



ON YOUR OWN BUT NOT ALONE

Annual Outcomes Report for State Fiscal Year 2016

Prepared and Submitted by:



Carol Behrer, Executive Director, and
Courtney Clement, Research Associate,
with Steve Elfvin of Rocket Science, Ltd.

August 2016

INTRODUCTION

The Iowa Aftercare Services Network (IASN) provides services and support to help youth and young adults who exit foster care near or after the age of 18 make a successful transition to adulthood. Since 2002, IASN has assisted more than 3,300 young people in Iowa with this transition.

YSS of Ames holds the contract with the Iowa Department of Human Services to support this population and has served as the lead agency and fiscal agent for the Aftercare Network since it was initiated in 2002. In addition to providing direct services through four of its central Iowa locations, YSS subcontracted with eight other youth-serving agencies to provide aftercare services to eligible youth throughout the state in SFY 2016. In addition to YSS, the agencies in the Network and the location of their primary offices are:

- American Home Finding Association (Ottumwa)
- Children's Square USA (Council Bluffs)
- Family Resources, Inc. (Davenport)
- Francis Lauer Youth Services, Inc. (Mason City)
- Foundation 2 (Cedar Rapids)
- Four Oaks (Cedar Rapids)
- Young House Family Services (Burlington)
- Youth Homes of Mid-America (Des Moines)

For further information on these agencies and the counties they serve for the Aftercare Network, see the Network's website at www.iowaaftercare.org. YSS also subcontracts with the Youth Policy Institute of Iowa (YPII) to provide statewide coordination, policy development, quality assurance, and evaluation services for the Network. One of YPII's responsibilities is the analysis of Aftercare data and the submission of this required annual report on the performance of the Network and the outcomes achieved.

Funding for aftercare services in Iowa comes from federal and state sources. Since 2002, a portion of the state's federal Chafee Foster Care Independence Program (Chafee) funding has been designated to serve 18 to 21 year olds who age out of foster care. Beginning in 2006, the Iowa Legislature authorized additional support for these youth and appropriated state funding to create the Preparation for Adult Living (PAL) program. The PAL program provides monthly financial support to qualifying youth who exit a state-paid foster care placement at age 18 or older as long as the young person is either enrolled in post-secondary education or training, is employed, or both. Beginning with SFY 2015, the Iowa Legislature made youth aging out of the Boys State Training School and detention facilities eligible for aftercare and PAL services and provided additional funding to ensure that these young people could also receive assistance as they transition to adulthood. The state and federal funding streams are combined in the DHS contract.

The DHS aftercare contract to YSS requires annual reporting on the services provided and outcomes of the youth and young adults who participate in IASN's Aftercare and PAL programs. This information is used both to assess the impact of the services being delivered to eligible youth and to fulfill state and federal reporting requirements. Data presented in this annual report are primarily drawn from an on-line data collection system that was designed specifically for the IASN and is maintained by the Youth Policy Institute of Iowa with the assistance of Steve Elfvin of Rocket Science, Ltd.

Iowa Aftercare Services Network -- Annual Outcomes Report
July 1, 2015 through June 30, 2016

Organization of the Report

This report is organized into three parts and is similar to previous years' reports to facilitate year-to-year comparison.

Part I provides three-year trend information from intake interviews with youth when they first access Aftercare services. This information is provided to help readers understand the characteristics of youth as they leave the formal child welfare or juvenile justice system and begin Aftercare services. The SFY 2015 and 2016 data presented in this section includes information on all youth accessing services, including 54 youth in SFY 2015 and 60 youth in SFY 2016, whose last court-ordered placement was the State Training School or detention (STS population). Major differences between the STS population and participants who entered Aftercare from a foster care placement are highlighted.

Part II of the report provides demographic information and other characteristics of all 836 participants who were served by IASN during SFY 2016. This part also includes a brief summary of data on "services provided" that is collected by IASN as part of the state's obligation to report this information for the National Youth in Transition Database (NYTD). Finally, this part summarizes the reasons youth exited the program during the year and the duration of their involvement with Aftercare.

Part III of the report examines outcomes of 181 participants who exited services during the year, did not return to services prior to June 30, 2016, and for whom we have complete exit data as reported by the participant in an exit interview. Data on outcomes in the areas of employment, resources, housing, education, relationships, parenting, high risk behaviors, health care coverage, and essential documents are presented as required by the DHS contract. The outcomes reported only include youth who participated in Aftercare for at least 3 months before exiting. In contrast to last year's report, the outcomes section for SFY 2016 does include young people whose last court-ordered placement was from the STS or detention.

Aftercare and PAL are voluntary programs. Eligible young adults may initiate and discontinue services as they choose, and it is possible for youth to have multiple entries and exits from the program. Data is collected through individual interviews with participants each time they enter or exit IASN services. To assess outcomes, data from the very first interview with the youth is compared with their last exit interview during the fiscal year for which this report is generated. Outcomes are only reported for youth who did not return to services prior to the end of the fiscal year.

