



ON YOUR OWN BUT NOT ALONE

Annual Report to the Iowa Department of Human Services

Prepared by Kim Danos and Carol Behrer
September 2009



Iowa Aftercare Services Network -- Annual Outcomes Report July 1, 2008 through June 30, 2009

Introduction

Approximately 450 young people “age out” of Iowa’s foster care system every year. Under a contract with the Iowa Department of Human Services (DHS), the Iowa Aftercare Services Network (IASN) provides support and services to these youth and young adults ages 18 to 21 who exit foster care near or after their 18th birthday and who choose to access these voluntary services. Youth and Shelter Services, Inc. (YSS) is the lead agency and fiscal agent for the Network and holds the contract with the state. YSS, in addition to providing direct services, subcontracts with ten other youth-serving agencies to provide aftercare services to eligible youth throughout the state. YSS also subcontracts with the Youth Policy Institute of Iowa to provide statewide coordination, technical assistance, and evaluation services for the Network.

The Network has provided aftercare services to Iowa’s eligible foster care alumni since 2002 with funds allocated to the state from the federal Chafee Foster Care Independence Program. 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 additional financial support for youth who exit a state-paid foster care placement at age 18 or older as long as they are either enrolled in post-secondary education, are employed, or both. The IASN implements PAL as a component of Iowa’s aftercare services for those eligible.

The DHS aftercare contract to YSS requires annual reporting on the outcomes of the youth and young adults who receive Aftercare and PAL services. This information is used both to assess the impact of the services being delivered to eligible youth and to fulfill reporting requirements of the federal Foster Care Independence Act. Data presented in this annual report are derived from an on-line data collection system that was designed specifically for and is maintained by the Youth Policy Institute of Iowa for the IASN.

This system, the IASN Core Client Outcomes database, includes individual participant information on all youth who access Aftercare and PAL services. Demographic, social, and behavioral information on each participant is collected by IASN front-line staff during interviews with each participant. Interviews are conducted at the initiation of services (intake), at approximately three-month intervals during the youth’s participation in the program, and at exit from services. Data is entered online into the database by staff of IASN agencies. In state FY 2009, 662 unduplicated youth were served in PAL and Aftercare. In any given month, an average of 416 young people received services from a Network agency during the year.

This year’s outcome report summarizes progress of participants served from July 1, 2008 through June 30, 2009 on seven outcome areas. It is important to note that Aftercare and PAL are voluntary programs. Eligible young adults are free to initiate *and* discontinue services at their own volition. This fact, coupled with the generally transient nature of this population, results in many participants exiting and re-entering the program multiple times. In addition, the data collected is based on interviews of the participants and as such relies primarily on self-reports of the participating youth. Given the method of CCO information collection and the reliance on multiple sites entering data, there is likely some errors in the information entered. However, several steps

Iowa Aftercare Services Network -- Annual Outcomes Report
July 1, 2008 through June 30, 2009

are taken to clean the data to ensure that this report presents a reasonably accurate depiction of the characteristics and outcomes of young people participating in IASN.

Organization of the Report

During the reporting period, a total of 662 unduplicated young adults received services from the Aftercare Network. Part I of this report provides information about all 662 of these participants at the time they first accessed aftercare services, which may have been prior to the start of the report period. This information can be used to better understand the characteristics of youth as they leave formal foster care and attempt to make it on their own. Part II of the report presents both intake and exit information for those Aftercare and PAL recipients who ended services during the report period and from whom exit information was obtained. Outcome information included in Part II is reported for 109 Aftercare only participants (*i.e.*, youth who were not eligible for PAL or did not receive PAL during the report period) who had a planned exit during the report period and for 110 youth who participated in the PAL program and had a planned exit during the report period.

In addition to overall enrollment, seven outcome areas and eighteen indicators are addressed in this report (see list on the following page). For each indicator, intake and exit data is presented separately for the Aftercare only participants (N=109) and PAL recipients (N=110). Each table shows participants' initial Core Client Outcomes Survey (CCOS) answers with their planned exit CCOS answers.

A *planned exit* is recorded when a participant chooses to discontinue services and meets with an Aftercare Advocate to complete an interview. Data presented is on unduplicated youth, with their last exit information included if more than one planned exit occurred during the report period. Finally in tables K-M, specific information for all PAL recipients (N = 446) served during the reporting period is presented as required by the DHS contract.

**Iowa Aftercare Services Network -- Annual Outcomes Report
July 1, 2008 through June 30, 2009**

Outcome Area	Indicators
Self-sufficiency – Employment	<ul style="list-style-type: none"> • Monthly budget to cover expenses • Employment Status • Amount of Earned Income (gross monthly)
Safe and Stable Housing	<ul style="list-style-type: none"> • Housing for past 30 days • Plans to stay in current housing (how long)
Community Connectedness	<ul style="list-style-type: none"> • Positive relationship with supportive adult for: <ul style="list-style-type: none"> ○ Emotional support ○ Help in a crisis ○ Job/school advice/guidance
High-Risk Behaviors	<ul style="list-style-type: none"> • Unprotected sex (i.e., condom use during intercourse) • Intentional Self-Harm <ul style="list-style-type: none"> ○ Plan to commit suicide ○ Attempted suicide ○ Hospitalized for a suicide attempt ○ Inflicted self-harm in other ways • Substance Use in last 30 days <ul style="list-style-type: none"> ○ Alcohol ○ Alcohol to Intoxication ○ Tobacco ○ Prescription Drugs ○ Marijuana ○ Methamphetamine ○ Other Illegal Drugs
Physical and Mental Health	<ul style="list-style-type: none"> • Serious Emotional Disorder (SED) Diagnosis • Primary Care Physician • Access to needed medical resources • Insured (other than Medicaid) • Enrolled in Medicaid
Essential Documents	<ul style="list-style-type: none"> • Knows how to obtain <ul style="list-style-type: none"> ○ Birth certificate ○ Social Security card ○ Medical records ○ Educational records • Has in their possession <ul style="list-style-type: none"> ○ Birth certificate ○ Social Security card ○ Medical records ○ Educational records
Education	<ul style="list-style-type: none"> • Currently enrolled in Education/Job training • Level of education/degree obtained

Iowa Aftercare Services Network -- Annual Outcomes Report
July 1, 2008 through June 30, 2009

Key Findings:

The initiation of the PAL program in 2006 has continued to impact the numbers of youth accessing services after they formally exit foster care, as well as the length of time they receive support after age 18. Participation by young people in Aftercare and PAL increased to 662 individual youth in state fiscal year 2009, up from 567 in state fiscal year 2008 and 454 in SFY 2007. Similarly, average monthly participation rose from 333 in SFY 2008 to 416 in SFY 2009. Prior to the PAL program, fewer than 350 young people a year took advantage of Aftercare services. Of those served in SFY 2009, 446 received a PAL stipend for all or part of the year.

As in past years, youth participating in Aftercare continue to demonstrate significant progress in a number of areas, including budgeting, positive relationships, high school graduation, and health care coverage. The youth participants this year had gains from intake to exit in regards to employment and earnings, though the gains were not as large as in years past. This may be in part to the economic downturn and fewer available jobs. The youth overall showed a gain in earnings with Non-PAL recipients having the greatest improvement with a greater than 50% increase.

Youth who did not receive a PAL stipend also experienced significant improvements in several other areas:

- 59% reported that they had a monthly budget to cover expenses at exit, compared to 32% at intake;
- 81% had obtained their birth certificate and 88% had their social security card at exit, compared to 36% and 41% respectively at the initial interview.
- 85% had achieved graduating from high school or received a higher degree or vocational certificate.
- More than 93% reported that they had positive, supportive relationships with adults at exit, indicating they had a support system outside of the Iowa Aftercare Services Network.
- 89% of participants indicated that they had ready access to health care and reported they had resources to meet their medical needs.
- Over 90% of participants have medical insurance through Medicaid.

As expected, youth actively participating in the Preparation for Adult Living (PAL) program are different in a number of ways from the aftercare participants of previous years. These youth enter the program more likely to have graduated from high school, more likely to have positive adult relationships on which they can rely, and more likely to be employed, than the Aftercare-only participants, though the differences between the two populations (PAL vs. No PAL) seem to be closing. Thirty-six percent (36%) of the PAL participants served this year were enrolled in school at least part time and working and thirty-four (34%) were working full-time. Of the 446 PAL participants served during the year, 59 (13%) lost their PAL status, although may have continued in Aftercare. This year nearly 20% of these status changes were due to the youth making too much money and becoming ineligible for a PAL stipend, up from 13% in the previous fiscal year.

