What Now?

A Guide for Kids in Nebraska's Juvenile Court System



- Child welfare process
- Planning for your future
- Forms
- Resources

STATE OF NEBRASKA JUDICIAL BRANCH

Court Improvement Project

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Introduction

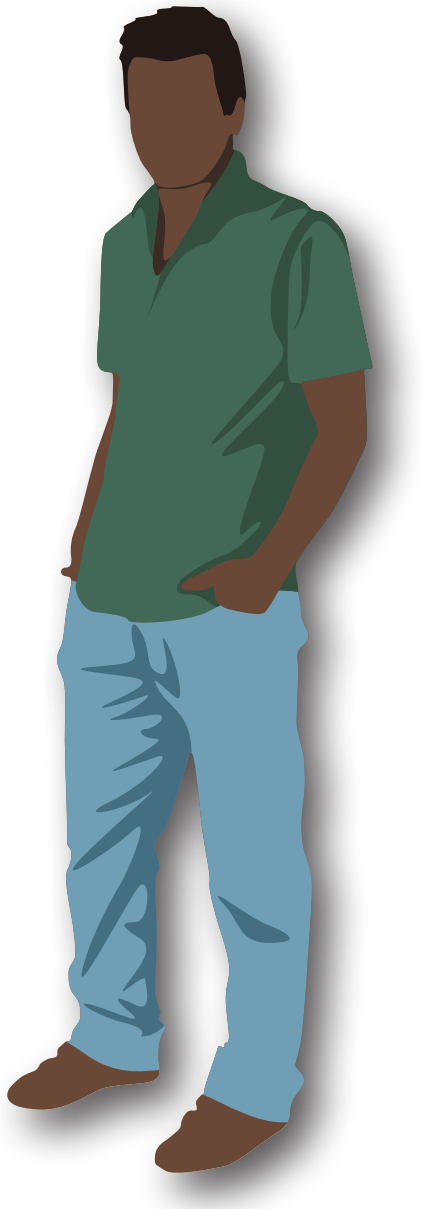
So what's going on?

Going to court can be a scary and confusing experience. There are a flood of emotions and feelings and a tidal wave of things coming at you. You may not know what's going on.

This book was made to help kids learn what happens in child welfare cases (when kids are taken from unsafe homes). If you are also involved in the juvenile justice system, look on page 22 of this book to find a link to a guide on that process.

There are three sections that describe who is involved in the things going on, what things might be happening, what rights you have, and who you can contact with questions or problems.

The first section covers the Child Welfare process. If the State believes children are not safe in their home, they will file charges against parent(s). The court will hear the evidence and decide if there was any **abuse** or **neglect** going on. **You have a right to be involved and to be listened to**. This book will show you what you can do to be heard.



The second section goes over some of the things kids need to think about as they transition into being an adult. There are lots of things you need to do when you're an adult that don't seem very important to you as a kid. But you do need to learn about those adult things as you grow up.

The last section of the book lists a lot of resources that might help you.

There are lots of people you will meet along the process. They all want to see you succeed and be the best person you can be. They all want to help you through the process. This book will help you understand those processes and what you can do to help yourself.

What exactly is the ***Child Welfare Process?***

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What exactly is the **Child Welfare Process?**

Understanding the process makes the entire experience less confusing and puts you in a better position to let the court know what you need. Juvenile courts started over 100 years ago in Chicago, Illinois, because people recognized that needs of kids were not being met in the adult court. Every state in the United States now has a juvenile court system.

Types of Cases Filed in Juvenile Court in Nebraska:

1. Child welfare cases generally filed against parent(s) when the state believes a child is being abused or neglected; and

2. Juvenile justice cases are filed when the State believes a kid has broken the law.

Child welfare cases are also referred to as "abuse and neglect" cases or "3(a)" cases. They are called "3(a)" cases because the law that allows the State to File the case is Nebraska Revised Statute §43-247(3)(a). In most child welfare cases, if the State files a petition, the judge will **temporarily put you in the custody or care of the Department of Health and Human Services (DHHS)**. Then you will temporarily become a state ward, meaning that the State is responsible for your care and placement. A "3(c)" case is filed if a youth has mental health concerns that put the youth at risk of harming themselves or others.

How did this happen?

Hotline or police call — Most likely, this all started because someone believed you were being abused or neglected and called the abuse/neglect hotline or the police. Abuse and neglect can mean many different things. Abuse can be either physical abuse or sexual abuse. Neglect means your parent(s) is not meeting all of your basic needs.

Investigation — Once a person calls the hotline or the police, DHHS starts an investigation to determine if you are being abused or neglected.

Petition — If DHHS finds that you are at risk of harm in an unsafe home or environment, they ask the County Attorney to file a 3(a) petition in juvenile court. The most common reasons for filing a child welfare case are a parent's drug or alcohol use, a parent's mental health, domestic violence, unsafe home, or lack of supervision.

Court — When a petition is filed, that means a judge becomes involved in the case and will determine if abuse and neglect happened, if you are at risk of harm, and f your parent(s) need to do anything to fix the situation. The judge may order that you live in a foster home while your parent(s) work on ways to make your home safe. The judge will also provide you an attorney called a **guardian ad litem (GAL)**, whose job is to talk with you and tell the judge what is in your best interests.

The goal of DHHS and juvenile court involvement is to help you and your family. They are there to give your family the services and help it needs to become whole again. Some things the court may order involves you, like family therapy, but there are other things the court may order that your parent(s) need to complete on their own, like drug treatment. However, never forget that you are part of this case and you have a voice. Your judge wants, and needs, to hear from you to make a good decision.

What exactly is the **Child Welfare Process?**

Who are all of these people?

There are many people who are part of a juvenile court case. Some or all of the individuals listed below may be a part of your case.



Caseworkers

If you are placed in foster care, you may meet a caseworker right away who will talk to you about what is going on. They are called *initial assessment caseworkers*. Later, you will get a caseworker who is assigned to your case. This is called an *on-going caseworker* or a *family permanency specialist*. Their job is to provide and coordinate services in your case and to keep in contact with you and your family on a regular basis. They also write a report to the judge to let them know how things are going.

Judge



Once a case is filed in juvenile court, a judge is assigned to the case. The judge is the person who makes the decisions about what will happen in your case. They will make sure you are getting the things you need. **If you are not getting what you need, make sure to let the judge know.**



Guardian ad Litem (GAL)

If you are involved in the child welfare system, you and your brothers and sisters will have a lawyer called a **guardian ad litem, or GAL**. The GAL is supposed to meet with you within two weeks of you being removed from your home. It is important that you talk with your GAL about what you want because **their job is to work for you** and what is in your best interests. Your GAL has to meet with you at least every six months but should talk with you more often than that. Your GAL should also know of major changes in your life and should know what you think and want before going into a court hearing. **If you are trying to contact your GAL and they is not responding, tell your judge.** You can do this at the court hearing, or you can fill out the Youth Court Questionnaire (see questionnaire on page 29).

Your Attorney



Sometimes in a child welfare case, you are entitled to an attorney, also called a lawyer. Your attorney knows how the process works and it is their job to let you know what the law is and guide you through the process. Things that you tell your attorney are confidential, meaning they cannot tell anyone else, unless you want them to. They must work towards the outcome, or ending, that you want and the court must provide you with a lawyer at no cost if you cannot afford one.



County Attorney

The attorney who brings your case to the court's attention by filing the petition in court is called a county attorney. The county attorney has to prove to the judge that what they put in the petition is true. The county attorney also represents the interests of the State and county.

Parent's Attorney



In a child welfare case, your parent(s) have a right to an attorney whose job is to advise them about the law and to advocate for their rights. If your parent(s) cannot afford an attorney, the court will appoint an attorney to represent him or her at no cost.



Court-Appointed Special Advocate (CASA)

A CASA is a volunteer who works to help you get the things you need and provide recommendations or suggestions to the court of what is in your best interests. Not every young person has a CASA volunteer, but you can ask the judge if one can be put on your case.

What exactly is the **Child Welfare Process?**

What happens in court?

The first step in any case is the filing of a petition. A petition is a form that says what happened that led your family to juvenile court. After the filing of a petition, there are a number of court hearings that will be held. Be sure to ask your caseworker or GAL when the hearings will be held because you have a right to be there and know what's going on. Being in court is another chance for you to talk directly to the judge and make your voice heard.

Protective Custody Hearing

When a child is removed from the home, the judge must have a hearing to figure out if taking you from the home was necessary and whether it was fair. The judge will decide whether reasonable efforts were made to keep you at home and whether you need to remain in foster care for a longer amount of time. The judge will likely talk about plans for you to see your parent(s) and your brothers and sisters (if you are not with them) and any services that can be started which can help your family. If the judge keeps you in temporary DHHS custody, this means that DHHS can make decisions regarding your care that would normally be made by your parent(s).

Adjudication Hearing

This is the hearing where the judge decides whether the *allegations* (allegations are the things someone claimed were happening to you that were unsafe) in the petition are true. Your parent(s) may either admit what is stated in the petition is true, or there may be a trial where the county attorney must present evidence to prove that what is stated in the petition is true. If the judge finds that the *allegations* are true, the court takes *jurisdiction* over the case. This means that the court can order certain things to be done.

Disposition Hearing

The disposition hearing is where your caseworker presents a report to the judge, which lays out what steps must be taken before you can safely be returned home. The report will recommend that your parent(s) do certain things like complete drug treatment or go to therapy.

Review Hearing

After the disposition hearing, the court will hold review hearings every three to six months. The purpose of the review hearing is for the judge to check on the progress in the case and see if anything needs to be added or removed from your case plan.

Permanency Hearing

If you are in foster care over 12 months, there will be a permanency hearing. (Learn more about Permanency on Page 35.) At this hearing the judge will take a hard look at your current permanency plan and decide if it should change or remain the same. For example, if the case goal has been for you to return home to your parent(s), but there has not been much progress towards that goal, the judge may change the goal to guardianship or adoption. The judge may also keep the goal at *reunification* (going back home) depending on the specific facts of your case.

Motion for Termination of Parental Rights

The law also allows the county attorney to file a motion for termination of parental rights (TPR) if it appears that reunification with your parent(s) is not possible in your case. If a TPR is filed, it is the State requesting that your parent(s)' parental rights be terminated. If your parent(s) voluntarily give up their parental rights or if the judge finds enough evidence to terminate your parent(s)' rights, you are then free to be adopted by another family member, your foster parent(s), or another person.

What exactly is the **Child Welfare Process?**

When do things happen?



So how long do all of these things take? The short answer is that it really depends a lot on other people.

The time lines in child welfare cases are guidelines meant to help families and get you back home, or in the best possible permanent placement, as soon as it's in your best interest. Case time-lines may be longer or shorter. Sometimes attorneys ask judges to continue, or delay, a hearing. If the judge agrees, they will grant a *continuance* and the hearing will be scheduled for another date.

