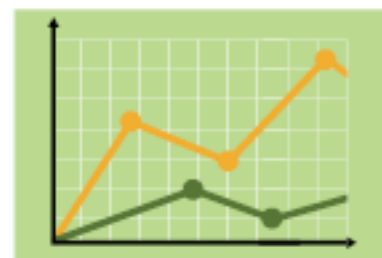
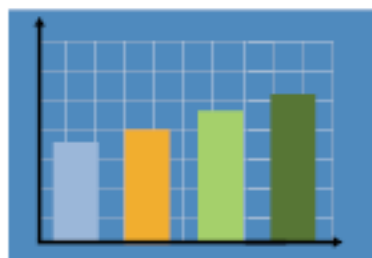




State Fiscal Year 2018 Annual Outcomes Report

prepared by Youth Policy Institute of Iowa



August 2018

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Introduction

The Iowa Aftercare Services Network (IASN) provides services and support to help youth and young adults who exit foster care near or after the age of 18 make a successful transition to adulthood. Aftercare focuses on helping youth reach their personal goals for education, employment, housing, health, life skills and relationships.

YSS of Ames holds the contract with the Iowa Department of Human Services to support this population and has served as the lead agency and fiscal agent for the Aftercare Network since it was initiated in 2002. In addition to providing direct services through five of its central Iowa locations, YSS subcontracts with seven other youth-serving agencies to provide aftercare services to eligible youth throughout the state. In addition to YSS, the agencies in the Network and the location of their primary offices are:

- American Home Finding Association (Ottumwa)
- Children’s Square USA (Council Bluffs)
- Family Resources, Inc. (Davenport)
- Foundation 2 (Cedar Rapids)
- Four Oaks (Cedar Rapids)
- Young House Family Services (Burlington)
- Youth Homes of Mid-America (Des Moines)

For further information on these agencies and the counties they serve for the Aftercare Network, see the Network’s website at www.iowaaftercare.org. YSS subcontracts with the Youth Policy Institute of Iowa (YPII) to provide statewide coordination, policy development, quality assurance, and evaluation services for the Network. One of YPII’s responsibilities is the analysis of Aftercare data and the submission of this required annual report on the performance of the Network and the outcomes achieved.

Funding for aftercare services in Iowa comes from federal and state sources. Since 2002, a portion of the state’s federal Chafee Foster Care Independence Program (Chafee) funding has been designated to serve 18 to 21 year olds who age out of foster care. Beginning in 2006, the Iowa Legislature authorized additional support for these youth and appropriated state funding to create the Preparation for Adult Living (PAL) program. The PAL program provides monthly financial support to qualifying youth who exit a state-paid foster care placement at age 18 or older as long as the young person is either enrolled in post-secondary education or training, is employed, or both. Beginning with SFY 2015, the Iowa Legislature made youth aging out of the Boys State Training School and detention facilities eligible for aftercare and PAL services and provided additional funding to ensure that these young people could also receive assistance as they transition to adulthood. The state and federal funding streams are combined in the DHS contract.

The DHS aftercare contract to YSS requires annual reporting on the services provided and outcomes of the youth and young adults who participate in IASN’s Aftercare and PAL programs. This information is used to assess the impact of the services being delivered to eligible youth, to inform quality improvement efforts, and to fulfill state and federal reporting requirements. Data presented in this annual report are primarily drawn from an on-line data collection system that was designed specifically for the IASN and is maintained by the Youth Policy Institute of Iowa with the assistance of Steve Elfvin of Rocket Science, Ltd.

Organization of the Report

This report is organized into three parts and is similar to previous years' reports to facilitate year-to-year comparison.

Part I provides five-year trend information from intake interviews with youth when they initially access Aftercare services, including the STS population which first became eligible in SFY 2015. This information is provided to help readers understand the characteristics of youth as they leave the formal child welfare or juvenile justice system and begin Aftercare services. The data presented in this section includes information on all youth accessing services, including 44 youth in SFY 2018, whose last court-ordered placement was the State Training School or detention (STS population). Occasional major differences between subpopulations (*e.g.*, gender or STS population) are highlighted.

Part II of the report provides demographic information and other characteristics of all 798 participants who were served by IASN during SFY 2018. This part also includes a brief summary of data on “services provided” that is collected by IASN as part of the state’s obligation to report this information for the National Youth in Transition Database (NYTD). Finally, this part summarizes the reasons youth exited the program during the year, the duration of their involvement, and the percentage who remained engaged to a planned exit from Aftercare services.

Part III of the report examines outcomes of 243 participants who exited services during the year, did not return to services prior to June 30, 2018, and for whom we have complete exit data as reported by the participant in an exit interview. Data on outcomes in the areas of employment, resources, housing, education, relationships, parenting, high risk behaviors, health care coverage, and essential documents are presented as required by the DHS contract.

Methodology: Aftercare and PAL are voluntary programs. Eligible young adults may initiate and discontinue services as they choose, and it is possible for youth to have multiple entries and exits from the program. Data is collected through individual interviews with participants each time they enter or exit IASN services. To assess outcomes, data from the very first interview with the youth is compared with their last exit interview during the fiscal year for which this report is generated. Outcomes are reported for youth who did not return to services prior to the end of the fiscal year, and only for youth who participated in Aftercare for at least 3 months before exiting. All exiting youth meeting these criteria regardless of their last placement are included in the SFY 2018 outcomes.

Efforts are made to ensure the accuracy of the data, but because the information is based largely on self-reports by youth and many of the topics covered in the participant interviews are sensitive, some young people may not provide truthful, consistent or accurate answers. Participants may also decline to answer some questions. Although aggregate data is quite consistent year-to-year, the data should be interpreted with caution especially on questions related to risky behaviors and other sensitive topics. Further, data is collected and entered by multiple interviewers and there may be some data entry errors that are not detected, resulting in some margin of error in the results presented in this report.

Appendices. Two appendices contain additional information as required by the contract to be included in this report. The information in the appendices has previously been provided to DHS.

The first Appendix presents the results of the annual participant survey. The survey was completed by 382 active participants in April 2018. The purposes of the survey are to gather feedback from participants on their satisfaction with Aftercare services and to collect a point-in-time snapshot of how

participating youth are doing on key performance measures related to economic security, stable housing, and relationships. Results are used to inform quality improvement efforts and policy development.

The second Appendix is a summary of the Network's attainment of specific performance measures for which the Contractor is held accountable and receives an incentive payment if met. Data from the youth survey and client outcomes are used for this purpose.

State Fiscal Year 2018 Summary

A total of 798 young adults participated in Aftercare services in State Fiscal Year 2018, a 5.5% decrease from the prior year. Of those served, 548 or 68.7% met requirements and received a PAL stipend for at least a portion of the time they participated; the remaining 250 youth did not receive PAL during the year. On average, 493 young people participated in Aftercare each month during SFY 2018.

More than half of all youth accessing the Aftercare Network each year come to the program with a history of mental health assessment, diagnosis and treatment. In SFY 2018, 54% of the 798 youth served had been diagnosed with one or more Serious Emotional Disorders (SED) prior to leaving foster care.

As a voluntary program, young people are able to initiate and discontinue services as long as they are between the ages of 18 and 21 and meet other eligibility requirements. The transient nature of this population also creates disruptions in services, and many participants enter and exit Aftercare multiple times. The average duration of participation for all youth exiting services in SFY 2018 was 635 days (or 1.74 years), although this may include some disruptions in participation.

Intakes: A total of 251 young people accessed Aftercare services for the first time between July 1, 2017 and June 30, 2018. The number of new participants has declined over the last two years, after peaking in SFY 2016. New participants in SFY 2018 included 44 youth discharged from the State Training School or detention.

Iowa's Aftercare program is available statewide, and young people entering Aftercare in SFY 2018 accessed services in 60 of Iowa's 99 counties. Nearly half (123) of these youth began services in one of five counties—Polk (44); Linn (23); Black Hawk (22); Woodbury (22); and Story (12). There were 28 counties where just one young person accessed services for the first time in SFY 2018.

Overall, about 58% of youth accessing Aftercare in SFY 2018 had been in care for more than 2 years. Multiple placements were also reported by young people accessing services with 26.3% of intakes reporting six or more placements prior to exiting care.

Similar to the previous year, over half (59%) of new intakes had a DHS social worker while in court-ordered placement, 36% had a JCO worker, and 5% had involvement of both a DHS social worker and a JCO. Females were much more likely to have a DHS worker (81.2%) as opposed to a JCO (13.9%), while 52% of males had a JCO versus 43.8% of males who had a DHS worker while in placement.

Just over 84% of young people completed an intake into Aftercare within 100 days of being discharged from their last placement in foster care or STS/detention. The median lapse between exit from a formal placement and Aftercare intake in SFY 2018 was only 13 days – the result of efforts by DHS caseworkers, Juvenile Court Officers, and others to ease the transition to adulthood by connecting young people to Aftercare.

Highlights from intake interviews with the 290 young people who accessed Aftercare for the first time in SFY 2018 include:

- More youth entered Aftercare with a high school diploma or equivalent (GED or HiSET) in SFY 2018 (71%) compared to the previous two years (61% in SFY 2016 and 66% in SFY 2017). As in SFY 2017, about 26% of new intakes were still enrolled in high school or an equivalency program in SFY 2018.
- A majority of youth first accessing Aftercare are not employed. Any current employment (full- or part-time) among new participants in SFY 2018 dropped to 38.2% from the previous year when 41% of all new participants were employed at intake. The percent of youth who were unemployed but looking for work at intake in SFY 2018 (41%) and those who were not in the work force (20.3%), were both higher respectively than the prior year.
- Iowa youth exiting foster care are successfully being enrolled in Medicaid – 92% of foster care youth accessing Aftercare in SFY 2018 reported having Medicaid.
- There are some significant differences between males and females in the risk factors reported by new participants in SFY 2018, including:
 - 26% of males compared to 12.9% of females report having been referred for a substance abuse assessment within the last year;
 - 39.6% of females report self-harming behaviors compared to 23.3% males;
 - 35.6% of females report a prior suicide attempt compared to 21.2% of males;
 - 20.8% of females report being a victim of domestic violence compared to 4.8% of males;
 - 63.7% of males compared to 20.8% of females report having been incarcerated or detained in the past two years.
- Even though youth aging out of the system are not being discharged to permanency, they feel connected to their families and other important adults in their lives. For youth coming from the DHS system, 82% say they have a family member they will always be able to turn to for support, for those exiting the JCS system, 92% report a positive connection to a family member.

Outcomes: Aftercare services are designed to help young adults move toward stability and self-sufficiency in five key areas: education, employment, housing, health, and relationships. Aftercare services are designed to address both the immediate needs and long-term goals and aspirations of young adults. Beyond case management, Aftercare Self-Sufficiency Advocates support participating youth by:

- Helping to ensure that their basic needs are met;
- Providing social and emotional support and connections;
- Working with them to establish goals and develop action plans, and;
- Helping them develop the knowledge and skills necessary to become competent adults.

A variety of measures are used to assess outcomes of youth who participate in Aftercare services. Outcomes are analyzed by comparing the original intake data collected when youth first accessed services with the last exit interview data for those youth who exited during SFY 2018 after at least three months of participation and who did not return before July 1, 2018. This provides an unduplicated group of 237 young people on whom data is included in this report. The report presents aggregate data on all participants meeting these parameters regardless of their last placement, including youth who aged out of the State Training School (STS) or a detention center.

Highlights from the SFY 2018 outcomes include:

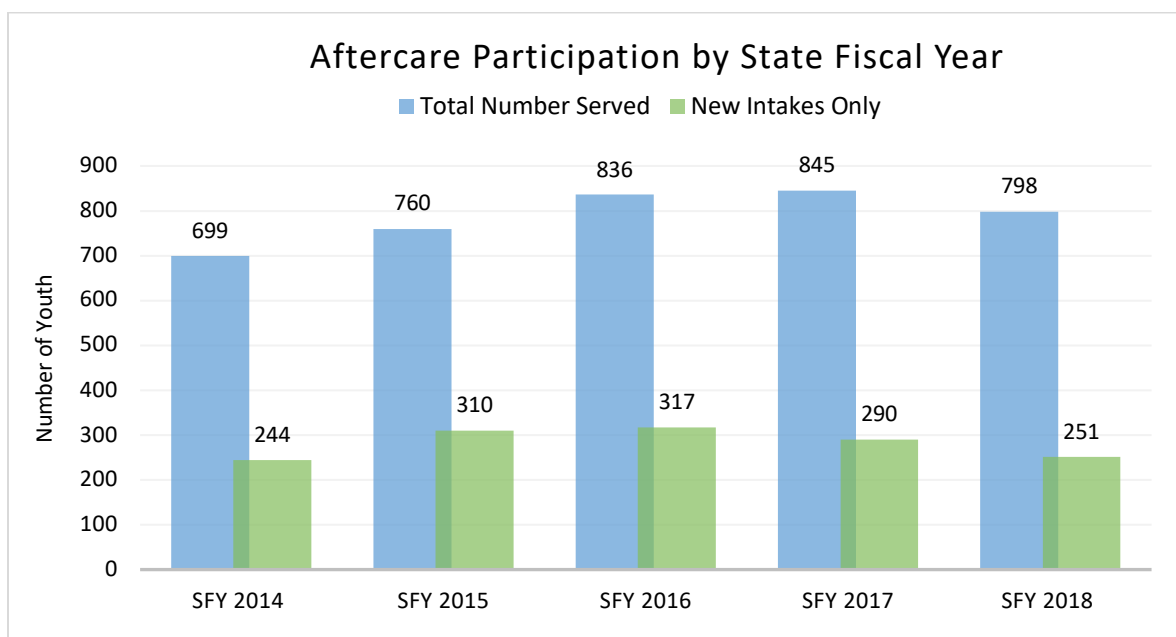
- Approximately 40 percent of young people are employed when they enter Aftercare (either part-time or full-time), and a similar number are unemployed but actively seeking employment. In SFY 2018, 57% of all participants were employed at exit, including nearly half who were working at least 25 hours per week.
- At exit from Aftercare services, more than two-thirds of participants (67.1%) are contributing to their housing costs, including those with sole responsibility for rent (19.8%), those with shared responsibility for rent (32.9%), and those who are paying 'rent' to live in another person's apartment or house (14.4%). Unfortunately, there was also a sharp increase in the proportion of young people who reported an episode of homelessness in the past two years on their exit interview from Aftercare (from 19.2% in SFY 2017 to 28.3% in SFY 2018).
- Of participants completing an exit interview in SFY 2018, 82.7% had earned a high school diploma or its equivalent, 1.3% had received a vocational certificate, and 2.5% had completed a college degree (Associate's (n=5) or Bachelor's (n=1)).
- Among youth completing exit interviews in SFY 2018, 9.3% entered Aftercare as parents; by the time they exited, 26.2% are parenting.
- Ninety-nine percent of participants have health insurance when they exit Aftercare services. Most rely on Medicaid for their health insurance coverage, which is available to youth who age out of foster care until age 26.

