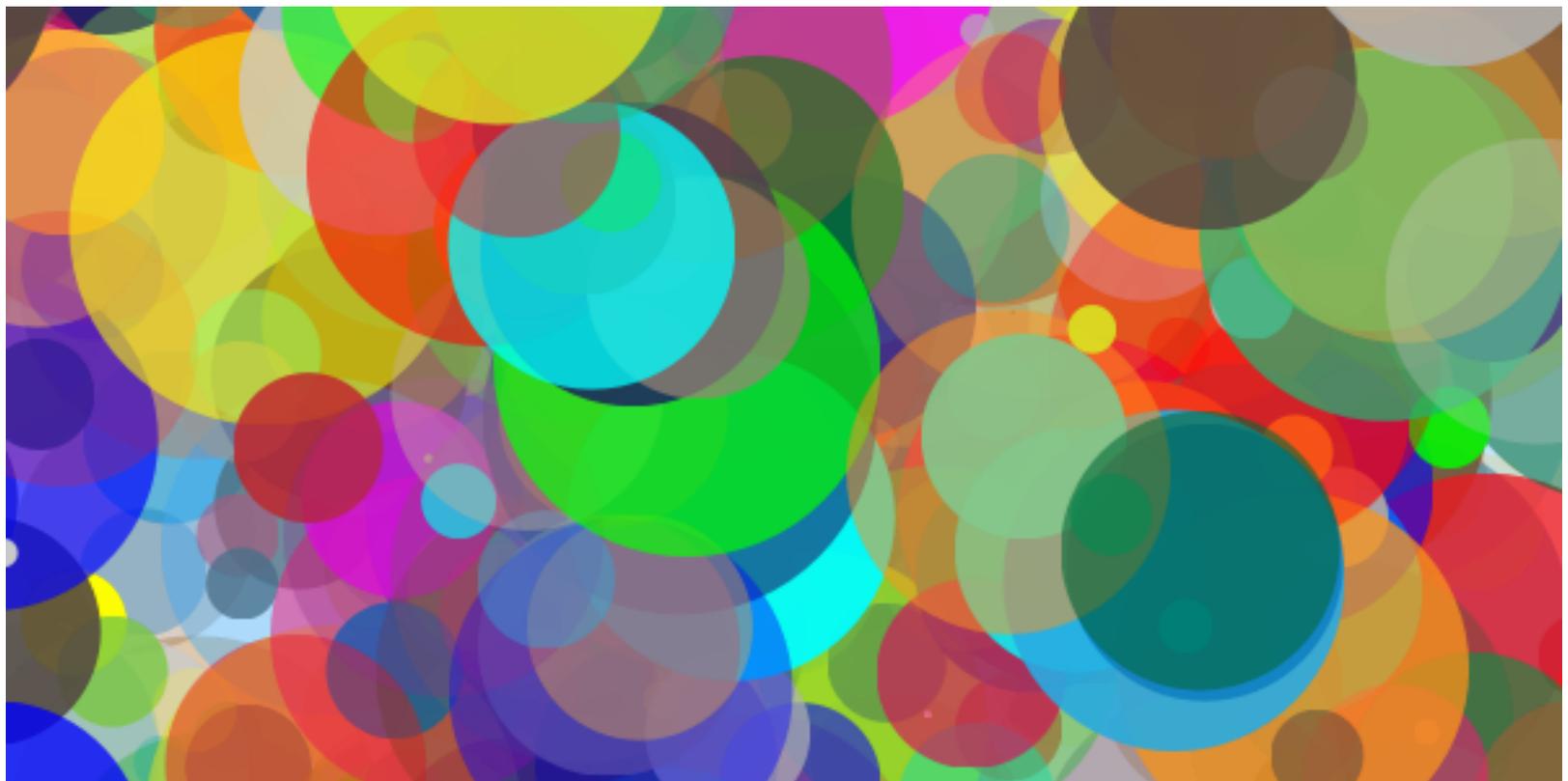


High School Guide

Everything You Need to Know



This Guide Belongs To:

Name: _____

High School: _____

Contact: _____

Social Worker Contact Information:

Name: _____

Email: _____

Phone Number: _____



Dear High School Student,

- - - - X

This guide is intended to better inform you about your rights and opportunities as you navigate High School and the foster care system. Whether you live in a group home, foster home or even at home with your parents, being involved in the system is not easy and we are here to tell you, **you are not alone. The Foster Youth Unit is here to support you.**

The most important thing to remember is that you have a variety of support and resources available to you. The world is yours to conquer and we will be showing you a few sources that can help you get there.