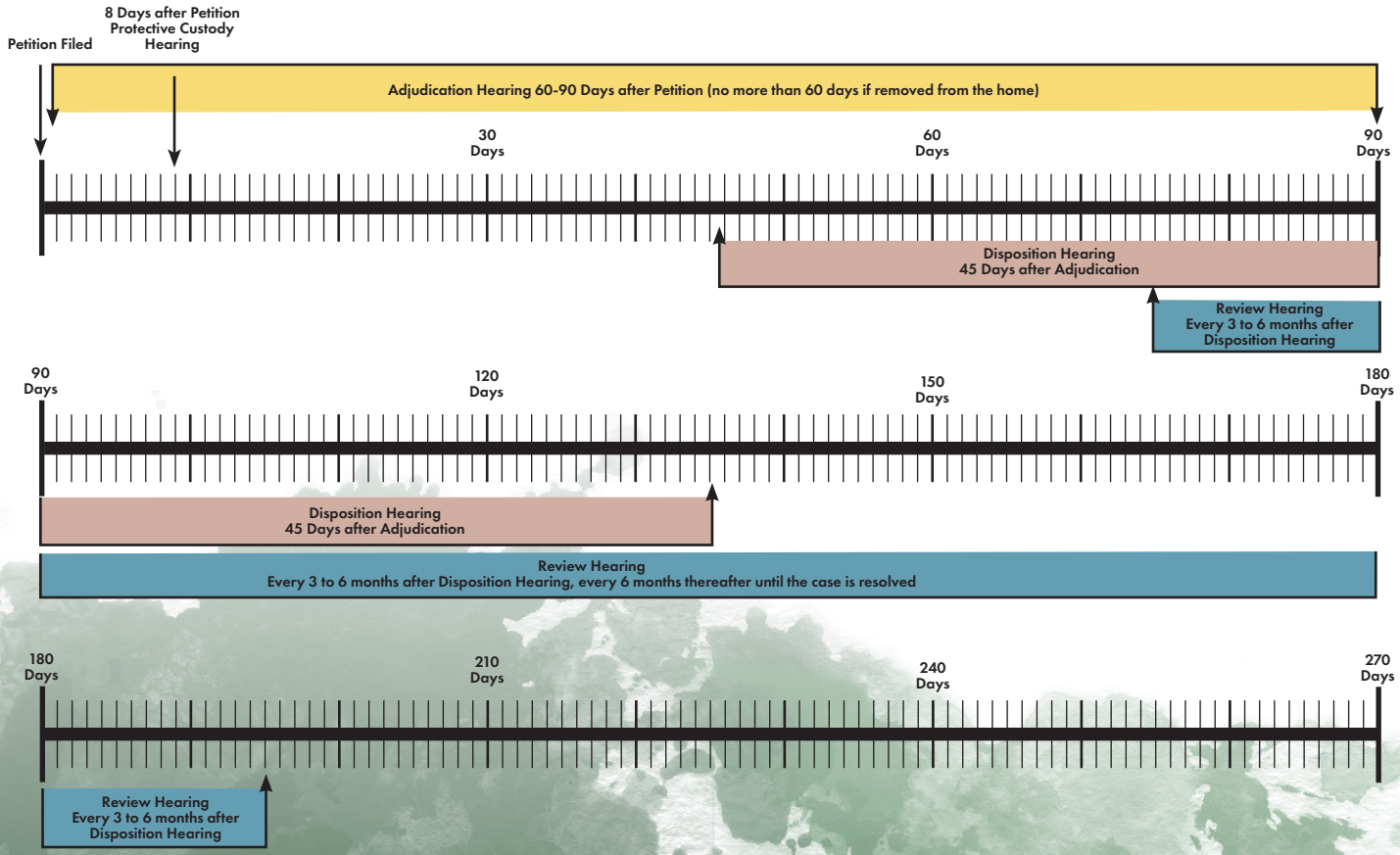
Protective Custody Hearing: This hearing should be held no later than eight days after child/youth is removed from home.

Adjudication Hearing: For children/youth removed from the home, this should be within 60 days of the petition being filed. For children/youth not removed from the home, this should be held within 90 days of filing the petition. If there are other factors, such as a termination of parental rights happening at the same time as adjudication, the case has complex issues, or the service requires additional time, the hearing may not be held in the above time-lines.

Disposition Hearing: Should be held within 45 days from the date of the adjudication hearing.

Review Hearings: Every six months.

Permanency Hearings: Twelve months after the date child/youth entered foster care, and annually every year after that.



What is a **Permanency Plan?**

What Can Happen — Permanency Goals

Every young person who is a *state ward* will have a permanency plan and a concurrent plan. A permanency plan is the main focus of the case and the concurrent plan is a back-up plan that is created in case the permanency plan does not work. The following are types of plans a court may adopt in your case. It is the judge's job to decide which plan is in your best interests.

Family Preservation

Family preservation means living with your mom and/or dad instead of going into foster care.

Reunification

Reunification means that you are in foster care now, but the goal of the case is that you return to the home that you were removed from.

Adoption

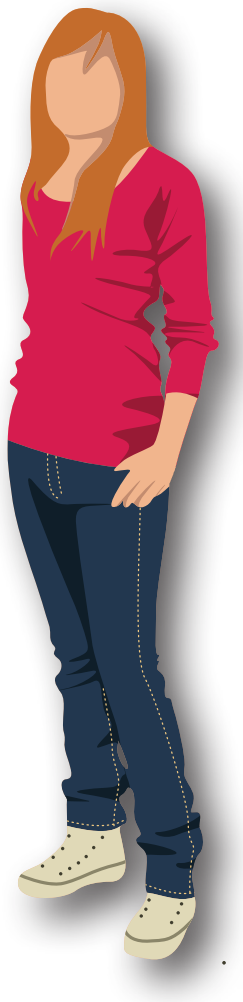
If reunification is not an option, the State may look at adoption. The State will look to see if there are other family members who are able to adopt you or your current foster parent(s) may adopt you as well. Before you can be adopted, your parent(s) must either agree to give up their parental rights or the court may terminate your parent(s)' rights. **If you are over 14 years old, the law requires that you consent to the adoption.**

Guardianship

Guardianship is where relatives, your foster parent(s) or other adults in your life become your legal guardian. **Kids 10 years and older must consent to a guardianship.** As your guardian they have many of the same rights and responsibilities as parent(s), but guardianship does not require the termination of your parent(s)' rights.

Another Planned Permanency Living Arrangement - APPLA (also known as Independent Living)

APPLA or independent living becomes more common as you get closer to your 19th birthday. If APPLA or independent living is your permanency plan, the goal of the court is to make sure that you have everything you need in order to succeed once your case is closed. Even if independent living is not your permanency plan, every young person in care who is over 16 years old must have an independent living plan.

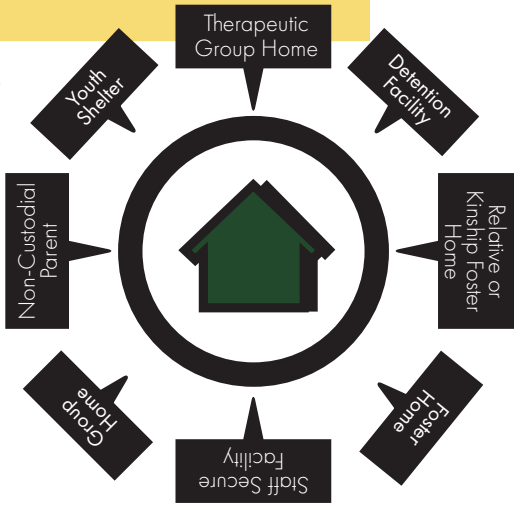


In most cases in Nebraska – almost 70% - young people are reunified with their parent(s)

However, if that does not happen, the court will continue to keep your case open until a guardian is found, you are adopted, you enter into independent living or you turn 19 years old. As always, your input is crucial to the judge making the best decision and you have a right to tell the judge what you would like to see happen in your case.

What is a **Permanency Plan?**

Possible Placements



The law is clear that the goal of juvenile court is to help you and your family in a way that causes the least amount of upset to your life. If you cannot stay at your home because of treatment or safety reasons, you should live as close to your home as is possible. See Neb. Rev. Stat. §43-532.

If you can't live at home, here are some possible placements:

Non-Custodial Parent
This is your parent who may not have custody of you. For example, if you were living with your dad, but you cannot stay there, the judge may have you live at your mom's house.

Relative or Kinship Foster Home
This is the home of one of your family members, like a grandparent or cousin. Let your caseworker, probation officer, GAL and/or attorney, CASA volunteer know if there is a relative you would like to live with.

Foster Home
A foster home is another family home that the judge may place you in. The word "foster" means to help someone (or something) grow. You may not know the foster family you are living with, but they are there to give you a safe place to live and grow until you can return home.

Youth Shelter
Youth shelters are short-term placements where kids live together while they are waiting for more permanent placement. There is staff there to provide support and supervision while you are waiting to go into foster care or a group home.

Group Home
A group home is a home where several young people live together and there is staff that is trained to help kids. Group homes provide a more structured environment than foster homes.

Therapeutic Group Home
A therapeutic group home is a home where kids live together while receiving treatment and supportive services. Therapeutic group homes provide therapy, nursing supports, education, and recreational activities, and psychiatric services.

Psychiatric Residential Treatment Facility
A psychiatric residential treatment facility provides individual treatment and recovery services to kids. They provide psychiatric rehabilitation, supervision and support for kids who have severe mental health needs. There is highly trained staff who will work with you until you are ready to return home.

Independent Living
Depending on your age and specific circumstances, you may be able to explore independent living.

Things to think about when giving your opinion about a Permanency option:

How old you are when your case is closed can impact several financial assistance programs you may be eligible for.

The Bridge to Independence Program (see page 23) provides services and support for young adults, but you cannot join that program if you are adopted or go into a guardianship before you are 16 or if your case closes before you are 19. In addition, how old you are when your case closes may affect your eligibility for Education Grants or health insurance.

Make sure you talk about these programs with your GAL or another adult before you decide what is best for you.

What are my ***rights?***

Because you matter!
The juvenile court system can be scary and confusing. You might feel powerless around judges, lawyers, caseworkers, probation officers and police officers. Which is why it is important to know that you have legal rights that **NO ONE** can take away. **The goal of the Juvenile Court System is to help YOU and it is important you are involved in the process.**

Do not let anyone tell you that you don't have rights because you are not an adult. Children and youth have the same basic rights under the United States Constitution as any human being.

Never forget that you have the right to be protected from physical, sexual, verbal and emotional abuse.

Who should be reviewing your rights with you and when?
Guardian ad Litem (GAL), Caseworker, Attorney, Foster Parent(s), CASA volunteer. If you're not sure who these people are, you can look at page 9. When you meet the people assigned to you, write their names and numbers (and email) down. There is space for that at the end of this book.

You should receive the DHHS Bill of Rights to read and sign within 72 hours of being removed from your home. This is what it looks like. ⟶

You can find a copy on page 28 of this book.

The adults on your team should also go over these rights every 3 months at your team meetings. But you don't have to wait for these meetings to ask questions. When you have questions, you should contact the people assigned to your case.

DHHS Foster Youth Rights Form

- To have my basic needs met.
- To have my voice heard.
- To have honest and clear communication.
- To live in the most family-like setting that is safe, healthy, and comfortable and meets my needs.
- To maintain family connections.
- To safely visit my family including my siblings unless the Department of Health and Human Services provides myself and the court reasons why such visitation or ongoing interaction would be unsafe.
- To participate in age or developmentally appropriate extracurricular, enrichment, and social activities and to have my caseworker and judge consult with and talk to me about my opportunities to participate in activities.
- To understand the system or systems in which I am involved.
- To access my personal information including but not limited to: my certified birth certificate, social security card, proof of Medicaid enrollment, health care card, immunizations, medical and educational records, and medical power of attorney.
- To receive a copy of my consumer credit report on an annual basis and help to correct any inaccuracies on the report.
- To be provided with the opportunity to learn life skills needed to successfully transition into adulthood.
- To an education.
- To be provided necessary medical care, including dental, mental health, behavioral health and substance abuse.
- To be notified of court hearings in my court case and to attend court hearings.
- To stay safe and avoid exploitation.

Next Court Hearing: _____

I have been provided with and understand my rights.

Youth Signature: _____ Date: _____

Children & Family Service Specialist: _____ Date: _____

Youth refused or was unable to sign:

Substitute Caregiver Signature: _____ Date: _____

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What are my **rights?**

United States Bill of Rights

The Constitution of the United States includes the Bill of Rights. The Bill of Rights is the first 10 amendments of the Constitution. We're all guaranteed these rights by the United States Constitution. We've highlighted the amendments that you probably need to know most.

1st Amendment: Freedom of religion, speech, press, assembly, and petition. You are free to practice your religion of choice, say what you think, gather peacefully in public and express your opinions to the government without punishment.

2nd Amendment: Right to keep and bear arms in order to maintain a well regulated militia.

3rd Amendment: No quartering of soldiers.

4th Amendment: Freedom from unreasonable searches and seizures. The government cannot arrest a person or search their property unless there is "probable cause" that a crime has been committed.

5th Amendment: Right to due process of law, freedom from self-incrimination, double jeopardy.

6th Amendment: Rights of accused persons, or example, right to a speedy and public trial. A person has the right to be told what they are charged with, have a fair and speedy trial by a jury, to have a lawyer during the trial and has the right to question witnesses against them and have the right to get their own witnesses to testify.

7th Amendment: Right of trial by jury in civil cases.

8th Amendment: Freedom from excessive bail, cruel and unusual punishments. The government cannot demand excessive bail, excessive fines, or any cruel and unusual punishment, including torture.

9th Amendment: Other rights of the people.

10th Amendment: Powers reserved to the states.

What are my **rights?**

DHHS Foster Care Bill of Rights

If you are removed from your home by the State, you should receive and sign a form (page 28) within 72 hours (3 days) of being removed from your home from the Department of Health and Human Services. The State promises to make sure you have the following rights:

Foster Care Bill of Rights

Quality of care provided to children placed in a foster family home or child-care institution is as close as possible to the care a child would receive in a family setting, provide such children with honest and clear communication and information to help them understand the system or systems in which they are involved, to provide consistent opportunities for such children to have their voice heard in their case, to support lifelong family connections.

1. To have my basic needs met.

   Basic needs are food, shelter, safety and well-being.

2. To have my voice heard.

   To provide advocates (GAL, Judge, Caseworker, CASA volunteer) who will listen to you and make sure your wishes are respected. To go to court or give information to the judge.

3. To have honest and clear communication.

4. To live in the most family-like setting that is safe, healthy, and comfortable and meets my needs.

5. To maintain family connections.

   To make sure you can keep in contact with your family members.