The outcomes achieved by participants in Iowa's Aftercare program are promising. Significant gains in education attainment, employment and income, housing stability, and health are demonstrated each year, even as the population accessing the services presents greater challenges. This Annual Outcomes Report provides detailed information and data about the characteristics and outcomes of the young adults who voluntarily participated in Aftercare Services in SFY 2018.

For further information, readers are invited to contact the Youth Policy Institute of Iowa.

PART I: Characteristics of New Participants at Intake

A total of 798 young adults participated in Aftercare services in SFY 2018, a 5.5% decrease from the prior year. Of the 798 youth served, 251 accessed services for the first time between July 1, 2017 and June 30, 2018. The number of new participants has declined over the last two years, after peaking in SFY 2016. Over the last five years, an average of 282 young people have accessed Aftercare annually while an average of 364 youth exited foster care or juvenile justice placements with a discharge reason of emancipation, as opposed to a discharge reason of reunification, adoption or guardianship.¹



Eligibility criteria for Aftercare is established by Iowa Administrative Code 441.187. For purposes of determining eligibility for Aftercare, “foster care placements include foster family care (non-relative), group homes, shelters, PMICs, Supervised Apartment Living, court-ordered relative care, and suitable other placements.” Throughout this report, the term “foster care” refers to all of these placement types, and the abbreviation “STS” includes youth existing the State Training School or court-ordered detention.

This part of the report highlights characteristics of young people at the time they accessed Aftercare services, providing trend information for the last five state fiscal years. While not all youth who age out of care enter Aftercare, this data helps illustrate the circumstances of Iowa youth as they emancipate from foster care or other court-ordered placement, typically at about age 18.

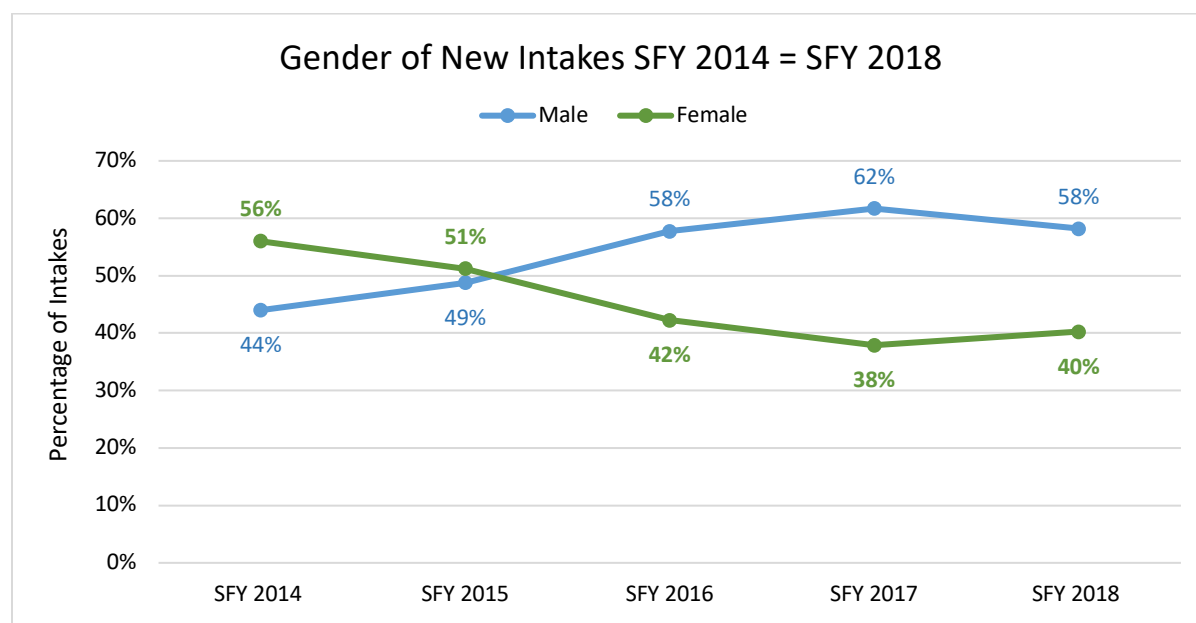
Age at Intake: Young people can and do access services any time before reaching age 21. Ages of first-time participants in SFY 2018 ranged from 18.0 to 20.6 years old. Most young people, however, begin Aftercare services shortly after exiting foster care around age 18 or when they graduate from high school. In SFY 2018, 76.5% of new participants initiated services by age 18.5. The median age of new participants was 18.1; and their average age was 18.4.

¹ Eligibility for Aftercare is based on the age and placement history of youth at time of exit from care, not by the reason given for their discharge. The average number of youth exiting care with a discharge reason of “emancipation” is referenced here as a proxy for the number of youth leaving care at the age of 18 or older, but the actual number of young people becoming eligible for Aftercare each year is likely higher.

Lapse from Placement to Aftercare: Just over 84% of young people completed an intake into Aftercare within 100 days of being discharged from their last placement in foster care or STS/detention. The median lapse between exit from a formal placement and Aftercare intake in SFY 2018 was only 13 days – evidence of the efforts of DHS caseworkers, Juvenile Court Officers, and others have made to connect young people to Aftercare services. Only twenty young people accessed services more than a year after exiting foster care or other placement, which includes a small number of youth who were adopted after age 16, but did not become eligible for Aftercare until they turned 18.

To facilitate the transition from the formal system to voluntary services available after age 18, Aftercare Advocates are able to be involved in a limited way with youth likely to age out of care up to a year prior to their formal discharge from an out-of-home placement. These “pre-aftercare” services provide an opportunity for Advocates to establish a relationship with soon-to-be eligible young people and help with their transition from placement to adulthood.

Gender: Prior to SFY 2015 when IASN services were extended to young men exiting the STS, more females than males accessed and continued with voluntary services in Aftercare. This balance shifted when STS youth became eligible for Aftercare and PAL. In SFY 2018, about 58% of new intakes were males and 40% females. Even among new intakes that had been in a foster care placement, more males (54%) than females (45%) initiated Aftercare services in SFY 2018.



Beginning in SFY 2017, “Transgender,” “Other,” and “Not Sure” were added as gender options to better accommodate all participants’ identities. Four young people accessing services in SFY 2018 identified as transgender.

Location: Iowa’s Aftercare program is available statewide, and young people entering Aftercare in SFY 2018 accessed services in 60 of Iowa’s 99 counties. Nearly half (123) of these youth began services in one of five counties—Polk (44); Linn (23); Black Hawk (22); Woodbury (22); and Story (12). In 28 counties just one new participant accessed services in SFY 2018.

Case Management while in Placement: Young people in foster care in Iowa may have been placed in foster care for a number of reasons. If delinquency was the cause of placement, most often a Juvenile Court Officer (JCO) handles the case, while a DHS social worker will provide case management to those children who have been placed in foster care for any circumstance that designates them as a Child in Need of Assistance (CINA). In either situation, young people are eligible for Aftercare if they meet all other eligibility criteria. Similar to previous years, in SFY 2018 over half (59%) of new intakes had a DHS social worker while in court-ordered placement, 36% had a JCO worker, and 5% had involvement of both a DHS social worker and a JCO.

Females were much more likely to have a DHS worker (81.2%) as opposed to a JCO (13.9%), while 52% of males had a JCO versus 43.8% of males who had a DHS worker while in placement. About 4% of both males and females were dual status youth (both DHS and JCS involvement).

CASE MANAGEMENT

While in foster care, primary case management was provided by a:	SFY 2014 (N=244)	SFY 2015 (N=310)	SFY 2016 (N=317)	SFY 2017 (N=290)	SFY 2018 (N=251)
DHS Social Worker	69.6%	51.8%	51.4%	56.6%	59.4%
Juvenile Court Officer	23.5%	41.4%	40.4%	35.2%	36.3%
Both DHS and JCO involvement	5.3%	6.2%	7.9%	7.9%	4.0%
Unknown/Missing	1.6%	0.3%	0.3%	0.3%	0.4%

Foster Care Experience: Young people accessing Aftercare services share similar foster care experiences – lengthy stays in foster care and frequent placement changes. Overall, about 58% of youth accessing Aftercare in SFY 2018 had been in care for more than 2 years; and 71.3% of females reported two or more years of out-of-home placement. On average, males reported slightly shorter durations in placement, with only 52.1% reporting more than two years. Multiple placements were also reported by young people accessing services with 26.3% of intakes in SFY 2018 reporting six or more placements prior to exiting care. Of females, 31.7% experienced six or more placements, while 23.3% of males reported that number. The five-year trends in the table below show the last placement of the new intakes, including STS youth beginning in SFY 2015. Just over 35% of these youth were in a “family-like setting” (family foster home, relative, or suitable other placement) when they aged out.

LAST PLACEMENT

Last type of placement (as reported by youth)	SFY 2014 (N=244)	SFY 2015 (N=310)	SFY 2016 (N=317)	SFY 2017 (N=290)	SFY 2018 (N=251)
Group Home	21.9%	20.4%	26.5%	20.7%	15.1%
Family Foster Home (non-relative)	34.8%	26.9%	23.7%	24.5%	28.3%
Supervised Apartment Living	20.2%	18.5%	18.6%	18.6%	19.5%
State Training School	--	15.2%	18.6%	16.2%	16.3%
Shelter	14.2%	8.1%	7.6%	7.6%	11.6%
Relative	4.1%	4.5%	1.9%	5.2%	4.0%
All Others (PMIC, Detention, Adoption, Suitable other)	4.5%	6.5%	3.2%	7.2%	5.2%

Risk Factors: Young people exiting foster care or other placement frequently self-report mental health issues, histories of risky behaviors, and challenges that make for a more complicated and obstacle-laden transition to adulthood. Though these difficulties are not insurmountable, they can greatly impact the abilities of young people to secure employment, maintain safe housing, or complete post-secondary education. Aftercare Self-Sufficiency Advocates conduct initial interviews in person and ask the participant to self-report their experiences and current situation. Because many interview questions query personal or sensitive information, which participants may be reluctant to answer truthfully, the data presented below should be interpreted with caution. The percentages may over- or underrepresent the actual instances of mental health issues, risky behaviors, or other challenges.