Sincerely,



Important Notes:

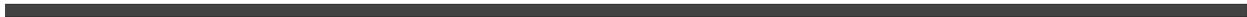


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**Look for the light bulbs throughout the
guide to get helpful tips!**



Who Is a Foster Youth?

You are considered a foster youth if:

- You are a dependent of the court (DCFS), regardless if you were removed from your home or not
- You are age 18 to 21 and a non-minor dependent



You have the right to...

- Live in a safe, comfortable home
- Be treated with respect
- Make contact with social workers, attorneys, probation officers, CASAs, or anyone else involved with your case
- Be told by your social worker or probation officer and your attorney about any changes in your case plan or placement
- See a doctor, dentist, eye doctor, or talk to a counselor if you need to
- Refuse to take medicines, vitamins or herbs, unless a doctor or judge says you must
- Go to school everyday and go to after-school activities
- Get help with school if you need it
- Tell the judge how you feel about your family, lawyer and social worker
- Tell the judge what you want to happen in your case

Also...

- You have family rights too! You can visit and/or contact your siblings, parents and other family members, unless a judge says you cannot
- If you are 12 years old or older, you have the right to information about your sexual health in a way that you understand it



What Are Your Rights at School?

AB 216 - Reduced Course Graduation



- If you are behind on your credits, and you transferred schools after 10th grade, you may be eligible to graduate on time by completing only the state graduation requirement of 130 credits in specific classes instead of the school district's requirements
- You can meet with your counselor to determine eligibility
- If you are found eligible, your education rights holder must sign it, unless you are 18
- You have the right to stay in high school for a fifth year to complete the district graduation requirements, even if you are over 18

Grade and Credit Protection



- If you transfer schools, you can maintain the grades and credits you earned from your previous school

School of Origin



- You have the right to stay in the same school after you move to a new foster care placement. Your "school of origin" can be:
 - The school you attended when you first entered foster care
 - The school you most recently attended
 - Any school you attended in the last 15 months that you feel connected to
- Your school district must work with you, your education rights holder, your caregiver, and your social worker or probation officer should develop a plan to transport you to your school of origin
- If there is any disagreement about which school you will attend, you have the right to stay in your school of origin until the disagreement is resolved

Right to Immediate Enrollment in School



- You have the right to immediately enroll in school and begin attending classes, even if you don't have the paperwork you would normally need for enrollment or did no check-out from your previous school
- You cannot be forced to attend a continuation school or other alternative education program, such as independent study, even if you are behind in credits

Education Rights Holder

- Every foster youth under age 18 must have an education rights holder, who is required to make education decisions
- Foster youth who are 18 or older have the right to make their own education decisions
- Your education rights holder may be your parent or legal guardian, your caregiver, or another person chosen by the court. Your education rights holder **cannot** be your social worker or probation officer, your attorney, group home or school staff members
- It is important to know who your education rights holder is. If you need information about who your education rights holder is, you can connect with your social worker or attorney

My education rights holder is: _____

Contact information : _____

If you feel your
EDUCATIONAL RIGHTS
have been violated

- You can file a complaint.
- Visit cde.ca.gov/re/cp/uc or call (916) 319-0914
- For more information about your educational rights visit www.ctyetcf.org

If you feel your
RIGHTS have been
violated

- Or you have been harassed or discriminated against because of your sex, race, color, religion, sexual orientation, ethnic group, ancestry, national origin, gender identity, mental or physical disability or HIV status
- Contact
 - Foster Ombudsman @ 1-877-846-1602
 - Or fill out the "Complain Page" www.fosteryouthhelp.ca.gov
 - Or send an email to fosteryouthhelp@dss.ca.gov

Let's Talk About Your Health

DID YOU KNOW...



