



“Aftercare has helped me out with many things, and I appreciate those I work with from Aftercare. —Aftercare participant 2022

## 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. 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 a with an Aftercare Self-Sufficiency Advocate (SSA) who partners with them to address barriers and achieve their goals. In addition, 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
- Ellipsis
- Family Resources
- Foundation 2
- Four Oaks
- Young House Family Services
- YSS (**Lead IASN Agency**)

### Eligibility Requirements for Aftercare services

- Iowa residents between 18 and 23 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 17½ and 18 and have been in any combination of care for at least 6 of the previous 12 months.
- Adopted from foster care or entered a subsidized guardianship arrangement from foster care, on or after their 16<sup>th</sup> birthday.

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

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

- Meet with a Self-Sufficiency advocate (SSA) 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.



## Financial Assistance available (ages 18, 19, and 20)

### To qualify for the monthly PAL stipend, youth must:

- Be an Iowa resident.
- Have left State-paid foster care, STS or court-ordered detention on or after their 18<sup>th</sup> birthday.
- Be enrolled in secondary or post-secondary education, job training, or working (80 hours a month).
- Report changes in earned and unearned income to the advocate within ten days from receiving the income or from the date income ended.

**Note:** The stipend amount is based on age and income.

### Vendor Payments:

- Limited financial assistance is available for those not eligible to receive the PAL stipend to help with emergency expenses.
- Youth must show there is no other means to meet the needs covered by the vendor payment.
- Youth will contribute to the cost of the expense to the extent they are able.

## Extended Aftercare (ages 21 and 22)

Step down from Core Aftercare that includes periodic check-ins with an advocate who provides support and referrals to needed services. Limited financial assistance is also available to those who demonstrate financial need.

This fact sheet was prepared by the Iowa State University Child Welfare Research and Training Project (CWRTP). CWRTP provides policy development, technical assistance, quality assurance, marketing and evaluation services for the IASN, under a subcontract with lead agency YSS. For more information visit [childwelfareproject.hs.iastate.edu](http://childwelfareproject.hs.iastate.edu) and [yss.org](http://yss.org).

**Funding provided by:**  
Iowa Dept. of Health and  
Human Services  
[hhs.iowa.gov](http://hhs.iowa.gov)



## When should IASN be contacted?

**Pre-Aftercare** services are available to youth who are at least age 17 and expected to participate in Aftercare services at age 18 or older. The referring worker should complete and send a referral form 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.**