6. To safely visit my family including my siblings unless the Department of Health and Human Services provides myself and the court reasons why such visitation or ongoing interaction would be unsafe.

7. To participate in age or developmentally appropriate extracurricular, enrichment, and social activities and to have my caseworker and judge consult with and talk to me about my opportunities to participate in activities.

   To make sure you can attend school, church, or community functions and activities.

8. To understand the system or systems in which I am involved.

9. To access my personal information including but not limited to: my certified birth certificate, social security card, proof of Medicaid enrollment, health care card, immunizations, medical and educational records, and medical power of attorney.

   To make sure you can see and read your documents when you need to.

10. To receive a copy of my consumer credit report on an annual basis and help to correct any inaccuracies on the report.

11. To be provided with the opportunity to learn life skills needed to successfully transition into adulthood.

    To make sure you are being taught things like how to use a bank account and how to drive.

12. To an education.

13. To be provided necessary medical care, including dental, mental health, behavioral health and substance abuse.

14. To be notified of court hearings in my court case and to attend court hearings.

15. To stay safe and avoid exploitation.

Nebraska Strengthening Families Act - **Recommended Rights**

In April of 2016, Nebraska passed LB746. This bill adopted the Nebraska Strengthening Families Act. The Strengthening Families Act Committee makes suggestions and recommendations - basically giving advice to lawmakers - about how to make families stronger and more stable. This includes foster families. The SFA Committee gathered feedback rom many young people who were in foster care and put together a list of rights that they recommend to be adopted. They cover everything from making sure you can keep in touch with siblings and other family members to making sure you have the opportunity to learn skills to help you grow into adulthood. A lot of this is called *normalcy*. It's all advice to try to make your foster care experience as close to normal family life as possible, like allowing you the right to be a kid with age appropriate activities: learning to drive, going to prom or having sleepovers.

You can read all of the SFA Committee's rights for foster care at this website: https://tinyurl.com/ya9cu2w4

Some of the things covered by the SFA Recommended Rights

They cover your **personal rights**, like having your basic needs met and being able to get to a doctor when you need to. The recommended rights were drafted to make sure kids are free from discrimination on the basis of their race, gender, national origin, religion, mental or physical disability, gender identity, or sexual orientation

They cover **family connections**, making sure you can stay with siblings if possible, and keep in contact with family and other mentors and supportive adults. You should also be able to select an Advocate for Normalcy. This is an adult person in your life (coach, teacher, religious leader, family friend or relative) who you trust and can help you make sure that even though you are involved with the courts, your life can be as normal as possible.

There are sections on helping you get all of the rights due to you and making sure your voice is being heard throughout the process.

The **permanency** and **transition to adulthood** sections are there to make sure as time passes, you are experiencing the most normal environment possible.



Read all the SFA Committee Rights here:

http://www.childrens.nebraska.gov/PDFs/Reports/NTF/Voice%20Subcommittee%20Report%2011.02.2016.pdf

How do I get people to **listen to me?**

Knowledge is power, but unless you **use your voice**, no one will know what you want to do with your life. It can be frustrating when people are making decisions about your life without your input. **This section contains tips on how to make sure that your voice is heard.**

Be Involved

It is important to know who your case worker is and how to get a hold of him or her. There is space in the back of this book to write down their contact information. If you move or change numbers, make sure that you tell your caseworker or probation officer so they know how to contact you.

It is also important that you talk with your case worker on a regular basis. Tell him or her that you want to attend family team meetings or other meetings where people will be talking about your *case plan* and your future. Your opinion matters and should be taken into consideration at every point in your case. If you don't know what's in your case plan, talk to your case worker, GAL, attorney, CASA volunteer or foster parent(s). You can also talk to the judge whenever you attend court hearings.

Attend Court

You also have a right to know when court hearings are and to attend court hearings. Judges want to know what you think about everything that is going on and will take your views into consideration when they make their orders. In child welfare cases, be sure to tell your caseworker, GAL and CASA volunteer that you want to attend court hearings.

When you go to court make sure that you are on time, dress neatly, take off your hat, and make sure to turn off your cell phone. **Always be respectful when you speak to the judge and others in court. Call the judge "Your Honor."**

Write down notes or ask someone to help you keep track of what the judge orders, the names of the people involved in your case, and the next court date. Make sure to ask questions if there is something you do not understand, and ask for a copy of any court orders from your case. Most people don't understand everything that happens in court so don't worry if you don't understand, but always **ask questions of your attorney or GAL if you don't understand.**

If you are not comfortable speaking up during the hearing, you can ask to speak with the judge "in chambers." They may allow you to talk to them with a few other people, like your GAL, in their office.



Notes to take when you're in court

- What the judge orders
- Names of everyone in the case - like CASA volunteer, GAL, case worker
- Ask questions about anything you don't understand
- Ask for a copy of any court orders from your case

How do I get people to **listen to me?**

Complete Youth Court Questionnaire

Another way you can communicate with your judge is by filling out the Youth Court Questionnaire. A copy of the form can be found on this website:
supremecourt.nebraska.gov/sites/default/files/Programs/CIP/youth_court_form_june2014_0.pdf

Scan to go directly to the Youth Court Questionnaire

There are several ways to deliver the questionnaire to your judge:

- Give it to your GAL, CASA or caseworker
- Bring it with you to your next court hearing
- Mail it to the Clerk of the Court in your city or county

You can also ask your GAL, CASA or caseworker for a copy of the Youth Court Questionnaire.

Talk with your GAL and/or Attorney

It is very important that you have regular contact with your GAL and/or attorney. There is space in the back of this book where you can write down their contact information like phone numbers and email addresses. It is very important that you let them know if your address or phone number changes.

It is the job of your GAL and attorney to guide you through the court process and make sure you understand what is happening throughout your case. Your attorney has to advocate for what you want to happen in your case. What your GAL advocates for may or may not be exactly the same as what you want to happen. However, your GAL must consider your opinion before they tell the judge what they believe is in your best interest.

If you disagree strongly with your GAL about what they recommend, be sure to go to court or send in a Youth Court Questionnaire so the judge knows what you think. You can also ask the judge to appoint an attorney for you.

If you are in immediate danger call **911** or the Child Abuse and Neglect Hotline **1-800-652-1999.**

How do I get people to ***listen to me?***

Talk with your Case Worker/Family Permanency Specialist

If talking with your GAL or attorney doesn't work, you should talk to your case worker. It is their job to help you through the court process. The people who are working on your case also have supervisors whose job is to make sure your workers are doing their job. You can always ask to speak to your worker's supervisors.

Talk with your Judge

Never forget that your judge is there to help. Complete your Youth Court Questionnaire at the back of this book to tell your judge what you need to.

Grievance process

A grievance (complaint) process is a way for you to take issues or problems you might have to another authority. Sometimes this is complicated, but it is a way of making your voice heard. State agencies like detention facilities, the Foster Care Review Office, and the Department of Health and Human Services and their departments (like Children and Family Services) as well as other agencies like Project Everlast and Voices for Children all have processes to file grievances. The best way to find out how to do this is to look at the website to find out how the agency you might be having problems with has laid out their own process. Sometimes it involves filling out a form or making a phone call.

Other groups or agencies that can help

Project Everlast (www.projecteverlast.org)

Foster Care Review Office (www.fcro.nebraska.gov)

See Appendix B for a more extensive list of resources and contacts.

Plan for Your **Future**

Planning for your future

Transition to adulthood. 23

Understand the Bridge to Independence Program. . . . 23

Central Navigator 23

Things to think about. 24

Education 24

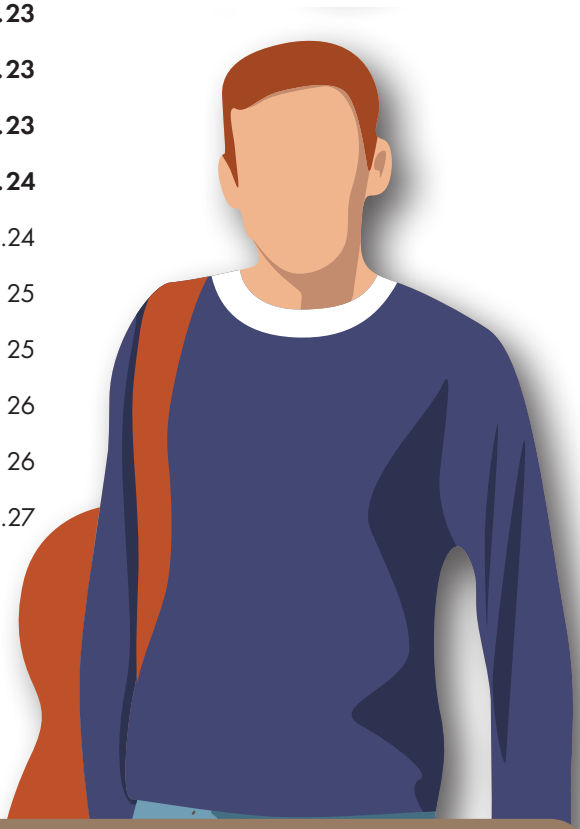
Housing 25

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Healthcare 27





Are you also involved in Juvenile Justice court process?

If someone has accused you of breaking the law, you may be interested in the What Now? Guide to Juvenile JusticeCourt Processes. It has a TON of relevant information and resources

Download the Juvenile Justice Guide here:

https://supremecourt.nebraska.gov/programs-services/court-improvement-project/resources/publications/what-now-juvenile-justice-guide

Plan for Your **Future**

Soon you will be responsible for things that you weren't before, like rent, gas and food. Everyone is different and what works for one person may not work for you. However, one thing is certain, to reach your goals you need to work at it!

Transition to Adulthood

Every kid who is 16 years or older, who is also a state ward, is required to have a Transitional Living Plan. A Transitional Living Plan lays out what your future goals are and how you can reach those goals. It can also help you figure out what you want your goals to be. This is your plan, and you are to be in the driver's seat! Make sure you talk to your caseworker, GAL, CASA, and other trusted adults about your Transition Plan.

This Transition Plan should be reviewed at every court hearing. Tell the judge if you have any concerns with the plan or turn in a Youth Court Questionnaire. Once you turn 16 in a child welfare case, you may possibly get a *PALS worker*. A PALS worker knows about services, like education assistance and job training, that are available in your community which have helped lots of other kids reach their goals.

Before you age out of foster care, be sure to get these from your caseworker or get help in getting them:

• Birth Certificate • Social Security Card • State-Issued I.D.

You must have these to buy a car, get a job, or rent an apartment.

Understand the Bridge to Independence (B2I) Program

The Bridge to Independence Program was created to help you move successfully into adulthood by giving you support, health insurance and living costs until you turn 21.

If you age out of foster care or get discharged into independent living, you can enroll in the Bridge to Independence Program when you turn 19. Instead of a caseworker, you will have an Independence Coordinator whose job is to help you reach your goals. If you are eligible, you can join and leave the program at any time. The choice is up to you.

To participate in the program you have to be in school, working, and/or participating in a job program, or have a medical condition which makes you unable to work. You have to keep in contact with your Independence Coordinator who will help you connect with services. You also have a right to an attorney, who will work for you to make sure you are getting everything you need.

It's never too early to start thinking about this program. Talk with your caseworker and guardian ad litem about it. This is a great way to help you make a successful move to adulthood. For further assistance, contact DHHS at 402-471-3121 or dhhs.b2i@nebraska.gov or Nebraska Appleseed at 1-800-845-3746 or neappleseed.org/b2i.

Central Navigator

Central Navigator is a point for kids in Nebraska to help find out what you need and who to contact. Contact the Central Navigator in your area. If you don't know who that person is, complete the common referral form on page 35, which can also be found online.

http://hublincoln.org/programs/empowerment/ppproject-everlast-central-access-navigator/

The Transition Plan covers the following areas of your life:

- Education
- Housing
- Money: credit cards, bank accounts, etc.
- Job
- Transportation
- Health & health care
- Support if you are pregnant or parenting
- Relationships

Plan for Your **Future**

Things to Think About

There are lots of things to think about as you get older. Listed below are a few of the major issues that you will need to think about.

Education



High School
Earning your high school diploma or your GED puts you in a better position to get the kind of job you want and to earn more money.

School is not easy, but it is worth it, and you do not have to do it alone. There are lots of people whose job is to help you graduate. Visit your school counselor. Go see your teachers after class. Tell your caseworker or judge that you need extra help.

Getting a GED
If you were unable to stay in school and graduate, you can also earn your GED, which stands for General Educational Development. Most people treat this the same as a high school diploma but not everyone. Some colleges may not accept a GED. You can find out more about the GED test at the Nebraska Department of Education website: education.ne.gov.