- Former foster youth are eligible for Medi-Cal until age 26
- You can continue to use the same Medi-Cal card you had while in foster care
- If you can't find your card, you can ask your Medi-Cal eligibility worker for a new one
- If you move, be sure to tell your Medi-Cal eligibility worker so you do not have any problems seeing a doctor
- Services include free medical care, vision exams, dental care, substance abuse treatment, and mental health services
- Youth under age 21 may qualify for some extra benefits like braces and glasses

To Apply:

- Call the Medi-Cal Helpline at **(800) 541-5555**
- Or complete form MC 250 A, available at:
<https://www.dhcs.ca.gov/formsandpubs/forms/Pages/MCEDFormsMC200.aspx>
- You can also visit your local county social services agency for assistance

Are You a Foster Youth 18 and Over?

《《 AB 12 - Extended Foster Care 》》

- The decision to remain in foster care beyond age 18 is voluntary and you can choose to do so until age 21
- You will become a *non-minor dependent*
- Talk to your county social worker or probation officer before your 18th birthday if you are interested in extended foster care
- **To be eligible you must participate in at least one of the following:** complete your high school degree, attend college part time, have a job, participate in a program to obtain a job, or are unable to do any of the above because of a verified medical issue

→ **You also have to:**

1. Be in an approved placement
2. Meet with your county social worker or probation officer at least once a month
3. Sign a mutual agreement and participate in your case plan
4. Agree to continued court supervision

THERE ARE 3 WAYS TO TAKE ADVANTAGE OF AB 12

REMAIN IN TRADITIONAL FOSTER CARE

LIVE WITH A FOSTER FAMILY, IN A GROUP HOME ETC. BUT ONLY UNTIL AGE 19

SUPERVISED INDEPENDENT LIVING PLACEMENT

YOUTH FIND THEIR OWN HOUSING GET A CHECK, AND SEE A SOCIAL WORKER

TRANSITIONAL HOUSING PLACEMENT-PLUS FOSTER CARE

HOUSING IS PROVIDED AND CONTINUE TO GET CASE MANAGEMENT

◀ Re-Entry Into Foster Care ▶

- You have the right to re-enter foster care after turning 18
- You can request re-entry any time before your 21st birthday to have the juvenile court reopen your case as a *non-minor dependent*
- You can re-enter foster care as many times as you chose before age 21

→ Steps to take:

- Complete and file the form JV-466
 - Request to return to juvenile court jurisdiction and foster care by mail or in person at the Juvenile Court Clerk's office
 - If you need help from a social worker to fill out the form, call and request assistance using the following number: 800-540-4000
- The court will have a hearing to decide if you are eligible to return
 - If you are denied, you have the right to make another request once you meet the requirements

Once you are eligible for extended foster care or granted re-entry, you can receive ILP Services!

aging out
OF FOSTER CARE?
Now What?

<< Independent Living Program (ILP)>>

www.ilponline.org/Home/

- ILP provides financial assistance and services to current and former foster and probation youth
- If you are 16-20 years of age, and have been determined to be ILP eligible by an ILP Transition Coordinator, you may receive the help you need as a student in high school, college, or a vocational program
- ILP may be able to assist you in areas such as housing, employment, life skills and education
- Talk to your county social worker if you want more information

→ **Eligibility:**

- Were/are in a foster care placement at any time from age 16 - 18

- Were/are under a legal guardianship with a relative (KinGAP) and received/are receiving KinGAP services between the ages of 16 to 18 years of age

- Were/are in a Dependency Court granted non-related legal guardianship that was granted on or after your 8th birthday



Got Funds (For College) ?

《《FAFSA (Free Application For Federal Student Aid)》》

If you are considering going to college, you must complete the FAFSA to receive financial aid



Apply Here:

Go to [Fafsa.ed.gov](https://fafsa.ed.gov) between October 1 - March 2 to apply

Did You Know?

Foster youth are eligible for financial aid to go to college! Financial aid not only helps pay for tuition and books, but also for other needs like rent, food, and transportation!