Efforts are made to ensure the accuracy of the data, but because the information is based largely on self-reports by youth and many of the topics covered in the participant interviews are sensitive, some young people may not provide truthful, consistent or accurate answers. Participants may also decline to answer some questions. Although aggregate data is quite consistent year-to-year, the data should be interpreted with caution especially on questions related to risky behaviors and other sensitive topics. Further, data is entered by multiple interviewers and there may be some data entry errors that are not detected, resulting in some margin of error in the results presented in this report.

State Fiscal Year 2016 Summary

A total of 836 young adults participated in services provided by IASN in SFY 2016, a 10 percent increase over the prior year and a record number of young adults served by the Network in a single year. Of the 836 youth served, 317 accessed services for the first time during the fiscal year, a slight increase from 310 new participants the previous year and also a record high. Among those first accessing Aftercare

Iowa Aftercare Services Network -- Annual Outcomes Report
July 1, 2015 through June 30, 2016

during the year were 60 young people whose last placement was the State Training School (STS) or court-ordered detention.

Young people participate in the voluntary program over an average period of slightly more than one and a half years. The Network's statewide coverage afforded young people from 90 counties the opportunity to participate, with a majority of those in urban areas.

On average, 500 young people participated in Aftercare each month during SFY 2016. Of these, an average of 325 youth received PAL, and an average of 156 youth were participating in Aftercare without PAL, monthly. These numbers include an average of 39 STS youth per month receiving PAL and 15 STS youth participating in Aftercare without the PAL stipend.

Intakes: About 80% of young people completed an intake into Aftercare within three months of being discharged from their last placement in foster care or STS/detention. The median lapse between exit from a formal placement and Aftercare intake in SFY 2016 was just 16 days--evidence of the importance of efforts by DHS caseworkers and Juvenile Court Officers to help connect young people to Aftercare.

In SFY 2016, about 60% of new intakes were males and 40% females. The gender distribution, in part, reflects the eligibility and involvement of young men exiting the State Training School. Even among new intakes that had been in a foster care placement, however, slightly more males (51%) than females (49%) initiated Aftercare services in SFY 2016, contrary to previous years when the majority of intakes were female, and more closely paralleling the gender makeup of older youth in care.

Highlights from intake interviews with the 317 young people who accessed Aftercare for the first time in SFY 2016 include:

- A majority (58%) of new intakes in SFY 2016, including STS youth, reported spending more than two years in out-of-home placements. Nearly 30% of intakes reported 6 or more placements.
- Fewer youth entered Aftercare with a high school diploma or its equivalent--61.2% in SFY 2016 compared to 69.7% the prior year. About 29% of new intakes were enrolled in high school or an equivalency program in SFY 2016 at intake, compared to 19% in SFY 2015.
- Approximately one-quarter of foster care youth (26.5%) report a previous suicide attempt (compared to 13.3% of the STS population at intake);
- About 95% of foster care youth accessing Aftercare in SFY 2016 reported having Medicaid. However, only 55% of youth leaving the STS reported having Medicaid upon beginning Aftercare services.

Of particular concern are increases in high risk behavior among new intakes in SFY 2016 compared to the previous year, including:

- Overall, one-third (45% of STS youth and 29% of foster care youth) report having been referred for an alcohol or substance abuse assessment or counseling in the last year;
- Not including the STS population, about 40% of foster care youth have been incarcerated and 24% report having been homeless in the past two years;
- Among females, 23% report having had an unintended pregnancy and 19.7% report having been physically hurt by a partner, prior to accessing Aftercare.

Iowa Aftercare Services Network -- Annual Outcomes Report
July 1, 2015 through June 30, 2016

Outcomes: Aftercare services are designed to help young adults move toward stability and self-sufficiency in five key areas: education, employment, housing, health, and relationships. Aftercare services are designed to address both the immediate needs and long-term goals and aspirations of young adults. Beyond simple case management, Aftercare Self-Sufficiency Advocates support participating youth by:

- Helping to ensure that their basic needs are met
- Providing social and emotional support and connections
- Working with them to establish goals and develop action plans; and
- Helping them develop the knowledge and skills necessary to become competent adults.

A variety of measures are used to assess outcomes of youth who participate in Aftercare services. Outcomes are analyzed by comparing the original intake data collected when youth first accessed services with the last exit interview data for those youth who exited during state fiscal year 2016 and did not return before July 1, 2016. This provides an unduplicated group of **181 youth** on which outcome data is reported for the year, including **148 PAL** participants and **33** young people who did not receive PAL during the year. Highlights from the SFY 2016 outcomes include:

- Participants made considerable gains in employment, including 65.2% of participants employed at exit, compared to 40% of the same youth at intake. Unemployment decreased from about one-third of all participants at intake to 10% at exit, nearly the same as the 9.5% unemployment rate of young adults ages 20 to 24 in Iowa.
- At exit from Aftercare, more young people are contributing toward their housing costs (from 61% at intake to 80% at exit). Affordable housing remains a challenge for many participants, however, with 37.6% still reporting that more than half of their income goes toward rent and utilities at exit and 24.9% reporting that they are behind on their rent or utility bills.
- Of young people completing an exit interview, 89.5% had earned at least a high school diploma, its equivalent, a vocational certificate, or an Associate's Degree. Fewer participants at exit than intake are currently enrolled in an education or training program (32.6% at intake versus 23.8% at exit).
- Among youth completing exit interviews, 5.5% entered Aftercare as parents; by the time they exited, 29.3% are parenting. At exit, 84% of the parenting participants have their children living with them.
- Most young people in Aftercare rely on Medicaid for their health insurance coverage. Only a small number of youth exiting Aftercare have any insurance other than Medicaid. Among exiting participants, 5.0% report that they do not have health insurance.