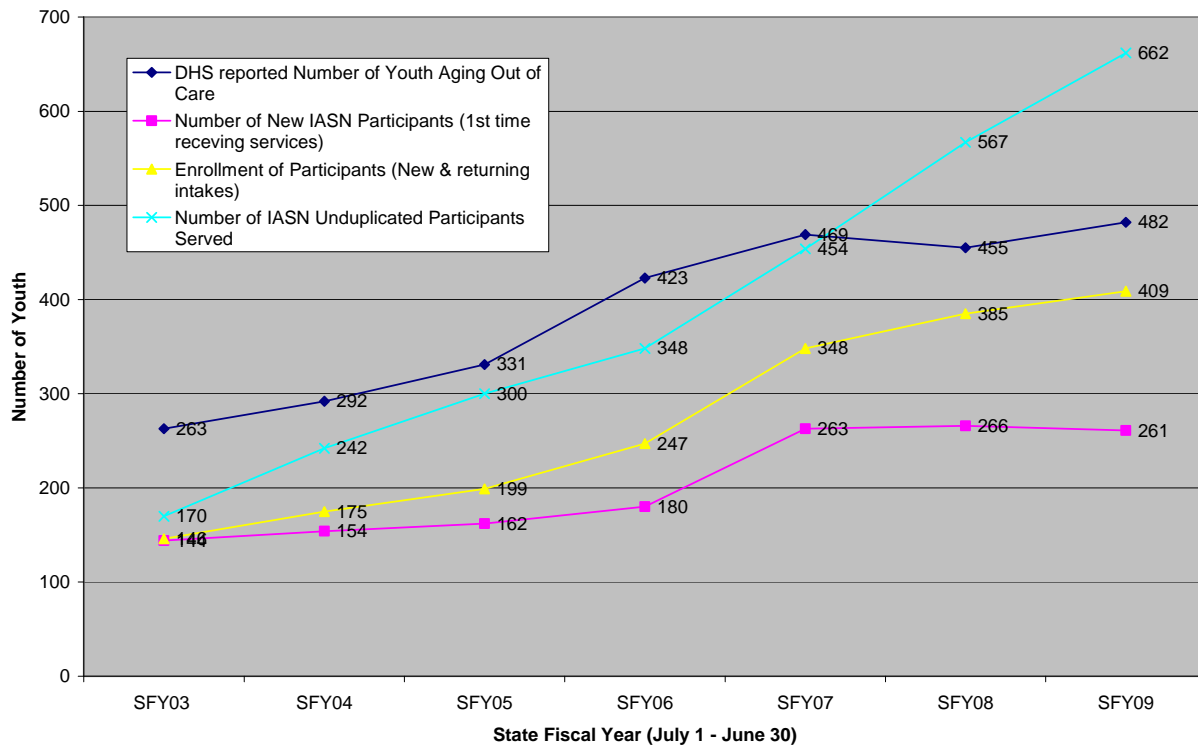
**Iowa Aftercare Services Network -- Annual Outcomes Report
July 1, 2008 through June 30, 2009**

Part I: Initial Information on All Participants Served in SFY 2008-09

During the reporting period, a total of 662 unduplicated young adults received services from the Aftercare Network. Part I of this report provides information about all of these participants at the time they first accessed aftercare services, which may have been prior to the start of the report period. For comparison purposes, the following tables show intake information for those served during the SFY09 categorized as: all participants (N=662); participants that received PAL at some point during the report period (N=446); those youth served that did not receive PAL at anytime during the report period and only received aftercare services (N=216). Of the 216 participants who did not receive PAL at any time during the report period, 150 did not meet the eligibility requirements to ever receive PAL (e.g., left care before age 18, were not in a state-paid placement at age 18, etc.). Conversely, 66 of the 216 aftercare only recipients during this report period, could possibly receive PAL in the future if something about their current status changes (e.g. received High School diploma, living in approved housing, etc).

Enrollment: Enrollment growth in the IASN is compared to the number of youth aging out of Iowa foster care in the following chart. While the number of new young people (i.e., those receiving services for the first time) accessing Aftercare has leveled off at just over 260 per year, the total number of young people served during a year has continued to increase rapidly. The increase in participation reflects more young people re-accessing services after a previous exit (return intakes) as well as longer periods of participation by those receiving services.

Comparing Youth Enrolled & Served in IASN to those Aging Out of Foster Care



Iowa Aftercare Services Network -- Annual Outcomes Report
July 1, 2008 through June 30, 2009

Gender: The following table reflects the gender of participants in the Aftercare Network during the report period. In general there are more women who access services than men. This difference is somewhat greater among PAL recipients than Aftercare only participants. This gender breakdown has been consistent for several years, regardless of the overall number served, and raises questions about males being less likely to access the program.

Gender	All participants (N =662)		PAL recipients (N=446)		No PAL (N=216)	
	Count	Percentage	Count	Percentage	Count	Percentage
Female	418	63%	291	65%	127	59%
Male	244	37%	155	35%	89	41%

Race/Ethnicity: Three-quarters of all young people receiving services from the IASN are White, while about one-quarter are minorities, most notably African American (14%). Among White participants, 69.6% received PAL in SFY 09, compared to 61.6% of participants who identified themselves as another race or ethnicity or a combination of more than one race. Among the 94 African American or Black participants, only 58.6% received PAL at some point during the year. It is unclear why minorities appear to be less likely to receive PAL, but the issue merits further analysis.

Race/Ethnicity	All participants (N =662)		PAL recipients (N=446)		No PAL (N=216)	
	Count	Percentage	Count	Percentage	Count	Percentage
African American or Black	94	15%	55	12%	39	18%
Alaska Native	1	<1%	1	<1%	0	0%
American Indian	9	1%	5	1%	4	2%
Asian	3	<1%	3	1%	0	0%
Hispanic or Latino	16	2%	9	2%	7	3%
Native Pacific Islander	2	<1%	1	<1%	1	0%
Other	10	2%	7	2%	3	1%
White or Caucasian	477	73%	332	75%	145	68%
Combination (selected more than one race)	49	7%	32	7%	17	8%

Mental Health Status: Over half of all participants (see table below) have been diagnosed with a serious emotional disorder (SED) and received treatment for that SED during the twelve months just prior to accessing aftercare services. SED status at intake is typically taken from eligibility forms completed by DHS staff. This information is not always provided and the number of youth with a confirmed SED tends to increase somewhat during the course of services as additional information is obtained through assessments and treatment needs identified while youth participate in aftercare and/or PAL.

Serious Emotional Disorder (SED)	All participants (N =662)		PAL recipients (N=446)		No PAL (N=216)	
	Count	Percentage	Count	Percentage	Count	Percentage
Yes	371	56%	223	50%	148	67%
No	271	41%	210	47%	61	28%
Unknown	20	3%	13	3%	7	5%

Iowa Aftercare Services Network -- Annual Outcomes Report
July 1, 2008 through June 30, 2009

While more than three-quarters (77.5%) of the 271 participants without an SED receive PAL, only 60% of the 371 young people with an SED received PAL during the year. This suggests that it may be harder for young people with an SED to meet the eligibility standards for the PAL program (*i.e.*, have completed high school, are working or continuing with their education). This issue warrants further consideration as it is likely that young people with serious emotional disorders are most in need of additional supports once they exit foster care.

Income: As in the previous year, there is a substantial difference between PAL participants and Aftercare only participants entering the IASN in regards to having a monthly budget to meet expenses. Half of PAL participants indicate that they do have a budget and are able to meet their monthly expenses. In comparison, only 13% of Aftercare only participants report having a budget to cover their monthly expenses at the time of their initial interview.

Participants have a monthly budget to cover expenses	All participants (N=662)		PAL recipients (N=446)		No PAL (N=216)	
	Initial Interview		Initial Interview		Initial Interview	
Yes	246	37%	219	49%	27	13%
No	390	59%	218	49%	172	79%
Unknown	26	4%	9	2%	17	8%

Similarly, the income reported by youth at intake shows differences between PAL recipients and aftercare only participants. Over half (56%) of aftercare only participants report \$0 monthly income when they first access aftercare, whereas 42% of PAL recipients report no income at intake. Fewer than 6% of all participants report monthly income of \$1,000 or more, which is similar across both PAL recipients and Aftercare only participants.

Gross Monthly Income	All participants (N=662)		PAL recipients (N=446)		No PAL (N=216)	
	Initial Interview		Initial Interview		Initial Interview	
\$0	301	46%	182	42%	119	56%
\$1 - \$199	40	6%	26	6%	14	6%
\$200 - \$399	95	15%	73	18%	22	10%
\$400 - \$599	98	16%	77	17%	21	10%
\$600 - \$799	61	9%	37	8%	24	11%
\$800 - \$999	29	4%	21	5%	8	4%
\$1,000 - \$1,199	16	2%	12	3%	4	2%
\$1,200 - \$1,399	14	2%	11	2%	3	1%
\$1,400 - \$1,599	2	<1%	2	<1%	0	0%
\$1,600 - \$1,799	3	<1%	2	<1%	1	<1%
\$1,800 - \$1,999	2	<1%	2	<1%	0	0%
\$2,000 - above	1	<1%	1	<1%	0	0%

Employment: The previous two reporting periods there had been a surge of more “employed” youth than in the past. This was due to the requirements for receiving PAL. However, this report period shows that there were significant drops in employment, especially for youth not receiving PAL. More youth are only employed part time, this may be in part due to the national economic downturn. The table below illustrates how the PAL participants raise the overall percentage in the All Participants category who are employed full or part time (36%). However, this is a decrease from last year’s 42% that were employed full or part time at intake. And if you consider Aftercare

**Iowa Aftercare Services Network -- Annual Outcomes Report
July 1, 2008 through June 30, 2009**

only youth this report period increased to 17%, employed full or part time, as compared to only 14% during SFY08. However, more youth were employed part-time vs. full-time in all categories.