You can also find more information at gedtestingservice.com. To pass the test, you are going to have to study. And you can get help studying online for free at the McGraw-Hill's GED Online Learning Center (Google it!) and GEDforfree.com. The Center for People in Need also provides GED classes for free. Go to centerforpeopleinneed.org.

If you live in Omaha, another option besides a GED is the D2 Center. The D2 Center allows you to earn high school credit. They also have a Careers & Community Engagement Program that helps you find out what career might be best for you. For more information, go to d2center.org or call 402-502-8534.

College & Vocational Schools
After you earn your high school diploma or GED you can enter college or a vocational school. Colleges come in all shapes and sizes from local community colleges to giant public universities. You can also attend a vocational school or complete a technical program that will help you get the job you want. Licensed electricians make an average of $21 per hour in Nebraska and a four-year college can help you achieve your dream of being a nurse or a lawyer. There are lots of scholarships and financial aid available too. Be sure to ask your workers and counselors for help as you prepare for your career.

Assistance in Paying for Education and Training
Learn more about educational and training vouchers (ETV) at www.central-plains.org/etv.html.

Project Everlast: LEAP Scholarships - LEAP gives you the support and guidance you need to be successful in your education and go after your goals. Contact Brittney Livingston, Omaha Central Navigator, blivingston@nebraskachildren.org (Omaha) or Lindsey Drake, Lincoln Central Navigator, ldrake@hublincoln.org (Lincoln) for more information.

Tips for Succeeding in High School

Moving homes does not mean you should move schools. You have a right to ask to stay at your same school, and they can only move you if it is in your best interests.

Stay on top of your grades. Check in and make sure your grades are where you want them to be. Do this early! You will be out of luck if you wait until the end of the semester.

Get involved with extracurricular activities, like sports, band, or clubs. If the activities cost money or you need help with transportation, talk to your caseworker, attorney or foster parent(s). If you still need help, tell your judge!

Plan for Your **Future**

Housing



You need to figure out where you are going to live. Finding the right housing is one of the toughest things you'll have to figure out as you become an adult. Many young people end up moving from apartment to apartment or even becoming homeless. You need to plan ahead to make sure you have a good place to live.

If you do find yourself homeless or in a crisis, you can call the Boys Town National Hotline 1-800-448-3000 or the Answers 4 Families Hotline 1-800-746-8420.

Relative or Permanent Connection

Do you have a strong, permanent connection with someone in your life? Maybe an aunt or a pastor? Is this someone who may be willing to make a commitment to you to let you live with them? Start thinking about this early and talk with them. Work out a plan with them for how long you expect to stay and what you will be doing to try to get a home of your own.

Low Income Housing

Some towns have low-income housing available. There are income requirements to live in this type of housing but if you qualify, your rent will be based on how much money you make. To find out if there is low-income housing in your area, contact your local Housing Authority.

Sharing an Apartment

Do you have people you trust who are also looking for a place to stay? Together, you can look at signing a lease for an apartment. Leases are usually for one year so you need to make sure you will stay there that long and that you and the others will be able to pay rent. Make sure you read and understand the lease before you sign it.

College Dorms

If you are in college, living on campus may be a good option. Make sure you include these costs in your budget when figuring out where to go to college and how to pay for it. If you live in the dorms and need a place to stay during winter and spring breaks, talk to the Dean of Student Services at your college.

Transitional Living Centers

There are homes in Nebraska that provide housing for young people until they can find something permanent. They are often called Transitional Living Centers and often provide other services to help you become independent. You should talk to your caseworker about centers that might be in your area, but there are also some listed on our website.

Banking and Finances



Connected Youth Initiative

The Connected Youth Initiative provides additional assistance and support to kids aged 14-23 who are lacking the traditional networks needed to make successful transitions to adulthood. The CYI focuses on finances, including improving financial literacy; repairing, maintaining, or establishing credit; reducing dependence on predatory lending practices; and building developmentally appropriate relationships with community banking providers, products, and services.

Opportunity Passport™
Part of the Jim Casey Youth Opportunities Initiative, the Opportunity Passport ™program helps young people navigate their future goals through a program of financial education and asset development. The goals is to help youth develop an understanding of managing personal finances, credit and banking as they transition to adulthood. Opportunity Passport ™ now operates in over 40 counties in Nebraska. To connect to the Opportunity Passport ™ program, contact your community's central navigator

Community Action Partnership \ 210 O St \ 402-471-4515
Money Management Education, using a curriculum created by the FDIC, the financial literacy program helps clients develop financial skills including budgeting, saving, and credit management. Opportunity Passport: an asset-building program that includes financial education, asset-specific training, and a matched savings account (IDA). Young people between the age of 14-26, who have been or currently are in foster care, are eligible to enroll in the program.

Low-interest Loan Program
Nebraska Children and financial partners across the state are offering low-interest, low-risk loans for young people who are receiving financial case management or coaching. Backed by collateral provided by Nebraska Children, the loans offer interest rates below 4% and a guarantee that the young person will not end up with a loan foreclosure on their record. Youth are offered the opportunity to secure a loan for up to $2000 for a term of up to 24 months for a variety of needs including debt consolidation, vehicle purchase or repair, housing needs, health needs, education and/or training needs, and small business start-up costs. Coaches work with young people to determine if a loan is the right step for them and continue to provide support throughout the term of the loan to help the young person be successful. The loan program offers young people the opportunity to build or repair their credit, learn positive financial behaviors, and build relationships with financial institutions in their community. For more information on the loan program contact Kris Whisenhunt at kwhisenhunt@nebraskachildren.org.

Employment



Figuring out what you want to do with your life is one of the toughest things you'll do. There are a lot of services that can help you figure out what kind of job you'd like the best. You can search for jobs on NEWorks.nebraska.gov, and find information about employment and training at www.dol.nebraska.gov/EmploymentAndTraining

You can also take a look at the Workforce Innovation Opportunities Act (WIOA), a part of the U.S. Department of Labor to find employment resources. www.doleta.gov/wioa/

Transportation



Finding a way to get around is very important. You need to figure out how you will get to your job, school, grocery shopping and appointments.

First you might need to get a driver's license. This can be a tricky process when you are in the system so be sure to ask your caseworker to include this in your transition plan. You can find out more about how to learn to drive, taking driver's education classes and how and what documents you will need, to get your license at the Department of Motor Vehicles website dmv.nebraska.gov. Cars cost a lot of money. So, if you are going to buy one, you need to start saving early. Not only do you have to buy the car, but you have buy gas, car insurance, and car registration. Not everyone needs a car so see if you have other options.

You may be able to participate in the Opportunity Passport program through Project Everlast. This program helps you save money for a big purchase, like a car, and then chips in some extra money once you have saved enough. To enroll, contact the Central Navigator in your area.

Health Care



Health Insurance

Getting insured helps you pay for any medical services you will need. This includes physical health, dental health and mental health. Our website has tips for how to find the right health care for you. You don't want to wait until it is an emergency to take care of yourself.

If you were in foster care at age 18 or you aged out of foster care, you can enroll in Medicaid and be eligible up to the age of 26. You could also get medical care after enrolling in the Bridge to Independence program. If you're not able to get Medicaid you may enroll for health insurance at healthcare.gov.

Some doctors will only take certain types of insurance. If you have Medicaid, there are some doctors who won't accept it. Make sure you find out which doctors take your insurance. If you aren't going to be using insurance, you will want to find a sliding-fee scale provider. These medical providers will charge you an amount based on how much money you make. The less money you make, the less money you will pay them. You can search the internet to help you locate sliding scale providers and providers who can help with mental health and /or substance abuse resources.

Medications

You have the right to play a role in any treatment you are receiving. Talk to your doctor or healthcare provider about side effects of and reasons for the medications you may be prescribed, and the overall treatment plan.

Family Planning and Sex Education

You have a right to get birth control. Talk to your caseworker or doctor if you are sexually active or may become sexually active so that you can get more information. If you need an exam, birth control or STD testing and want to keep it private, you can go to a family planning and preventative health services (Title X) clinic. If you become pregnant, you have a right to make your own decisions about your pregnancy. Talk to your caseworker or doctor right away if you think you may be pregnant.

Parenting Resources

There are services available for pregnant mothers and new parent(s). WIC serves pregnant and postpartum women and children up to age 5. They provide food vouchers, health screens and lead tests. Call 1-800-942-1171 for additional resources.

You may also be able to get help from home visiting nurses. Home Visiting is a free, voluntary program that supports families. Nebraska Home Visiting is a network across the state; for more information call 402-471-1938 to get connected to a program near you. Healthy Families America also provides home visiting in Auburn, Lincoln, North Platte, Omaha and Scottsbluff. Their contact information can be found on their website If you are in the Omaha area, you could also call the Visiting Nurse Association at 402-342-5566

The State of Nebraska also has a Healthy Mothers Healthy Babies Helpline that you can call at 1-800-862-1889. There are many other parenting programs and resources so talk with your caseworker and ask for a list of services.

Well-Being

It may seem obvious but living a healthy life is the best way to stay healthy. You've heard it before: don't drink, don't smoke, drink water, eat fruits and vegetables, get enough sleep and avoid stress. It is important that you get some exercise and stay active. You may even qualify for a free or reduced rate membership at your local YMCA.

Navigating the Road to Healthcare

http://www.projecteverlast.org/file_download/272d1052-ed22-4970-bc4f-f2906e43a2ab

Youth Support Services and Funds

Needs-Based Funds can also help with money for healthcare: www.projecteverlast.org/lincoln/need-based_fund.html

Appendix A - **Forms**

DHHS Foster Youth Rights Form

- To have my basic needs met.
- To have my voice heard.
- To have honest and clear communication.
- To live in the most family-like setting that is safe, healthy, and comfortable and meets my needs.
- To maintain family connections.
- To safely visit my family including my siblings unless the Department of Health and Human Services provides myself and the court reasons why such visitation or ongoing interaction would be unsafe.
- To participate in age or developmentally appropriate extracurricular, enrichment, and social activities and to have my caseworker and judge consult with and talk to me about my opportunities to participate in activities.
- To understand the system or systems in which I am involved.
- To access my personal information including but not limited to: my certified birth certificate, social security card, proof of Medicaid enrollment, health care card, immunizations, medical and educational records, and medical power of attorney.
- To receive a copy of my consumer credit report on an annual basis and help to correct any inaccuracies on the report.
- To be provided with the opportunity to learn life skills needed to successfully transition into adulthood.
- To an education.
- To be provided necessary medical care, including dental, mental health, behavioral health and substance abuse.
- To be notified of court hearings in my court case and to attend court hearings.
- To stay safe and avoid exploitation.

Next Court Hearing: _____

I have been provided with and understand my rights.

Youth Signature: _____ Date: _____

Children & Family Service Specialist: _____ Date: _____

Youth refused or was unable to sign:

Substitute Caregiver Signature: _____ Date: _____

Appendix A - **Forms**

Youth Court Questionnaire - under 19

This questionnaire was designed as a way for you to inform the judge handling your case of your specific situation. The information you provide is strictly voluntary. The more details you share, the better the judge is able to make the best decision in your case. However, you do not have to answer every question.

To make sure this questionnaire gets to the proper judge:

1. Give it to your GAL, CASA or caseworker
2. Bring it with you to your next court hearing
3. Mail it to the Clerk of the Court in your city or county

Under current law, the judge, your mother and/or father, Guardian Ad Litem, caseworker and the county attorney are allowed to view your answers.

The judge handling your case may ask questions regarding the information you provide.

If you have questions or need assistance in completing the questionnaire, contact Project Everlast at 402.384.46 70 or crockwell@nebraskachildren.org.

Is there something that you would prefer to share with someone in private?
❑ Yes ❑ No

General Information:

First Name _____ Last Name _____ Age _____

Today's Date _____ Court Location (City and/or County) _____

Judge's Name _____

List the names of anyone who helped you fill out this form and their connection to you.

Current Situation:

Are you satisfied with your current placement? ❑ Yes ❑ No If no, why not?

Where would you want to live and why?

Do you feel safe at your current placement? ❑ Yes ❑ No If no, who or what makes you feel unsafe?

Youth Court Questionnaire - continued

Are your basic needs being met (getting enough to eat, having enough clothing, etc?) ❑ Yes ❑ No If no, explain?

Describe any current dental or physical health problems.

If you have any dental or health problems, are you receiving treatment? ❑ Yes ❑ No If no, why not?

Describe any current mental health problems (depression, anxiety, attention problems, thoughts of hurting yourself, problems sleeping or eating, etc.)

Are you in counseling or therapy? ❑ Yes ❑ No If you are attending therapy, is it helpful? ❑ Yes ❑ No

If no, why not?

Do you take medicine? ❑ Yes ❑ No If yes, do you know what it's for? ❑ Yes ❑ No

If you know what it's for, please explain.

Are you currently attending school? ❑ Yes ❑ No If no, why not?

