits the Transition List.
  - This happens when the child is 16 years and 11 months
- HHS/JCS workers need to inform MAXIMUS of a payee change for every youth receiving SSI or SSDI Benefits.
  - When they enter care
  - When there is a placement change
  - When they exit care
  - Make HHS the payee using the SSI Payee/Placement Change form (form 470-3359)
  - Send the court order

# National Youth in Transition Database (NYTD)

- Federal requirement to collect Services and Outcomes data
- Caseworkers are surveyed every three months on services to youth in foster care age 14 and older
- Youth are surveyed on outcome measures at age 17, 19 and 21
- Help the surveyor connect with youth
  - No parent approval is required



# Supervised Apartment Living (SAL)

- SAL allows the child to experience living in the community with less supervision than they would have in a foster family or foster group care setting.
- Children must be at least 16 ½ years old to be eligible for clustered site SAL.
- To qualify for scattered site SAL:
  - Children must be at least 17 years old
  - Have successfully lived in clustered site SAL.
- JCS or HHS referral worker will determine if the child is ready to live in the scattered site setting.
- A SAL contractor staff member must be available to youth in care 24 hours a day, 7 days a week.

# Voluntary Foster Care

- Extended foster care is limited to the youth's age 18 through 20
- Placement options include licensed family foster care or Supervised Apartment Living
  - Provider, youth and HHS/JCS must agree to the placement
- Youth must be working and/or pursuing a high school diploma or Equivalency (GED)
- Youth who left care at 18 may return to voluntary Supervised Apartment Living foster care or Family Foster Care
  - No court required
  - VPA required
- A protective need is expected—see 18C2 for referral details.

# Documentation

- Ensure youth has personal documentation prior to aging out of foster care.
  - Certified birth certificate
  - Social Security card
  - Photo ID, driver's permit or license
  - Immunization card
  - INS documentation

# Medicaid Coverage

- Medicaid (Title 19) - Expanded Medicaid for Independent Young Adults (E-MIYA)
  - For youth who:
    - Leave foster care on or after 18th birthday
    - Coverage to age 26 regardless of income
  - Auto enrollment or child can apply on the HHS Website
  - Annual re-certification
  - Must meet criteria to apply

# Achieving Maximum Potential (AMP)

- HHS has a contract with AMP
- Youth support
- Youth development
- Adults are encouraged to attend



# Iowa Aftercare Services

- A voluntary case management program.
- Supports young adults 18 through 22 who left foster care, STS, or Iowa detention at age 17.5 or older.
- Aftercare can help with:
  - Goal setting
  - Budgeting
  - How to pay bills
  - Building relationships
  - Finding a job or career
  - Connecting with programs/resources
- Refer youth by age 17.5
- 1-800-443-8336

# Education And Training Voucher Program (ETV)

- College funding for youth who exit foster care 30 days before 18 or later or adopted/SG at 16+
- Up to \$5,000/year, for 5 yrs. or through age 25 May attend any accredited school
  - Awards are made in date-received order & returning students receive priority awarding
  - Must complete FAFSA annually and Iowa Financial Aid Application (IFAA)

ETV and All Iowa Scholarship require the Free Application for Federal Student Aid (FAFSA) and the Iowa Financial Aid Application (IFAA)

- Applications online or call Iowa College Aid!

Tristan Lynn, Program Manager <[tristan.lynn@iowa.gov](mailto:tristan.lynn@iowa.gov)>

[www.iowacollegeaid.gov/IFAA](http://www.iowacollegeaid.gov/IFAA)

# Questions?