Types of Financial Aid

Grants

Need-based and considered “free money”

Fee Waivers

Need-based and eliminate enrollment fees or cost of classes

Federal Work Study

Students can earn financial aid money through part-time employment on or off campus. Eligibility is need-based

Loans

Loans received for college must be repaid

There are two types of loans:

- **Subsidized:** you do not pay interest on loans
- **Unsubsidized:** you must pay interest on loans

Filling Out Your FAFSA

In the FAFSA, there is a section labeled “*Dependency Status*”. This section determines whether you qualify for “*independent student status*”. You may qualify if you can answer “yes” to either of the following questions:

“At any time since you turned age 13, were both your parents deceased, were you in foster care, or were you a dependent or ward of the court”

“Does someone other than your parent or step parent have legal guardianship of you, as determined by a court in your state of residence?”

You do not have to answer questions about your parents in your FAFSA, because you are potentially considered “*independent student status*”. If you answer “no” to any questions about your parents, it will not prevent you from getting financial aid.



Remember to write down your FSA ID username, password, and FSA ID challenge Q & A's in case you forget your login

There's More Financial Aid!



If you are **undocumented**, you can apply for state financial aid through the California Dream Act Application (CADAA)

Apply Here:

You can complete the application at Dream.csac.ca.gov. It is open between October 1st - March 2nd



The Chafee grant is awarded to current and former foster youth who can receive up to \$5,000

Apply Here:

You can complete your application at chafee.csac.ca.gov between October 1st - March 2nd, but you can still apply after the deadline



College Campus Foster Youth Resources



EOPS is designed to help low income and educationally disadvantaged students who have potential for academic success. EOPS is offered in a variety of campuses and can apply through the college.

You may be eligible to receive

- Housing assistance
- Admission application fee waivers
- Summer programs
- Financial aid follow up
- Academic advising
- Tutoring
- Counseling services



NextUp Website: www.nextup.cccco.edu

NextUp provides community college students with resources that make a difference. The program offers eligible current and former foster youth support and services that could include help with books and supplies, transportation, tutoring, food and emergency housing.

This website helps you locate community colleges near you that have the NextUp Program!



The Guardian Scholars program supports current and former foster youth while in college.

Program Benefits

- Peer and academic advisement
- Housing assistance
- Tutoring
- Transportation services
- Mentoring
- Financial assistance
- Scholarships
- Special accommodations for students with disabilities
- Counseling
- Social activities



Many colleges have a guardian scholars program or something similar to support foster youth

Where Can I Find More Information?

Community Colleges:

<http://www.student.cacollegepathways.org/find-campus-support-programs/community-college-foster-youth-contacts/>

Four Year Universities:

<http://www.student.cacollegepathways.org/find-campus-support-programs/4year-university-foster-youth-contacts/>

College and Scholarship Resources

There are many scholarships open for foster youth. Use the resources below to help you explore what is out there. You can also check in with your college and career specialist to find out more.



California College Pathways Student Website:
<http://www.cacollegepathways.org/>

Resources for understanding and getting help with financial aid, finding scholarships, and how to find foster youth support programs on college and university campuses.



CaliforniaColleges.edu Website:
<https://www.californiacolleges.edu/#/>

California's college and career planning website for its public and private colleges and universities.



I Can Afford College Website:
<https://icanaffordcollege.com/>

Information on financial aid that can help you pay for fees, books, supplies and sometimes even help with the rent.



Fastweb Website:
<https://www.fastweb.com/>

Has an abundance of information for different scholarships based on your strengths, interests, and skills. They also have resources to help you explore colleges, resources for FAFSA and financial aid, and have employment posting available for students.

Explore Your Skills

◀ Technical and Vocational Programs ▶

Technical school, aka vocational school, provides employment preparation skills for trained labor that includes hands on experience in a short period of time to obtain certificates.

- You take specific classes to prepare you for a particular job
- Although vocational classes are typically found in community colleges, there are also a large number of technical institutes that provide this kind of training

Some examples of technical programs include:



Nursing



Culinary Arts



Welding



Office Support



Construction



Fashion Design



Electrician



Information Tech



Need help finding what technical or vocational program that best fits you? Check out the websites below!