If yes, which school?

If yes, how are things going? What are some of the things you like doing?

Are you participating in extracurricular activities (sports, band, art club, etc.)? ❑ Yes ❑ No

If no, why not? Is there something getting in the way?

If yes, what are you doing and how is it going?

Youth Court Questionnaire - continued

Are you currently working? ❑ Yes ❑ No If no, why not?

If yes, where are you working? How often are you working and how is it going?

Case Information

Which of these people/groups have you seen or talked to in the last month?

❑ Mom ❑ Dad ❑ Foster Parent(s) ❑ Sibling(s) ❑ CASA volunteer

❑ GAL ❑ Case worker ❑ Therapist or Counselor ❑ Teacher(s)

Is there someone you're not talking to, but you would like to talk to? ❑ Yes ❑ No If yes, explain.

A Team Meeting is a gathering of the Department of Health and Human Services (DHHS) or the foster care agency, your family and you to discuss services that will be provided.

Do you attend your team meetings? ❑ Yes ❑ No ❑ Sometimes If no, why not?

Do you feel comfortable speaking at team meetings? ❑ Yes ❑ No If no, what makes you uncomfortable?

Do you feel that your concerns are being addressed? ❑ Yes ❑ No ❑ Sometimes If no, explain.

A Case Plan is a document that DHHS or the foster care agency makes and updates regularly. It includes the services provided to you and your family, and says what needs to happen to reach the goals.

Have you received a copy of your most recent case plan? ❑ Yes ❑ No ❑ Sometimes

If yes, who gave you the copy?

If no or sometimes, when is the last time you got a copy of the case plan?

Do you understand the case plan? ❑ Yes ❑ No

Do you have questions about your case plan? ❑ Yes ❑ No If yes, what questions?

Youth Court Questionnaire - continued

A GAL Report is a document written by the Guardian ad Litem, who is an attorney representing you and your best interests, to update the court on your case.

Did you receive a copy of the GAL report? ❑ Yes ❑ No ❑ Sometimes

If no or sometimes, when did you last get a GAL report?

Do you understand the GAL report? ❑ Yes ❑ No ❑ Sometimes

If no or sometimes, does your Guardian ad Litem explain it to you? ❑ Yes ❑ No ❑ Sometimes

In a Court Hearing, the judge makes the major decisions about you by looking at the progress of you and your parent(s) to make sure you are safe and being provided for.

Have you been to a court hearing before? ❑ Yes ❑ No If not, why not?

Do you know when the court hearings are happening? ❑ Yes ❑ No

Is there someone who explains what will be happening at your court hearing? ❑ Yes ❑ No ❑ Sometimes

If yes or sometimes, who explains the hearing to you?

Do you want to attend more court hearings? ❑ Yes ❑ No

A Court Order is a written order from the judge after the court hearing.

Do you receive copies of your Court Orders? ❑ Yes ❑ No ❑ Sometimes

If not, do you want a copy of your Court Order? ❑ Yes ❑ No

Would you like the opportunity to speak to the judge in court? ❑ Yes ❑ No

What would you like to talk about?

Is there anyone you want attending your next court hearing? ❑ Yes ❑ No If yes, who?

Are you comfortable with certain people attending your hearing? ❑ Yes ❑ No If yes, who and why?

Youth Court Questionnaire - continued

An Independent Living Plan is a written plan to prepare for living on your own once you have left foster care. The plan may include goals for completing education, finding a job, finding affordable housing, managing your money, etc. If you are over 16, you should have a plan.

Do you have an Independent Living Transition Plan? ❑ Yes ❑ No ❑ I don't know

Have you been part of creating the plan? ❑ Yes ❑ No

Do you feel like you are being prepared to become an adult? ❑ Yes ❑ No

What could you use help with?

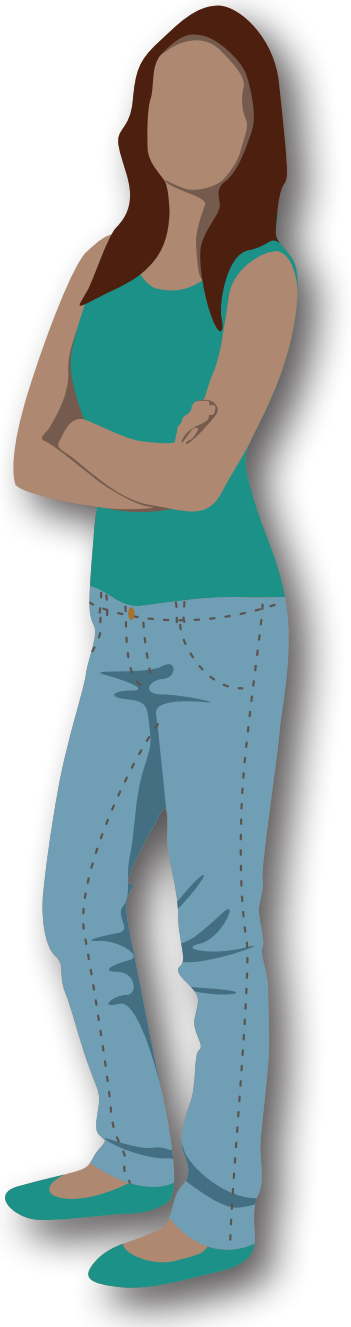
Personal Goals/Concerns

What is you biggest concern with how things are going?

What are your plans for your future?

How can the judge or other people in your case help you with your goals?

What else would you like the court to know?



Connected Youth Common Referral Form

Name: _____
First Middle Last

Today's Date: ____/____/_____

All parts of the Common Referral Form should be completed prior to receiving Connected Youth Initiative services. The Common Referral Form may be completed with the support of either a Coach or Central Access Navigator, who may answer questions and offer help as needed.

1. How can we help?

I am here for… (check all that apply)

☐ Opportunity Passport ☐ Need Based Fund ☐ Youth Leadership ☐ Other supportive services *(check most important need below)*

☐ Education ☐ Employment ☐ Housing ☐ Finances
☐ Physical Health ☐ Mental Health ☐ Substance Use ☐ Dentist
☐ Transportation ☐ Legal Documents ☐ Supportive Relationships
☐ Other: _____

2. Current services and supports

I am <u>currently</u> receiving the following services and supports… (check all that apply)

☐ Opportunity Passport ☐ Need Based Fund (in the past 12 mo.) ☐ Youth Leadership Council
☐ Bridge to Independence Services ☐ Other Indep. Living/Life Skills Services ☐ Housing Services
☐ Employment Services ☐ Education Services (e.g. ETV, GED, tutoring) ☐ Mentoring Services
☐ Family Finding Services ☐ Transportation Services (e.g. IntelliRide) ☐ Food Services (e.g. local pantries)
☐ Medical Services ☐ Mental Health Services ☐ Substance Use Services
☐ Dental Services ☐ Credit Repair Services ☐ Legal Services
☐ Other: _____

I am <u>currently</u> receiving the following types of public assistance… (check all that apply)

☐ Medicaid ☐ Food Stamps (SNAP) ☐ Aid to Dependent Children
☐ Childcare Subsidy/Title XX ☐ SSI/SSDI ☐ WIC
☐ Housing Voucher/Section 8 ☐ TANF ☐ Unemployment
☐ Other: _____

3. A few questions about you…

Phone Number	**Email Address**		**Birth Date** ____/____/_____	**Last 4 digits of SSN**
Current/Mailing Address	**City**	**State**	**County** 80	**Zip**

Did you move to NE from another state? ☐ No ☐ Yes (state: _____)

What is your gender? ☐ Woman ☐ Man ☐ Another Gender: _____ ☐ Prefer not to say

What is your race/ethnicity? (check all that apply)

☐ White ☐ Black or African American ☐ Hispanic or Latino ☐ Asian ☐ American Indian or Alaskan Native → *Are you part of a federally recognized tribe?* ☐ **Y** *or* ☐ **N**

☐ Native Hawaiian or Other Pacific Islander ☐ Other: _____ ☐ Prefer not to say

Have you experienced any of the following?

☐ Foster care/state ward/placed outside of the home ☐ In-home services for your family (from DHHS) ☐ Guardianship ☐ Adoption
☐ Probation ☐ Homelessness ☐ Other: _____ ☐ Prefer not to say

X_____ Date: _____/_____/_____
Young Person's Signature

X_____ Date: _____/_____/_____
Legal Guardian's Signature (if applicable)

Referral Agency	Referral Individual	Contact Phone Number	Contact Email Address

Appendix B - **Contacts and Resources**

Places to Start

Central Access Navigator

Navigating the system of available resources can be confusing for anyone. Young people who are aging out of foster care have the burden of finding the separate services they need and knitting them together into something that works for their lives.

That's where central access navigation comes in. Project Everlast Omaha provides a Central Access Navigator to help young people determine what services they need, access those services, and ensure that they're working together to provide a customized system of support.

Want to talk to a Central Access Navigator?

Contact Lindsey Drake (Lincoln) at the HUB via email at ldrake@hublincoln.org or at 402-471-8526, Brittney Livingston (Omaha) at blivingston@nebraskachldren.org. You can also download the Central Access form here: http://hublincoln.org/wp-content/uploads/2015/07/Common-Referral-Form-Final-07-2015.pdf.

The Hub in Lincoln \ hublincoln.org

Young people who are aging out of foster care have the burden of finding the separate services they need and knitting them together into something that can support their immediate needs and help them work toward future successes. That's where The HUB's Central Access Navigator comes in. In partnership with Project Everlast, The HUB provides a Central Access Navigator to help young people determine what services they need, access those services, and ensure that they're working together to provide a customized system of support.

Project Everlast: www.projecteverlast.org

Project Everlast is a grassroots effort that promotes using community resources to improve a youth's opportunities and networks for housing, transportation, health care. Resources search form in your area: www.projecteverlast.org/resources/

Project Everlast Councils: Connecting the voices of young people with foster care experience. The Project Everlast Councils create opportunities for youth in care and alumni to connect with each other and have fun together while providing input on program and policy issues. On the web-site connect with councils in Grand Island, Lincoln, Omaha, Norfolk, Fremont, Geneva, Kearney, Scottsbluff and North Platte. Get involved! Just send in a completed sign-up sheet and start receiving the latest Project Everlast Council information and meeting notifications.

Omaha: 402.384.4670

Lincoln: 402.476.9401

Opportunity Passport \ 402-650-2160 \ www.projecteverlast.org/omaha/opportunity_passport.html

Opportunity Passport is a package of resources to help young people become successful adults with tools for planning your future, saving money for important expenses while learning financial skills.

The goal of the program is to help you purchase assets that are critical to your success. Opportunity Passport participants have paid for: cars, college tuition, investments, business start-up costs, and more

The Opportunity Passport in Lincoln and Southeast Nebraska is handled by the Community Action Partnership of Lancaster and Saunders Counties (www.communityactionatwork.org/programs/money/opportunitypassport.html) Contact Sara Drueke via email (sdrueke@communityactionatwork.org) or at 402-875-9347.

PALS \ www.central-plains.org/pals.html

The Preparation, Transition & Independent Living Services program is designed to provide you support and guidance with the challenges of becoming independent. A PALS Specialist works with you one-on-one to help assess your strengths and abilities, as well as assist you in identifying your personal vision for becoming a successful independent adult.

Nebraska Resource and Referral System \ nrrs.ne.gov

The NRRS is a statewide database created with input from Nebraska families, service providers and organizations. The NRRS provides 1-800 numbers as well as web sites and email contacts to help you connect faster to the services you are seeking. This database provides individuals the opportunity to have a real choice in the diverse selection of service providers by allowing users to more easily locate and compare services of local and state agencies.

Youth Emergency Services (Omaha) \ www.yesomaha.org

To serve homeless and at-risk youth by providing critically-needed resources which empower them to become self-sufficient.

Basically, we help youth in crisis get back on their feet in whatever ways we can. After meeting their immediate needs for food, shelter, clothing and safety, we create a support system which helps them flourish.

YES Safe Place 24-hour crisis line ... 402.578.SAFE

YES Youth Street Outreach ... 402.502.1636

YES Emergency Shelter ... 402.345.5187

YES Transitional Living Program ... 402.345.5187 / TLP Referral Form

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YES Maternity Home ... 402.345.5187 / Maternity Home Referral Form

Child Saving Institute crisis center ... 402.553.6000

Boys Town National crisis line ... 800.448.3000

National Runaway Safeline ... 800.786.2929

AIDS/HIV info hotline ... 800.232.4636

Alcohol and drug abuse hotline ... 800.252.6465

Suicide Prevention Lifeline... 800.273.TALK(8255)

Think of Us \ www.thinkof-us.org

Think of Us is a 21st century life coaching program leveraging tech to enhance relationships, strengthen community ties, and increase positive outcomes for foster youth transitioning into adulthood. Think of Us is designed for youth, by youth. We empower youth to define their journey by providing a platform to create their own transition plan through goal-focused coaching, connect to their network of mentors and supportive adults, and submit requests to caseworkers. Think of Us puts youth at the center of their transition planning, giving them the tools and support to position them to thrive. Nebraska is a Think of Us site.