Current Employment Status	All participants (N =662)		PAL recipients (N=446)		No PAL (N=216)	
	Initial Interview		Initial Interview		Initial Interview	
Employed full time (30+ hours per week)	99	15%	98	22%	1	<1%
Employed part time	139	21%	103	23%	36	17%
Unemployed, looking for work	357	54%	209	47%	148	69%
Unemployed, long term disability	1	<1%	0	0%	1	<1%
Not in work force	66	10%	36	8%	30	14%
Other	0	0%	0	0%	0	0%

Suicide: Over the past five years, the trend has remained consistent--suicide attempts and suicide ideation affect 1 out of 4 youth entering Aftercare Services. There is not a significant difference between those who received PAL and those who did not. According to the CDC vital statistics 9.5 out of every 100,000 youth, ages 14-23, commit suicide. That equates to about .0095%. It remains the 3rd leading cause of death for young people ages 14-23 years.** Comparatively, the youth aging out of foster care have an alarmingly high rate of suicide ideation and actual attempts to youth in the general population. The reasons listed by the American Academy of Child and Adolescent Psychiatry as why youth most often attempt suicide are due to strong feelings of stress, confusion, self-doubt, pressure to succeed, financial uncertainty, and fears associated with becoming an adult.††

Have you ever (select all that apply)	All participants (N =662)		PAL recipients (N=446)		No PAL (N=216)	
	Initial Interview		Initial Interview		Initial Interview	
Made plans to commit suicide	172	26%	112	25%	60	28%
Attempted suicide	149	23%	106	24%	43	20%
Been hospitalized for a suicide attempt	142	21%	94	21%	48	22%
Ever inflicted self-harm in other ways (cutting, burning, etc.)	199	30%	134	30%	65	30%

Over half of all youth served in the Iowa Aftercare Services Network have recent (within the past 12 months) diagnosis of a mental disorder. That information coupled with the fact that the Centers for Disease Control reports that 90% of youth suicide victims have a mental disorder, depression or a history of alcohol or drug use, bring into sharp focus the need for more attention to the high risk of former foster youth to attempt suicide. It is also important to note that PAL and Aftercare were not designed to attend to the more serious mental health needs of participants.

** Department of Health and Human Services – Centers for Disease Control and Prevention; Suicide Trends Among Youth and Young Adults Aged 10-24: United States 1994-2004; <http://www.cdc.gov/ncipc/dvp/Suicide/default.htm>

†† American Academy of Child and Adolescent Psychiatry; Teen Suicide; May 2008
http://www.aacap.org/cs/root/facts_for_families/teen_suicide

Iowa Aftercare Services Network -- Annual Outcomes Report
July 1, 2008 through June 30, 2009

Essential Documents: Iowa law requires that young people receive a certified copy of their birth certificate and help in getting their social security card prior to exiting foster care. The following table shows the percent of youth who at the time of intake have specific documents that are essential for employment, identification, health, and or enrollment in education or training programs. The youth are asked if they currently have these documents at their current residence or if they still need to obtain the documents from the official source.

Currently have in possession:	All participants (N=662)		PAL recipients (N=446)		No PAL (N=216)	
	Initial		Initial		Initial	
Birth certificate	403	61%	290	65%	113	52%
Social security card	483	73%	356	80%	127	59%
Medical records (including immunization record)	192	29%	169	38%	23	11%
Educational records	285	43%	231	52%	54	25%
None of above	53	8%	22	5%	31	14%

Education: PAL participants are required, with very few exceptions, to have received their GED or High School diploma as a condition of eligibility, and 93% of PAL participants indicate at their initial interview that they have their High School diploma or GED or higher degree or certificate. While they may not have had their GED or High School diploma at intake, they may have received it later during their enrollment and then received a PAL stipend. Comparatively, at intake only 51% of Aftercare only participants have their High School Diploma and a greater percentage (27%) have their GED as compared to those participants that receive PAL (15% GED).

Have obtained a degree:	All participants (N=662)		PAL recipients (N=446)		No PAL (N=216)	
	Initial		Initial		Initial	
High School Diploma	450	68%	339	76%	111	51%
Post H.S. degree (AA, BS, BA, or Voc license)	10	2%	9	2%	1	<1%
GED (Graduate Equivalent Diploma)	126	19%	67	15%	59	27%
None of the above	76	11%	31	7%	45	21%

Medicaid Coverage: Since Medicaid for Young Adults (MIYA) was introduced in 2006, there has been a steady increase in the number of youth who have left foster care and entered PAL or Aftercare who are enrolled in Medicaid. In SFY09, 97% of all participants were enrolled in Medicaid compared to last fiscal year when 81% of participants at the time of their initial intake reported being enrolled in Medicaid.

Currently Enrolled in Medicaid	All participants (N=662)		PAL recipients (N=446)		No PAL (N=216)	
	Initial		Initial		Initial	
Yes	639	97%	425	95%	214	99%
No	23	3%	21	5%	2	1%

**Iowa Aftercare Services Network -- Annual Outcomes Report
July 1, 2008 through June 30, 2009**

Part II: Outcomes on Required Data Elements

Part II of this report includes outcome information for 109 Aftercare only participants (*i.e.*, youth who were not eligible for PAL or did not receive PAL during the report period) who had a planned exit during the report period and for 110 youth who participated in the PAL program and had a planned exit during the report period. In addition to overall enrollment, seven outcome areas and eighteen indicators are addressed in this report. For each indicator, intake and exit data is presented separately for the Aftercare only participants (N=109) and PAL recipients (N=110). Each table shows participants' initial Core Client Outcomes Survey (CCOS) answers with their planned exit CCOS answers.

A) Number of unduplicated participants in the reporting period.

Definition: The number of new enrollees added to the number of current clients receiving services during the reporting period.

Number of unduplicated participants served from July 1, 2008 through June 30, 2009:

A.1) All unduplicated Iowa Aftercare Service Network recipients who received services during the report period = **662**.

A.2) All unduplicated PAL^{‡‡} recipients in IASN during the report period= **446**

A.3) All unduplicated Aftercare only (No PAL) recipients served during report period = **216**.

Of the 662 individuals who received services during the report period (7/01/08 through 6/30/09), there were 264 new participants receiving services for the very first time. Of those 144 were new PAL participants. One-hundred and forty-five (145) participants returned to IASN during SFY09 to receive services again after a previous exit. Of those 145, there were 89 participants that received PAL. Two hundred and fifty-three (253) participants had been receiving services prior to the report period and continued to receive PAL and or Aftercare services during SFY09. The overall number of young people served during a year has nearly doubled since FY 06 (the last year before PAL), increasing from 348 unduplicated youth served in FY 06 to 662 youth served in FY 09, even though number of young people accessing services for the first time (*i.e.*, new intakes) has leveled off at just over 260 youth per year for the last three years.

<i>By State fiscal year July 1 - June 30</i>	FY 02-03	FY 03-04	FY 04-05	FY 05-06	FY 06-07	FY 07-08	FY 08-09
DHS reported Number of Youth Aging Out of Care	263	292	331	423	469	455	482
Number of New IASN Participants, includes PAL recipients (initial = 1st time receiving services)	144	154	162	180	263	266	264
Enrollment of Participants (initial & return intakes)	146	175	199	247	348	385	409
Number of IASN Unduplicated Participants Served	170	242	300	348	454	567	662

^{‡‡} PAL program began July 1, 2006. For purposes of this report, if a participant received PAL any time during the report period of July 1, 2008 through June 30, 2009, they are included as a PAL participant.

**Iowa Aftercare Services Network -- Annual Outcomes Report
July 1, 2008 through June 30, 2009**

Of all 662 participants, 110 PAL recipients and 109 Aftercare only participants had planned exits at some time between July 1, 2008 and June 30, 2009. The remainder of the outcome data in Part II is representative only for those participants who had a planned exit during the year.

B) Percentage of participants who have resources to meet their expenses.

Definition: Participant has a monthly budget to cover expenses

While enrolled in services participants work with their self-sufficiency advocate to establish monthly budgets to assist the youth in managing their money and covering their expenses. Assisting participants with budgeting is a major aspect of the PAL program. Participants show significant improvement in overall money management skills. Overall there was a 69 percent increase in the number of participants who reported improved financial/money management skills from intake to planned exit.

% of Participants have a monthly budget to cover expenses	All participants (N=219)		PAL recipients (N=110)		Aftercare only participants (N=109)	
	Initial	Exit	Initial	Exit	Initial	Exit
Yes	40%	67%	47%	75%	32%	59%
No	56%	28%	49%	20%	63%	36%
Unknown	4%	5%	4%	5%	5%	5%
	100%	100%	100%	100%	100%	100%

# of Participants have a monthly budget to cover expenses	All participants (N=219)		PAL recipients (N=110)		Aftercare only participants (N=109)	
	Initial	Exit	Initial	Exit	Initial	Exit
Yes	87	147	52	83	35	64
No	123	61	54	22	69	39
Unknown	9	11	4	5	5	6

It is a requirement of PAL for participants to be employed, seeking employment or attending postsecondary education, which is reflected in the somewhat higher employment rates for initial PAL interviews compared to initial Aftercare only interviews. Employment overall remains a difficult outcome to impact for a variety of reasons. It is difficult to know at the time of exit what the circumstances for unemployment are at the time. It could be the youth is moving or only works when not enrolled in school. Because of the difficulty in pinning down exact reasons for employment trends, we are conducting a special survey in October 2009 to gather additional information from participants. Aftercare only participants continue to show a slight improvement in employment at exit, though not as high as in previous years.

