



## Resources for Expectant and Parenting Teens in Foster Care

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## Reproductive Realities for Foster Youth

- Teen pregnancy has decreased in the general population
- Foster youth become pregnant at higher rates than their peers in the general population
- By age 17, 26% of foster youth have ever been pregnant as compared to 13% in the general population and 22% have been pregnant 2 or more times
- By age 19, 52.% of foster youth have ever been pregnant as compared to 20.1% in the general population and 20.6% have been pregnant 2 or more times

# Reproductive Rights

- A minor may consent to medical care relating to the prevention or treatment of pregnancy regardless of age. Minor must get consent from her parent or guardian if seeking to be sterilized. (Family Code Section 6925)
- *American Academy of Pediatrics v. Lungren* 16 Cal. 4<sup>th</sup> 307
- Youth in both foster care and probation custody retain these rights (WIC 220, 221 & 222)

# Reproductive Health Resources

- ACT Clinic (for youth with open DCFS cases) at LAC-USC: 323-409-3233
- Planned Parenthood [www.plannedparenthood.com](http://www.plannedparenthood.com)

# Benefits: \$

- Foster Care Payments for youth
- For the non-detained baby: Early Infant Supplement and Infant Supplement
- Parenting Support Plan (PSP)
- CalWORKs- cash aid from DPSS

# Benefits: Medi-Cal

- Foster youth and their babies are all entitled to Medi-Cal
- Foster youth are eligible for extended Medi-Cal up to age 26 (regardless of their income) under CA' s implementation of Affordable Care Act
  - Youth must be in foster care at age of 18
  - Extension of prior coverage from age 21
  - Youth should automatically be enrolled and stay enrolled
- Pays for medical, dental and mental health care

# Medi-Cal (cont'd)

- Baby is covered the month of birth and the next month under their mother's Medi-Cal.
- The Alliance for Children's Rights can help with Medi-Cal issues for current and former foster youth and their babies.

# Benefits: Food

- These are government programs that provide assistance:
- WIC is a nutrition program which provides, food, formula, nutrition and breast feeding education to pregnant women and their children up to five years old.
- Cal Fresh is the former food stamp program. It comes on a card called an EBT card that can be used at groceries, farmer's markets and other food outlets.



# Housing

- St. Anne's and Crittenton: Minors with open cases who are pregnant and/or parenting
- THP+FC (THPP-NMD): Transitional housing for NMD's who have open cases.
- THP: ILP eligible youth 18-21.
- THP+: 18-24 (up to 25 if youth is in school). To be eligible for THP+ housing, youth must have an open case on their 18th birthday, (currently 82 beds).
- ILPONLINE.ORG has a list of housing programs and the number of vacancies.
- Other types of housing: Family Solution Centers (FSC) are available in every SPA to assist families that are in need of emergency housing. FSC also assist with a host of services revolving around housing.  
<https://www.lahsa.org/ces>

# Childcare

- DCFS might provide funding for a licensed childcare provider
- DPSS (if receiving CalWORKs) might provide funding for a childcare provider
- The Child Care Resource and Referral (CCR&R) Agencies are child care contracting agencies that help provide parents with free or low-cost child care. Find an agency in your county: [www.rrnetwork.org](http://www.rrnetwork.org)
- The Early Head Start Program in their neighborhood may also have funding for childcare.  
[http://cao.lacounty.gov/ccp/pdf/ehs\\_hs\\_programs\\_updated\\_2jan14.pdf](http://cao.lacounty.gov/ccp/pdf/ehs_hs_programs_updated_2jan14.pdf)
- A few schools and colleges provide childcare.

# Educational Rights

## Right To:

- Stay in and Return to School
- Participate in ALL Academic Activities
- Participate in ALL Extracurricular Activities
- Reasonable Adjustments

California Education Code Sec. 230(h); California Regulations 5 C.C.R. Sec. 4950

- Title IX

If they do not want to attend their local school there are an array of other options from:

- Special schools for teen parents
- Special programs for any youth who is having trouble in a traditional setting
- Studying independently at home.