Nebraska Families Collaborative \ www.promiseship.org

PromiseShip's number one goal is to preserve the family so they can heal as a unit. If the family has been separated, we move towards family reunification. In cases where reunification is not possible, we help children find forever families. Through prevention services, we continue to work with families we've helped so they can stay strong and keep growing.

Central Plains Center for Services \ www.central-plains.org

Child Saving Institute \ childsaving.org

At Child Saving Institute, we believe in the right of each child to have a childhood--a safe, happy time to learn and grow. Unfortunately, not every child in our community has a good experience during the period from birth to adulthood, and that's where we come in.

Over the last century, our legacy has grown far beyond just "saving" children—we now work passionately in the service of children and their families. List of services: childsaving.org/services.html

Catholic Charities \ www.ccomaha.org

Our Services: Behavioral Health Services, Adoption Services, Domestic Violence Services, Early Childhood Education, Food Assistance, Immigration Legal Assistance Services, Micro-business, Pregnancy Counseling

Nebraska Appleseed \ neappleseed.org/gethelp \ 402-438-8853 ext. 205

Nebraska CASA \ www.nebraskacasa.org/contact.html

ACLU of Nebraska \ www.aclunebraska.org/en/get-help

Voices for Children in Nebraska \ (402) 597-3100 \ voices@voicesforchildren.com

Voices for Children in Nebraska \ voicesforchildren.com

The Salvation Army \ www.salarmyomaha.org

Emergency Phone Numbers

Lincoln Police Department \ 575 S. 10th Street
Emergency - dial 911
Non-emergency 402-441-6000

Nebraska State Patrol \ 402-471-4680

American Association of Poison Control Centers \ 1-800-222-1222

NE Regional Poison Center \ 402-955-5555

National Child Abuse Hotline \ 1-800-422-4453

DHHS Child Abuse Hotline \ 1-800-652-1999

Adult Protective Services \ 1-800-652-1999

CenterPointe Crisis Response (suicide\substance abuse\mental health) 402-475-6695

Nebraska Suicide Hotline \ 1-800-448-3000
TTY - National Hotline \ 1-800-448-1833

National Crisis Hotline (child crisis) \ 1-800-448-3000

Voices Of Hope Crisis Hotline \ 402-475-7273

National Aids Project Hotline\1-800-232-4636
TTY: 1-888-232-6348

Nebraska Humane Society Animal Cruelty \ 402-444-7800

Lincoln Animal Control Center \ 402-441-7900

Lancaster County Switchboard \ 402-441-7171

Nebraska State Resources

Nebraska Division of Children and Family Services \ (402) 471-9272

To file a grievance or complaint: dhhs.ne.gov/children_family_services/Pages/jus_cfsr_grievance.aspx

Adult & Child Abuse & Neglect Hotline: 1-800-652-1999

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Access Nebraska
Medicaid, 8am-5pm, Monday-Friday: (855) 632-7633

Economic Assistance, 8am-5pm, Monday-Friday: (800) 383-4278

Developmental Disabilities, 8am-5pm, Monday-Friday: (877) 667-6266

Bridge to Independence \ 402-471-3121 \ DHHS.b2i@nebraska.gov
http://dhhs.ne.gov/children_family_services/BridgeToIndependence/Pages/Home.aspx

Office of Probation Administration \ (402) 471-2141

Foster Care Review Office \ www.fcro.nebraska.gov 402-471-4420 in Nebraska, or 1-800-577-3272

Banking and Finance

Income for Youth Transitioning \ www.ssa.gov/ssi/spotlights/spot-disabled-youth.htm
Youth who have a disability and are going to age out of Foster Care may now apply for Supplemental Security Income (SSI) through the Social Security Administration (SSA). Beginning August 1, 2016, foster youth can submit an application and get a disability determination 6 months before their expected discharge date, even if they do not yet meet the income eligibility requirements due to their foster care payments.

Child Care & Child Programs

Community Action Partnership \ 210 O St \ 402-471-4515
•Head Start and Early Head Start: Pregnant women and children aged infant to five years. Services are free to eligible families. Provide early childhood education, health, dental, nutrition, and family engagement services to low-income families, including children with special needs.

•Home Based Program: Pregnant women and children up to age 3. A Family Educator meets with the child and parent(s) weekly to provide education and support families in with goal-setting, support, and locating needed resources.

Department of Health and Human Services \ 402-471-7000
DHHS may be able to help with the cost of child care through the Child Care Subsidy Program. In order to determine eligibility for the Child Care Subsidy Program, the Department will review a number of factors including, your gross income both earned income (for example; wages) and unearned income (for example; child support, Social Security payments, and Unemployment Insurance). (The Center For People In Need can assist in applying for child care online.)

Malone Community Center \ 402- 474-1110 \ 2032 U St.
• Early Education Program: this new Early Childhood Education Center will use a Montessori inspired curriculum weekdays from 7:30am until 5:30pm for children ages 3 to 5 years old. We need to meet you and your child(ren), before they start, and we must approve your child(ren's) enrollment prior to starting.

• Out of School Program: targets school aged children between the ages 5 - 13. Monday - Friday we pick our program participants up from school and bring them to the Center where we have a snack after arrival. We provide academic support, structured recreation, arts and crafts, computer and fun time, health and nutrition education, and cultural awareness. On out-of-school days we provide all day programming including breakfast, lunch and snack. Besides our regular program components we also go on daily field trips.

• Talented Tenth Program: Provides African American males between the ages 13-18 with cultural awareness, social support, and academic enrichment. The Youth Empowerment Curriculum draws strength from the African American cultural ideal of collective work and responsibility, by creating a cohort of adolescent scholars who will experience the curriculum together and by matching them with mentors. It aims to motivate the youth to work for the betterment of themselves as individuals, and as conscious and committed members of their families and communities. The program's goal is to help the participants develop leadership and graduate from high school.

Education

Center For People In Need \ 402-476-4357 \ 3901 N 27th St Unit 1
POP Program: offers 45 credit hours of paid tuition through Southeast Community College (SCC) only. An application is required. Application available with receptionist. If approved, you will get a call back on the number provided on application.

Central Plains Center for Services : Educational and Training Voucher \ www.central-plains.org /

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etv.html
Central Plains Center for Services, through a contracted partnership with the Nebraska Department of Health and Human Services, administers the Education and Training Voucher (ETV) Program. This program provides financial assistance for tuition, fees and books, as well as one-on-one support, for current and former state wards to attend college.

Community Action Partnership \ 210 O St \ 402-471-4515
Money Management Education, using a curriculum created by the FDIC, the financial literacy program helps clients develop financial skills including budgeting, saving, and credit management. Opportunity Passport: an asset-building program that includes financial education, asset-specific training, and a matched savings account (IDA). Young people between the age of 14-26, who have been or currently are in foster care, are eligible to enroll in the program.

Lincoln Literacy Council \ 402-476-7323 \ 745 S 9th St.
Volunteer teachers help people to understand, speak, read, and write English. Programs include: Adult Basic Literacy, Workforce Readiness, classes for Refugees, ESL Programs, Family Literacy Activities for Immigrants and Refugees (FLAIR), & Citizenship.

Matt Talbot Kitchen & Outreach \ 402-477-4116 \ 2121 N 27th St
Life Skills Classes: Six-week series of classes held on Wednesday evenings six times a year. Topics covered are: Employment, Nutrition, Parenting, How to be Good Tenant, Budgeting, and Self-Esteem. Client needs a referral from their case worker and to have previously been, or currently be homeless. Child care and transportation are offered.

Preparation Classes. Education Quest \ www.educationquest.org
EducationQuest Foundation is a nonprofit organization with a mission to improve access to higher education in Nebraska. This includes free college planning services, outreach services, need-based scholarship programs, and college access grants. EducationQuest has locations in Lincoln, Kearney, and Omaha, Nebraska.

LEAP Scholarships
Completing college or career education is an important step toward building the future you want-but sometimes life gets in the way, and continuing your education starts to seem out of reach. That's where the LEAP (Learn and Earn to Achieve Potential) initiative comes in.

LEAP is designed for unconnected youth, with experience in the foster care or juvenile justice systems, who want to keep learning after high school (but who may not be able to or who may not feel confident to) because of financial constraints, lack of support, or other road blocks.

LEAP gives you the support and guidance you need to be successful in your education and go after your goals. To apply, or for more information contact Brittney Livingston in Omaha at blivingston@nebraskachildren.org or Lindsey Drake in Lincoln at ldrake@hublincoln.org.

Employment

Employment Agencies
Adecco Staffing \ 402-975-6111 \ 6940 O St # 306

Advance Services Inc \ 402-328-0142 \ 2949 N 27th St #202

Advantage Personnel \ 402-466-4994 \ 630 N Cotner Blvd # 100

Celebrity Staff \ 402-464-0600 \ 300 N 44th St #204

Excel Personnel \ 402-441-4070 \ 5625 O St #103

Express Employment \ 402-420-5800 \ 4955 O St

Kelly Services \ 402-483-4094 \ 2900 S 70th St #130

Labor Ready \ 402-438-7955 \ 3243 Cornhusker Hwy

LaborMax Staffing \ 402-805-4720 \ 3939 N 48th St #104

Lincoln Labor & Staffing \ 402-465-5227 \122 S 29th St

LSI Staffing \ 402-261-6904 \ 3814 Normal Blvd

Oasis Staffing \ 402-420-1980 \ 5815 S 58th St

Randstad \ 402-464-2700 \ 5540 South St #103

Staffing Services Inc \ 402-465-9060 \ 1840 N 48th street

Work USA, Inc \ 402-474-9675 \ 140 S 27th St

Goodwill Industries Business Solutions \ 402.573.4713

Goodwill Industries Youth Build Omaha \ 402.341.4609
Job skills training and readiness program including on-line training are available. Utilize the Goodwill site or find your local Goodwill to contact for Adult Career, Project Employment Employability and Life Skills and other programs. The Omaha Goodwill has a number of programs at www.goodwillomaha.org.

Nebraska Department of Labor \ www.dol.nebraska.gov

NEWorks \ neworks.nebraska.gov

R.E.A.D.Y. \ 402.231.1978

Vocational Rehabilitation \ 402-471-3231 \ 3901 N 27th St, Ste 6
Program that helps people with physical, mental, intellectual, emotional, and learning disabilities to identify their strengths and abilities in order to find success in the world of work.

Foster Care and other placement

Boys Town \ www.boystown.org
Since 1917, Boys Town has given thousands of at-risk children the love, support and education they need to succeed. When Boys Town saves a child, the positive effects ripple through the community, making greater progress for society as a whole.

Appendix B - **Contacts and Resources**

CEDARS Bridges Transitional Living Program \ 402-436-5437 \ 6601 Pioneers Blvd.
Offers community-based safe housing and support services to homeless youth ages 16 to 21 and state wards ages 16 to 19 for whom independent living has been identified as a goal. Staff work closely with youth to develop life skills needed for independent living. Emphasis is placed on continuing the youth's formal education and achieving or maintaining employment while supporting their placement in apartments in the community. An application required.

Foster Club Website \ www.fosterclub.com
On-line resources for young adults, CASA volunteers and others working with older youth who are aging out of the system. Among many other resources find the Permanency Pact, a tool for youth to get pledges from supportive adults who will support them during the transition to independence.

KVC \ nebraska.kvc.org
KVC Nebraska is a behavioral health organization that provides child welfare, juvenile justice and developmental disability services. These services include Foster Care, Intensive Family Preservation, Family Support Services, and Extended Family Home services for individuals with Development and/or Intellectual Disabilities. Its mission is to enrich and enhance the lives of Nebraska families.

Nebraska Children's Home Society \ www.nchs.org
With locations across the state, we've been helping children and families throughout Nebraska since 1893. Whether you're interested in adoption services, pregnancy help, support for an unplanned pregnancy, adoption agencies, or becoming a foster family, Nebraska Children's Home Society offers confidential assistance and help at locations all over the state of Nebraska, including Alliance, Grand Island, Kearney, Lincoln, Norfolk, North Platte, Omaha and Scottsbluff.

Omaha Home for Boys \ www.omahahomeforboys.org
Branching Out Independent Living Program assists youth aged 14 to 24 in making the transition from dependence towards living responsible lives. Jacob's Place Transitional Living Program is designed to assist young adults in making the transition from dependence to independence.

Omni Behavioral Health \ omnibehavioralhealth.com
Recognizing the importance of cooperation for improving the living conditions of children, adolescents, adults, and their families in every community, OMNI will promote those activities which enhance personal autonomy while promoting the spirit of the global community.