Iowa Aftercare Services Network -- Annual Outcomes Report
July 1, 2008 through June 30, 2009

Current Employment Status	All participants (N=219)		PAL recipients (N=110)		Aftercare only participants (N=109)	
	Initial	Exit	Initial	Exit	Initial	Exit
Employed full time (30+ hours per week)	26%	27%	28%	30%	24%	24%
Employed part time	28%	25%	34%	32%	23%	18%
Unemployed, looking for work	36%	36%	27%	29%	44%	41%
Unemployed, long term disability	0%	<1%	0%	0%	0%	1%
Not in work force	9%	9%	10%	7%	8%	11%
Other	1%	3%	1%	2%	1%	5%
	100%	100%	100%	100%	100%	100%

Current Employment Status	All participants (N=219)		PAL recipients (N=110)		Aftercare only participants (N=109)	
	Initial	Exit	Initial	Exit	Initial	Exit
Employed full time (30+ hours per week)	57	59	31	33	26	26
Employed part time	62	55	37	35	25	20
Unemployed, looking for work	78	77	30	32	48	45
Unemployed, long term disability	0	1	0	0	0	1
Not in work force	20	20	11	8	9	12
Other	2	7	1	2	1	5

In spite of the economic down turn, gross **income** for youth participants from initial interview to exit did see a marked increase (see Table next page). Aftercare only participants (No PAL) from intake to exit saw an average increase of a little more than \$170 per month in gross income. The average monthly income for Non-PAL recipients increased from an average of \$311.93 per month to \$485.32. This is slightly down from SFY08 report of \$584.15 average gross monthly income at exit, but still represents a 56% increase from initial to exit. This increase could indicate that while full time employment rates for Aftercare participants remained relatively unchanged, those with jobs are earning more at the time of their exit than when they entered IASN. Comparatively, PAL recipient's had an increase in average gross monthly income from initial to exit by 11%. The smaller gains in income could be explained in part by PAL participants losing their PAL eligibility

Iowa Aftercare Services Network -- Annual Outcomes Report
July 1, 2008 through June 30, 2009

and stipend due to not being employed. Those PAL participants that continued to earn income had a 24% increase between initial income (average \$390.90 per month) and exit income (average \$485.32).

Gross Monthly Income	All participants (N=219)		PAL recipients (N=110)		Aftercare only participants (N=109)	
	Initial	Exit	Initial	Exit	Initial	Exit
\$0	38%	37%	40%	32%	44%	41%
\$1 - \$199	8%	7%	5%	8%	8%	6%
\$200 - \$399	14%	11%	14%	13%	10%	9%
\$400 - \$599	18%	12%	19%	16%	12%	7%
\$600 - \$799	13%	11%	10%	10%	15%	12%
\$800 - \$999	5%	6%	5%	9%	6%	4%
\$1,000 - \$1,199	1%	6%	1%	5%	2%	6%
\$1,200 - \$1,399	2%	3%	3%	4%	2%	3%
\$1,400 - \$1,599	0%	2%	0%	1%	0%	3%
\$1,600 - \$1,799	1%	2%	1%	1%	0%	4%
\$1,800 - \$1,999	<1%	2%	1%	1%	1%	3%
\$2,000 - above	<1%	1%	1%	0%	0%	2%
	100%	100%	100%	100%	100%	100%
Gross Monthly Income	All participants (N=219)		PAL recipients (N=110)		Aftercare only participants (N=109)	
	Initial	Exit	Initial	Exit	Initial	Exit
\$0	82	81	33	35	49	46
\$1 - \$199	17	15	8	9	9	6
\$200 - \$399	30	24	19	14	11	10
\$400 - \$599	38	26	25	18	13	8
\$600 - \$799	29	24	13	11	16	13
\$800 - \$999	11	14	5	10	6	4
\$1,000 - \$1,199	3	13	1	6	2	7
\$1,200 - \$1,399	5	7	3	4	2	3
\$1,400 - \$1,599	0	4	0	1	0	3
\$1,600 - \$1,799	2	5	2	1	0	4
\$1,800 - \$1,999	1	4	0	1	1	3
\$2,000 - above	1	2	1	0	0	2

**Iowa Aftercare Services Network -- Annual Outcomes Report
July 1, 2008 through June 30, 2009**

C) Percentage of participants who have a safe and stable place to live.

Definition: Participant has been housed as defined in question 1a of the Core Client Outcomes: For the past thirty days where has the participant lived in a shelter, institution, house, apartment, room, or group living situation? Stability is addressed through question 1b: How long do you plan to stay in your current living situation?

The following tables compare the housing situation for youth participants from their initial interview to their exit from the program. Overall there is a 10 percentage point increase in the percent of youth who are living in their own home or sharing a home. For PAL recipients the change is less significant between the initial and planned exits, which could be in part due to the requirement of PAL participants to be in approved housing when they enroll in the program. At the time of their exit, nearly all (99%) of Aftercare only participants are housed.

Housing for past 30 days	All participants (N=219)		PAL recipients (N=110)		Aftercare only participants (N=109)	
	Initial	Exit	Initial	Exit	Initial	Exit
Shelter (Safe havens, low demand facilities, reception centers, other temporary day or evening facility)	2%	<1%	1%	1%	4%	0%
Street/outdoors (sidewalk, doorway, park, public or abandoned building)	1%	0%	0%	0%	2%	0%
Institution (hospital, jail/prison)	0%	<1%	0%	1%	0%	1%
Housed (Own, or someone else's apartment, room, house)	88%	98%	93%	95%	83%	99%
Other (Group home, residential treatment, or transitional living center)	9%	2%	6%	3%	11%	0%
	100%	100%	100%	100%	100%	100%

Housing for past 30 days	All participants (N=219)		PAL recipients (N=110)		Aftercare only participants (N=109)	
	Initial	Exit	Initial	Exit	Initial	Exit
Shelter (Safe havens, low demand facilities, reception centers, other temporary day or evening facility)	5	1	1	1	4	0
Street/outdoors (sidewalk, doorway, park, public or abandoned building)	2	0	0	0	2	0
Institution (hospital, jail/prison)	0	2	0	1	0	1
Housed (Own, or someone else's apartment, room, house)	193	213	102	105	91	108
Other (Group home, residential treatment, or transitional living center)	19	3	7	3	12	0

**Iowa Aftercare Services Network -- Annual Outcomes Report
July 1, 2008 through June 30, 2009**

It is important to note the dramatic difference in the PAL recipients regarding their housing stability. At intake 79% of the PAL participants indicated staying in their current housing for a month or longer, but by their exit only 51% indicated staying at least a month. The results show that most of the PAL participants exiting from the program are in transition or planning to move. The reasons for the planned moves are not clear from the data collected. Reasons for the transitions could include leaving college for the summer, moving out of residence halls, or relocating for a short or long term.

How Long Plan to Stay in Current Housing	All participants (N=219)		PAL recipients (N=110)		Aftercare only participants (N=109)	
	Initial	Exit	Initial	Exit	Initial	Exit
Day	9%	17%	9%	23%	9%	11%
Week	11%	22%	12%	26%	10%	17%
Month	45%	28%	47%	22%	42%	34%
Year or more	35%	33%	32%	29%	39%	38%
	100%	100%	100%	100%	100%	100%
How Long Plan to Stay in Current Housing	All participants (N=219)		PAL recipients (N=110)		Aftercare only participants (N=109)	
	Initial	Exit	Initial	Exit	Initial	Exit
Day	20	37	10	25	10	12
Week	24	48	13	29	11	19
Month	98	61	52	24	46	37
Year or more	77	73	35	32	42	41

Comparatively, the Aftercare only participant exits show most (71%) plan to stay in their current housing situation for at least a month and the majority of those are planning on staying a year or longer. Overall the data on the housing indicators confirms that youth leaving foster care are highly transient. Questions related to housing arrangements and stability have been revised in a new version of the CCO database in an effort to yield more in-depth information on housing and the mobility of participants beginning in SFY 2010.

**Iowa Aftercare Services Network -- Annual Outcomes Report
July 1, 2008 through June 30, 2009**

D) Percentage of participants who have positive personal relationships with adults in the community

Definition: Participant has someone in the community he/she can go to for emotional support; help in a crisis or for employment guidance.

Consistently, the numbers of youth participants both in PAL and Aftercare only report high levels of supportive relationships. Most PAL participants enroll in Aftercare/PAL immediately upon leaving care. The initial interviews suggest that these young people do have supportive relationships while in care. Because lifelong connections are critical for these youth, assisting youth with maintaining supportive adult relationships is an important goal of the Aftercare Network.

Have a positive relationship with supportive adult	All participants (N=219)		PAL recipients (N=110)		Aftercare only participants (N=109)	
	Initial	Exit	Initial	Exit	Initial	Exit
Emotional support	96%	97%	96%	96%	96%	98%
Help in a crisis	94%	98%	95%	98%	93%	97%
Job/school advice/guidance	94%	94%	95%	94%	93%	93%
None	1%	2%	3%	3%	0%	3%

Have a positive relationship with supportive adult	All participants (N=219)		PAL recipients (N=110)		Aftercare only participants (N=109)	
	Initial	Exit	Initial	Exit	Initial	Exit
Emotional support	211	213	106	106	105	107
Help in a crisis	205	214	104	108	101	106
Job/school advice/guidance	205	205	104	104	101	101
None	3	6	3	3	0	3

In April 2009, the Network included several questions related to the permanent relationships participating young people have as part of its semi-annual survey of participants.^{§§} Approximately 350 youth and young adults responded to this point-in-time survey, and responses were similar to the CCO data. Nearly all (94.2%) reported that they had a current relationship that is trusting, supportive, and unconditional with at least one adult who will always be there for them. The most common responses chosen when asked to describe that person were a birth parent (25.6%); a former foster parent (18.8%); or a spouse or partner (14.3%). About 85 percent of the young

^{§§} Complete results of the April 2009 Aftercare Participant Satisfaction Survey are available from the Youth Policy Institute of Iowa.

**Iowa Aftercare Services Network -- Annual Outcomes Report
July 1, 2008 through June 30, 2009**

people also indicated that they had a close relationship with one or more members of their biological family, including siblings (70.8%); mother (58.4%); and grandparents (43.0%). Three out of four survey respondents (76%) indicated that their Aftercare Self-Sufficiency Advocate was doing “a lot” to help them maintain or strengthen their relationships with supportive adults, and two-thirds (67.8%) indicated that Aftercare Self-Sufficiency Advocates were doing “a lot” to help them maintain or strengthen relationships with family members.