<https://www.opencolleges.edu.au/careers/career-quiz>

<https://www.careercolleges.com/https://www.trade-schools.net/>

Job Corps

◀◀ <https://www.jobcorps.gov/> ▶▶

Is a residential and educational training program with locations NATIONWIDE that helps eligible youth ages 16 through 24 complete their high school degree, trains them for meaningful careers, and assists them with obtaining employment.

Career Paths

- Advanced manufacturing
- Automotive and Machine Repair
- Construction
- Finance and Business
- Healthcare
- Hospitality
- Information Technology
- Homeland Security
- Renewable Resources and Energy
- Transportation

Perks of Job Corps

- Provides **FREE** residential housing for certain programs in certain locations. Students have the opportunity to live on site in dorm rooms.

 NUTRITIOUS MEALS	 FURNISHED ROOM W/ ROOMMATE¹	 CLOTHING FOR CAREER TRAINING
 A LIVING ALLOWANCE	 BASIC MEDICAL CARE	 CHILD CARE ALLOTMENT²
 RECREATIONAL ACTIVITIES	 BOOKS AND SUPPLIES	 STUDENT ORGANIZATIONS

Job Search

◀◀ Looking for a job? We can help! ▶▶

Steps to take looking for a job

Reflect about where you would want to work:

- What are you passionate about?
- What skills do you have and what skills do you want to expand on?

Explore your options:

- Look for jobs by using google or search engines such as:

- ◆ www.monster.com
- ◆ www.indeed.com
- ◆ www.glassdoor.com

Things to consider:

- What geographic location do I want to work at?
 - How is transportation to the location of the job I want?
-

Steps to take applying for a job

Building a resume

- There are many places you can find templates to build an entry level resume such as:
 - ◆ Microsoft Word templates
 - ◆ www.livecareer.com
 - ◆ www.resume.com
 - The next page shows a standard entry level resume template to help start yours!
-



Apply for jobs online and/or in person:

Best way to get a quick interview is by applying online and taking your completed resume in person into the job you are looking at!

Entry Level Resume Template

FIRST NAME LAST NAME

Address · Phone

Email · LinkedIn Profile

Briefly state your career objective, or summarize what makes you stand out. Use language from the job description as keywords.

EXPERIENCE

DATES FROM – TO

JOB TITLE, COMPANY

Describe your responsibilities and achievements in terms of impact and results. Use examples, but keep it short. You can include any relevant volunteer, leadership, and/or work experience here. If you have more than one experience you want to add in, make sure to list it from most current to oldest experience.

EDUCATION

MONTH YEAR

DEGREE TITLE, SCHOOL

It's okay to brag about your GPA, awards, and honors. Feel free to summarize your coursework too.

SKILLS

- List your strengths relevant for the role you're applying for
- List one of your strengths
- List one of your strengths

ACTIVITIES

Use this section to highlight your relevant passions, activities, and how you like to give back. Or show off important extras like publications, certifications, languages and more.