The remainder of this SFY 2016 Annual Outcomes Report provides more detailed information and data about the characteristics and outcomes of the young adults who voluntarily participate in Aftercare Services in Iowa. For further information, readers are invited to contact the Youth Policy Institute of Iowa.

PART I: Characteristics of New Intakes

A total of 836 young adults participated in Aftercare services in State Fiscal Year 2016, a 10 percent increase over the prior year and a record number of young adults served by IASN in a single year since its inception in 2002. Of the 836 youth served, 317 accessed services for the first time between July 1, 2015 and June 30, 2016, a slight increase from 310 new participants the previous year and also a record high.

This part of the report highlights characteristics of young people at the time they access Aftercare services, providing trend information for the last three state fiscal years. While only a portion of youth who age out of care enter Aftercare, this data helps illustrate the circumstances of Iowa youth as they emancipate from foster care or other court-ordered placement, typically near age 18.

Beginning in SFY 2015 as a result of state legislation, youth who were discharged from Iowa's State Training School or court-ordered detention and met other criteria became eligible for Aftercare services.¹ In this part, the SFY 2015 data includes 54 youth who entered Aftercare from the STS or detention for the first time, and the SFY 2016 data includes 60 such youth. The remaining 256 youth in SFY 2015 and 257 youth accessing Aftercare in SFY 2016 aged out of a foster care placement² or had been adopted after the age of 16. The tables in this Part represent percentages of ALL intakes. Major differences between the STS and foster care populations are noted in the narrative.

Age at Intake: Most young people begin Aftercare services shortly after exiting foster care around age 18. Similar to previous years, 72% of new participants initiated services within six months of turning 18, and another 14% entered Aftercare before age 19. However, young people can and do access services any time before reaching age 21. This is reflected in the range of ages of first-time participants in SFY 2016, from 18.0 to 20.9 years old. Thirty-six 19-year olds and ten 20-year olds were first-time participants in SFY 2016.

Lapse from Placement to Aftercare: About 80% of young people complete an intake into Aftercare within three months of being discharged from their last placement in foster care or STS/detention. The median lapse between exit from a formal placement and Aftercare intake in SFY 2016 was only 16 days--evidence of the importance of efforts by DHS caseworkers and Juvenile Court Officers to help connect young people to Aftercare services. More than 90% of participants access Aftercare within a year of exiting the formal child welfare or juvenile justice system. To facilitate the transition from the formal system to voluntary services available after age 18, Aftercare Advocates are able to be involved in a limited way with youth likely to age-out of care up to a year prior to their formal discharge from placement.

Gender: Prior to SFY 2015 when IASN services were extended to young men exiting the STS, more females than males accessed and continued with voluntary services in Aftercare. This balance shifted last year when STS youth became eligible for Aftercare and PAL. In SFY 2015, including STS youth, nearly 58% of the new Aftercare intakes were males. Similarly, in SFY 2016, about 60% of new intakes were

¹ Eligibility criteria for Aftercare and PAL are established by Iowa Administrative Code 441.187.

² For purposes of determining eligibility for Aftercare, "foster care placements" include foster family care (non-relative), group homes, shelters, PMICs, Supervised Apartment Living, court-ordered relative care, and suitable other placements. Throughout this report, the term "foster care" refers to all of these placement types.

Iowa Aftercare Services Network -- Annual Outcomes Report
July 1, 2015 through June 30, 2016

males and 40% females. Even among new intakes that had been in a foster care placement, slightly more males (51%) than females (49%) initiated Aftercare services in SFY 2016, contrary to previous years. This gender balance more closely reflects the gender distribution of older youth in placement in Iowa, which has historically been more males than females.

Case Management while in Placement: Young people in foster care in Iowa may have been removed from their homes and placed in foster care for a number of reasons. If delinquency was the cause of removal, most often a Juvenile Court Officer (JCO) handles the case, while a DHS social worker will provide case management to those children who have been placed in foster care for any circumstance that designates them as a Child in Need of Assistance (CINA). In either situation, young people are eligible for Aftercare if they meet all other eligibility criteria. Prior case management responsibility for new intakes in SFY 2016 was very similar to the previous year. Just over half (52%) of new intakes had a DHS social worker while in court-ordered placement, 40% had a JCO worker, and 8% had involvement of both a DHS social worker and a JCO. Excluding the STS population in SFY 2016, 64% of new intakes had a DHS social worker, 30% had a JCO, and 6% had both. Of the 60 STS new intakes, 83% had a JCO and 15% had both a JCO and a DHS social worker.