E) Percentage of participants who avoid involvement with high-risk behaviors

Definition: Participant either engaged in or avoided high risk behaviors such as unprotected sex; substance use; self harm.

Reliable information on participants’ high risk behavior is particularly difficult to obtain. These tables should therefore be interpreted very cautiously. This set of questions in the Core Client Outcomes involves very personal information and young people may be reluctant to provide truthful answers, especially at the time of an initial interview. Over time, as the Self-Sufficiency Advocate/Aftercare Advocates establishes a relationship with the youth and builds trust, the participants may be more likely to answer truthfully during the later interviews. These exit interviews may more accurately depict actual behaviors, thus showing riskier behaviors at exit than intake.

Use latex condom or prophylactic when having intercourse	All participants (N=219)		PAL recipients (N=110)		Aftercare only participants (N=109)	
	Initial	Exit	Initial	Exit	Initial	Exit
Yes	62%	62%	63%	68%	61%	57%
No	21%	30%	21%	29%	22%	31%
Did not answer	17%	8%	16%	3%	17%	12%
	100%	100%	100%	100%	100%	100%

Use latex condom or prophylactic when having intercourse	All participants (N=219)		PAL recipients (N=110)		Aftercare only participants (N=109)	
	Initial	Exit	Initial	Exit	Initial	Exit
Yes	135	137	69	75	66	62
No	47	66	23	32	24	34
Did not answer	37	16	18	3	19	13

Iowa Aftercare Services Network -- Annual Outcomes Report
July 1, 2008 through June 30, 2009

Over the past five years, the information regarding suicide attempts and suicide ideation among former foster youth has remained relatively high when compared to non-foster care youth of similar age. This data reflects a highly vulnerable population with a history of significant mental health needs that require services beyond those that Aftercare and PAL provide. An important aspect of the work of the IASN is to connect young people who have serious mental health issues to the community resources appropriate to address those needs.

Have you ever (select all that apply)	All participants (N=219)		PAL recipients (N=110)		Aftercare only participants (N=109)	
	<i>Initial</i>	<i>Exit</i>	<i>Initial</i>	<i>Exit</i>	<i>Initial</i>	<i>Exit</i>
Made plans to commit suicide	26%	36%	27%	37%	24%	34%
Attempted suicide	22%	28%	22%	30%	22%	27%
Been hospitalized for a suicide attempt	21%	27%	18%	24%	24%	30%
Ever inflicted self-harm in other ways (cutting, burning, etc.)	28%	26%	25%	34%	32%	37%

Have you ever (select all that apply)	All participants (N=219)		PAL recipients (N=110)		Aftercare only participants (N=109)	
	<i>Initial</i>	<i>Exit</i>	<i>Initial</i>	<i>Exit</i>	<i>Initial</i>	<i>Exit</i>
Made plans to commit suicide	56	78	30	41	26	37
Attempted suicide	48	62	24	33	24	29
Been hospitalized for a suicide attempt	46	59	20	26	26	33
Ever inflicted self-harm in other ways (cutting, burning, etc.)	62	77	27	37	35	40

**Iowa Aftercare Services Network -- Annual Outcomes Report
July 1, 2008 through June 30, 2009**

When asked about recent (past 6 months) suicide attempts or ideation or self-harm, the number of participants responding affirmatively is much lower. However, even a small number of such cases is cause for concern and suicide and depression are issues the Self Sufficiency advocates and DHS workers need to be aware of as they are working with youth who are transitioning from care to independence.

In the past 6 months have you (select all that apply)	All participants (N=219)		PAL recipients (N=110)		Aftercare only participants (N=109)	
	<i>Initial</i>	<i>Exit</i>	<i>Initial</i>	<i>Exit</i>	<i>Initial</i>	<i>Exit</i>
Made plans to commit suicide	4%	5%	3%	5%	5%	6%
Attempted suicide	2%	5%	1%	5%	4%	5%
Been hospitalized for a suicide attempt	2%	3%	3%	4%	1%	3%
Ever inflicted self-harm in other ways (cutting, burning, etc.)	8%	5%	5%	4%	12%	7%

In the past 6 months have you (select all that apply)	All participants (N=219)		PAL recipients (N=110)		Aftercare only participants (N=109)	
	<i>Initial</i>	<i>Exit</i>	<i>Initial</i>	<i>Exit</i>	<i>Initial</i>	<i>Exit</i>
Made plans to commit suicide	8	12	3	6	5	6
Attempted suicide	5	10	1	5	4	5
Been hospitalized for a suicide attempt	4	7	3	4	1	3
Ever inflicted self-harm in other ways (cutting, burning, etc.)	18	12	5	4	13	8

**Iowa Aftercare Services Network -- Annual Outcomes Report
July 1, 2008 through June 30, 2009**

The higher indications of alcohol and tobacco use can, in part, be attributed to participants reaching 21 years old. According to “The National Survey on Drug Use and Health (NSDUH) Report”^{***} issued from SAMHSA, over the past decade underage alcohol and substance use among full-time college students has remained steady. The NSDUH Report examines trends and patterns in the rates of alcohol use among full-time college students (ages 18-21) who have not yet reached the legal drinking age. This mirrors the ages of our IASN participants and there are many similarities in their substance and alcohol use. In summary the NSDUH found that:

- The rates of past month, binge, and heavy alcohol use among full-time college students aged 18 to 20 remained steady from 2002 to 2005
- Based on 2002 to 2005 combined data, 57.8 percent of full-time college students aged 18 to 20 used alcohol in the past month, 40.1 percent engaged in binge alcohol use, and 16.6 percent engaged in heavy alcohol use

During the past 30 days have you used (select all that apply)	All participants (N=219)		PAL recipients (N=110)		Aftercare only participants (N=109)	
	Initial	Exit	Initial	Exit	Initial	Exit
Any alcohol	23%	35%	23%	33%	23%	35%
Alcohol to intoxication (5+ drinks in one sitting)	7%	14%	6%	11%	8%	17%
Tobacco	44%	50%	35%	41%	53%	60%
Prescription drugs	22%	18%	21%	24%	23%	13%
Marijuana	6%	5%	3%	3%	10%	7%
Methamphetamine	<1%	<1%	0%	0%	1%	1%
Illegal Drugs other than marijuana or meth	1%	0%	0%	0%	2%	0%

Compared to the college students surveyed by SAMHSA, youth participants in Aftercare and those receiving PAL fall below the average for binge drinking and alcohol consumption.

^{***} U.S. Department of Health & Human Services. Office of Applied Studies; National Survey on Drug Use and Health The NSDUH Report. <http://www.oas.samhsa.gov/2k6/college/collegeunderage.htm>

**Iowa Aftercare Services Network -- Annual Outcomes Report
July 1, 2008 through June 30, 2009**

During the past 30 days have you used (select all that apply)	All participants (N=219)		PAL recipients (N=110)		Aftercare only participants (N=109)	
	<i>Initial</i>	<i>Exit</i>	<i>Initial</i>	<i>Exit</i>	<i>Initial</i>	<i>Exit</i>
Any alcohol	50	74	25	36	25	38
Alcohol to intoxication (5+ drinks in one sitting)	16	31	7	12	9	19
Tobacco	97	110	39	45	58	65
Prescription drugs	48	40	23	26	25	14
Marijuana	14	11	3	3	11	8
Methamphetamine	1	1	0	0	1	1
Illegal Drugs other than marijuana or meth	2	0	0	0	2	0

Since the information is based on self report, it is difficult to draw any definitive reasons for why youth seem to increase substance use from initial to exit. Besides aging closer to legal drinking age, other reasons for increased substance use could include using alcohol and other drugs to self-medicate undiagnosed or untreated mental health issues. Further investigation might produce more conclusive information.

**Iowa Aftercare Services Network -- Annual Outcomes Report
July 1, 2008 through June 30, 2009**

F) Percentage of participants who are able to access needed physical and mental health services

Definition: Number & percent of participants with primary physician; Number & percent of participants who have medical resources such as medication for mental or physical health. The percentage of youth with SED is reported as a reference point;

Having a primary source for health care has been identified as a key component in better overall health outcomes by the U.S. Department of Health and the American Medical Association for adults and children. Overall participants in the Iowa Aftercare Services showed improved outcomes in having medical resources and a primary care physician. The exception, this year, was among Aftercare only participants who reported a 6 percentage point decline from intake to exit in having a primary care physician, compared to an increase of 20 percentage points among last year's Aftercare only participants who reported having a primary care physician from intake to exit (63% to 83%).

