



Iowa Aftercare Services Network is a major initiative funded through the Iowa Department of Human Services to assist youth who have “aged-out” of foster care become self-sufficient. Aftercare provides support and opportunities designed to aid youth between the ages of 18 and 21 meet the challenges of living independently and achieve self-sufficiency. Participation is voluntary, but all young people “aging out” of foster care should be informed of the availability of this resource.

Eleven Iowa agencies have formed a network to ensure that youth and young adults have access to services and support at the local level throughout Iowa. YSS in Ames is the lead agency providing fiscal management and oversight of the contract. The Youth Policy Institute of Iowa located in Des Moines provides central coordination.

**Iowa Aftercare Services Network
Can Work With You to:**

- ▶ Find and keep a safe place to live.
- ▶ Pay for emergency and unexpected bills.
- ▶ Find a doctor, dentist or counselor.
- ▶ Set and reach your personal goals.
- ▶ Go to college or get job training.
- ▶ Find a job or career.
- ▶ Connect with other community resources.
- ▶ Assist in finding opportunities for your success.

1-800-443-8336

For a referral to an Iowa Aftercare Agency near you.

**It's not about where you have been...
It's about where you are going!**

Eligible Youth

The Iowa Aftercare Services Network services are for former foster care recipients, who are at least 18 years but not yet 21 years old and are residents of Iowa. They must meet the following criteria:

- Must have exited foster care between 17 ½ and 18 and have been in care for at least 6 months at the time they left, adopted or placed in subsidized guardianship from foster care on or after age 16 (effective 10/07/08), or have left at age 18 or older.
- Be residing in Iowa.
- Actively take part in developing and participating in a self-sufficiency plan.
- All services are voluntary.

In addition, to be eligible for the PAL stipend youth must meet the following criteria:

- Must have left state-paid foster care on or after their 18th birthday and have been in foster care for at least 6 of the previous twelve months.
- Participation in Aftercare is required
- No longer eligible for voluntary foster care
- Attend college, job training, or work full-time (at least 80 hours per month)
- Live in an approved living arrangement other than a parental home

Additional Components and Programs Of the Iowa Aftercare Services Network (IASN)

Preparation for Adult Living Stipend (PAL)
Aftercare participants who left foster care after May 1, 2006, and who have a high school diploma or GED may be able to qualify for a monthly stipend to live in an approved living arrangement such as an apartment, college dorm, or with former foster parents.

To qualify for the stipend, a PAL participant must be attending college or be in a work training program or be working. Regular meetings with your IASN Self Sufficiency Advocate are required.

Subsidized Apartments
Some youth participants may qualify for a subsidized apartment program through the Iowa Aftercare Services Network. This program is designed for aftercare participants who do not qualify for PAL. The IASN may be able to subsidize apartment rent payments up to \$350/mo. Participants are responsible for paying the remainder of rent. Aftercare participants with subsidized apartments must have some type of income and be working toward self sufficiency. For more information, contact your IASN Self sufficiency Advocate.

These IASN agencies provide support, services, and links to additional program resources such as transitional living services, employment training and counseling.

- American Home Finding Assoc.
- Boys and Girls Home
- Children's Square, USA
- Children & Families of Iowa
- Family Resources
- Foundation 2
- Four Oaks
- Francis Lauer
- Youth and Shelter Services
- Young House Family Services
- Youth Homes of Mid America



Other Resources for Former Foster Youth

Medicaid for Independent Young Adults (MIYA)
Youth leaving foster care after turning 18 may be eligible to continue receiving a medical card each month until they turn 21 years old. Be sure to let the Department of Human Services know every time your address changes. To qualify you must live in the state of Iowa. You may receive Medicaid even if choose not to participate in Aftercare.

The Medicaid card may help pay the cost of medication, health care, and substance abuse treatment or mental health care. Iowa is one of only 12 states that provides Medicaid coverage to 18-21 year old former foster youth.

College Financial Aid
Iowa offers two grant programs specifically to help former foster youth with college expenses: the Education & Training Voucher (ETV) grant and the All Iowa Opportunity Foster Care grant. Grants are free money that do not need to be repaid and are available to students who meet the specific requirements of each grant program. For more information, please visit www.iowacollegeaid.gov or call 1-800-383-4222.

Elevate
Youth leaving foster care are eligible to participant in a self-help program known as Elevate. For more information please visit www.cfiowa.org.