CASE MANAGEMENT			
While in foster care, primary case management was provided by a:	SFY 2014 (N=244)	SFY 2015 (N=310)	SFY 2016 (N=317)
DHS Social Worker	71.3%	51.2%	51.7%
Juvenile Court Officer	23.3%	41.6%	40.1%
Both DHS and JCO involvement	5.4%	6.1%	7.9%
Unknown/Missing	--	0.3%	0.3%

Foster Care Experience: Young people accessing Aftercare services share similar foster care experiences – lengthy stays in foster care associated with frequent placement changes. A majority (58%) of new intakes in SFY 2016, including STS youth, reported spending more than 2 years in out-of-home placements. In addition, nearly 30% of intakes in SFY 2016 reported 6 or more placements. The three-year trends in the table below show the last placement of the new intakes, including STS youth in SFYs 2015 and 2016. Of the 257 new intakes in SFY 2016 that aged out of a foster care placement (excluding the State Training School), about one third (32.7%) were last placed in a group home and 30% in a family foster home.

LAST PLACEMENT			
Last type of placement (as reported by youth)	SFY 2014 (N=244)	SFY 2015 (N=310)	SFY 2016 (N=317)
Group Home	22.0%	20.0%	26.5%
Family Foster Home (non-relative)	35.0%	26.8%	24.0%
Supervised Apartment Living	19.9%	18.4%	18.6%
State Training School	--	15.8%	18.3%
Shelter	14.2%	8.1%	7.6%
Relative	4.1%	4.5%	1.9%
All Others (PMIC, Detention, Adoption, Suitable other)	4.5%	6.5%	3.2%

Iowa Aftercare Services Network -- Annual Outcomes Report
July 1, 2015 through June 30, 2016

Risk Factors: Young people exiting foster care or other placement frequently self-report mental health issues, histories of risky behaviors, and challenges that make for a more complicated and obstacle-laden transition to adulthood. Though these difficulties are not insurmountable, they can greatly impact the abilities of young people to secure employment, maintain safe housing, or complete post-secondary education. Aftercare Self-Sufficiency Advocates conduct initial interviews in person and ask the participant to self-report their experiences and current situation. Because many interview questions query personal or sensitive information, which participants may be reluctant to answer truthfully, the data presented should be interpreted with caution. The percentages in the tables below may over- or underrepresent the actual instances of mental health issues, risky behaviors, or other challenges.

In SFY 2016, based on information provided by DHS at time of referral to Aftercare, about 62% of new participants were diagnosed with one or more mental health disorders while in placement. Depression is the most common diagnosis (27%), however, it is much more prevalent among foster youth (31%) than youth from the STS (12%). Among all young people accessing Aftercare in SFY 2016, 24% report having previously attempted suicide (26.5% of foster care youth and 13.3% of the STS population).

Of particular concern are increases in high risk behavior among new intakes in SFY 2016 compared to the previous year, including:

- Overall, one-third (45% of STS youth and 29% of foster care youth) report having been referred for an alcohol or substance abuse assessment or counseling in the last year;
- Not including the STS population, about 40% of foster care youth have been incarcerated and 24% report having been homeless in the past two years;
- Among females, 23% report having had an unintended pregnancy and 19.7% report having been physically hurt by a partner, prior to accessing Aftercare.

On the positive side, compared to SFY 2015, fewer new intakes in SFY 2016 were involved in illegal activities (*e.g.*, stealing or gang involvement), and fewer entered Aftercare as parents.

RISK FACTORS/CHALLENGES PRESENTED AT INTAKE			
Percent responding "yes" they:	SFY 2014 (N=244)	SFY 2015 (N=310)	SFY 2016 (N=317)
Have been referred for or received a mental health assessment, counseling or therapy in the last year	59.4%	61.9%	63.7%
Have been referred for or received an alcohol or substance abuse assessment or counseling in the last year	23.0%	23.2%	32.5%
Have ever attempted suicide	25.4%	25.2%	24.0%
Have ever inflicted self-harm in other ways	29.9%	27.4%	29%
Have ever had an unintended pregnancy (<i>females only – N=126 in SFY 2016</i>)	20.8%	19.1%	23.02%
Are a parent	6.6%	11.0%	5.7%
Have been homeless in the past two years	18.4%	20.0%	21.1%

**Iowa Aftercare Services Network -- Annual Outcomes Report
July 1, 2015 through June 30, 2016**

RISK FACTORS/CHALLENGES PRESENTED AT INTAKE			
Percent responding "yes" they:	SFY 2014 (N=244)	SFY 2015 (N=310)	SFY 2016 (N=317)
Have been incarcerated or detained in the past two years	37.3%	47.7%	48.9%
Have been hit, punched, shoved, or hurt by partner in the past two years (<i>males and females</i>)	10.7%	10.7%	12.9%

Education: Iowa allows youth to continue in voluntary foster care through age 19 to graduate from high school, but for a variety of reasons, many youth do not take advantage of that option. Compared to last year, fewer youth entered Aftercare in SFY 2016 with a high school diploma, and about the same percentage as last year had achieved a high school equivalent (GED or HiSET). About 29% of new intakes were still enrolled in high school or an equivalency program in SFY 2016, compared to 19% in SFY 2015.