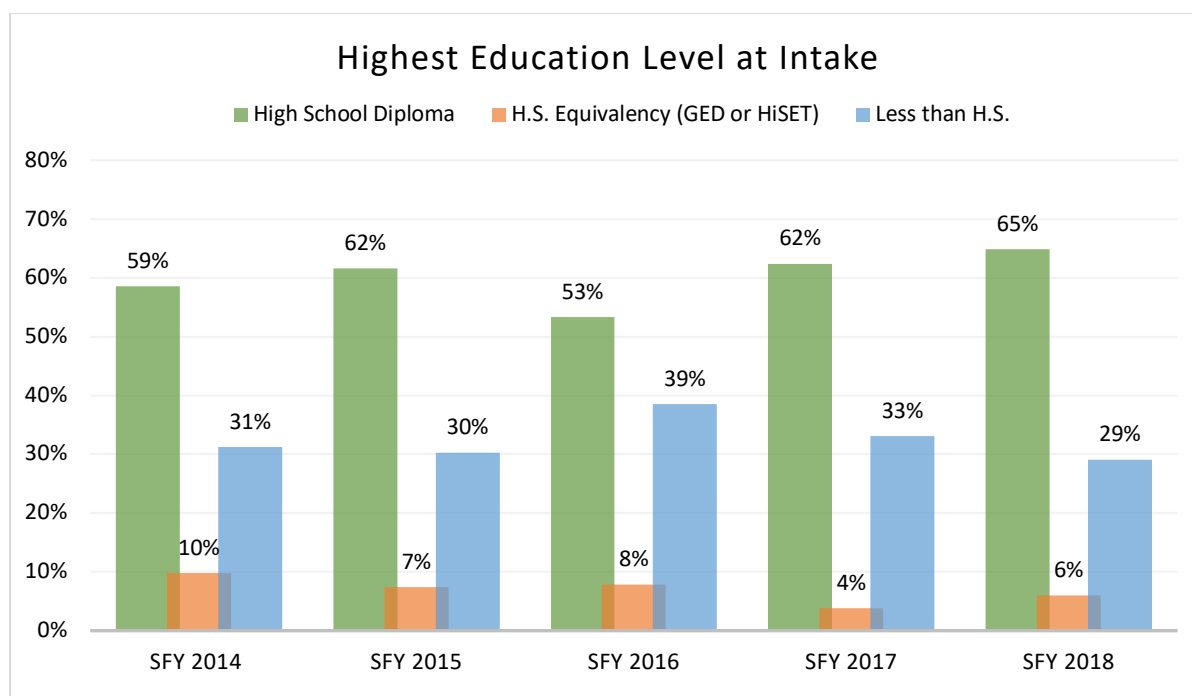
Percent responding “yes” they:	SFY 2014 (N=244)	SFY 2015 (N=310)	SFY 2016 (N=317)	SFY 2017 (N=290)	SFY 2018 (N=251)
Have been referred for or received a mental health assessment, counseling or therapy in the last year	59.1%	62.1%	63.7%	64.8%	64.5%
Have been referred for or received an alcohol or substance abuse assessment or counseling in the last year	23.5%	23.3%	32.8%	26.2%	20.7%
Have ever attempted suicide*	25.5%	25.2%	24.0%	29.0%	27.5%
Have ever inflicted self-harm in other ways	30.0%	27.5%	28.7%	32.8%	30.3%
Have ever had an unintended pregnancy (<i>females only</i>)	20.63%	19.2%	22.6%	18.2%	17.8%
Are a parent	6.6%	11.0%	5.7%	8.3%	5.2%
Have been homeless in the past two years	18.4%	20.0%	21.1%	21.0%	19.1%
Have been incarcerated or detained in the past two years	37.7%	37.3%	47.7%	48.9%	46.6%
Have been hit, punched, shoved, or hurt by partner in the past two years	10.9%	10.7%	10.7%	12.9%	12.0%

There are some significant differences between males and females in the risk factors reported by new participants in SFY 2018, including:

- 26% of males compared to 12.9% of females report having been referred for a substance abuse assessment within the last year;
- 39.6% of females report self-harming behaviors compared to 23.3% males;
- 35.6% of females report a prior suicide attempt compared to 21.2% of males;
- 20.8% of females report being a victim of domestic violence compared to 4.8% of males;
- 63.7% of males compared to 20.8% of females report having been incarcerated or detained in the past two years.

The incarceration rate for this population is impacted by the blended child welfare and juvenile justice system in Iowa, with a significant portion of older youth in foster care placed as a result of juvenile delinquency.

Education: Iowa allows youth to continue in voluntary foster care through age 19 to graduate from high school, but for a variety of reasons, many youth do not take advantage of that option. More youth entered Aftercare with a high school diploma or equivalent (GED or HiSET) in SFY 2018 (71%) compared to the previous two years (61% in SFY 2016 and 66% in SFY 2017). As in SFY 2017, about 26% of new intakes were still enrolled in high school or an equivalency program in SFY 2018.



Highest education credential received:	SFY 2014 (N=244)	SFY 2015 (N=310)	SFY 2016 (N=317)	SFY 2017 (N=290)	SFY 2018 (N=251)
High School Diploma	58.6%	61.6%	53.3%	62.4%	64.9%
H.S. Equivalency (GED or HiSET)	9.8%	7.4%	7.9%	3.8%	6.0%
Vocational certificate or license	0.4%	0.7%	--	--	--
None of the above	31.2%	30.3%	38.5%	33.1%	29.1%

Employment and Income: A majority of youth first accessing Aftercare are not employed. Current employment (full- or part-time) among new participants in SFY 2018 dropped to 38.2% from the previous year when 41% of all new participants were employed at intake. The percent of youth who were unemployed but looking for work at intake in SFY 2018 (41%) and those who were not in the work force (20.3%), were both higher than the prior year.

Because many are not working, many new Aftercare participants initially report \$0 in income. Over the last five years, an average of 60% of youth reported \$0 income at intake before any financial assistance they might be receiving. In SFY 2018, 61% of participants reported \$0 monthly income when they first accessed services. See table below for more details.

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July 1, 2017 through June 30, 2018

Current employment status:	SFY 2014 (N=244)	SFY 2015 (N=310)	SFY 2016 (N=317)	SFY 2017 (N=290)	SFY 2018 (N=251)
Employed (average 35+ hours per week)	9.3%	11.0%	6.6%	9.3%	8.0%
Employed (average 25-34 hours per week)	14.2%	11.7%	10.7%	15.2%	15.9%
Employed (less than 25 hours per week)	18.2%	17.8%	17.4%	16.9%	14.3%
Unemployed, actively seeking employment	35.6%	35.3%	45.1%	35.9%	41.0%
Unemployed, long-term disability	1.6%	1.0%	1.3%	1.0%	--
Not in work force	18.2%	21.7%	16.4%	17.6%	20.3%
Other	2.8%	1.6%	2.2%	3.8%	0.4%
Gross monthly income without aid:	SFY 2014 (N=244)	SFY 2015 (N=310)	SFY 2016 (N=317)	SFY 2017 (N=290)	SFY 2018 (N=251)
\$0	57.0%	58.1%	67.2%	58.3%	61.0%
\$1 - \$799	33.6%	31.9%	25.2%	27.9%	28.7%
\$800 - \$1,199	5.3%	7.1%	4.1%	9.7%	6.8%
\$1,200 or more	4.1%	2.9%	3.2%	3.8%	3.6%

Banking and Credit: A large number of young people exiting foster care or the STS and beginning Aftercare services do not have experience with mainstream financial institutions. In an increase over the prior year, almost 50% of new Aftercare participants in SFY 2018 report having a savings account, and 52% report having a checking or debit account. While more youth than in the past report having money saved for emergencies, only 27% indicate that they have any money set aside.

Percent responding “yes” they have:	SFY 2014 (N=244)	SFY 2015 (N=310)	SFY 2016 (N=317)	SFY 2017 (N=290)	SFY 2018 (N=251)
A Checking or debit account	45.9%	46.1%	41.3%	44.8%	51.8%
A Savings account	48.0%	49.4%	43.5%	41.0%	49.4%
Money saved for emergencies	N/A	23.2%	25.9%	22.1%	27.1%

Essential Documents: Similar to previous years, many youth exiting state care have their personal, essential documents when first accessing Aftercare services. SFY 2018 showed an increase for the second consecutive year in the percentage of young adults possessing essential documents.

Percent responding “yes” they have the following documents:	SFY 2014 (N=244)	SFY 2015 (N=310)	SFY 2016 (N=317)	SFY 2017 (N=290)	SFY 2018 (N=251)
Birth certificate	84.0%	80.3%	76.7%	79.0%	83.3%
Social Security Card	88.5%	85.5%	83.6%	85.2%	86.5%
Driver’s license	42.6%	40.0%	35.6%	36.9%	42.2%
State ID or passport	70.9%	67.7%	63.1%	65.9%	73.7%

Health: Iowa youth exiting foster care are successfully being enrolled in Medicaid – 92% of foster care youth accessing Aftercare in SFY 2018 reported having Medicaid. Because a majority of young people are prescribed medication for physical or mental health issues, continuous and reliable health insurance coverage is critical for this population.

Percent responding “yes”:	SFY 2014 (N=244)	SFY 2015 (N=310)	SFY 2016 (N=317)	SFY 2017 (N=290)	SFY 2018 (N=251)
Have a primary care physician	63.9%	64.2%	63.7%	56.2%	64.1%
Have Medicaid	92.2%	84.5%	87.4%	90.3%	92.0%
Had been prescribed medication for ongoing maintenance of physical or mental health within the last year	57.8%	57.7%	60.9%	62.1%	56.6%
Had used tobacco in the last 30 days	44.3%	41.3%	42.6%	40.3%	37.5%
Had used alcohol to intoxication in the last 30 days	9.8%	8.4%	10.4%	10.7%	8.8%

Housing: Finding and maintaining safe and affordable housing is a challenge for many young people, but especially for those who age-out of placement without family support to provide help. Over half (55%) of new intakes in SFY 2018 are paying for their housing, similar to last year; but just 28% have their name on a lease agreement. Compared to SFY 2017, fewer new participants indicated that they plan to move within the next month, from 37.6% in SFY 2017 to 29.9% in FY 2018.

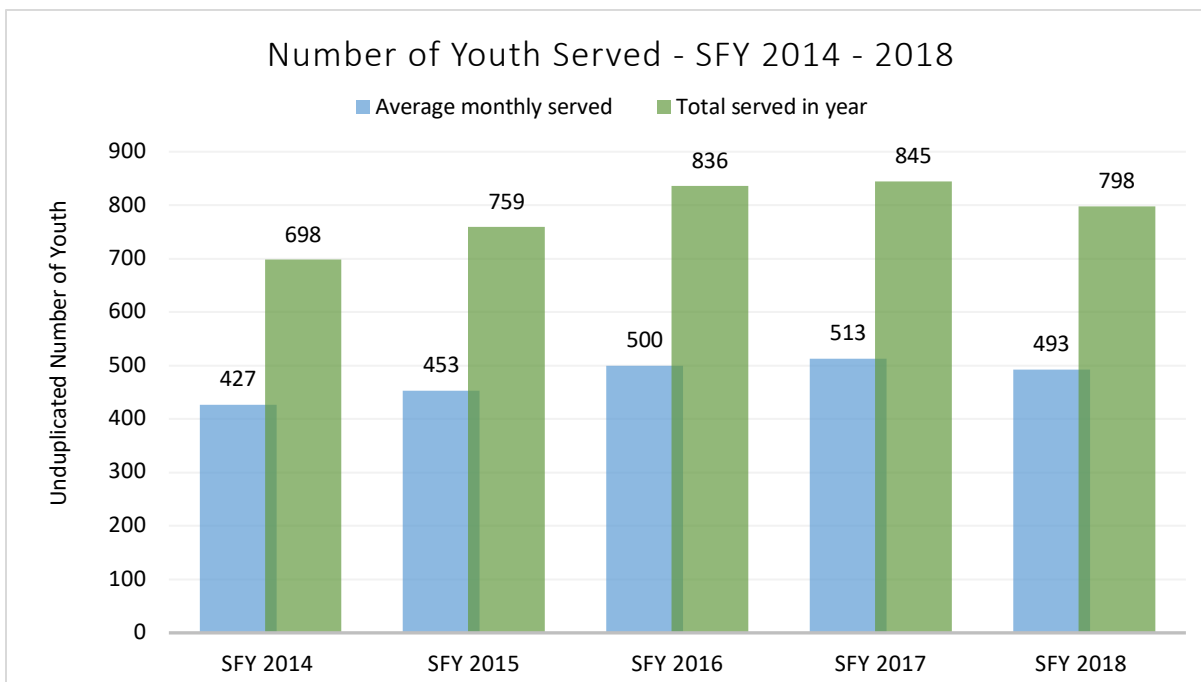
Percent responding “yes” they:	SFY 2014 (N=244)	SFY 2015 (N=310)	SFY 2016 (N=317)	SFY 2017 (N=290)	SFY 2018 (N=251)
Are paying for housing	57.8%	53.2%	52.7%	54.5%	54.6%
Have name on a lease agreement	21.3%	21.3%	29.7%	22.4%	28.3%
Are moving next month	34.8%	38.1%	30.6%	37.6%	29.9%
Are currently homeless	5.7%	4.8%	6.3%	9.7%	6.4%

Permanency: Having positive connections to family and other supportive adults is critical to a successful transition from adolescence to adulthood. Even though youth aging out of the system are not being discharged to permanency, they still feel connected to their families and other important adults in their lives. For youth coming from the DHS system, 82% say they have a family member they will always be able to turn to for support, compared to 92% of those in the JCS system. Most often named as the family member who they will turn to are birth parent (35%); extended family member (26%); and adult sibling (16%). More than 90% of youth report having non-family members who will support them.