Have a primary care physician	All participants (N=219)		PAL recipients (N=110)		Aftercare only participants (N=109)	
	Initial	Exit	Initial	Exit	Initial	Exit
Yes	70%	73%	72%	84%	67%	61%
No	27%	26%	25%	16%	30%	36%
unknown	3%	1%	3%	0%	3%	3%
	100%	100%	100%	100%	100%	100%
Have a primary care physician	All participants (N=219)		PAL recipients (N=110)		Aftercare only participants (N=109)	
	Initial	Exit	Initial	Exit	Initial	Exit
Yes	153	159	80	92	73	67
No	60	57	27	18	33	39
unknown	6	3	3	0	3	3

**Iowa Aftercare Services Network -- Annual Outcomes Report
July 1, 2008 through June 30, 2009**

There also appears to be a correlation between having a primary care physician and having needed medical resources available. We see the same pattern as in the previous outcome table; more participants are entering services with needed medical resources met, than in previous years. At the time of exit 9 out of 10 participants describe having resources to meet their medical needs

Have medical resources needed	All participants (N=219)		PAL recipients (N=110)		Aftercare only participants (N=109)	
	Initial	Exit	Initial	Exit	Initial	Exit
Yes	85%	91%	87%	93%	82%	89%
No	15%	9%	13%	7%	18%	11%
	100%	100%	100%	100%	100%	100%

Have medical resources needed	All participants (N=219)		PAL recipients (N=110)		Aftercare only participants (N=109)	
	Initial	Exit	Initial	Exit	Initial	Exit
Yes	186	199	96	102	90	97
No	33	20	14	8	19	12

With only minimal fluctuations over the past seven years, 6 out of 10 participants in the Iowa Aftercare Services Network have been diagnosed with one or more Serious Emotional Disorders (SED). Because the Aftercare Network is not intended or designed to provide professional mental health services, accessing appropriate services in the community for these young people is critical, yet challenging. According to anecdotal information collected from case files and IASN staff, youth participant compliance with psychotropic medication and or therapy is very low. This often creates barriers for the youth in achieving long term independence and self-sufficiency. Some youth come in without the correct indication of whether or not they are SED. If SED is suspected then IASN staff can arrange for a mental health assessment with a licensed mental health professional. This is the reason why SED status between initial interview and exit can at times increase.

Diagnosed in the past 12 months with SED	All participants (N=219)		PAL recipients (N=110)		Aftercare only participants (N=109)	
	Initial	Exit	Initial	Exit	Initial	Exit
Yes	51%	55%	42%	45%	59%	65%
No	45%	44%	53%	64%	38%	34%
unknown	4%	1%	5%	1%	3%	1%

**Iowa Aftercare Services Network -- Annual Outcomes Report
July 1, 2008 through June 30, 2009**

Diagnosed in the past 12 months with SED	<i>Initial</i>	<i>Exit</i>	<i>Initial</i>	<i>Exit</i>	<i>Initial</i>	<i>Exit</i>
	Yes	111	121	46	50	65
No	99	96	58	59	41	37
unknown	9	2	6	1	3	1

Fewer PAL recipients are SED than Aftercare only participants (45% among PAL compared to 65% of Aftercare only). The most common reported SEDs are Depressive Disorders with 27% of all SED participants (and 44% of PAL participants) receiving that diagnosis or having Depressive Mood disorder confirmed over the past 12 months with a mental health professional.

Confirmed diagnosis with in past 12 months	All participants		PAL recipients		Aftercare only participants	
	<i>Initial (N=111)</i>	<i>Exit (N=121)</i>	<i>Initial (N=46)</i>	<i>Exit (N=50)</i>	<i>Initial (N=65)</i>	<i>Exit (N=71)</i>
Anxiety Disorder - PTSD or Acute Stress Disorder	2%	3%	4%	4%	0%	3%
Anxiety Disorder - Other	2%	1%	0%	0%	3%	1%
Behavior Disorders - Attention Deficit /Hyperactivity Disorder	11%	12%	7%	6%	14%	17%
Behavior Disorders - Oppositional Defiant Disorder	5%	2%	4%	0%	6%	3%
Behavior Disorder - other	9%	2%	0%	2%	15%	1%
Mood Disorder - Depression or other Depressive disorder	27%	27%	41%	44%	18%	17%
Mood Disorder - Bipolar Disorders	4%	5%	0%	4%	6%	6%
Mood disorder - Other	7%	5%	9%	4%	6%	6%
Personality disorders	2%	2%	0%	0%	3%	3%
Dual Diagnosis (substance abuse + DSM-IV diagnosis)	17%	20%	24%	22%	12%	18%
Multiple DSM-IV diagnosis (more than one main category)	14%	21%	11%	14%	17%	25%
	100%	100%	100%	100%	100%	100%

**Iowa Aftercare Services Network -- Annual Outcomes Report
July 1, 2008 through June 30, 2009**

Confirmed diagnosis with in past 12 months	All participants		PAL recipients		Aftercare only participants	
	Initial (N=111)	Exit (N=121)	Initial (N=46)	Exit (N=50)	Initial (N=65)	Exit (N=71)
Anxiety Disorder - PTSD or Acute Stress Disorder	2	4	2	2	0	2
Anxiety Disorder - Other	2	1	0	0	2	1
Behavior Disorders - Attention Deficit /Hyperactivity Disorder	12	15	3	3	9	12
Behavior Disorders - Oppositional Defiant Disorder	6	2	2	0	4	2
Behavior Disorder - other	10	2	0	1	10	1
Mood Disorder - Depression or other Depressive disorder	30	34	19	22	11	12
Mood Disorder - Bipolar Disorders	4	6	0	2	4	4
Mood disorder - Other	8	6	4	2	4	4
Personality disorders	2	2	0	0	2	2
Dual Diagnosis (substance abuse + DSM-IV diagnosis)	19	24	11	11	8	13
Multiple DSM-IV diagnosis (more than one main category)	16	25	5	7	11	18

According to the World Health Organization, nearly 20% of children and adolescents worldwide suffer from some type of emotional or behavioral problem. The U.S. Surgeon General reports that roughly 1 out of 10 children in the United States experience mental illness to a degree of impairing their normal functioning. By contrast, the prevalence of mental illness among foster youth according to the Child Welfare League of America can range between 40-85%. It is apparent that mental health is a cornerstone issue and major challenge for many youth who are trying to achieve independence and self-sufficiency after foster care.

**Iowa Aftercare Services Network -- Annual Outcomes Report
July 1, 2008 through June 30, 2009**

G) Percentage of participants who have or know how to obtain essential documents such as: birth certificate; social security card; medical and educational records

Definition: Participants have essential documents or know how to obtain the documents.

In previous years, the majority of aftercare participants reported knowing how to obtain essential documents and some participants claimed they could look it up in their TIPS binder, given to them by the Transitional Planning Specialists before they exit care. However, when IASN staff would ask how or where participants needed to go to get the documents, many did not know. Over the years IASN staff has become more aware of pushing youth a little when they give such absolute answers about complicated processes such as obtaining documents. The result of the more in-depth questioning can be seen in the answers youth now give regarding essential documents and records. Also, when we look at PAL recipients vs. Non-PAL we discover that the Aftercare only group is much less likely to know how to obtain essential documents than their PAL counter-parts at the time of the initial interview.

Knows how to obtain essential documents - select all that apply	All participants (N=219)		PAL recipients (N=110)		Aftercare only participants (N=109)	
	Initial	Exit	Initial	Exit	Initial	Exit
Birth certificate	78%	95%	92%	96%	63%	94%
Social security card	83%	98%	98%	100%	69%	95%
Medical records (including immunization record)	58%	92%	84%	96%	33%	88%
Educational records	62%	93%	88%	96%	36%	90%
None of the above	6%	2%	1%	0%	21%	4%

Knows how to obtain essential documents - select all that apply	All participants (N=219)		PAL recipients (N=110)		Aftercare only participants (N=109)	
	Initial	Exit	Initial	Exit	Initial	Exit
Birth certificate	170	208	101	105	69	103
Social security card	182	214	107	110	75	104
Medical records (including immunization record)	128	201	92	105	36	96
Educational records	136	204	97	106	39	98
None of the above	14	4	1	0	13	4

**Iowa Aftercare Services Network -- Annual Outcomes Report
July 1, 2008 through June 30, 2009**

In part the high percentage of PAL participants who have or know how to obtain their documents may reflect the necessity of having these documents for their employment and or education enrollment, both of which are requirements of the PAL program. Aftercare participants may not have these documents at intake because they are not enrolled in education programs or currently employed. Overall almost all participants, regardless of PAL eligibility, report knowing how to obtain essential documents. These findings suggest that continued efforts are needed to ensure that all older youth leaving care have their social security card and birth certificate which are critical for identification and employment purposes.

While many youth participants claimed to know how to obtain documents, most youth when asked did not have the essential documents needed for enrolling in higher education or getting a job (e.g. Social Security card; birth certificate; or immunization records). In 2006, we added a question to the Core Client Outcomes Interview, asking if the participants had essential documents in their possession. The item could be on their person or at their current residence. IASN staff were instructed not accept answers such as “I think it’s at my Aunt’s house” or “I think it might be at my former foster parents home,” as currently possessing the documents. We wanted to know the youth had ready access to the documents and could get them within 24 hours.

Currently possess (select all that apply)	All participants (N=219)		PAL recipients (N=110)		Aftercare only participants (N=109)	
	Initial	Exit	Initial	Exit	Initial	Exit
Birth certificate	54%	87%	73%	94%	36%	81%
Social security card	64%	91%	87%	95%	41%	88%
Medical records (including immunization record)	33%	57%	52%	63%	15%	50%
Educational records	52%	67%	79%	80%	25%	54%
None of the above	30%	5%	2%	2%	59%	8%

Currently possess (select all that apply)	All participants (N=219)		PAL recipients (N=110)		Aftercare only participants (N=109)	
	Initial	Exit	Initial	Exit	Initial	Exit
Birth certificate	119	191	80	103	39	88
Social security card	141	200	96	104	45	96
Medical records (including immunization record)	73	124	57	69	16	55
Educational records	114	147	87	88	27	59
None of the above	66	11	2	2	64	9

One of the most tangible self-sufficiency goals that Self Sufficiency Advocates work on with the youth participants is assisting them in obtaining essential documents and in some cases helping the youth find a safe place for them to keep the documents. Since IASN participants are very

**Iowa Aftercare Services Network -- Annual Outcomes Report
July 1, 2008 through June 30, 2009**

transient, finding a location to keep the documents safe has been a challenge. Many IASN agencies offer to keep at least a copy of the documents for the youth in their case files at the agency location. Other SSA's have assisted youth in obtaining safety deposit boxes, but finding a consistent and secure location is still a challenge for most youth.