EDUCATION			
Highest education credential received:	SFY 2014 (N=244)	SFY 2015 (N=310)	SFY 2016 (N=317)
High School Diploma	58.6%	61.6%	53.3%
H.S. Equivalency (GED or HiSET)	9.8%	7.4%	7.9%
Vocational certificate or license	0.4%	0.7%	--
None of the Above	31.2%	30.3%	38.5%

Employment and Income: A majority of youth first accessing Aftercare are not employed. Current employment (full- or part-time) at intake was 35% of all new participants in SFY 2016 -- lower than the previous two years. Conversely, youth unemployed and seeking employment was higher in SFY 2016 than in past years. Because many are not working, about two-thirds of new Aftercare participants initially report \$0 in income. Of new intakes from the STS in SFY 2016, 58% were unemployed and about 87% had \$0 when first accessing Aftercare. Comparatively, close to 42% of foster care youth were unemployed and 63% had \$0 in income at intake.

EMPLOYMENT			
Current employment status:	SFY 2014 (N=244)	SFY 2015 (N=310)	SFY 2016 (N=317)
Employed (average 35+ hours per week)	9.0%	11.0%	6.6%
Employed (average 25-34 hours per week)	14.3%	11.7%	10.7%
Employed (less than 25 hours per week)	18.4%	18.1%	17.7%
Unemployed, actively seeking employment	35.3%	35.61%	44.8%
Unemployed, long-term disability	1.6%	1.0%	1.3%
Not in work force	18.4%	21.6%	16.4%
Other	2.9%	1.6%	2.2%

**Iowa Aftercare Services Network -- Annual Outcomes Report
July 1, 2015 through June 30, 2016**

MONTHLY INCOME			
Gross monthly income w/out PAL:	SFY 2014 (N=244)	SFY 2015 (N=256)	SFY 2016 (N=317)
\$0	57.0%	58.1%	67.2%
\$1 - \$799	33.6%	31.9%	25.2%
\$800 - \$1,199	5.3%	7.1%	4.1%
\$1,200 or more	4.1%	2.9%	3.2%

Banking and Credit: A large number of young people exiting foster care or the STS and beginning Aftercare services do not have experience with mainstream financial institutions. In SFY 2016, about 41% of new Aftercare participants report having a savings account, and 44% report having a checking or debit account. Just over a quarter of young people report having money saved for emergencies – which may or may not be held in a savings account. Very few (less than 10 percent) have ever received their credit report. The lack of these financial tools is often a barrier to self-sufficiency for Aftercare participants.

BANKING and CREDIT			
Percent responding “yes” they have:	SFY 2014 (N=244)	SFY 2015 (N=310)	SFY 2016 (N=317)
A Checking or debit account	45.9%	46.1%	41.3%
A Savings account	48.0%	49.4%	43.5%
Received their credit report	N/A	7.7%	6.6%
Money saved for emergencies	N/A	23.2%	25.9%

Essential Documents: Similar to previous years, many youth exiting state care have their personal, essential documents when first accessing Aftercare services. In SFY 2016, there was a decrease in each category of the percentage of youth possessing essential documents. Young people exiting foster care and the young men exiting the STS are similar in their rates of having personal documents, except for a driver’s license. Only about 20% of STS youth started Aftercare with a driver’s license in SFY 2016, which is about half the rate (39%) of foster care youth, evidence of the difficulty that all youth face in obtaining a driver’s license by age 18 while in state care.

ESSENTIAL DOCUMENTS			
Percent responding “yes” they have the following documents:	SFY 2014 (N=244)	SFY 2015 (N=310)	SFY 2016 (N=317)
Birth certificate	84.0%	80.3%	76.7%
Social Security Card	88.5%	85.5%	83.6%
Driver’s license	42.6%	40.0%	35.6%
State ID or passport	70.9%	67.7%	63.1%

Health: Iowa youth exiting foster care are enrolled in Medicaid with great success – about 95% of foster care youth accessing Aftercare in SFY 2016 reported having Medicaid. However, only 55% of youth leaving the STS reported having Medicaid upon beginning Aftercare services. Because a majority of young people are prescribed medication for physical or mental health issues, continuous and reliable health insurance is critical for this population. Maintaining Medicaid through age 26, the maximum age of eligibility for

**Iowa Aftercare Services Network -- Annual Outcomes Report
July 1, 2015 through June 30, 2016**

former foster care youth established by the Affordable Care Act, remains a challenge as annual reenrollment is still required.

HEALTH			
Percent responding "yes":	SFY 2014 (N=244)	SFY 2015 (N=256)	SFY 2016 (N=317)
Have a primary care physician	63.9%	64.2%	63.7%
Have Medicaid	92.2%	84.5%	87.4%
Had been prescribed medication for ongoing maintenance of physical or mental health within the last year	57.8%	57.7%	60.9%
Had used tobacco in the last 30 days	44.3%	41.3%	42.6%
Had used alcohol to intoxication in the last 30 days	9.8%	8.4%	10.4%

Housing: Finding and maintaining safe and affordable housing is a challenge for many young people, but especially for those who age-out of placement without family support to provide help. Just over half of new intakes in SFY 2016 are paying for their housing, and almost 30% have their name on a lease agreement – an improvement from previous years. While a decrease from SFY 2015, about 31% still indicated that they plan to move within the next month.