Percent responding “yes” there is an:	SFY 2014 (N=244)	SFY 2015 (N=310)	SFY 2016 (N=317)	SFY 2017 (N=290)	SFY 2018 (N=251)
Adult family member who I will always be able to turn to for support...	85.3%	84.5%	86.1%	86.2%	86.5%
Adult, non-family member, who I will always be able to turn to for support...	92.6%	91.3%	89.6%	91.4%	92.0%

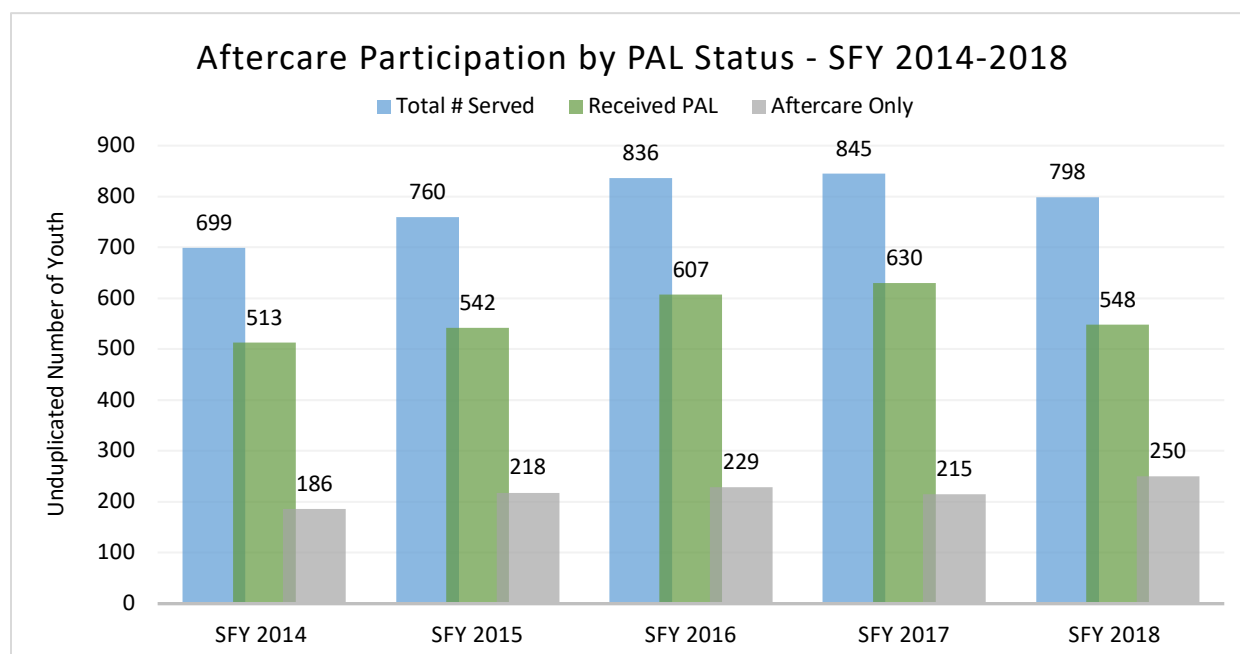
PART II – Characteristics of All Youth Served

Unduplicated Number Served: A total of 798 young people were served by IASN during SFY 2018, a decrease from the previous two years. As discussed above, 251 youth accessed services for the first time during state fiscal year 2018, including 44 who aged out of the State Training School (STS) or a detention center. At the close of the fiscal year, 445 youth had open Aftercare cases, including 64 from the STS population.



Aftercare and PAL are voluntary programs, and eligible young adults are able to initiate and discontinue services as they choose. In a small number of instances, Aftercare agencies will discontinue services for young people who fail to meet the requirements and self-responsibility expectations of the program; however, young people may re-enter services when they are ready. As youth move around the state, they may also transfer from one Aftercare agency to another. For these reasons, young people may have periodic lapses in their participation in Aftercare. These factors lead to a fair amount of turnover in program participation as youth may enter and exit services multiple times before their 21st birthday.

PAL Participation: Of the 798 youth served in SFY 2018, 548 or 68.7% met requirements and received a PAL stipend for at least a portion of the time they participated; the remaining 250 youth did not receive PAL during the year. *In the tables and charts throughout this report, columns designated “Aftercare Only” or “AC Only” refer to youth who have not received a PAL stipend while participating in Aftercare services.*

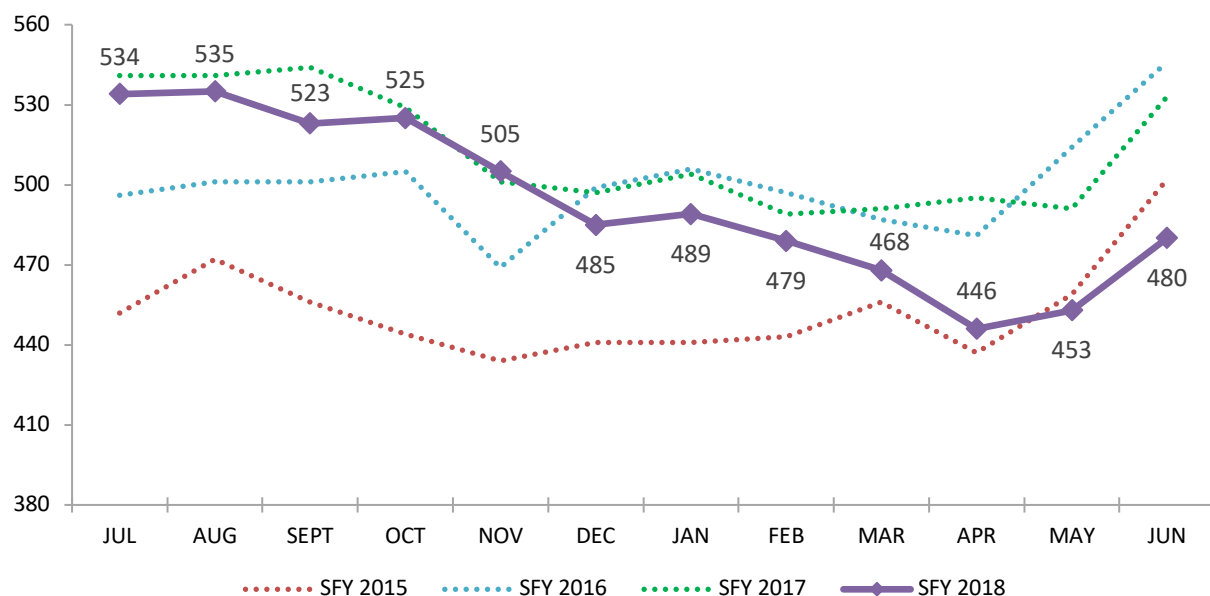


State-established eligibility criteria for Aftercare Basic (without PAL) allows some youth who will never qualify for the monthly financial assistance offered by the PAL program to receive general Aftercare case management services and support. Among the 250 youth served by IASN in SFY 2018 who did not receive PAL, 98 (12.3% of the total number of youth served) were eligible **only** for Aftercare Basic. Of those, 61 left state-paid foster care or STS before their 18th birthday or had not been in placement for six of the twelve months prior to aging out; 33 youth aged out of a non-licensed relative care placement; and 4 youth were adopted or placed in guardianship after the age of 16.

The remaining 152 youth receiving Aftercare Only during the year met the age and foster care exit requirements for PAL, but did not qualify for the PAL program because they were either still eligible for voluntary foster care (e.g., they had not yet completed high school and were under age 20); they were not meeting the education, employment, or housing requirements of PAL; or their income (earned and unearned) was too high to qualify for the needs-based PAL stipend. Many of these youth may qualify for PAL at some point in the future as their circumstances change. Similar to previous years, **of all young people served in SFY 2018, 87.7% met the foster care exit age and placement requirements for PAL, while 68.7% actually received PAL for at least one month during the year.**

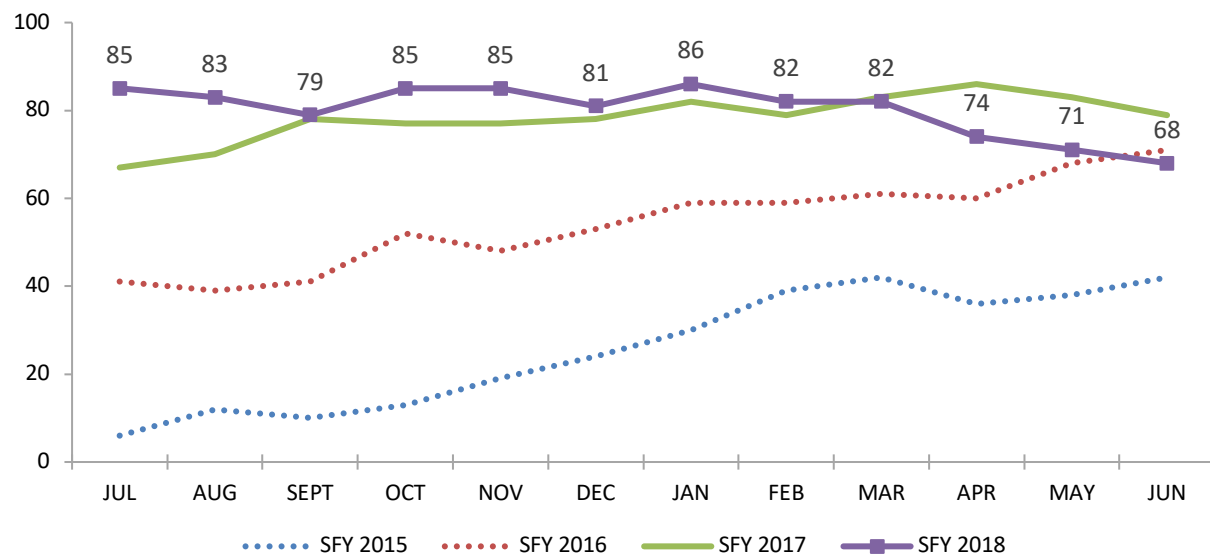
Average Monthly Participation: On average, 493 young people participated in Aftercare each month during SFY 2018. Of those, an average of 253 received PAL and 160 received Aftercare only (i.e., did not receive a PAL stipend). Average monthly participation in SFY 2018 includes 80 youth from STS/detention (an average of 55 who received PAL and 25 who received Aftercare only). The number being served in Aftercare and PAL changes monthly as young adults access and exit services and shift between PAL and Aftercare only. In SFY 2018, monthly participation ranged from a low of 446 in April 2018 to a high of 535 in August 2017. Historically, monthly participation usually peaks in May and June when a substantial number of 18-year-old youth become eligible for Aftercare when they are discharged from foster care immediately after high school graduation. In SFY 2018 participation peaked in August when 535 youth received services (see graph on following page).

Iowa Aftercare Services Network Monthly Participation



As illustrated below, STS participation was similar to the prior year, with an average of 80 young people discharged from the STS or detention involved in Aftercare each month in SFY 2018.

Aftercare STS Monthly Participation - Four year trends



Gender and Race: Demographic data recorded from participants at the time of intake includes gender, age, race and ethnicity. Of the 798 youth served by the Aftercare Network in SFY 2018, 56% were male, 43.5% were female, and .5% identified as transgender.

As in previous years, the majority of young people participating in Aftercare identify as White (76%-- including those who identify as White alone, as well as those who identify White and one or more other races); a sizeable percentage identify themselves as African American (23%), Multiracial (13%), or American Indian (4%). Of all youth served in SFY 2018, 16% identified themselves as Hispanic or Latino. Just over 4% identified as American Indian, and 1% knew that they were a member of a federally recognized tribe.

GENDER	Total Served (N=798)		Received PAL (N=589)		AC Only (N=209)	
	N	%	N	%	N	%
Male	447	56%	332	56.4%	115	55%
Female	347	43.5%	256	43.5%	91	44%
Transgender	4	<1%	1	<1%	3	<1%

RACE* / ETHNICITY

White	603	76%	442	75%	161	77%
African American	183	23%	146	25%	37	18%
American Indian	33	4%	23	4%	10	5%
Asian	8	1%	4	1%	4	2%
Native Hawaiian	7	1%	5	1%	2	.1%
Multiracial	101	13%	73	12%	28	13%
Unknown/Declined	5	1%	4	1%	1	.4%
Ethnicity – Latino/Hispanic	131	16%	96	16%	35	17%

* Youth can identify with more than one race, therefore, percentages will not add up to 100%.

Age: As described above, most youth first access Aftercare at age 18 soon after exiting foster care. Similar to previous years, the average age of new intakes in SFY 2018 was 18.4 years, with youth ranging in age from 18.0 to 20.6 at intake. Among new participants in SFY 2018, 78.5% first came to Aftercare between 18 and 18½; and 87.3% began accessing services prior to age 19. At any given time, roughly an equal number of 18, 19 and 20 year olds are participating in Aftercare.