Foster Youth Employment Opportunities

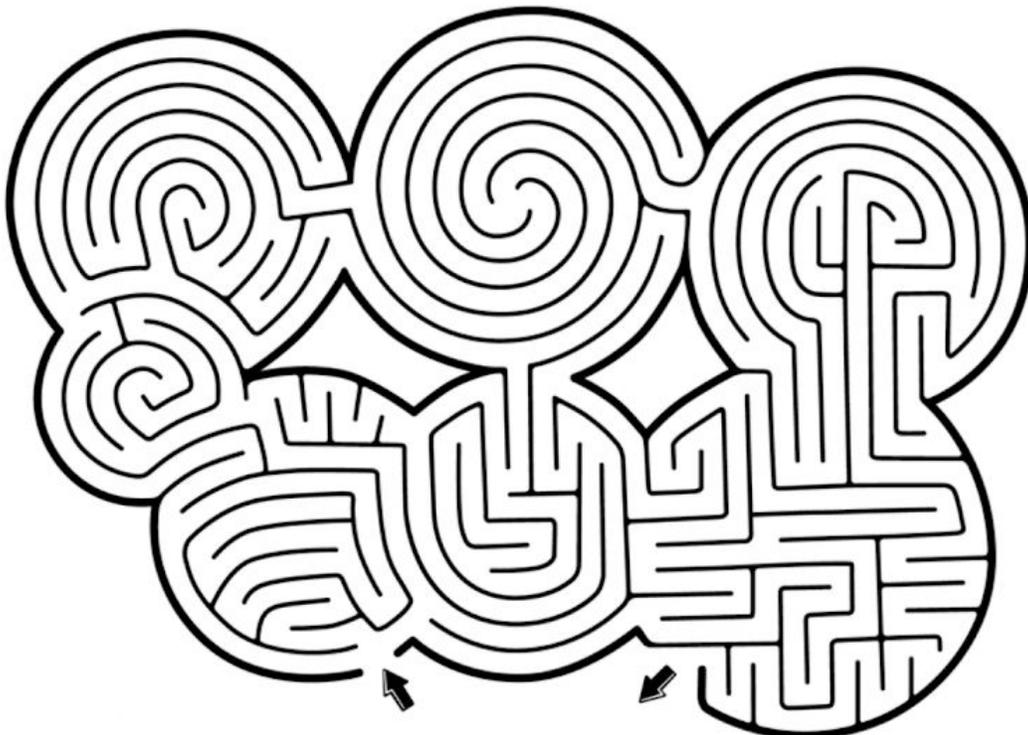
iFoster Jobs Program

- www.Ifoster.org
- Youth referred from the public system or other approved training partner can be referred direct to iFoster's Assessment Day
- Connects to competitive employment within seven miles of youth's address
- **Eligibility:** Current and former foster youth, including KinGap (ILP eligibility is not required)

Bridge to Work

- DCFS funded program administered by South Bay across the county
- 400 hours of paid work experience
- **Eligibility:** ILP eligible youth

Choose Your Path Puzzle



Important Information For You To Know

《《 DCFS LA County Resources >>

The link below has information on how to obtain personal documents like your birth certificate, social security card, California ID or driver's license, and case records.

<https://dcfs.lacounty.gov/youth/personal-documents/>

《《 Dependency Ward of the Court Letter >>

Dependency ward of the court letter is paperwork that provides written verification of foster care status in order to qualify for certain benefits. An example of where youth might need a dependency letter may be to submit to FAFSA in order to confirm status in foster care.

How to get verification?

Current foster youth:

Contact current country social worker or ILP coordinator for dependency letter

Former foster youth:

Contact county child welfare agency, local ILP program, or the state Foster Care Ombudsman office

State Foster Care Ombudsman Office



1-877-846-1602

REMEMBER TO SAVE A COPY!

<<Social Security Card>>

Your Social Security Card is important and it would be helpful to memorize the number. You will need it when you get hired for a job and when applying for FAFSA and college. Remember to keep it in a safe place!

Where Can I Get My Card?

You can ask your caregiver or social worker about their social security card. If you are a former foster youth, transitional age youth, or over age and do not know the location of your card, you can get a new card online via www.ssa.gov or go in person to the nearest Social Security Administration office.

Long Beach Social Security Administration

Address: 2005 Long Beach Blvd. Long Beach CA 90806

Hours: Monday through Friday, 9:00am to 3:30pm.

Phones: Service/Intake (888) 256-2631, National Toll Free Number Service/Intake (800) 772-1213

<<Case Records>>

DCFS and Juvenile Court case records are confidential. If you would like to access your records, fill out and submit a **Declaration in Support of Access to and Copping to Juvenile records** form using the link provided below:

<https://dcfs.lacounty.gov/parents/court-proceedings/case-records/>

It is important to have access to your social security card as you will need it as ID for any job!



<< Birth Certificate >>

You can obtain your birth certificate online. The fee for a birth certificate is \$25. Make sure to know your true name, birth date, city you were born in, and the name of the parents listed on the birth certificate. The link to request a birth certificate is: www.vitalchek.com

What do you know?