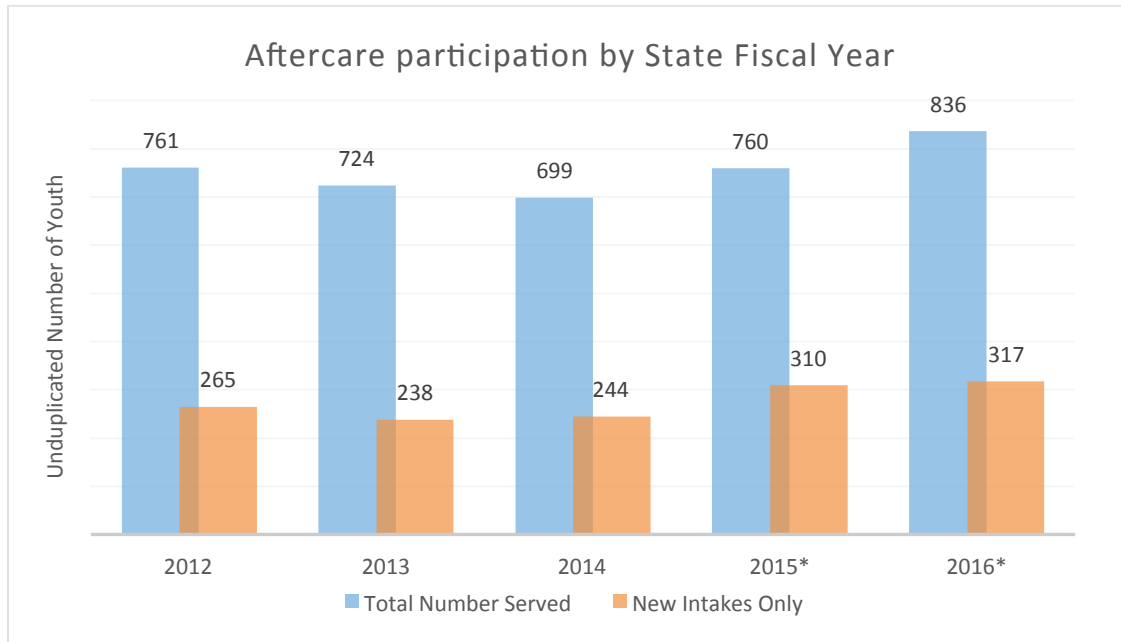
HOUSING			
Percent responding "yes" they:	SFY 2014 (N=244)	SFY 2015 (N=310)	SFY 2016 (N=317)
Are paying for housing	57.8%	53.2%	52.7%
Have name on a lease agreement	21.3%	21.3%	29.7%
Are moving next month	34.8%	38.1%	30.6%
Are currently homeless	5.7%	4.8%	6.3%

Permanency: Nearly all young people accessing Aftercare in SFY 2016 (96%) reported having an adult family member they could turn to for support. Of those who responded "yes", 63% of STS youth indicated their supportive adult family member was a birth parent, and 35% of foster care youth said they would first turn to a birth parent for support. Young people from the STS are less likely to have a non-family member adult for support than those from foster care. Strengthening and continuing these relationships, with both family and non-family members, is critical for young people.

PERMANENCY – SUPPORTIVE RELATIONSHIPS			
Percent responding "yes" there is an:	SFY 2014 (N=244)	SFY 2015 (N=310)	SFY 2016 (N=317)
Adult family member who I will always be able to turn to for support...	85.3%	84.5%	96.1%
Adult, non-family member, who I will always be able to turn to for support...	92.6%	91.3%	89.6%

PART II – Characteristics of All Youth Served in SFY 2016

Unduplicated Number Served: A total of 836 young people were served by IASN during SFY 2016, a record high for a single year. As discussed above, 317 youth accessed services for the first time during state fiscal year 2016, including 60 who aged out of the State Training School (STS) or a detention center. At the close of the fiscal year, 546 youth had open Aftercare cases, including 71 from the STS population.

