



“AFTERCARE HAS  
HELPED ME A LOT

with becoming  
financially stable and  
being independent.

- Aftercare participant 2018

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## What is Aftercare?

Services and support offered through the **Iowa Aftercare Services Network (IASN)** are voluntary and designed to help youth leaving court-ordered placements at or near the age of 18 transition successfully to adulthood. Using a strength-based approach, Aftercare helps youth: **meet basic needs; set and attain goals; make connections to community resources; and develop the knowledge and skills needed to live on their own.**

Participants meet at least twice a month with an Aftercare Self-Sufficiency Advocate who partners with them to address barriers and achieve their goals. In addition, needs-based monthly financial support is available to youth who qualify for the **Preparation for Adult Living (PAL)** stipend.



**Aftercare and PAL are available  
from the following IASN agencies:**

American Home Finding Association  
Children's Square USA  
Family Resources  
Foundation 2  
Four Oaks  
Young House Family Services  
Youth Homes of Mid-America  
YSS (lead agency)

**Iowa Aftercare Services are for young  
adults who:**

- Are Iowa residents between 18 and 21 years old.
- Exit foster care\*, Iowa State Training School (STS), or a court-ordered Iowa juvenile detention center at age 18 or older, or between 17 ½ and 18 and have been in any combination of care for at least 6 of the previous 12 months.
- Are adopted from foster care or entered a subsidized guardianship arrangement from foster care, on or after their 16th birthday.

**Contact us about extended services up to age 23.**

**To receive the PAL stipend youth must  
also meet all of the following criteria:**

- Left state-paid foster care, STS or court-ordered detention on or after their 18th birthday.
- Had been in placement at least 6 of the 12 months prior to exiting care.
- Are no longer eligible for voluntary foster care.
- Attend college, job training, or work full-time (at least 80 hours per month).

\* Foster care includes but is not limited to group care, family foster care, shelters, PMIC and relative placement. Contact Aftercare to verify eligibility.

### Participant responsibilities:

- Meet with a Self-Sufficiency Advocate at least twice a month.
- Be respectful and honest when communicating with the Advocate.
- Actively take part in developing an individual self-sufficiency plan and work toward one's goals.
- Accept personal responsibility in the transition to self-sufficiency.

### PAL recipient responsibilities also include:

#### Participation in one or more of the following:

- College or a work training program.
- Employed an average of 80 hours or more per month.
- Attending school or a program leading to a high school diploma or equivalent.

Report changes in earned and unearned income in a timely manner. (Timely means that changes are reported to the Advocate within ten days from receiving the income or from the date income ended).

### To receive financial assistance in the form of a vendor payment, participants must:

- Make an effort to access other community resources that could meet the expense prior to requesting a vendor payment.
- Personally contribute toward the vendor expense to the extent financially able
- Not be receiving a PAL stipend.
- Understand that vendor payments are meant to help with emergencies or address a specific goal in the self-sufficiency plan.

This fact sheet was prepared by the **Youth Policy Institute of Iowa (YPPII)**. YPII provides policy development, technical assistance, quality assurance, marketing and evaluation services for the IASN, under a subcontract with lead agency YSS. Visit [www.ypii.org](http://www.ypii.org) and [www.yss.org](http://www.yss.org) for more information.

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[www.dhs.iowa.gov](http://www.dhs.iowa.gov)



## “MY AFTERCARE ADVOCATE

has helped me overcome many obstacles that I wouldn't of been able to do on my own.”

- Aftercare participant 2018

### When should IASN be contacted?

Pre-services are available to youth who are at least age 17 and expected to participate in Aftercare services at age 18 or older. Aftercare Services should be contacted several months prior to a young person's planned exit from the STS, court-ordered detention, or foster care system.

Aftercare staff are available to assist with planning for the transition and to ensure that youth understand the eligibility and participation requirements of the programs. Involvement prior to discharge helps Aftercare Advocates build a relationship with eligible youth and facilitates a connection to ongoing, voluntary services.

**Prior to leaving foster care or any time after aging out, call 800-443-8336 to be referred to an IASN provider.**