WORD

SEARCH:

Look for
the words
listed
beside
the word
search

A	H	Y	L	Y	D	A	S	L	A	L	R	D	A
O	D	T	A	D	O	E	D	N	A	E	O	E	N
C	I	I	H	C	A	E	B	G	N	O	L	S	C
A	A	R	A	A	I	A	S	O	P	A	N	N	O
S	I	U	R	D	E	S	U	W	I	D	C	E	S
E	N	C	D	D	C	F	S	N	P	E	P	C	Y
R	R	E	I	E	U	C	Y	W	R	P	F	I	L
E	O	S	G	A	A	S	D	A	R	E	L	L	A
C	F	L	R	N	U	O	F	R	D	N	E	R	C
O	I	A	N	D	N	E	A	D	R	D	A	A	O
R	L	I	I	A	A	A	P	S	O	E	I	R	U
D	A	C	R	S	O	B	I	R	I	N	T	I	N
S	C	O	F	I	A	E	Y	C	E	C	E	C	T
R	R	S	A	L	L	A	N	L	L	Y	C	I	Y

LICENSE
LA COUNTY
SOCIAL SECURITY
DEPENDENCY
LONG BEACH
DCFS
CALIFORNIA ID
WARD
CASE RECORDS

<< California Id/ Drivers License >>

Both these identification cards are obtained through the DMV. You can make an appointment online or go in person to the nearest DMV office. Appointments can be made online at www.dmv.ca.gov or by calling [1-800-777-0133](tel:1-800-777-0133).

Need extra support and resources?

◀◀ Housing Support Services ▶▶

Multiservice Center

1301 W. 12th Street Long Beach, CA 90813
(562) 570-4500

The MSC provides the following services to individuals and families experiencing homelessness: outreach services, intake and assessment services, case management, as well as referrals to shelter and other social service programs.

TIP: if you are experiencing homelessness and need **IMMEDIATE EMERGENCY SHELTER**, contact the multi service center **FIRST** and they will refer you to available shelter in Long Beach that day.

Long Beach Rescue Mission

1430 Pacific Ave Long Beach, CA 90813
(562) 591-1292
<https://lbrm.org/>

Contact the multiservice center first for a referral to the two shelters offered by the Long Beach Rescue Mission (The Samaritan House for men, and Lydia House for women and children).

◀◀ Food and Clothing Services ▶▶



Christian Outreach in Action



515 E 3rd St
Long Beach, CA 90802
(562) 432-1440
<http://www.coalongbeach.org/>

Please call for meal schedule, food, pet, and clothing bank hours

Long Beach Community Services Center

123 East 14th Street
Long Beach, CA 90813
Phone: (213) 251-3432

Offers basic assistance with food, shelter, utilities, clothing and transportation; information and linkages to community resources; specialized programs providing rental assistance to homeless families; and a CalFresh application site.

Please call to get information on hours for services provided.



<< Local Resources >>

211 LA

Dial 2-1-1 from your phone or visit <https://www.211la.org/>

211 LA is the central source for providing information and



referrals **for all health and human services in LA County.** The 2-1-1 phone line is open 24 hours, 7 days a week, with training Community Resource Advisors prepared to offer help with any situation, any time.

**If you are outside of LA County, you can call 800-339-6993*

Peace over Violence

Los Angeles County Rape & Battering Hotlines

<http://www.peaceoverviolence.org>

310-392-8381

213-626-3393

626-793-3385

Los Angeles County Domestic Violence Hotline

<http://da.co.la.ca.us/domv>

800-978-3600

Only accessible from Los Angeles County area codes

Volunteers of America

<https://www.voa.org/>

Provides human services such as housing, basic needs, behavior and mental health services, youth programs, assistance with substance abuse disorders etc.