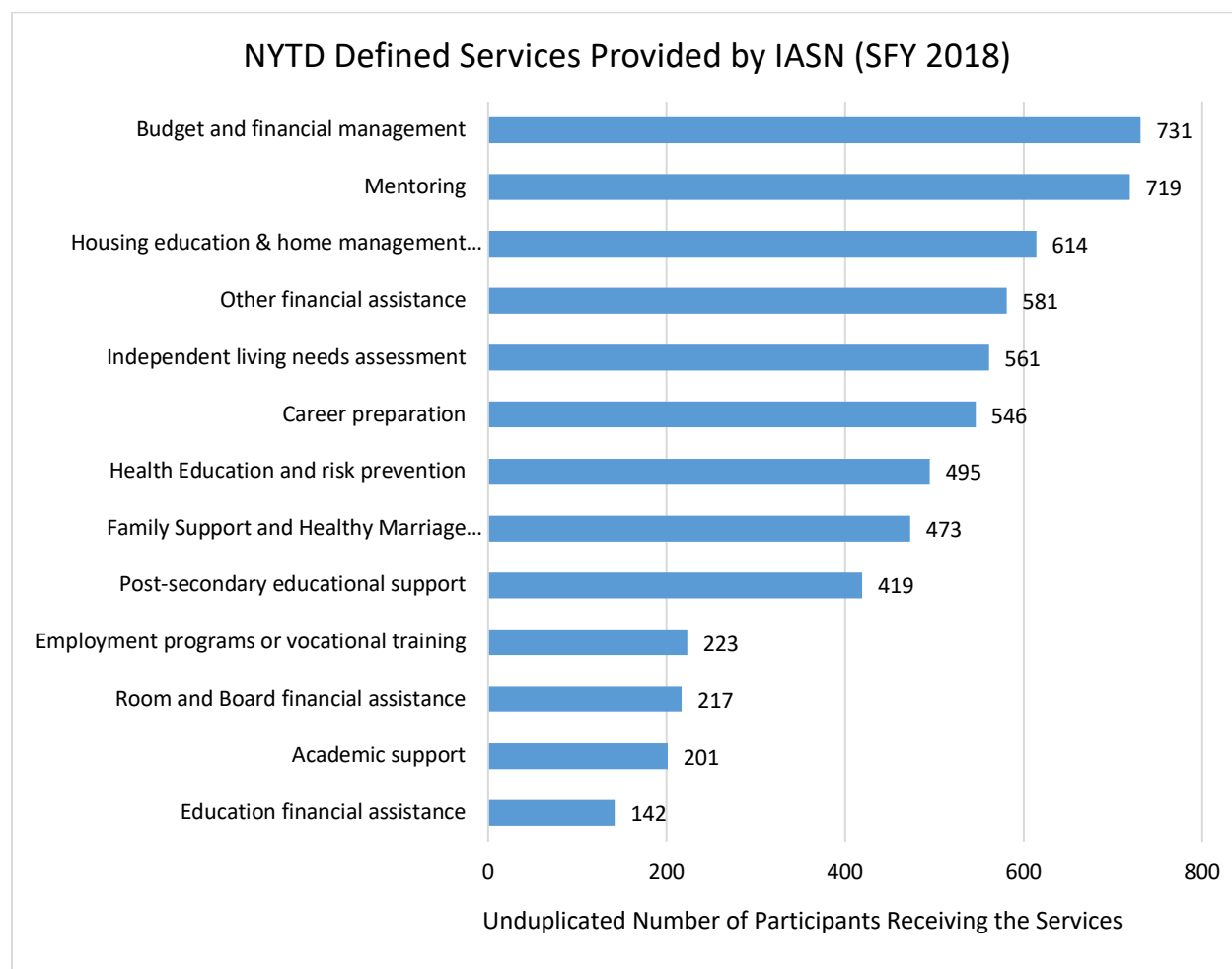
Over half (65.2%) of participants who left Aftercare during the fiscal year and who did not return prior to June 30, 2018 were at least 20.5 years old. Among youth who left services, 18.2% were still 18 years old and another 13% were 19 years old. Given the voluntary nature of Aftercare and the ability of young people to re-initiate services, experience suggests that many of these youth will return for services prior to their 21st birthday when their eligibility ends.

Serious Emotional Disorder: More than half of all youth accessing the Aftercare Network each year come to the program with a history of mental health assessment, diagnosis and treatment. In SFY 2018, 54% of the 798 youth served had been diagnosed with one or more Serious Emotional Disorders (SED) prior to leaving foster care (see table below). Of the 433 participants in Aftercare with a reported DSM-IV-TR Diagnosis, 41.8% were diagnosed with Depression (or other Depressive or Mood disorder); 43.2% had Attention Deficit/Hyperactivity Disorder; 22.9% had PTSD or Acute Stress/Anxiety disorder; and 19.6% had a diagnosis of Oppositional Defiant Disorder.

	Total Served (N=798)		Received PAL (N=589)		AC Only (N=209)	
	N	%	N	%	N	%
SED	433	54%	314	53%	119	57%
Non-SED	331	42%	249	42%	82	39%
Not Reported	34	4%	26	5%	8	4%

Services Provided: Each young person participating in Aftercare works individually with a Self-Sufficiency Advocate. These Advocates meet with participating youth face-to-face a minimum of twice a month (often much more frequently), assessing needs and helping youth set goals, identify action steps, and assist youth in achieving those goals. Advocates offer support, guidance, and provide a range of information and services to each youth depending on their unique needs and interests.

The Aftercare Network tracks the types of services provided to individual youth to comply with the state's reporting requirements for the National Youth in Transition Database (NYTD). IASN documents the NYTD services that are provided to individual youth, and transmits that data to DHS monthly. The graph below shows the unduplicated number of youth during the year who received each of the defined-NYTD services at least once.



Of the 798 youth participating in Aftercare at any time in SFY 2018, 92% received budget and financial management services and 90% received mentoring services, reflecting the emphasis on budgeting and financial issues in the program and the mentoring relationship Aftercare Advocates establish with most participating youth. In addition to assessing and helping youth meet basic needs with financial assistance, Advocates also work with youth on housing, health, post-secondary education, career preparation and family support issues. Any participant receiving a PAL stipend or Aftercare vendor payment is recorded as receiving “other financial assistance.” “Room and board financial assistance” includes vendor payments used specifically for housing and the Chafee-funded rent subsidy program. (Note: Because NYTD services definitions are very specific and in some cases narrowly composed, this data may not capture all of the services provided by Aftercare Advocates.)

Rent Subsidy: Through a collaboration of the Iowa Department of Human Services, Iowa Finance Authority, and Aftercare Network, Aftercare participants are able to access financial assistance through a Rent Subsidy program. The program is designed to help Aftercare participants who are not receiving a PAL stipend meet the cost of housing (see Iowa Administrative Code 265, Chapter 22 for details).

In SFY 2018, Aftercare Advocates helped an average of 40 young people a month utilize the Rent Subsidy program. A total of \$162,585 was distributed during the year, or an average of \$13,549 a month. The majority of Aftercare rent subsidy recipients reside in Polk County, but young people in 18 counties benefited from the program in SFY 2018.

Planned Exits: As a voluntary program, young people are able to initiate and discontinue services as long as they are between the ages of 18 and 21 and meet other eligibility requirements. The transient nature of this population also creates disruptions in services, and many participants enter and exit Aftercare services multiple times. The average duration of participation for all youth exiting services (with or without an interview) was 635 days (or 1.74 years), although this may include some disruptions in participation.

Aftercare Advocates work hard to keep young people engaged in the program as long as services are needed, but not all young people are ready or willing to accept the services or to comply with the requirements of the program. When young people discontinue services, their reason for exiting is documented by the Self-Sufficiency Advocate who has been working with the youth. Youth are asked to complete an exit interview at that time, but not all youth are available or willing to do so.

In SFY 2018, 348 young people exited Aftercare during the year and did not return prior to July 1, 2018. Of these youth, 253 (73%) completed an exit interview with an Aftercare Advocate. The remaining 95 (27%) exiting youth discontinued services without an interview. In these cases, the reason for exit is based on the Self-Sufficiency Advocates’ knowledge of the youth’s last circumstances. Many of these youth remain age-eligible and may return for services.

The most prevalent reason for discontinuing services in SFY 2018 was that the participant turned 21 and was no longer eligible for services (43%). This is especially true of PAL participants, of which 50.6% exited Aftercare when they turned 21, while only 20.7% of those receiving Aftercare Only, participated until their 21st birthday. Just under 16% of participants exited because they were moving. Another 12.4% voluntarily exited or were discharged for failing to meet self-responsibility requirements, which is often related to failing to meet regularly with an Advocate or actively work toward self-sufficiency.

Of the young people exiting services (with or without an interview), 242 (70%) were planned exits, including:

- 150 who reached age 21 and were no longer eligible for services;
- 32 who voluntarily chose to end or declined further services even though they were still eligible;
- 3 who achieved self-sufficiency;
- 3 who joined the military; and
- 54 who moved from the area in which they were receiving services.

The remaining exiting youth (N=106) left for unplanned reasons, including:

- 43 who were discharged for not meeting self-responsibility and other expectations for the program;
- 26 who were incarcerated;
- 1 who was institutionalized or hospitalized;
- 1 who died; and
- 35 whose last known circumstances were unknown.

While many youth have multiple entries and exits from services, a smaller number never seem to fully engage with the program. In SFY 2018, 24 of the exiting youth (3% of the 798 youth served during the year) participated for less than three months and did not return before the end of the fiscal year. Many of these young people may re-enter services at a later date. *(These youth, even if they completed an exit interview, are excluded from the outcomes analysis presented in Part III of this report.)*

(continued on next page)

PART III – Outcomes of Youth Exiting Aftercare

Iowa's Aftercare and PAL programs were established to assist young people who age out of foster care, the State Training School (STS) or other court-ordered placement make a successful transition to adulthood. The challenges facing this population, as well as poor outcomes among those who do not receive continued support, are well-documented. The services and supports offered by the Iowa Aftercare Services Network are designed to help these young adults move toward stability and self-sufficiency in five key areas: education, employment, housing, health, and relationships. A variety of intake and discharge interview questions are used to assess progress by participating young people in these outcome areas.

Several questions from Aftercare's Core Client Outcomes database provide information for each outcome area. SFY 2018 data in the following twelve areas (and five-year trend data on a few select measures) are presented in this part:

- Employment
- Resources to meet living expenses
- Monthly Income
- Financial Capability
- Safe and Stable Housing
- Housing Security
- Education
- Positive Relationships
- Children and Parenting
- High Risk Behaviors
- Access to Health Care/Health Insurance Coverage
- Essential Documents

Participants Included in the Outcomes Analysis: As in prior years' outcomes analyses, this report compares the original intake data collected when youth first accessed services with the last exit interview data for those youth who exited during SFY 2018 after at least three months of participation and who did not return before July 1, 2018. This provides an unduplicated group of 237 young people on whom data is reported for the year. It should be noted that some of the participants included in this analysis may have already returned for services after the close of the fiscal year or could yet return if they are not yet age 21. The report presents aggregate data on all participants meeting these parameters regardless of their last placement, including youth who aged out of the State Training School (STS) or a detention center.

For purposes of this report, we define participants who met the qualifications and received a PAL stipend for at least one month at any time during their participation as a PAL participant. The vast majority of young people meet this threshold. In SFY 2018, of the 237 total participants for whom data is reported in this part, 193 (81.4%) are included in the PAL population, and 44 (18.6%) are in the Non-PAL (*i.e.*, Aftercare (AC) Only) group. Data is presented for all 237 participants combined, as well as for the 193 PAL participants and 44 AC Only participants separately for each of the indicators. Because there are relatively few AC Only participants represented in this data, results for this subpopulation may be less reliable and should be interpreted with caution.

Demographic Information – Age, Gender and Race/Ethnicity: The average age of the 237 participants included in this Part was 18.3 at intake and 20.4 at exit. At the time of discharge, 139 (58.6%) were age 21 and are no longer eligible for services, and 69.6% were age 20.5 or older. More than half of the exiting participants are male (58.3%) and less than half are female (41.7%). Slightly more than half of these 237 participants (54.9%) identified as White, Non-Hispanic and about 43% identified as Youth of Color, including 16% who identified as African American or Black, non-Hispanic; and 25.3% who identified with multiple races. (Note, participants may choose multiple races with which they identify.) Hispanic/Latino youth (of any race) made up 12.2% of this population.

Duration of Involvement: The average length of time between when this population first accessed Aftercare services and their last SFY 2018 exit was 760 days or just over two years. Of the youth exiting services and on which data is included in this Part, 149 (63%) were involved with Aftercare over a period of two years or more, including 111 (47%) who were involved over a period of at least 2.5 years. These timeframes have remained very consistent over the last several years. Note that this duration does not necessarily mean that the young people were involved continuously over this time. Given the voluntary nature of the program and the transient nature of the population, there are often some interruptions in services during the time a young person is eligible.

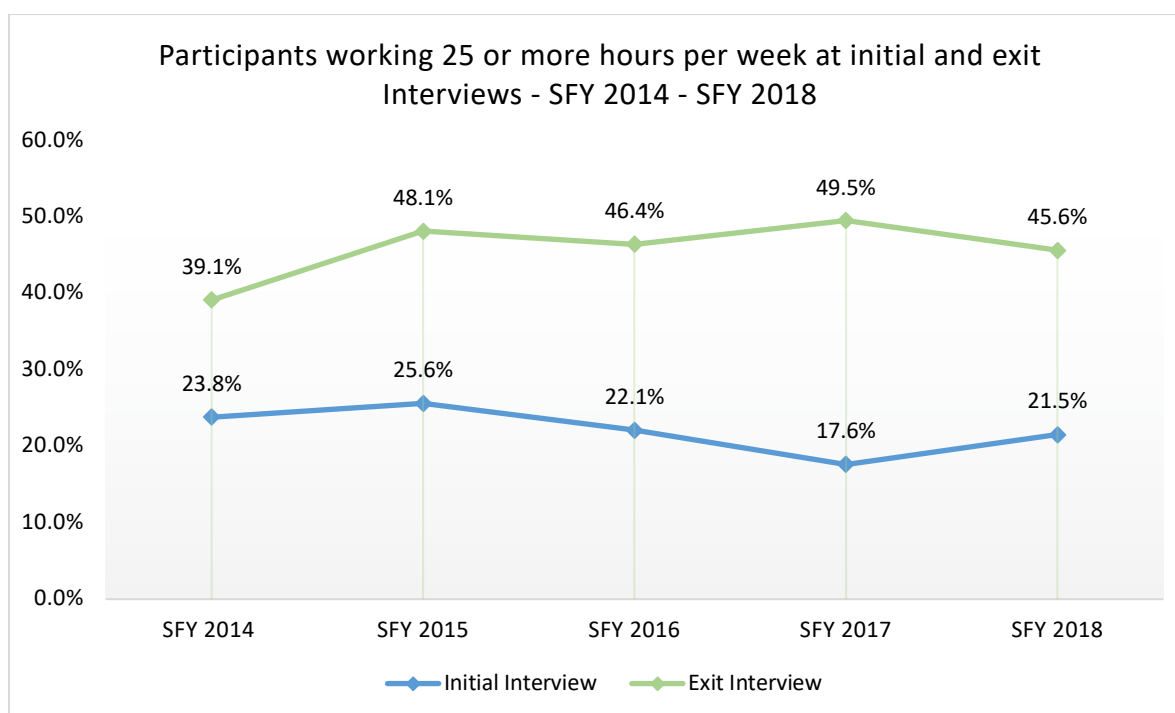
Employment: Getting and maintaining regular employment is an important aspect of the transition to adulthood. Approximately 40 percent of young people are employed when they enter Aftercare (either part-time or full-time), and a similar number are unemployed but actively seeking employment. These young adults demonstrate significant gains in labor force participation while in Aftercare. In SFY 2018, 57% of all participants were employed at exit, including nearly half who were working at least 25 hours per week.