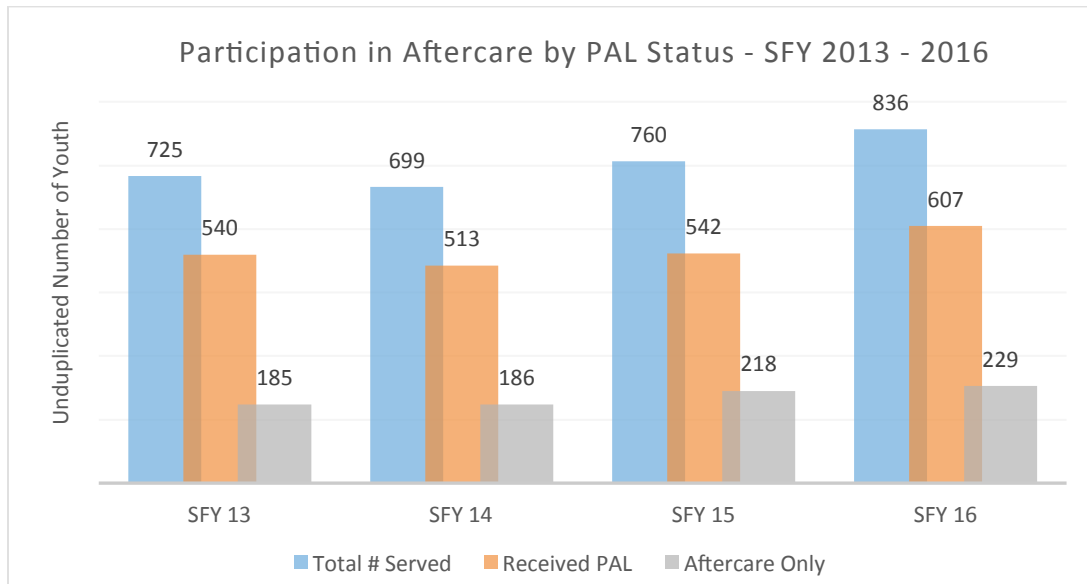


*Numbers include youth who aged-out of the State Training School or court-ordered detention

Aftercare and PAL are voluntary programs, and eligible young adults are able to initiate and discontinue services as they choose. In a small number of instances, Aftercare agencies will discontinue services for young people who fail to meet the requirements and self-responsibility expectations of the program; however, young people may re-enter services when they are ready. As youth move around the state, they may also transfer from one Aftercare agency to another. The transient nature of this population may result in periodic lapses in service. These factors lead to a fair amount of turnover in program participation as youth may enter and exit services multiple times before their 21st birthday.

PAL Participation: Of the 836 youth served in SFY 2016, 607 or 72.6% met requirements and received a PAL stipend for at least a portion of the time they participated; the remaining 229 youth did not receive PAL during the year. *In the tables and charts throughout this report, columns designated "Aftercare Only" or "AC Only" refer to youth who did not receive a PAL stipend while participating in Aftercare services during the report year.*

Iowa Aftercare Services Network -- Annual Outcomes Report
July 1, 2015 through June 30, 2016

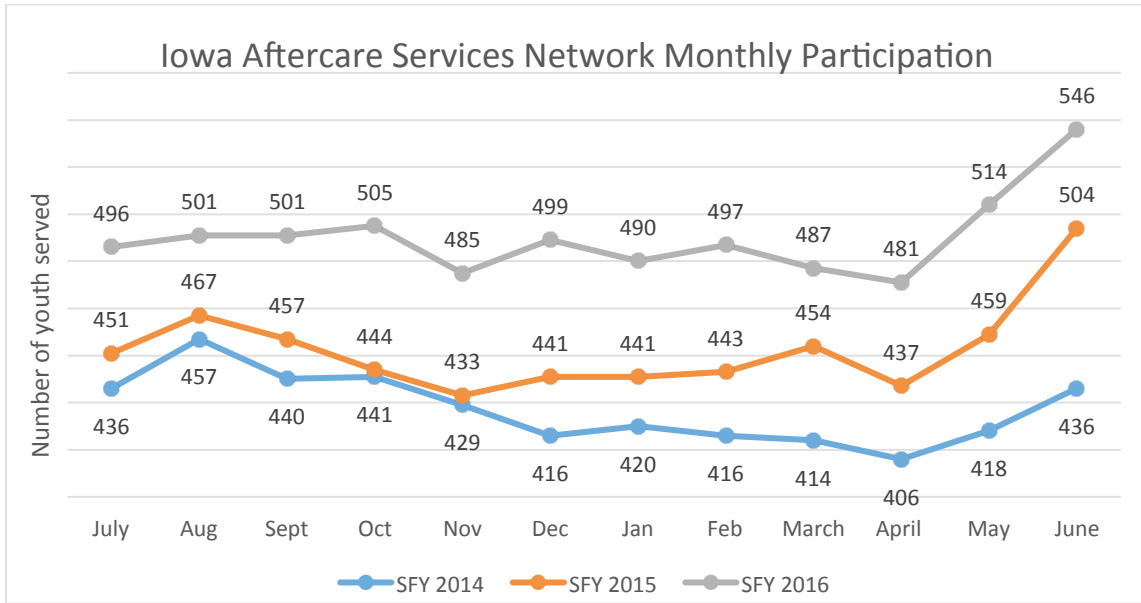


State-established eligibility criteria for Aftercare Basic (without PAL) allows some youth who will never qualify for the monthly financial assistance offered by the PAL program to receive general Aftercare case management services and support. Among the 229 youth served by IASN in SFY 2016 who did not receive PAL during the year, 93 (11% of the total number of youth served) were eligible **only** for Aftercare Basic. Of those, 69 left state-paid foster care or STS/ before their 18th birthday or had not been in placement for six of the twelve months prior to aging out; 20 youth aged out of a non-licensed relative care placement; and 4 youth were adopted or placed in guardianship after the age of 16.

