

You're about to be on your own ...

## So, now what?

Becoming an adult means making lots of tough decisions, and it can be hard. The **Iowa Aftercare Services Network (IASN)** is a group of organizations across the state that support youth who have aged out of foster care\* or other court-ordered placement. We can help you reach your personal goals for: **education, employment, housing, health, life skills and relationships.**



ON YOUR OWN BUT NOT ALONE



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800.447.1985

[iowaaftercare.org](http://iowaaftercare.org)



**Lead Provider Agency:**

YSS

515.233.3141 • [yss.org](http://yss.org)

**Coordination and evaluation provided by:**

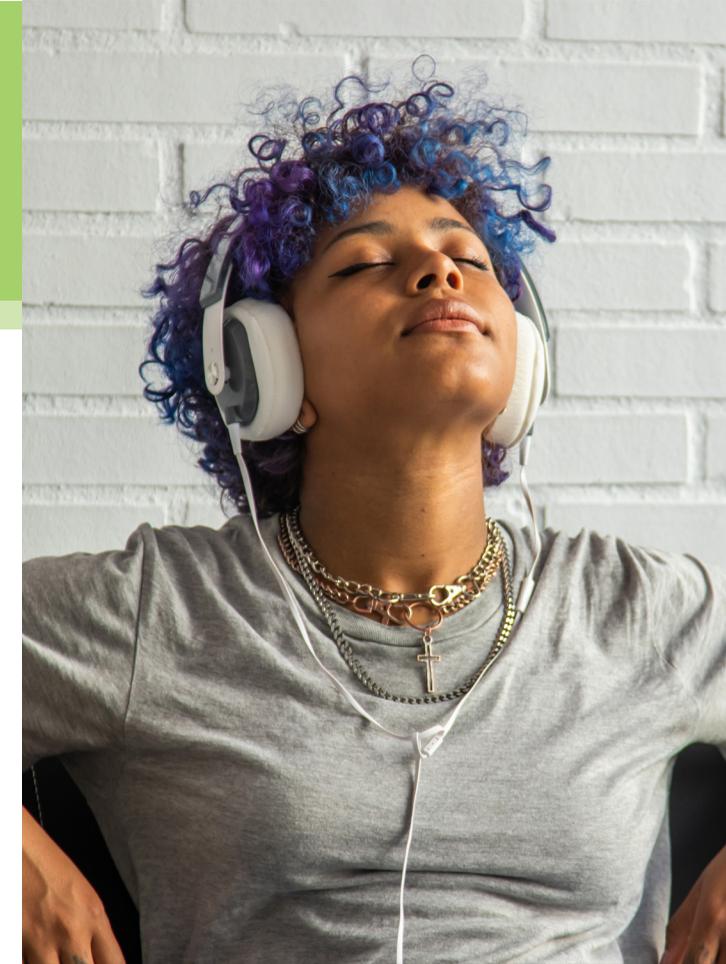
ISU-Child Welfare Research and Training Project (CWRTP)

515.567.0441

[childwelfareproject.hs.iastate.edu](http://childwelfareproject.hs.iastate.edu)

**Funding provided by:**

Iowa Department of Health and Human Services (HHS) • [hhs.iowa.gov](http://hhs.iowa.gov)



### IASN Partner Agencies

Several months prior to leaving foster care or any time after aging out, you can contact your worker or call **800.447.1985** to be referred to one of these IASN agencies:

- American Home Finding Association
- Children's Square USA
- Ellipsis
- Family Resources
- Foundation 2
- Four Oaks
- YSS (**Lead IASN Agency**)

*I really don't know where I would be if I didn't get the help from Aftercare. They really helped put me on a better path.*

— Aftercare participant, 2024

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



# The Network

If you're wondering what to do when you age out, check out Aftercare services.

It's not about where you've been, it's about where you're going ...

The Aftercare Network helps hundreds of youth across Iowa become successful adults every year. We can help you explore your options and get connected to the right resources when you exit care.

## You don't have to do this alone.

If you choose to participate in Aftercare, you'll be paired with a Self-Sufficiency Advocate (SSA). Advocates are available to offer help and guidance, but they also recognize and respect your independence as an adult.

### Your advocate will work with you to:

- Set and reach personal goals.
- Find and keep a safe place to live.
- Obtain funds to pay for emergency expenses and bills.
- Enroll in college or job training, and/or get a job.
- Find a doctor, dentist, or counselor.
- Master skills you need to live on your own.

## Individualized Services

### Pre-Aftercare (ages 17 - 18)

We understand that aging out can be both exciting and a little scary. Connecting with an Aftercare advocate before you age out can help you understand the options available to you and prepare you for the transition to Aftercare services when you exit care. If you're interested in the Aftercare program, talk to your worker. They can help you get started.



### Core Aftercare (ages 18, 19, and 20)

If you have experience with out-of-home placement, you've already faced challenges that most people never have to deal with. By choosing to participate in voluntary Aftercare services, you get the independence you want when you age out, and guidance in making decisions that are right for your future. Through Aftercare, you gain: access to a supportive adult, life skills training, financial assistance, and connections to countless resources.

### As a Core Aftercare participant, you may be eligible for financial support:

#### Preparation for Adult Living (PAL stipend)

A monthly stipend based on factors such as age and income. You must have exited placement at age 18 or older and be enrolled in an education or work training program, and/or be employed.

#### Vendor payments

Limited emergency assistance for those who do not qualify for the PAL stipend.

### Extended Aftercare (ages 21 and 22)

Extended Aftercare services include periodic check-ins with your advocate, and referrals to needed services. As you near age 23, services become more of a safety net that provides support and assistance as needed. Extended Aftercare participants with demonstrated financial need may be eligible for limited assistance.

## How helpful is Aftercare/PAL overall?

Aftercare participants rate us:

**4.7 out of 5**



Source: April 2022 Satisfaction Survey