Unemployment decreased from about 40% of all participants at intake to only 14.4% at exit. The percentage of young people not in the workforce, however, increased from 18% at intake to 24.5% at exit. This group includes full-time students (about 11%), partially explaining the number of young adults who are not working or seeking work at time of exit from Aftercare. Additional SFY 2018 data on employment status and a comparison of PAL and AC Only participants are shown in the table below.

EMPLOYMENT	All (N=237)		PAL (N=193)		AC Only (N=44)	
	Initial	Exit	Initial	Exit	Initial	Exit
Employed full-time*	21.5%	45.6%	22.3%	47.7%	13.6%	35.4%
Employed part-time*	17.7%	11.4%	19.2%	11.9%	11.4%	9.1%
Unemployed (seeking work)	39.7%	14.4%	38.9%	15.0%	43.2%	11.4%
Long-term disability (not working)	1.3%	0.8%	1.0%	1.0%	2.3%	--
Not in workforce	17.7%	24.5%	15.0%	20.7%	29.6%	40.9%
Other	2.1%	3.4%	2.6%	3.6%	--	2.3%

* Full time employment is defined as employed 25 or more hours per week. Employed part-time represents those employed less than 25 hours per week.

Over the last five years, an average of 22.1% of young people have entered Aftercare working 25 or more hours per week, and that proportion more than doubles to an average of 45.9% at exit. Five year trends in full-time employment (25 or more hours per week) at intake and exit is shown in the graph on the following page.



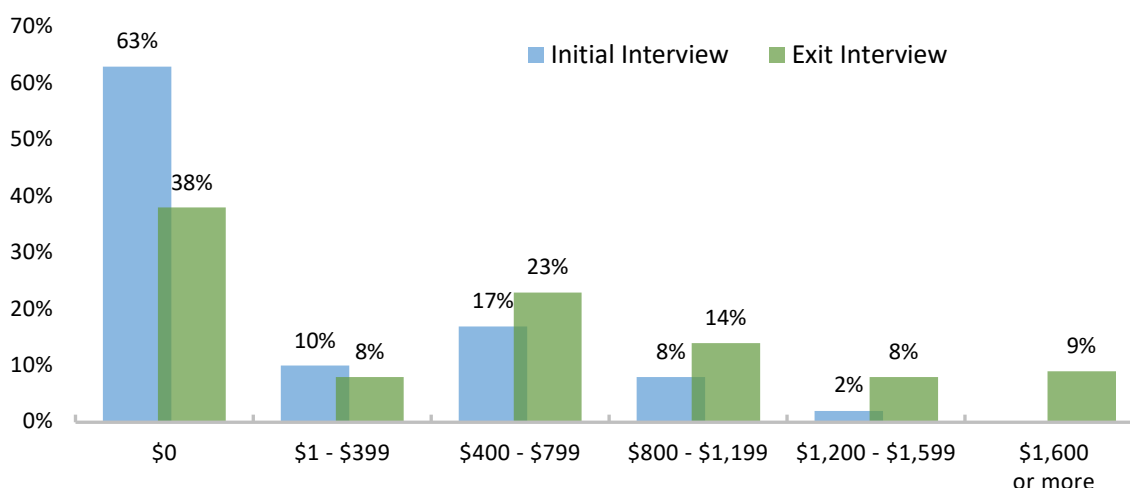
Exit interviews also show that more than half of participants (57.4%) have been continuously employed for more than six months, including 35% who report continuous employment for one year or more. Not uncommon in this age group, young people in Aftercare frequently change jobs, with 42.2% having worked in five or more places prior to exiting Aftercare.

Resources to Meet Living Expenses: Even when employed, young people who age out of foster care or other placements without a network of family support to help, often find it hard to make ends meet. While young people make substantial progress while participating in Aftercare, still less than half (46.4% in SFY 2018) are able to cover their expenses with income alone when their eligibility ends or they choose to discontinue services. Aftercare Advocates frequently assist participants in obtaining public assistance or community resources for which they are eligible. When including these other sources of financial assistance, about two thirds of young people (66.2%) report that they have enough money to cover necessary expenses. At age 21 or younger, however, this population is still struggling financially.

RESOURCES	All (N=237)		PAL (N=193)		AC Only (N=44)	
	Initial	Exit	Initial	Exit	Initial	Exit
Has enough money to cover needed expenses with earned income alone	11.0%	46.4%	10.9%	46.6%	11.4%	45.5%
Has enough money to cover needed expenses with income and other assistance	57.4%	66.2%	66.3%	68.9%	18.2%	54.6%

Monthly Income: Consistently, well over half of young people enter Aftercare earning \$0 in monthly income (not including any public assistance they may be receiving). Of the youth exiting Aftercare in SFY 2018, 63.3% reported zero earned income when they first accessed services. While it is often beyond the reach of these young people to meet their expenses with earned income alone by the time they exit Aftercare, participants do demonstrate progress in monthly earnings. At intake, 27% of all participants were earning more than \$400 a month and only 10% were making more than \$800 each month. By the time they leave Aftercare, 54.1% are earning at least \$400 a month and 30% have an earned monthly income of \$800 or more, including 17% earning \$1,200 or more a month. The percentage of participants with no monthly earned income (which may include full-time students) decreased from 63.3% at intake to 38% at exit.

Monthly Income (Before Assistance) at Intake and Exit
SFY 2018 (N=237)



Financial Capability: Additional questions related to savings and credit were added to the Aftercare interviews in SFY 2015. Data from this year's exit interviews continue to show that despite gains in earnings, only two-fifths of participants exiting Aftercare (40.5%) have money saved for emergencies. By the time young people leave Aftercare, about 40% have received their credit report and 33% know their credit score, both slightly lower than was reported last year. At the time of exit from Aftercare, a majority of young people are utilizing banking institutions compared to their status at intake; 75% of young people have a checking account and 68% have a savings account at exit, similar to previous years.

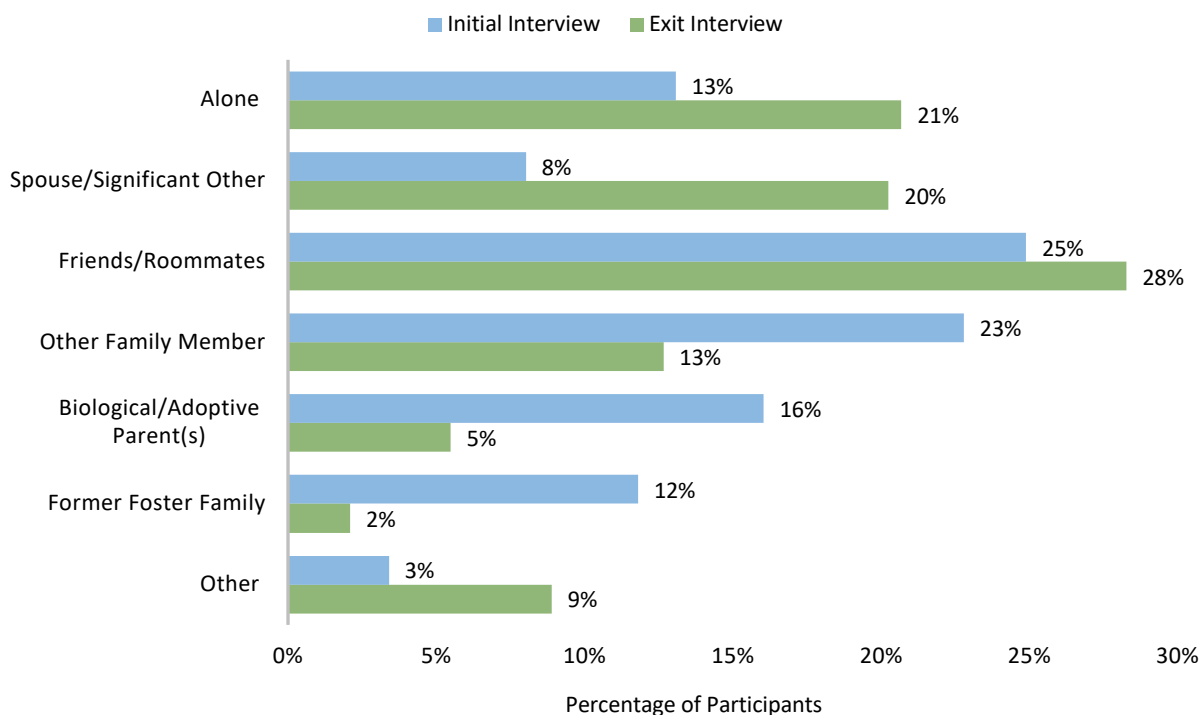
Safe and Stable Housing: As is true for many young adults, youth who age out of foster care have limited income and rely on friends or family for a place to live until they are able to afford a more independent housing arrangement. At intake, about one-third of young people (34%) are paying to live in someone else's house or apartment; and 29% are living in someone else's home but not contributing toward rent or other expenses. Another 22% of participants at intake either have sole responsibility for rent (9%) or are sharing responsibility for rent of a house or apartment (13%). At intake, 8% of young people reported transitional housing, couch-surfing, or being homeless/living on the street. Only 5.5% report living in university based housing at intake.

At exit from Aftercare services, more than two-thirds of participants (67.1%) are contributing to their housing costs, including those with sole responsibility for rent (19.8%), those with shared responsibility for rent (32.9%), and those who are paying 'rent' to live in another person's apartment or house (14.4%). In a worrisome trend, slightly more young people report exiting services while couch-surfing or while living in a shelter or other transitional situation (5.1% each), and two participants exited services in SFY 2018 while literally homeless. *(Note that in the table below, the number of youth represented in certain cells is very small.)*

HOUSING	All (N=237)		PAL (N=193)		AC Only (N=44)	
	Initial	Exit	Initial	Exit	Initial	Exit
University housing (residence hall, sorority/fraternity)	5.5%	4.6%	5.7%	4.2%	4.6%	6.8%
Apartment or house (sole responsibility for rent)	9.3%	19.8%	9.3%	19.2%	9.1%	22.7%
Apartment or house (shared responsibility for rent)	12.7%	32.9%	13.0%	33.7%	11.4%	29.6%
Someone else's apt or house paying rent	34.2%	14.4%	38.9%	16.6%	13.6%	4.6%
Someone else's apt or house, not paying rent or living expenses	29.1%	10.1%	25.9%	10.9%	43.2%	6.8%
Couch surfing (moving from house to house)	1.7%	5.1%	1.0%	4.7%	4.6%	6.8%
Transitional facility, shelter, or other supported housing arrangement	4.6%	5.1%	2.6%	3.1%	13.6%	13.6%
Street/outdoors	1.7%	0.8%	2.1%	0.5%	--	2.3%
Other	1.3%	7.2%	1.6%	7.3%	--	6.8%

Living Arrangements: As discussed above, most Aftercare participants are living with other people, and who they are living with follows similar patterns from year-to-year. At their initial interview, one quarter of participants report living with roommates and another 8% are living with a partner/significant other. Nearly two-fifths (38.8%) are living with family members, including 14.4% who return to live with a biological parent. Consistent with previous years, the numbers living alone, with a significant other, or with other roommates all increase from intake to exit, while living with adoptive or biological parents, other family members, and former foster families decreases as young people seek greater independence. *(See chart on the following page for more detail.)*

Living Arrangements at Intake and Exit - SFY 2018 (N=237)



Housing Security: A number of interview questions are included to assess housing security among participants. Overall, young people report having “safe” housing – about 95% of young people feel safe in their living arrangement and report that their housing is structurally safe at both intake and exit.

In other housing areas, there is often substantial improvement from intake to exit. For example, as shown in the table below, the proportion of participants who have their name on a lease increased from 24.5% at intake to 57% at exit. Having keys to their current home also increased, from 57.8% at intake to 75.5% at exit this year, and owning household items increased from 52.7% at intake to 78.9% at exit.