OMNI Behavioral Health seeks to provide services in the least restrictive service setting possible. Whenever possible, OMNI prefers to serve children and their families at home or on an out-patient basis. When this is not possible, OMNI seeks to have children who have been removed from the home returned home as soon as it is safely possible.

Uta Halee Academy \ utahaleeacademy.com
Uta Halee Academy is a female-specific, residential program that offers young women opportunities to build productive and meaningful futures for themselves and their communities. Since it began operations in 2013, Uta Halee has evolved and grown, incorporating the latest research and evidence into our program model. Our understanding of the populations that we serve has helped us to develop an evidence-based and trauma-responsive program that helps our young women attain their goals.

Uta Halee Academy is operated by Rite of Passage, a leading National provider of evidence-based therapeutic and educational programs for youth. Rite of Passage provides a diverse continuum of care with evidence-based programs in education, youth shelter programs, family and community aftercare and intensive treatment for youth involved in the juvenile justice system.

For over 30 years, Rite of Passage has been improving the lives of youth. Through its work at Uta Halee Academy and other academy programs, Rite of Passage has developed the Academic Model™ framework to articulate its program philosophy, methodology, and specific evidence-based practices.

LGBTQ Resources

GLSEN \ www.glsen.org/chapters/omaha \ omaha@chapters.glsen.org
Our mission is to create safe and affirming schools for all, regardless of sexual orientation, gender identity, or gender expression. At GLSEN, we want every student, in every school, to be valued and treated with respect, regardless of their sexual orientation, gender identity or gender expression. We believe that all students deserve a safe and affirming school environment where they can learn and grow.

We accomplish our goals by working in hallways across the country -- from Congress and the Department of Education to schools and district offices in your community -- to improve school climate and champion LGBT issues in K-12 education.

PFLAG \ www.pflag.org/find-a-chapter
PFLAG is working to make sure that all people who are lesbian, gay, bisexual, transgender, and queer are not only valued by society, but take pride in and value themselves. We do this through providing peer-to-peer support, educating people on the issues that are important to the community, and advo-

cating for inclusive policies and laws. There are Nebraska chapters in Grand Island, Hastings, Kearney, Lincoln and Omaha.

OutLinc\ Outlinc.org
Outlinc empowers and celebrates thriving LGBTQ+ communities in Lincoln, NE. Outlinc envisions communities that promote equity, inclusion, and celebration of the full spectrum of LGBTQ+ people.

Health Care and Mental Health Services

All Care Health Center \ 712.325.1990

Birthright \ 402-466-2609 \ 5625 "O" St.
Services offered: non-judgmental confidential help, free pregnancy tests, maternity and baby clothes, Referrals to community resources. Provide Information on: pregnancy and childbirth, prenatal development and care, parenting skills, child care, and child safety, career development and/or continuing education, community programs and/or social assistance, adoption.

Charles Drew Health Center \ 402.451.3553

Clinic With a Heart \ 1701 S 17th Street, Suite 4G, Lincoln, NE (402)421-2924
Free, walk-in (no appointments) healthcare clinic. Patients are seen first-come, first-served. Patients under 19 years must be accompanied by parent or legal guardian. Early sign-in at 2:00pm, doors open at 4:00pm. Patients are seen 5:30-7:00pm. Clinic closed on major holidays.

Creighton Dental \ 402.280.4080

DHHS Medicaid \ 402-473-7000 \ 301 Centennial Mall South
DHHS administers the Medicaid Program which provides health care services to eligible elderly and disabled individuals and eligible low-income pregnant women, children and parent(s). The Center For People In Need can assist with applying for Medicaid online.

Every Woman Matters \ 800-532-2227
Can help women get health check-ups. EWM may pay for exams based on health history and program guidelines. Breast and Cervical Cancer Screening: Pelvic exam, Pap test, Clinical breast exam. Teaching of breast self exam and performs mammograms. Heart Disease and Diabetes Screening: Blood pressure check, cholesterol check blood sugar (glucose) check, health and wellness information for living a healthier life.

Family Health Services, Inc. \ 402-466-1012 \ 630 N. Cotner Blvd., Suite 204
If no insurance, they offer a sliding scale. Services offered for women: birth control, , annual examinations, pregnancy prevention and testing, HIV and STI testing Q&A for the Ladies, resources, dating safety. Services offered for men: STD and HIV Testing, Q&A for the guys, resources, and dating safety.

Heartland Family Service \ heartlandfamilyservice.org
The mission of Heartland Family Service is to strengthen individuals and families in our community through education, counseling, and support services.

KVC \ nebraska.kvc.org

KVC Nebraska is a behavioral health organization that provides child welfare, juvenile justice and developmental disability services. These services include Foster Care, Intensive Family Preservation, Family Support Services, and Extended Family Home services for individuals with Development and/or Intellectual Disabilities. Its mission is to enrich and enhance the lives of Nebraska families.

Lancaster County General Assistance \ 402-441-3095 \ 2202 S 11th St #150
An original application required first. Verifications may be requested. May assist with: Food, Shelter (including deposit, rent and utilities), Assisted living (cannot be authorized without a written statement from a physician indicating the client is in need of the level of care provided by an assisted living facility), Medical care provided through the Primary Care Health Clinic or authorized by a Clinic Physician. Behavioral Health Services provided through a Region V contracted provider, Transportation, Non-food necessities (including household supplies and personal care items), Clothing, Cremation/ Burial expenses, COBRA or other health insurance payments. The Center For People In Need can assist with applying for General Assistance.

Lancaster County Medical Society \ 402-483-4800 \ 4600 Valley Rd #250
May help with prescriptions. Must NOT be covered by any medical prescription plan. Medications needed must be for a chronic or ongoing illness, since once accepted you will be enrolled for one year at a time. It is best if your medication dosage is stable. Not all medications are covered by the National Pharmaceutical Assistance program.

Lincoln E.D. Connections
If you have been seen in a local Emergency Department [ED] and need assistance with obtaining medications or finding a medical provider for follow up you should contact an ED case worker at 402-481-4165 or 402-481-4006

Matt Talbot Kitchen & Outreach \ 402-477-4116 \ 2121 N 27th St

Foot Clinic: Nursing and PA students from Union College provide foot care, including soaking feet and trimming toenails, to adults. Individuals receive free socks (each month) and free shoes (every 6 months). For information contact an outreach specialist, Monday-Friday 11:00am-1:00pm and 5:00-6:30pm.

Nebraska AIDs Project \ 402.552.9260

The Magis Clinic \ 888.218.4692

Nebraska Behavioral Health System of Care \ dhhs.ne.gov/behavioral_health/SOC/Pages/Home.aspx

Nebraska is committed to bettering the lives of our children. Through the power of partnerships, the Nebraska System of Care (NeSOC) creates a comprehensive and sustainable system of care that is youth guided, family-driven, trauma-informed and culturally responsive to improve outcomes for children and youth with serious emotional disturbances and their families.

Committed partnerships among public and private agencies, families and youth have emerged under one umbrella called the NeSOC Collaborative to drive the work of the system. Equal partnership, among youth, family and system partners, is the guiding principle of the Collaborative at all levels.

Contact: DHHS/Division of Behavioral Health, 301 Centennial Mall South, Lincoln, NE 68509 \ 402-471-7792 \ dhhs.soc@nebraska.gov

Nebraska Kid's Connection \ 888.255.2605

Charles Drew Health Center \ charlesdrew.com

Nebraska Department of Health and Human Services \ dhhs.ne.gov

Omni Behavioral Health \ omnibehavioralhealth.com

Recognizing the importance of cooperation for improving the living conditions of children, adolescents, adults, and their families in every community, OMNI will promote those activities which enhance personal autonomy while promoting the spirit of the global community.

OMNI Behavioral Health seeks to provide services in the least restrictive service setting possible. Whenever possible, OMNI prefers to serve children and their families at home or on an out-patient basis. When this is not possible, OMNI seeks to have children who have been removed from the home returned home as soon as it is safely possible.

One World Community Health Center \ www.oneworldomaha.org

OneWorld, in partnership with the community, provides culturally respectful, quality health care with special attention to the under-served.

Our vision is to be an innovative leader in health care, empowering individuals and creating healthier communities.

People's City Mission \ 401 N 2nd Street, Lincoln, NE \ (402)817-0980 \ peoplescitymission.org

Free medical clinic. Clinic suggests you arrive before 8:00am and before1:00pm for walk-in medical clinic. Clinic is closed on Saturdays and Sundays.

People's Health Center \ 402-476-1455 \ 1021 N. 27th St.

PHC serves people of Lincoln and Lancaster County, especially those individuals/families with limited resources or with other barriers to health care to improve their overall health status. All types of insurance accepted including Medicaid and Medicare. If no insurance, services offered on a sliding scale.

•Primary Care: quality care for all ages from infants to seniors. We offer physicals, immunizations, preventive medicine, and chronic disease management

•Dental Care: Comprehensive, periodic, and limited oral exams, full mouth series of radiographs (X-rays), fillings (both silver amalgam and white resin restorations), regular cleanings, deep cleanings, sealants for children, extractions (simple and surgical), stainless steel crowns and space maintainers for children, root canals (both Anteriors and Bicuspids), first molar root canal (done by dental students), emergency visits, fluoride varnish, re-cementing of crowns and bridges, oral pathology consults, simple biopsies, periodontal consult for gum disease or problems, endodontic consult for root canal problems, and crowns. The PHC dental clinic does NOT provide the following services: dentures, partials, bridges, extraction of impacted wisdom teeth, and second molar root canals.

•Health 360: a new partnership between Lutheran Family Services of Nebraska and People's Health Center. Services: behavioral health services, primary health care and an on-site pharmacy are being offered at the Lutheran Family Services office.

•People's Quick Care: offers walk-in treatment for everyday illnesses and injuries. No appointments necessary.

•Medication Assistance: PHC's status as a federally qualified health center enables us to provide (340B) discount

prescription pricing. In addition, many drug companies offer discount medication assistance\ programs to income-eligible patients. PHC staff offers assistance with enrollment in these programs.

Planned Parenthood \ 1-877-811-7526 \ 5631 S. 48th St Suite 100

Services offered: abortion services, birth control, general health care (anemia testing, cholesterol screening, diabetes screening, physical exams, pregnancy planning services, smoking cessation, thyroid screening), HIV Testing, LGBT Services, Men's health care, Morning-After Pill (emergency contraception), pregnancy testing & services, STD testing/treatment /vaccines, and women's health care.

The Pregnancy Center \ 402-483-4247 \ 111 Piazza Terrace

Services offered: free pregnancy test, ultrasounds, options counseling, post abortion support, and community resources.

Social Security Disability

Social Security pays disability benefits to you and certain members of your family if you have worked long enough and have a medical condition that has prevented you from working or is expected to prevent you from working for at least 12 months or end in death. The application process takes anywhere from 2-4 hours. Information will need to be gathered before the application. Keep in mind a disability case can take anywhere from 6 months to 2 years +. This benefit is not approved instantly. Effective February 1st, The Center For People In Need may help you apply for disability on a referral basis.

Housing

Family Housing Advisory Services \ www.fhasinc.org

Lincoln Housing Authority \ 402-434-5500 \ 5700 R St.

Provides affordable, safe, sanitary and decent housing to qualifying families currently undergoing financial stress in a manner which affords applicants and tenants dignity and minimal intrusion, within the limits of prudent fiscal management. An application is required. Single, non-disabled applicants will not be selected until all families, elderly and disabled are served from the waiting list first.

Metro Area Continuum of Care for the Homeless \ www.endhomelessnesstoday.org

Western Nebraska Older Youth Services

From supportive to permanent housing, to youth shelter, group home, teen outreach and other services are all available from the Community Action Partnership of Western Nebraska. Service area includes Scotts Bluff, Banner, Morrill, Garden, Kimball, Cheyenne, Deuel, Sioux, Dawes, Sheridan, and Box Butte counties.

Legal

American Civil Liberties Union (ACLU) \ 402-476-8091

Generally becomes involved in cases where the government is involved. They do not handle individual cases such as divorce, custody, domestic violence.

Center For Legal Immigration \ 402-471-1777

Call for an appointment. First consultation needed to see if case qualifies for assistance.

Child Support Enforcement \ 402-441-8715 \ 233 S 10th St.

Information regarding establishing child support orders, paternity, locating parent(s), enforcing child support cases.

Legal Aid of Nebraska \ 402-435-2161 \ 941 "O" St #825

Nonprofit law firm that provides free legal representation to underprivileged citizens. (times noted are CST).

•AccessLine® Toll Free 877-250-2016 \Local 402-348-1060 (Douglas County) Hours: Monday & Wednesday 9:00-11:00am, Tuesday & Thursday 1:30-3:30pm.