LL Mental Health Services >>

**LA County Dept. of Mental
Health Access Hotline**

1-800-854-7771

Mental Health Hotline

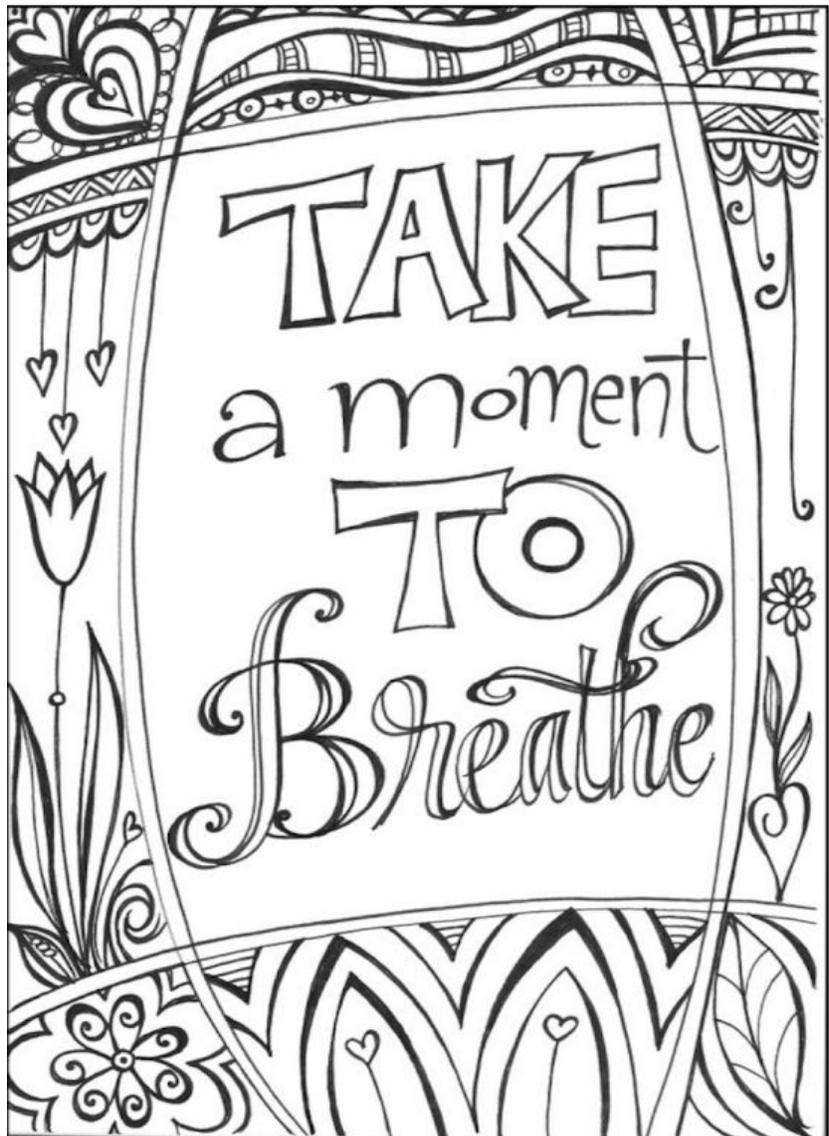
1-866-307-3312

NAMI Helpline

1-800-950-6264

Helps provide resource referrals and support for people living with mental health conditions

Color me and remember that it's okay to take a moment to breathe (or color) during stressful times.



<<If You Ever Need To Talk To Someone>>



Suicide Prevention Center Hotline

1-877-7-CRISIS or
1-877-727-4747

National Suicide Prevention Lifeline

1-800-273-TALK or
1-800-273-8255

Trevor Lifeline - LGBTQ

1-866-488-7386

National Domestic Violence Hotline

<http://www.thehotline.org>
800-799-SAFE (7233)

California Youth Crisis Line

www.youthcrisisline.org
1-800-843-5200
24/7 Hours, Bilingual

National Human Trafficking Hotline

24/7 Hours
humantraffickinghotline.org
1-888-373-7888

National Teen Dating Abuse Helpline

www.loveisrespect.org
1-866-331-9474

National Sexual Assault Hotline

<http://www.rainn.org/get-help/national-sexual-assault-hotline>
1-800-656-HOPE (4673)
24/7 Hours



***If you have recently been physically hurt or are in
immediate danger, call 9-1-1***

Foster Youth Unit

Long Beach unified School District

We are here to support you!

Contact your School Social Worker:

Susana Cortes, LCSW, PPSC
(562) 986-6870 ext. 240
scortes@lbschools.net



*"Every second of every period,
everyday, we support our
foster youth and families"*