# FAMILY LAW

This includes issues such as:

- Custody
- Visitation
- Divorce
- Paternity
- Child support
- DV restraining orders

Public Counsel provides free legal advice on teen parent family law issues for youth in care.

# Pregnant and Parenting Teen (PPT) Conferences

These conferences are for youth with open cases. The PPT Conferences are voluntary and address the following:

- Issues relating to pregnancy and the early stages of child rearing.
- Preventative services to assist in stabilizing and maintaining the family unit.
- Fostering safety and promoting a successful transition to independence.

# Potential PPT Conference Participants: It takes a village!

## DCFS/Community Supports:

- Educational Consultant
- Independent Living Program (ILP) Coordinator
- Public Health Nurse (PHN)
- Wraparound
- Department of Public Social Services Linkages
- Department of Mental Health
- Therapist

## Family Support Systems:

- Youth Father
- Youth Mother
- Family members
- Non –related extended family members
- Caregiver/Legal Guardian
- Significant friend (maternal and paternal)

# What issues are addressed at the PPT Conference?

- Prenatal Care/Reproductive Health
- Placement instability
- Education
- Subsidized child care to enable youth to remain in school
- Child Care
- Parenting Classes
- Early Intervention for babies
- Counseling
- Legal Issues: Family Law, tickets, immigration etc
- Public Benefits
- Transition Issues and Services

# Adolescent Family Life Programs (AFLP)

The Adolescent Family Life Programs serve youth up to age 19. Case managers provide services to help ensure the birth of a healthy baby, assist teens in completing their education, and provide information on preventing additional unintended pregnancies. AFLP programs may offer education on AIDS prevention, dropout prevention, violence prevention, special programs for teen fathers and family life education. Find an AFLP office:  
*[www.cdph.ca.gov/programs/aflp/](http://www.cdph.ca.gov/programs/aflp/)*



# Advantages of Extended Foster Care for Parenting Youth

- A Non Minor Dependent (NMD) will have funding for both her/himself and their baby; funding for the baby is called an Infant Supplement and is currently \$900.00 per month
- The NMD will not need to apply for CalWORKs (welfare) while still in foster care. CalWORKs is limited to 48 months of benefits, so by remaining in care with funding for both the NMD and the baby (Infant Supplement), the clock will not start on CalWORKs benefits.
- There will be assistance finding housing for the NMD and the baby.
- There will be assistance finding child care, parenting classes and other things needed to take care of the baby.

# HOME VISITATIONS PROGRAMS

- Having a healthy baby
- Prenatal care
- Nutrition
- Avoiding drugs
- Understanding what to expect during labor and delivery
- Some help with breast feeding
- Teaching the teens the importance of bonding with their baby and how to do it.
- Understanding child development
- Non-violent discipline
- Birth control

# Home Visitation Programs (cont.)

- **Nurse-Family Partnership Program (NFP)**

The NFP is a free, voluntary program that partners first-time moms with nurses who provide intensive home visitation services. Referrals to the NFP must be submitted by the 24<sup>th</sup> week of pregnancy. For more information:

<http://publichealth.lacounty.gov/mch/nfp/nfp.htm>

- **Los Angeles County Perinatal and Early Childhood Home Visitation Consortium**

<http://homevisitingla.org/resources-for-service-providers/>

To access a PDF version of the Directory of Home Visitation Programs, input email address and click submit

# DOULA

A doula is a trained expert in childbirth. She helps the mom make a birth plan and provide support during labor and delivery.

- Doulas make one post- natal visit

If the teen is interested, email Barbara Facher, [b.facher@kids-alliance.org](mailto:b.facher@kids-alliance.org) or Shiré Wortham, [s.wortham@kids-alliance.org](mailto:s.wortham@kids-alliance.org) with the youth's:

- Name
- Date of Birth
- Due date
- Address
- Hospital where she will deliver
- Phone number and/or email.

# Contact Information

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