HOUSING SECURITY QUESTIONS

	Initial % (N=237)	Exit % (N=237)
Has formal agreement	38.8%	67.5%
Name is on lease	24.5%	57.0%
Own household items	52.7%	78.9%
Has keys to home	57.8%	75.5%
Paying for housing	56.5%	73.8%
Less than half income for housing	51.9%	56.1%
Not behind on rent/utilities	70.9%	60.8%
Structurally safe housing	94.5%	95.8%
Feel safe	94.5%	94.1%
Plan on moving within a month	35.9%	32.5%

Iowa Aftercare Services Network – Annual Outcomes Report

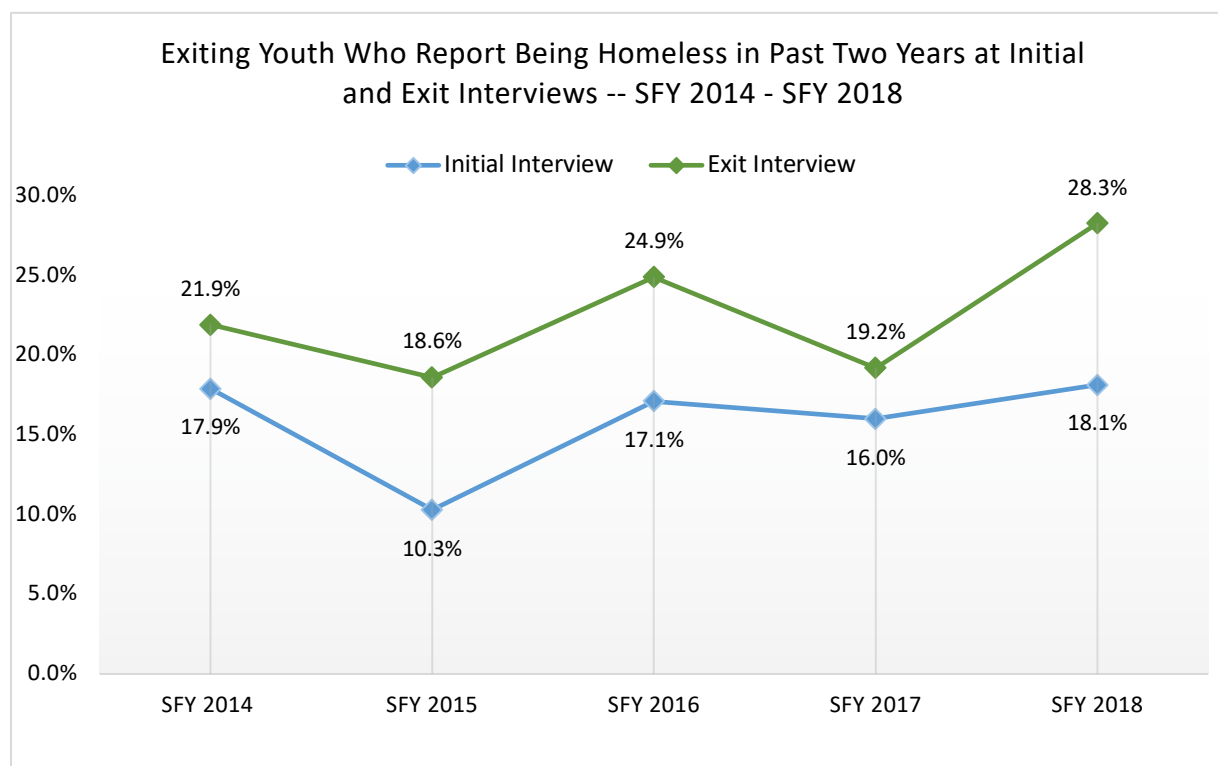
July 1, 2017 through June 30, 2018

Solid plan for where going (as percent of those planning to move)	36.8%	57.9%
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Amount Paying for Housing (per month)	Initial % (N=237)	Exit % (N=237)
\$0	40.5%	27.6%
\$1 to \$299	25.7%	20.7%
\$300 to \$499	22.8%	24.9%
\$500 or more	11.0%	26.6%

At exit from Aftercare, more young people report that they are contributing toward their housing costs (from 56.5% at intake to 73.8% at exit in SFY 2018). Affordable housing remains a challenge for many participants, however, with 43.9% reporting that more than half of their income goes toward rent and utilities at exit and 39.2% reporting that they are behind on their rent or utility bills.

Homelessness: Very few young people report living “on the street” at the time of intake or exit from Aftercare. However, there was a sharp increase in the proportion of young people who reported an episode of homelessness in the past two years on their exit interview from Aftercare (from 19.2% in SFY 2017 to 28.3% in SFY 2018). There are multiple factors contributing to homelessness among this population, including economic hardship, family conflict, individual social and emotional challenges, and systemic barriers to safe and affordable housing, that may have contributed to this jump. Five-year trends are shown in the chart below. On average, 22.6% of young people report having been homeless in the past two years at the time they leave Aftercare.



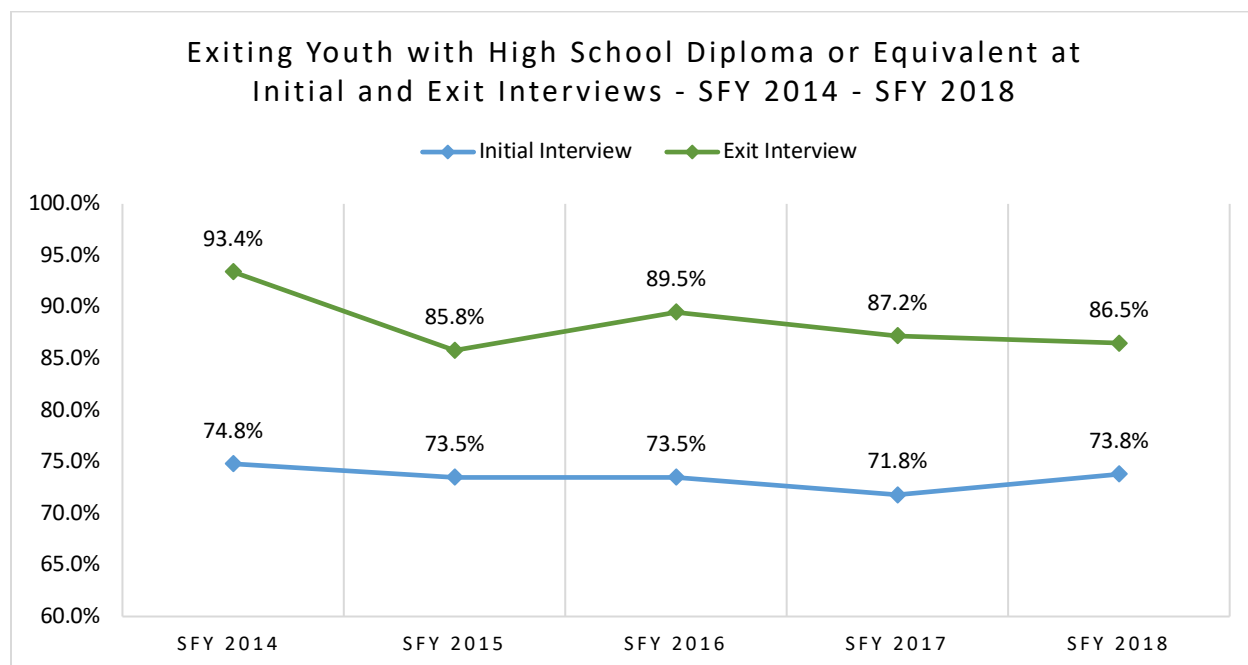
Education: More than a quarter of all participants enter Aftercare before completing high school, and of young people who did not receive PAL and exited in SFY 2018, 42% had not completed high school at time of their initial intake. Nearly one-third of youth are attending school (either high school or college) when entering Aftercare, while that number drops to just over 20% at exit.

As detailed in the table below, young people continue to make gains in education attainment while in Aftercare. While both PAL and AC Only participants made gains, those not receiving PAL lagged their peers in education attainment.

Of participants completing an exit interview in SFY 2018, 82.7% had earned a high school diploma or its equivalent, 1.3% had received a vocational certificate, and 2.5% had completed a college degree (Associate's (n=5) or Bachelor's (n=1)).

EDUCATION	All (N=237)		PAL (N=193)		AC Only (N=44)	
	Initial	Exit	Initial	Exit	Initial	Exit
% Attending School *	31.6%	20.7%	31.1%	21.3%	34.1%	18.2%
Highest level of education completed						
10 th grade or less	6.8%	5.9%	4.1%	4.1%	18.2%	13.6%
11 th grade	19.0%	8.9%	15.5%	5.7%	34.1%	22.7%
12 th grade	72.6%	62.0%	79.3%	65.3%	43.2%	47.7%
College freshman	1.7%	15.2%	1.0%	16.6%	4.6%	9.1%
College sophomore	--	5.5%	--	5.7%	--	4.6%
College junior	--	1.7%	--	1.6%	--	2.3%
College senior	--	0.8%	--	1.0%	--	--
Highest Credential Received						
None	26.2%	13.5%	20.2%	8.3%	52.3%	36.4%
GED or HiSET	6.3%	5.9%	5.7%	5.2%	9.1%	9.1%
High School Diploma	67.5%	76.8%	74.1%	82.4%	38.6%	52.3%
Vocational Cert or license	--	1.3%	--	1.6%	--	--
AA degree	--	2.1%	--	2.1%	--	2.3%
BA or BS degree	--	0.4%	--	0.5%	--	--

* Percent attending school includes youth who responded that they were enrolled full-time (school only); employed and enrolled; or enrolled in career prep or internship. Youth may be attending a high school or post-secondary institution.



Over the last five years, an average of 73.5% of young people enter Aftercare with their high school diploma or equivalent. By the time they exit Aftercare services, an average of 88.5% have attained a high school credential or higher.

Positive Relationships: Most young people in Aftercare report that they have supportive adults who they will *always* be able to turn to for support and guidance at both intake and exit, suggesting that permanency may not be that far out of reach for older youth in care if concerted efforts are made to engage supportive adults in their lives. Among subgroups of Aftercare participants, those who do not receive PAL are less likely to have a supportive relationship with a family member at intake, but also show the greatest gain in these relationships by the time they exit Aftercare.

% responding “yes”	All (N=237)		PAL (N=193)		AC Only (N=44)	
	Initial	Exit	Initial	Exit	Initial	Exit
Has a positive relationship with supportive adult family member	88.6%	89.0%	90.7%	89.6%	79.6%	86.4%
Has a positive relationship with supportive non-family adult	91.1%	94.9%	91.2%	94.8%	90.9%	95.5%

Children and Parenting: Among youth completing exit interviews in SFY 2018, 9.3% entered Aftercare as parents; by the time they exited, 26.2% are parenting. Working with participants, including young men, on healthy relationships and building parenting skills are key areas of focus for Aftercare Self-Sufficiency Advocates. (Note: Caution should be used in interpreting custody data because of the small cell size especially for AC Only participants.)

% responding “yes”	All (N=237)		PAL (N=193)		AC Only (N=44)	
	Initial	Exit	Initial	Exit	Initial	Exit
Are you a parent?	9.3%	26.2%	8.3%	25.4%	13.6%	29.6%
Are you currently pregnant, given birth or fathered a child in the last year?	8.4%	16.0%	6.7%	16.6%	15.9%	13.6%
Does your child live with you or have joint custody? (as a % of those who indicated they had children)	39.1% (n=23)	74.6% (n=67)	36.8% (n=19)	75.5% (n=53)	50.0% (n=4)	64.3% (n=14)

High Risk Behaviors: The prevalence of selected high risk behaviors among Aftercare participants are presented in the table below, and are an indication of the level of trauma and challenges this population encounters. Given the sensitive nature of many of the risk behavior questions on which young people are asked to self-report, caution should be used in interpreting and drawing conclusions from this data. (Note: Three youth at exit declined to answer questions related to suicide.)

% responding “yes”	All (N=237)		PAL (N=193)		AC Only (N=44)	
	Initial	Exit	Initial	Exit	Initial	Exit
Suicide*						
Made Plans to commit suicide past 12 months	6.8%	8.4%	6.7%	8.3%	6.8%	9.1%
Attempted suicide past 12 months	4.6%	5.5%	5.7%	5.2%	--	6.8%
Substance Use in last 30 days						
Tobacco	37.1%	43.0%	36.8%	44.0%	38.6%	38.6%
Alcohol to Intoxication	8.4%	27.4%	8.3%	28.0%	9.1%	25.0%
Marijuana	9.3%	21.5%	7.8%	21.2%	15.9%	22.7%
Incarcerated or Detained in Jail or detention facility last 2 years	46.8%	40.5%	46.6%	40.9%	47.7%	38.6%

Tobacco use, in particular, remains persistently high among the population of young people served by Aftercare, with 43% of participants at exit indicating that they use tobacco, substantially higher than young adults in the general population.

The number of young people who have been incarcerated or detained in the two years prior to their Aftercare exit interview is impacted by the inclusion of the juvenile justice population, including those who age-out of the State Training School, in Iowa's aftercare program. The high percentage may also reflect those who were detained or incarcerated as a minor, if they participate in Aftercare for less than two years. It should also be noted, that the Aftercare interview questions address only if participants are detained, not if they are charged or convicted of any crimes. Nevertheless, involvement of these young people in the justice system is a cause for concern. Further analysis of the circumstances and outcomes of this involvement is warranted.

Health Insurance Coverage: Ninety-nine percent of participants have health insurance when then exit Aftercare services. Most relying on Medicaid for their health insurance coverage, which is available to youth who age out of foster care until age 26.

These young people may also be eligible under other Medicaid coverage groups or government health insurance programs. Those that were not in state-paid foster care at the age of 18 do not qualify for the foster care coverage, but may be eligible under other coverage groups.

Among exiting participants, less than 1% report that they do not have health insurance, evidence that the policy enabling youth to remain on Medicaid after aging out of foster care has been successful, at least for those young people who are supported through Aftercare to maintain the coverage.