H) Percentage of participants who attain educational goals

Definition: Participants currently enrolled in college, GED completion, or job training. Participants who have degree (anything beyond none - includes High School diploma, GED, Voc. Certificate, Higher Ed.)

The education enrollment questions on the CCO were originally intended to capture whether or not a youth participant was making progress in achieving education or education goals as part of their self sufficiency plan. While the question provides information on what percent of young people are still pursuing formal education or trying to complete degree programs, it is not necessarily a reliable question to assess outcomes. Many young people feel they have reached their educational goals and are not enrolled in any further training or education programs.

During the past 30 days have you used (select all that apply)	All participants (N=219)		PAL recipients (N=110)		Aftercare only participants (N=109)	
	<i>Initial</i>	<i>Exit</i>	<i>Initial</i>	<i>Exit</i>	<i>Initial</i>	<i>Exit</i>
Not enrolled	53%	59%	44%	54%	62%	64%
Enrolled, full time	36%	27%	45%	35%	27%	18%
Enrolled, part time	4%	10%	2%	8%	6%	12%
Other	7%	4%	9%	3%	5%	6%
	100%	100%	100%	100%	100%	100%

During the past 30 days have you used (select all that apply)	All participants (N=219)		PAL recipients (N=110)		Aftercare only participants (N=109)	
	<i>Initial</i>	<i>Exit</i>	<i>Initial</i>	<i>Exit</i>	<i>Initial</i>	<i>Exit</i>
Not enrolled	118	129	49	59	69	70
Enrolled, full time	78	59	49	39	29	20
Enrolled, part time	8	22	2	9	6	13
Other	15	9	10	3	5	6

Iowa Aftercare Services Network -- Annual Outcomes Report
July 1, 2008 through June 30, 2009

In order to receive a PAL stipend, participants must have, with very limited exceptions, completed high school. However, some enter the IASN receiving just aftercare services and then later meet the requirements for PAL. There are significant differences between Aftercare only and PAL participants' levels of education. The majority (81%) of PAL participants have a high school diploma or GED. By the time they exit 98% of PAL participants and 85% of Aftercare only youth have completed high school or obtained a GED. There was a dramatic improvement in the number of Aftercare only participants who are entering the IASN with a high school degree or GED. Last year(SFY08) only 56% had attained a high school diploma or GED when they first accessed services, but this year (SFY09) that increased to 71% and by the time this group of participants exited 85% had their high school degree or higher.

Highest Degree Received or completed	All participants (N=219)		PAL recipients (N=110)		Aftercare only participants (N=109)	
	Initial	Exit	Initial	Exit	Initial	Exit
High School Diploma	71%	78%	84%	88%	58%	67%
(A.A) Associates Degree	0%	2%	0%	2%	0%	2%
Vocational certificate or license	0%	1%	0%	1%	0%	1%
GED (Graduate Equivalent Diploma)	10%	11%	7%	7%	13%	15%
None of the above	19%	8%	9%	2%	29%	15%
	100%	100%	100%	100%	100%	100%

Highest Degree Received or completed	All participants (N=219)		PAL recipients (N=110)		Aftercare only participants (N=109)	
	Initial	Exit	Initial	Exit	Initial	Exit
High School Diploma	155	171	92	97	63	74
(A.A) Associates Degree	0	4	0	2	0	2
Vocational certificate or license	0	2	0	1	0	1
GED (Graduate Equivalent Diploma)	22	24	8	8	14	16
None of the above	42	18	10	2	32	16

**Iowa Aftercare Services Network -- Annual Outcomes Report
July 1, 2008 through June 30, 2009**

I) Percentage of participants who have Medicaid

Definition: Participants currently enrolled in Medicaid.

New legislation in 2007 and concerted efforts by DHS and others to automatically enroll youth leaving care at age 18 or older in Medicaid have been successful. More youth entering IASN services than ever before are currently enrolled in Medicaid. Medicaid for Independent Young Adults (MIYA), the coverage group specifically for youth aging out of foster care, has greatly improved the number of youth entering Aftercare and PAL with health insurance. Of participants who exited this year, over 90% were enrolled in Medicaid when they first accessed Aftercare services, compared to only 67% of the cohort of participants' who exited Aftercare in SFY 2008, who were enrolled in Medicaid when they entered Aftercare.

Currently Enrolled in Medicaid	All participants (N=219)		PAL recipients (N=110)		Aftercare only participants (N=109)	
	Initial	Exit	Initial	Exit	Initial	Exit
Yes	93%	93%	94%	97%	92%	89%
No	7%	7%	6%	3%	8%	11%
	100%	100%	100%	100%	100%	100%

Currently Enrolled in Medicaid	All participants (N=219)		PAL recipients (N=110)		Aftercare only participants (N=109)	
	Initial	Exit	Initial	Exit	Initial	Exit
Yes	203	204	103	107	100	97
No	16	15	7	3	9	12

**Iowa Aftercare Services Network -- Annual Outcomes Report
July 1, 2008 through June 30, 2009**

Required Data Element

J) Percentage of participants who have insurance other than Medicaid

Definition: Participants currently with health insurance coverage other than Medicaid.

Nine out of ten participants report having health insurance either through Medicaid or another provider. Employer provided insurance is rare and most Aftercare participants are either in school or working jobs that do not offer health care benefits. The youth who are enrolled in college or other education programs may take advantage of on campus health centers or student health insurance. Overall, there has been dramatic improvement in the number of youth who have some form of health care coverage. This is most likely due to the implementation of MIYA in 2007. Previous to the passage of the MIYA legislation up to 50% of IASN participants had no health insurance. We now see that nearly all have some form of coverage with the majority enrolling in Medicaid, most likely through the MIYA option.

Health Insurance Other than Medicaid	All participants (N=219)		PAL recipients (N=110)		Aftercare only participants (N=109)	
	Initial	Exit	Initial	Exit	Initial	Exit
Employer provided	1%	1%	0%	2%	2%	0%
Private pay	1%	3%	1%	0%	1%	6%
Other	5%	3%	5%	1%	6%	6%

Health Insurance Other than Medicaid	All participants (N=219)		PAL recipients (N=110)		Aftercare only participants (N=109)	
	Initial	Exit	Initial	Exit	Initial	Exit
Employer provided	2	2	0	2	2	0
Private pay	2	7	1	0	1	7
Other	11	7	5	1	6	6

**Iowa Aftercare Services Network -- Annual Outcomes Report
July 1, 2008 through June 30, 2009**

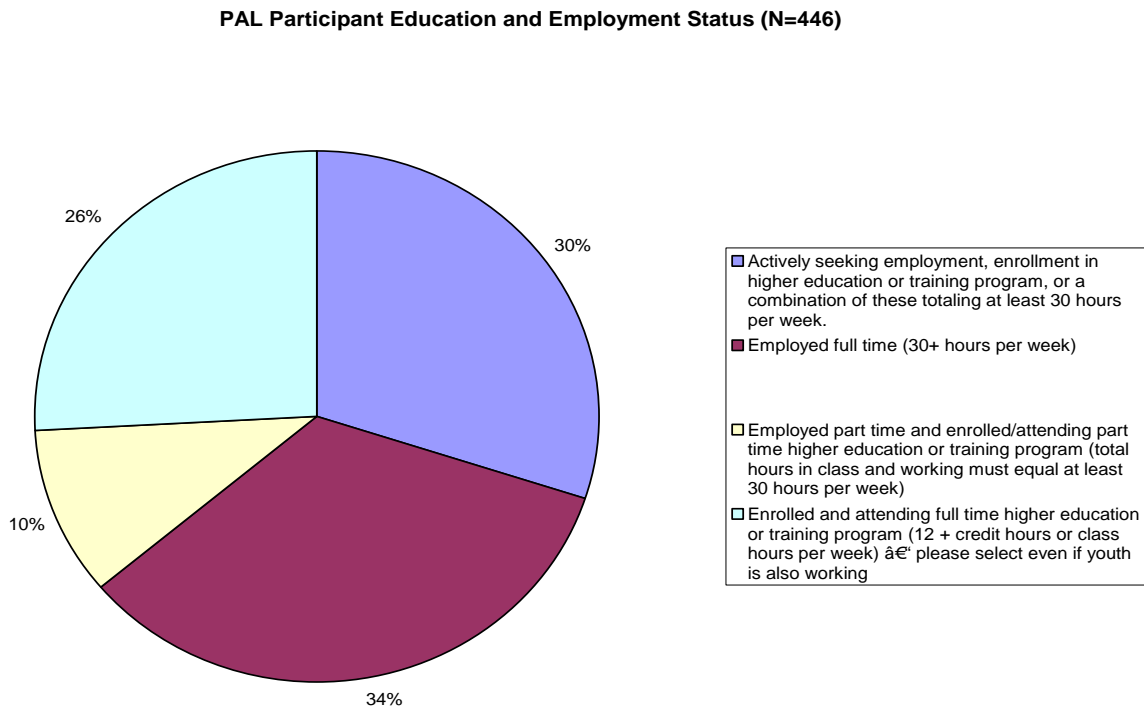
Additional Data Elements for PAL Participants

During the year, 446 youth participated in the PAL program. The following information is from those participants' most recent interview regardless of type. Approximately 36% of PAL participants during this report period were enrolled full or part time in school or a training program; 34% are employed full-time. (Chart K.1.1)

