

Services designed to help youth live a better life.

statewide Aftercare



Pre-Aftercare

Youth can start meeting with our Self-Sufficiency Advocates at **age 17** while they are still in care. The referring worker should send a referral to IASN several months prior to exit.



Core Aftercare

Youth can apply for Core services when they age out at age 18. Advocates help them develop a plan based on their personal goals and provide guidance to keep them on track.



Extended Aftercare

Aftercare can continue to support youth through our Extended services up to age 23 through periodic check-ins and referrals to resources as needed. Limited financial assistance is also available.

We connect youth to their futures

The Iowa Aftercare Services Network (IASN) is a coalition of seven nonprofit organizations across the state dedicated to supporting youth who have experienced a court-ordered, out-of-home placement.*

Aftercare services are available to youth **ages 17 up to 23** in every county of Iowa. Using a strength-based approach, Aftercare helps youth: **meet basic needs; set and attain goals; make connections to community resources; and develop the knowledge and skills needed to live on their own.**

* Out-of-home placements include but are not limited to foster care, group care, family foster care, shelters, PMIC, STS and relative placement.

Aftercare is available from these IASN agencies:

- [American Home Finding Association](#)
- [Child Saving Institute \(CSI\)](#)
- [Ellipsis](#)
- [Family Resources](#)
- [Foundation 2](#)
- [Four Oaks](#)
- [YSS \(Lead IASN Agency\)](#)



Preparing for exit makes a difference

Assisting as part of the transition team, Aftercare Self-Sufficiency Advocates (SSAs) participate in youth-driven conversations, encouraging them to discuss their plans for finding a place to live, getting a job, or exploring educational opportunities. Involvement prior to discharge helps SSAs build a relationship with youth and facilitates a connection to ongoing, voluntary Aftercare services.

Aftercare Services Eligibility

- Iowa residents between 18 and 23 years old.
- Exit foster care, Iowa State Training School (STS), or a court-ordered Iowa juvenile detention center at age 18 or older, or between 17½ and 18 and have been in any combination of care for at least 6 of the previous 12 months.
- Adopted from foster care or entered a subsidized guardianship arrangement from foster care, on or after their 16th birthday.

Financial Assistance

Financial assistance is available to Core participants who qualify for the **Preparation for Adult Living (PAL)** stipend. To qualify, youth must:

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

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

Vendor Payments

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



My advocate constantly goes out of her way to help and make sure I am okay, always checking in and helping me find new ways to succeed."

—Core Aftercare participant, 2025

Participant Responsibilities

Because we provide statewide coverage, we are able to offer consistent services and continuity of care to those we serve. Meaning, if a youth decides to relocate, everything they have been working on in Aftercare can move with them as long as they fulfill their program responsibilities.

- Meet with SSA at least twice a month. (This changes to periodic check-ins when they enter Extended Aftercare).
- Be respectful and honest with their SSA.
- Take part in developing an individual Self-Sufficiency Plan and work toward their goals.
- Accept personal responsibility in their journey to self-sufficiency.

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