HEALTH INSURANCE	All (N=243)		PAL (N=193)		AC Only (N=44)	
	Initial	Exit	Initial	Exit	Initial	Exit
Enrolled in Medicaid	86.9%	94.9%	86.5%	95.8%	88.6%	90.9%
Insured (other than Medicaid)						
Employer provided	0.8%	3.0%	1.0%	2.0%	--	6.8%
Private pay/self-provided	1.7%	0.8%	1.6%	1.0%	2.3%	--
Other insurance	5.9%	1.7%	5.2%	1.6%	9.1%	2.3%
No medical insurance	5.5%	0.8%	6.7%	1.0%	--	--

Essential Documents: As in past years, young people show improvement in both their knowledge of how to obtain important documents, as well as actually having essential documents in their possession, after participating in Aftercare. While more youth have a legal driver's license at exit than intake, getting and maintaining a valid driver's license remains a challenge for many of these young adults, which may impede their ability to get a job or continue their education. (See next page for table.)

% responding “yes”	All (N=243)		PAL (N=193)		AC Only (N=44)	
	Initial	Exit	Initial	Exit	Initial	Exit
Knows how to obtain:						
Birth certificate	73.4%	90.7%	76.2%	91.7%	61.4%	86.4%
Social Security card	72.2%	93.7%	74.6%	93.8%	61.4%	93.2%
Medical records	60.3%	92.0%	63.2%	92.8%	47.7%	88.6%
Education records	78.5%	94.1%	79.8%	94.8%	72.7%	90.9%
Has in their possession:						
Birth certificate	79.8%	84.4%	80.8%	84.5%	75.0%	84.1%
Social Security card	85.2%	92.0%	85.5%	91.7%	84.1%	93.2%
Driver’s license	45.6%	60.3%	47.7%	61.1%	36.4%	56.8%

Conclusion

Hundreds of youth “age out” of Iowa’s child welfare and juvenile justice system each year. As illustrated by the data in this report, these young people face numerous challenges and obstacles to making a successful transition to adulthood. The Iowa Aftercare Services Network is in place to provide these young people with individualized, strength-based support and guidance, while recognizing their autonomy and reinforcing the personal responsibility and accountability that come with being an adult.

The outcomes achieved by participants in Aftercare are promising. Significant gains in education attainment, employment and income, housing stability, and health are demonstrated each year, even as the population accessing the services presents greater challenges. Still, many young people are struggling, even at age 21 when their eligibility for Aftercare ends.

Through quality assurance activities, policy and practice improvements, and data-informed decision-making, the Aftercare Network, in partnership with the Iowa Department of Human Services, continually strives to provide high-quality services and to effectively respond to emerging issues and challenges to achieve positive outcomes for transitioning youth and young adults.

About the Youth Policy Institute of Iowa

The Youth Policy Institute of Iowa is a non-profit intermediary that concentrates on improving policies, programs and practices affecting young people transitioning from adolescence to adulthood, especially those who have been involved in Iowa's child welfare or juvenile justice systems. Founded in 2000, YPII embraces the principles of positive youth development, data-informed decision-making, and results-based collective impact. Since 2002, YPII has provided policy development, coordination, quality assurance and evaluation support for Iowa's Aftercare Services Network, which serves young adults ages 18 – 21 who have aged out of foster care or juvenile justice placements.

For Further Information:

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Appendix 1:
Aftercare Participant Survey Results – SFY 2018
 April 2018 (N = 382; 94.3% of participants)



Agency providing services:	Percent	Number
American Home Finding Association	3.19%	12
Children's Square	12.77%	48
Family Resources	5.05%	19
Foundation 2	9.57%	36
Four Oaks	16.22%	61
Young House Family Services	2.39%	9
Youth Homes of Mid-America	1.33%	5
YSS – Ames	4.52%	17
– Francis Lauer	6.65%	25
– Hamilton	7.18%	27
YSS-Marshall	4.26%	16
YSS-IHYC	26.86%	101
<i>answered question</i>		376
<i>skipped question</i>		6

Youth Demographics

Participant's last placement was state training school?	Percent	Number
Yes	17.33%	65
No	82.67%	310
<i>answered question</i>		375
<i>skipped question</i>		7
What is your gender?	Percent	Number
Female	48.09%	176
Male	51.09%	187
Other	0.55%	2
Prefer not to answer	0.27%	1
<i>answered question</i>		366
<i>skipped question</i>		16
Do you identify as LGBT+?	Percent	Number
Yes	7.65%	28
No	86.34%	316
Prefer not to answer	6.01%	22
<i>answered question</i>		366
<i>skipped question</i>		16

How old are you?	Percent	Number
18	25.00%	92
19	41.30%	152
20	32.88%	121
21*	0.82%	3
		368
<i>answered question</i>		
		14
<i>skipped question</i>		

*Eligibility for Aftercare ends at age 21, but active participants who turn 21 and are in the process of exiting services the month the survey is administered are invited to complete the survey.

What race(s) do you identify yourself as? Select all that apply.	Percent	Number
African American or Black	19.78%	72
Asian	1.10%	4
Hispanic or Latino	11.54%	42
Native American or Indian American	3.57%	13
Pacific Islander	0.00%	0
White	64.29%	234
Multiracial	7.14%	26
Prefer not to answer	1.37%	5
Other	1.37%	5
		364
<i>answered question</i>		
<i>skipped question</i>		18

Outcomes

Last month, did you have enough money and other resources to cover your expenses? (Include earnings, money from PAL, vendor payments, and any other assistance.)	Percent	Number
Yes	73.17%	270
No	21.95%	81
Not sure	4.88%	18
		369
<i>answered question</i>		
<i>skipped question</i>		13
Do you have a safe and stable place to live?	Percent	Number
Yes	94.31%	348
No	5.69%	21
		369
<i>answered question</i>		
<i>skipped question</i>		13

Do you have a positive relationship with at least one adult in your community?	Percent	Number
Yes	99.18%	365
No	0.82%	3
<i>answered question</i>		368
<i>skipped question</i>		14

Self-Sufficiency Advocate Performance

Overall, how helpful are meetings with your current Advocate to you? Rate on a scale of 1 to 10, with 1 being not helpful and 10 being extremely helpful to you.	Percent	Number
1	.27%	1
2	0	0
3	.54%	2
4	.54%	2
5	1.09%	4
6	1.63%	6
7	5.16%	19
8	14.13%	52
9	14.40%	53
10	62.23%	229
<i>answered question</i>		368
<i>skipped question</i>		14

Average Rating = 9.2

Overall, how valuable is Aftercare to you? Rate on a scale from 1 to 10, with 1 being of no value and 10 being extremely valuable.	Percent	Number
1	.27%	1
2	.27%	1
3	0	0
4	.54%	2
5	1.09%	4
6	1.36%	5
7	5.18%	19
8	11.72%	43
9	10.9%	40
10	68.66%	252
<i>answered question</i>		367
<i>skipped question</i>		15

Average Rating = 9.31

Does meeting with or talking to your current Advocate help you feel hopeful (or more hopeful) about your future?	Percent	Number
Almost always	80.16%	295
Sometimes	17.66%	65
Not really	2.17%	8
<i>answered question</i>		368
<i>skipped question</i>		14

(Responses to an open-ended question: "Is there anything else you'd like to tell us about your experience with Aftercare?" were previously submitted and removed from this report.)

Additional Questions related to Normalcy*

Where did you live most of the time when you were in an out of home placement?	Percent	Number
Family foster home (non-relative)	35.16%	128
Group care	10.71%	39
PMIC	1.65%	6
Residential treatment	17.58%	64
Relative foster care (kinship)	5.49%	20
Shelter	7.42%	27
Supervised apartment living (SAL)	3.85%	14
State training school or detention	12.09%	44
Other (please specify) *	6.04%	22
<i>answered question</i>		364
<i>kippped question</i>		18

* Examples of "other" placements include: relative's house, my own place, friend's house, parents

Thinking about where you spent most of your time in placement, please indicate for each activity if you were able, not interested, or could not participate because of being in placement.	% I was able to do this	% I was not interested in doing this	% I could not do this
Participate in sports, music, cheerleading, other school activities	56.04%	23.08%	20.88%
Attend school dances	40.66%	19.78%	39.56%
Go on school field trips	57.02%	12.40%	30.58%
Take Driver's Education	40.88%	14.92%	44.20%
Drive yourself to school	23.27%	8.59%	68.14%
Ride with friends in their cars	49.45%	4.67%	45.88%
Have a cell phone	51.65%	0.82%	47.53%
Go to a friend's house to hang out or sleepover	45.05%	4.12%	50.82%
Do things with friends (like shopping, movies, or go out to eat)	56.04%	3.85%	40.11%
Have access to the Internet or social media	58.40%	2.48%	39.12%
Attend a church of my choice	44.51%	28.85%	26.65%
Have a say in how you spent your own money	56.87%	2.75%	40.38%
Have a part-time job	56.08%	6.63%	37.29%
Earn an allowance (or money for doing chores, odd jobs, etc.)	48.35%	5.49%	46.15%
Have a bank account	55.25%	7.46%	37.29%

What, if anything, do you think kept you from participating in any of the above or similar activities? (Choose all that apply.)	Percent	Number
Nothing kept me from participating	27.65%	99
Cost	13.13%	47
Lack of transportation	13.41%	48
Couldn't get permission	17.04%	61
Rules of the placement I was in	54.75%	196
I don't know	9.50%	34
Other (please specify)*	4.47%	16
<i>answered question</i>		358
<i>kipped question</i>		24

* Examples of "other" -- Grades and attitude, no license, did not behave, liability, worked instead, injury, DHS, etc.

**The Normalcy questions were included in the 2018 Satisfaction Survey to collect data related to the experiences of young people while they were in foster care to update information on the efforts of the state to implement the Reasonable and Prudent Parenting standard of the federal Strengthening Families Act.*

Appendix 2: SFY 2018 Required Performance Measures

Originally Submitted to DHS July 13, 2018

Section 1.3.4.2 of the Department of Human Services contract for the Iowa Aftercare Services Network establishes an incentive plan based on outcomes achieved. This section reads, in part, as follows:

The Contractor's achievement of performance measures will be a factor of compensation, via potential annual performance payments. An amount equal to 3% of the annual direct services budget (Aftercare Program budget excluding direct payments to Participants and administrative costs), is payable at Agency discretion annually after the Agency confirms the Contractor's successful completion and reporting of performance measures in Section 1.3.2.1 Performance Measures.

a. Outcomes Achieved:

- i. At least 65 percent of participants will have resources to meet their living expenses.*
- ii. At least 80 percent of participants will have a safe and stable place to live.*
- iii. At least 90 percent of participants will, by self-report, have positive personal relationships with at least one adult in the community.*

The primary source of data to determine if these performance measures were met is the participant satisfaction survey that is completed by all active participants in April. The survey, which includes questions specific to the performance measures, was completed by 382 youth in April 2018 representing 94.3% of active participants that month. The results of the FY 2018 survey are presented below.

Outcomes Achieved:	FY 2018
<i>Do you have enough resources to meet your living expenses? (Incentive Target – 65% Yes)</i>	
Yes	73.2%
No	21.9%
Not sure	4.9%
<i>Do you have a safe and stable place to live? (Incentive Target – 80% Yes)</i>	
Yes	94.3%
No	5.7%
<i>Do you have positive personal relationships with adults in the community? (Incentive Target – 90% Yes and Some)</i>	
Yes	99.2%
No	.82%

Based on the satisfaction surveys completed during the fiscal year, the Network achieved the desired performance based on this data source, which represents the conditions while youth are receiving services from the Network.

In addition, the outcomes achieved for the incentive performance measures are confirmed by examining data from interviews with participants who exited the program during the fiscal year and completed an exit interview after at least three months of service and did not return to services prior to the end of the fiscal year. In SFY 2018, there were 252 youth that met these criteria². The following three questions are used to assess the achievement of the exit outcomes:

1. Do you have enough money to cover your needed expenses with your income and other assistance? (Response Options - Yes or No)
2. Where are you living? (Multiple response options, with university housing or any of three options where youth is paying rent or living with someone else considered as meeting the safely housed performance measure)
3. Do you have an adult other than a family member that you will always be able to turn to for support, advice, share or celebrate personal achievements, help solve problems? (Response Options - Yes or No)

Responses to these questions on 186 exit interviews between July 1, 2016 and June 30, 2017 are shown in the table below:

Question	Number	Percent
Do you have enough money to cover your needed expenses with your income and other assistance?		
YES – Target 65%	168	66.67
No	84	33.33
Where are you living?		
University housing	11	4.37
Apartment or house – sole responsibility for rent	49	19.44
Apartment or house – shared responsibility for rent	80	31.75
Living in someone else’s home (may or may not be contributing to rent or expenses)	65	25.79
SUBTOTAL – SAFELY HOUSED – Target 80%	205	81.34%
Couch surfing or moving from house to house	12	4.76
Transitional facility, shelter, or other supported housing	14	5.56
Other	16	6.34
Do you have an adult other than a family member that you will always be able to turn to for support, advice, share or celebrate personal achievements, help solve problems?		
YES – Target 90%	223	88.49
No	29	11.51

Based on this analysis, the exit interviews also show that minimum thresholds on two out of three performance measures were exceeded by the Network in SFY 2018.

² SFY 2018 outcome data is preliminary.