K) Number of PAL participants enrolled in an educational or training program full-time; employed full-time (as defined in IAC 331-187.11(4)); enrolled in an educational or training program part-time and employed part-time

K.1.1. PAL Participants		
PAL Participant Employment and Education Status	N=446	N=446
Actively seeking employment, enrollment in higher education or training program, or a combination of these totaling at least 30 hours per week.	134	30%
Employed full time (30+ hours per week)	152	34%
Employed part time and enrolled/attending part time higher education or training program (total hours in class and working must equal at least 30 hours per week)	45	10%
Enrolled and attending full time higher education or training program (12 + credit hours or class hours per week) – please select even if youth is also working	116	26%

Chart K.1.1. PAL Participant Employment and Education Status



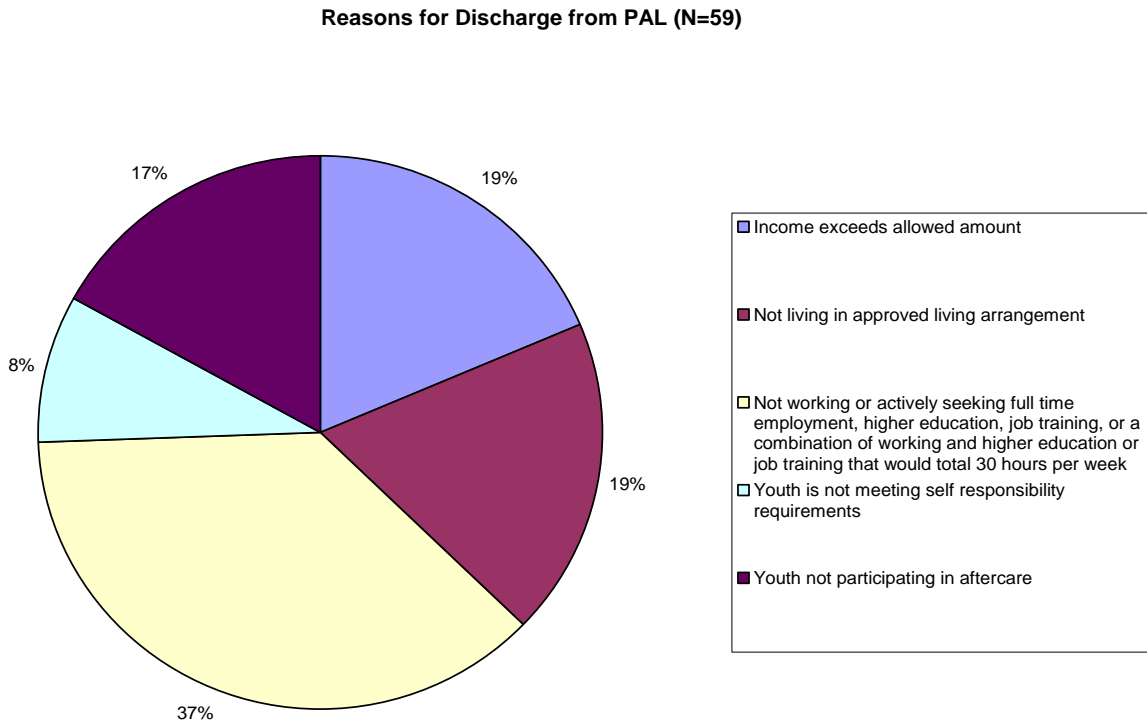
**Iowa Aftercare Services Network -- Annual Outcomes Report
July 1, 2008 through June 30, 2009**

Of the 446 PAL participants served, 59 lost their PAL status and were therefore discharged from PAL during the report period, primarily because they were not actively working or seeking employment or higher education as required by PAL eligibility rules. Those young people who lost their PAL status may or may not have continued to receive Aftercare Services without a PAL stipend. The 109 PAL exits referred to earlier in the report were participants who had received PAL and exited all IASN services.

L.) Number of PAL participants discharged from the program and reason for discharge

L.1.1. PAL Participants		
PAL Participant Discharge Reason	N=59	N=59
Income exceeds allowed amount	11	19%
Not living in approved living arrangement	11	19%
Not working or actively seeking full time employment, higher education, job training, or a combination of working and higher education or job training that would total 30 hours per week	22	37%
Youth is not meeting self responsibility requirements	5	8%
Youth not participating in aftercare	10	17%

Chart L.1.1. PAL Participant Discharge



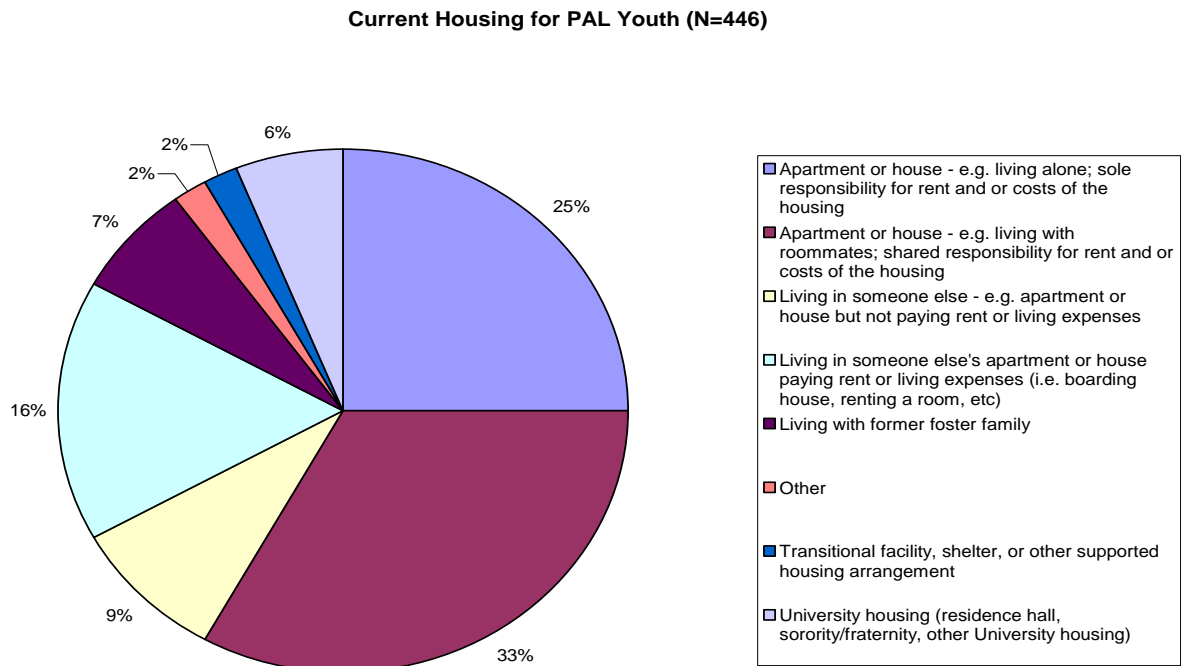
**Iowa Aftercare Services Network -- Annual Outcomes Report
July 1, 2008 through June 30, 2009**

PAL participants have a variety of living arrangements, with most living alone or with others and paying towards their housing costs. Only 7% report living with a former foster family and 9% are living rent free in someone else's home. This might include other family or supportive friends that are providing housing for the youth participant. (Chart M.1.1).

M) Living arrangements of PAL participants

M.1.1. PAL Participants		
PAL Participant Living/Housing Situation	N=446	N=446
Apartment or house – living alone; sole responsibility for rent and or costs of the housing	112	25%
Apartment or house – living with roommates; shared responsibility for rent and or costs of the housing	147	33%
Living in someone else's apartment or house but not paying rent or living expenses	40	9%
Living in someone else's apartment or house paying rent or living expenses (i.e. boarding house, renting a room, etc)	71	16%
Living with former foster family	31	7%
University housing (residence hall, sorority/fraternity, other University housing)	9	2%

Chart M.1.1. PAL Participant Living/Housing Situation



Iowa Aftercare Services Network -- Annual Outcomes Report July 1, 2008 through June 30, 2009

It is noteworthy that only 2% of PAL participants attending college or universities live on campus. There are many participants that attend community colleges that do not offer on campus housing, however for those attending traditional colleges living on campus offers many social and academic benefits. Students that live on campus in student housing, have higher graduations rates than their fellow classmates that reside off campus or at home. One area where Aftercare could potentially have impact in improving success in higher education would be to encourage PAL participants to live on campus if the option is available.

Conclusion

The outcomes data presented in this report yields valuable information regarding the impact of Iowa Aftercare Services. Using an interview format conducted at the intake and exit of the youth's participation allows us to see the issues facing youth after exiting foster care services and discern by the time of their exit from Aftercare Services, if participating has improved the chances of the youth's successful transition to independence. By the time our participants exit services:

- 98% are housed, living in their own home or apartment or sharing the rent responsibilities with someone else.
- 98% report having a positive and supportive relationship with an adult aside from their Self-Sufficiency Advocate.
- 97% have health insurance through Medicaid
- 92% have graduated from High School or received their GED

Youth participants may exit the program at any time and tend to be transient. This often results in many participants entering, exiting and re-entering the IASN. It is important to note those exit interviews are not equated with successful completion of any program in the IASN. It is common for youth to exit because they did not want continuous services or did not meet self-responsibility requirements. Participants with exit interviews may have left the program prior to receiving the full benefit of services. These factors also create challenges in analyzing and interpreting the data. If anything, the data reflect the complexity of measuring outcomes for youth exiting foster care and suggest numerous areas for further inquiry to more fully understand the challenges and successes of these young people and of the services and supports that they need to become successful adults.