•Native American AccessLine® For applicants who are Native American and/or have cases in Tribal court. Toll Free: 800-729-9908 Hours: Monday-Friday 9:00am12:00pm

Nebraska State Bar Association Volunteer Lawyers Project \ 402-475-7091

•Direct Case Placement: The core of the VLP has been matching volunteer attorneys with individuals who need legal assistance on a pro bono or reduced fee basis. VLP will continue to offer direct case placement through its network of pro bono attorneys, but the intake process and referral source has changed. VLP no longer has the staff to operate a separate intake hotline/process. Referrals and intakes will now be received in the following ways:

•Referrals from Self Help Centers: Some clients who visit the Self-Help Center have legal issues/situations where staff would advise them to seek legal counsel rather than

proceeding as a pro se litigant. In these situations, VLP staff will conduct a client intake, check conflicts, and work to place the case through VLP's volunteer network.

•Referrals from Domestic Violence Shelters: VLP has had a long standing commitment to serving victims of domestic violence. When the need for legal services arises, domestic violence shelters will contact VLP directly to complete the intake process. In these situations, VLP staff will check for conflicts, and work to place the case through VLP's volunteer network.

•Referrals from Legal Aid of Nebraska (LAN): VLP will accept 40 referrals a month from LAN. To be accepted by VLP, the referrals must be sent with a completed LAN intake and fall within the VLP priorities.. Referrals from private attorneys where there is not a self-help desk located in their community. The Self Help Center is located inside the Courthouse. Lancaster County: Open Monday 10:00am-2:00pm and Thursday 9:00am-1:00pm.

Voices of Hope \ 402-476-2110 \ 2545 N St.
For victims of: relationship violence, sexual assault and related forms of abuse. Legal Advocacy & Referral: We provide referral to attorneys in the Lincoln area and can accompany clients to court hearings to provide support and information.

Shelters

Catholic Charities Domestic Violence Services \ 402.558.5700

Children's Square \ 712.322.3700

Child Saving Institute crisis center \ 402.553.6000

Heartland Family Service \ 402.553.3000

Heartland Family Service Safe Haven \ 800.523.3666

Open Door Mission \ www.opendoormission.org

Phoenix House \ 712.256.2059

YES Emergency Shelter \ 402.345.5187

Transportation

Auto Mechanics
Charity Auto with the Northern Lighthouse Church \ 402-477-3550

Charity Auto will do light repairs for a suggested donation of $20, if you supply the parts. Bring in the parts for simple repair work such as oil changes, tune-ups, and brake replacement. Call to leave a message with your name, callback number, and basic description of work that needs to be done. Calls are returned once per week. Light repairs are done on Saturdays by appointment only.

Bikes
Lincoln Bike Kitchen 402-915-2453 \ 1635 S. 1st Street

•Earn-a-Bike: After 10 hours of volunteering, you'll pick a bicycle and refurbish it to fit your commuting needs with the help of experienced volunteer mechanics. You'll finish the program with a dependable bike and the knowledge, skills, and resources to maintain it.

•Open Shop: If you want to work on your own bicycle, just come in, talk with us, and get to work. We have complete sets of bike specific tools to help you with your repair. Sunday 12:00-4:00pm and Monday 5:00-9:00pm. Additionally, the first Tuesday of every month from 6:30-9:00pm is Women and Transgender Open Shop. Free Wheels for Kids: Parents feel free to come and speak with us, and we look forward to working with you to get your child on a bike.

•Mobile Kitchen: We come to you! The LBK sets up mobile shops in different locations of the city. We bring along complete sets of tools to help you with your repair needs.

•Safety Equipment: Thanks to a grant through the Viking Foundation we have been able to start providing this items in exchange for volunteer hours or a small donation.

Bus Passes
StarTran 710 "J" St. Lincoln NE 402-441- 7185 (see website for pass purchase locations.)

Purchase a StarTran 31-Day Pass for only $8 ($16 for Handi-Van eligible patrons) Requirements: Must present photo identification with birth date. Must present previous month's pass. Only one pass per person, per 31-day period. If you are purchasing your first low income pass, you need only a photo ID with your birth date.

Appendix C - **Glossary of Terms**

Understanding Terms

The juvenile court system uses a lot of language that is not used by the average person. Here are what some of those terms mean:

Abused or Neglected Child: A child who has been harmed, or is at risk of being harmed by physical violence or emotional abuse, by someone responsible for caring for him or her; or a child who has been harmed or is at risk of being harmed, because the person responsible for him or her does not provide the necessary care for the child.

Adjudication: The process of a judge making a decision as to whether the facts alleged in a petition or other pleadings are true. Judicial determination (judgment) that a juvenile is responsible for the delinquency or status offense that is charged in a petition or other charging document.

Aging Out: Turning the age of 19 while you still have a case open in juvenile court. Once you turn 19, you "age out" of the system, will no longer be a state ward and your case will close.

Allegations: In either a child welfare or a juvenile justice case, these are statements written in the petition of what is believed to have happened. An example of an allegation is "the father hits the mother when he is drinking." In a juvenile justice case, the State would say what law they believe was broken, for example "disorderly conduct." The State has to prove the allegations in court.

Appeal: A request to a higher court to review the decision of the trial court. This happens when a party to the case disagrees with the decision of the trial judge. The higher court will determine if the original decision was correct or not.

CASA: Court Appointed Special Advocate, a volunteer chosen to represent YOUR interests in court.

Case Plan: A written plan from the caseworker about what care and treatment should be provided to you and your family. It includes things like the permanency goal and what services are being provided and recommended. In a juvenile justice case, it may not be called a case plan, but your probation officer should prepare a plan outlining what is expected of you while you are on probation.

Concurrent Plan: A permanency plan generally has two permanency goals: The primary plan and the concurrent plan. The concurrent plan is the "back-up" plan in case the primary plan does not workout. For example, your primary plan may be reunification with a concurrent plan of independent living.

Continuance: The postponement of a hearing, trial or other scheduled court proceeding, at the request of one or both parties, or by the judge without consulting them.

Delinquency: Minor crime, especially committed by young people

Disposition: Within the Administrative Office of Probation, sanction ordered or treatment plan decided upon or initiated in a particular case by a juvenile court. The range of options available to a court typically includes commitment to an institution; placement in a group or foster home or other residential facility; probation; referral to an outside agency, day treatment, or mental health program; or imposition of a fine, community service, or restitution. Within the Division of Children and Family Services, the court's determination of a case in which there is an issuance of a final order or opinion.

Due Process: A legal requirement that the courts follow a certain process so that people's constitutional rights are protected.

Evidence: Proof or testimony submitted by the parties to help the court determine the truth or falsity of the allegations.

Family permanency specialist: A person assigned to your family to assess and ensure child and youth safety, permanency, and well-being.

Finding: A decision made by a judge. An example of this is a finding that it is in the young person's best interest to attend a certain school.

Family Group Conference (FGC): A meeting the judge may order where you and a group of people who you trust, gather to talk about plans for your future. A FGC is led by a mediator whose job is to create a safe space for the team to discuss what is needed in your case.

Guardian ad litem (GAL): An attorney appointed by the court to act in the minor's or an incompetent adult's behalf in a lawsuit and protect the minor's or adult's best interests in court.

Hearing: A proceeding with the judge where the parties discuss issues in your case and the judge will issue findings and orders.

Indian Child Welfare Act (ICWA): A state and federal law regarding Native American children that regulates placement proceedings involving Native American families. The goal of the act when it passed in 1978 was to strengthen and preserve Native American families and culture.

Initial assessment caseworker: A case worker or social worker who first makes contact with you after being removed from your home

Jurisdiction: (1) The legal authority of a court to hear and decide a case. Concurrent jurisdiction exists when two courts have simultaneous responsibility for the same case. (2) The geographic area over which the court has authority to decide cases.

Minor: A person who is under the age to make legal decisions. In Nebraska, the age of majority is 19 years of age.

Motion: A formal proposal (suggestion or request) put to a court or judge. The judge must decide whether to agree to the motion or not.

Normalcy: The quality or condition of being normal, as close to how a regular home and family should be

On-going caseworker: A case worker or social worker that is assigned to you after your initial assessment.

PALS worker: A person who represents the Central Plains Center for Services PALS project (Preparation, Transition and Independent Living Services) who will make sure your plan and the work you do is directed to your specific needs, making it unique to you.

Permanency Plan: A plan that states what the permanency goal is (reunification, adoption, guardianship or independent living) and how it will be achieved.

Petition: This is a form that is filed in juvenile court when the State opens a child welfare or juvenile justice case.

Pre-Disposition Investigation (PDI): This is a report prepared by a probation officer for youth prior to a disposition hearing in a juvenile justice case. The probation officer will meet with youth and his or her family to determine what the youth and family need to complete during the period of probation.

Pre-Hearing Conference: A facilitated meeting prior to appearing in court and held to gain the cooperation of the parties, to offer services and treatment and to develop a problem-solving atmosphere in the best interests of children involved in the juvenile court system.

Reasonable Efforts: A legal term describing the level of services and assistance that should be offered to a family during a child welfare case.

Relinquishment: A legal term describing when a parent voluntarily gives up his or her parental rights.

Appendix C - **Glossary of Terms**

Reunification: A permanent plan for the child that involves the return of the child to any individual who retains parental or legal rights to the child after removal for child abuse, neglect, or both, regardless of the custody arrangement prior to the child entering out-of-home care.

State ward: Any child or youth whose legal custody by judicial determination has been retained by the court or assigned to the Department.

Status Offense, Status Case: Any offense or case in which the juvenile who, by reason of being wayward, or habitually disobedient, is uncontrolled by his or her parent, guardian, or custodian; who deports himself or herself so as to injure or endanger seriously the morals or health of himself, or others; or who is habitually truant from home or school.

For the purposes of the Nebraska Juvenile Code, means a juvenile who has been charged with or adjudicated for conduct which would not be a crime if committed by an adult, including, but not limited to, juveniles charged under subdivision (3)(b) of section 43-247 and section 53-180.01 and 53-180.02 (as provided below). (Source: NRS § 43-245(25))

Under subdivision (3)(b) of section 43-247, means (3) any juvenile:

(b)(i) who, until July 1, 2017, by reason of being wayward or habitually disobedient, is uncontrolled by his or her parent, guardian, or custodian; who deports himself or herself so as to injure or endanger seriously the morals or health of himself, herself, or others; or who is habitually truant from home or school; or

(b)(ii) who, beginning July 1, 2017, is eleven years of age or older and, by reason of being wayward or habitually disobedient, is uncontrolled by his or her parent, guardian, or custodian; who deports himself or herself so as to injure or endanger seriously the morals or health of himself, herself, or others; or who is habitually truant from home or school. (Source: NRS § 43-247(3)(b))

Under section 53-180.01, means a minor unlawfully obtaining, or attempting to obtain, alcoholic liquor by misrepresentation of age, or by any other method, in any tavern or other place where alcoholic liquor is sold. (Source: NRS § 53-180.01)

Under section 53-180.02, means a minor unlawfully selling, dispensing, consuming, or having in his or her possession or physical control any alcoholic liquor in any tavern or in any other place, including public streets, alleys, roads, or highways, upon property owned by the state of Nebraska or any subdivision thereof, or inside any vehicle while in or on any other place, including, but not limited to, the public streets, alleys, roads, or highways, or upon property owned by the state of Nebraska or any subdivision thereof, having physical control of alcoholic liquor as part of a bona fide religious act, ritual, or ceremony or in his or her permanent place of residence. (Source: NRS § 53-180.02)

Transition Plan: A plan that is required for all young people in child welfare cases, age 16 and older to help them "transition" into adulthood. The plan talks about what the young person's goals are and what needs to happen to achieve those goals. You should be closely involved in making this plan.

Victim Offender Dialogue: A process in which a facilitator meets with a juvenile offender and the victim in an effort to have a conversation with the goal of creating an agreed-upon written plan.

Appendix D - **Your Contacts**

Important Names, Addresses & Numbers

Your Current Address

Name: _____

Phone: _____

Email: _____

Address: _____

_____

Your Judge

Name: _____

Phone: _____

Email: _____

Address: _____

_____

Your Attorney

Name: _____

Phone: _____

Email: _____

Address: _____

_____

Your GAL (Guardian ad Litem)

Name: _____

Phone: _____

Email: _____

Address: _____

_____

Your Caseworker

Name: _____

Phone: _____

Email: _____

Address: _____

_____

Your CASA volunteer

Name: _____

Phone: _____

Email: _____

Address: _____

_____

Your Probation Officer

Name: _____

Phone: _____

Email: _____

Address: _____

_____

Other

Name: _____

Phone: _____

Email: _____

Address: _____

_____

Other

Name: _____

Phone: _____

Email: _____

Address: _____

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