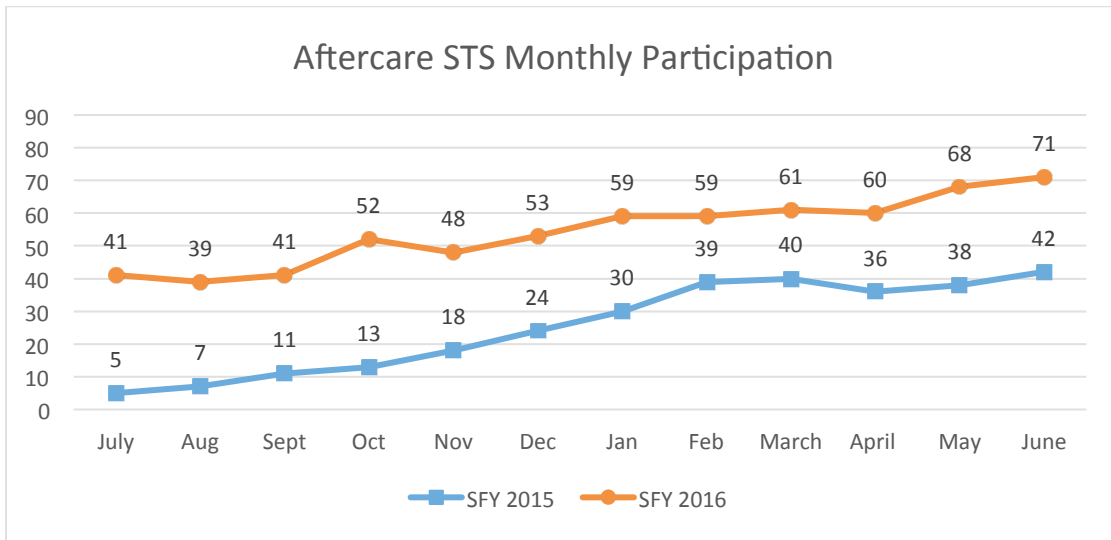
The remaining 136 youth receiving Aftercare Only during the year met the age and foster care exit requirements for PAL, but did not qualify for the PAL program because they were either still eligible for voluntary foster care (*e.g.*, they had not yet completed high school and were under age 20); they were not meeting the education, employment, or housing requirements of PAL; or their income (earned and unearned) was too high to qualify for the needs-based PAL stipend. Many of these youth may qualify for PAL at some point in the future as their circumstances change. Similar to previous years, of all young people served in SFY 2016, 88.8% met the foster care exit age and placement requirements for PAL, while 72.6% actually received PAL for at least one month during the year.

Average Monthly Participation: On average, 500 young people participated in Aftercare each month during SFY 2016. Of those, an average of 325 received PAL and 175 received Aftercare only (*i.e.*, did not receive a PAL stipend). Average monthly participation in SFY 2016 includes 54 youth from STS/detention (an average of 39 who received PAL and 15 who received Aftercare only). The number being served in Aftercare and PAL changes monthly as young adults access and exit services and shift between PAL and Aftercare only. In SFY 2016, monthly participation ranged from a low of 481 in April 2016 to a high of 546 in June 2016. Monthly participation follows a similar pattern each year, with a peak in May and June when a substantial number of 18-year-old youth become eligible for Aftercare when they are discharged from foster care immediately after high school graduation.

**Iowa Aftercare Services Network -- Annual Outcomes Report
July 1, 2015 through June 30, 2016**



As illustrated in the graph below, the number of young people participating in Aftercare from STS or detention has grown steadily over the last two years, and has contributed to the overall increase in average monthly participation.



Gender and Race: Demographic data recorded from participants at the time of intake includes gender, age, race and ethnicity. Of the 836 youth served by the Aftercare Network in SFY 2016, 53% were male and 47% were female, marking the first year in which more young men overall participated in Aftercare than young women. The gender break-out reflects the extension of services to youth exiting the STS or court-ordered detention who are predominantly males.

As in previous years and reflecting the racial makeup of older youth in placement, the majority of young people participating in Aftercare identify as White (77.3%); a sizeable percentage identify themselves as

Iowa Aftercare Services Network -- Annual Outcomes Report
July 1, 2015 through June 30, 2016

African American (22.9%), Multi-racial (14.4%), or American Indian (5.4%). Of all youth served in SFY 2016, 14.7% identified themselves as Hispanic or Latino. Just over 5% identified as American Indian, and 1.6% knew that they were a member of a federally recognized tribe.

GENDER	Total Served (N=836)		Received PAL (N=607)		AC Only (N=229)	
	N	%	N	%	N	%
Male	440	53%	311	51%	129	56%
Female	396	47%	296	49%	100	44%
RACE* / ETHNICITY						
White	649	78%	472	78%	177	77%
African American	191	23%	142	23%	49	21%
American Indian	45	5%	26	4%	19	8%
Asian	9	1%	5	1%	4	2%
Native Hawaiian	5	1%	4	1%	1	.4%
Multi-Racial	120	14%	88	15%	32	14%
Unknown/Declined	10	2%	5	1%	6	3%
Ethnicity – Latino/Hispanic	123	15%	99	16%	24	10%

* Youth can identify with more than one race, therefore, percentages will not add up to 100%.

Age: As described above, most youth first access Aftercare at age 18 soon after exiting foster care. Similar to previous years, the average age of new intakes in SFY 2016 was 18.4 years, with youth ranging in age from 18.0 to 20.9 at intake. Among new participants in SFY 2016, 71.9% first came to Aftercare between 18 and 18½; and 85.5% began accessing services prior to age 19. At any given time, roughly an equal number of 18, 19 and 20 year olds are participating in Aftercare.

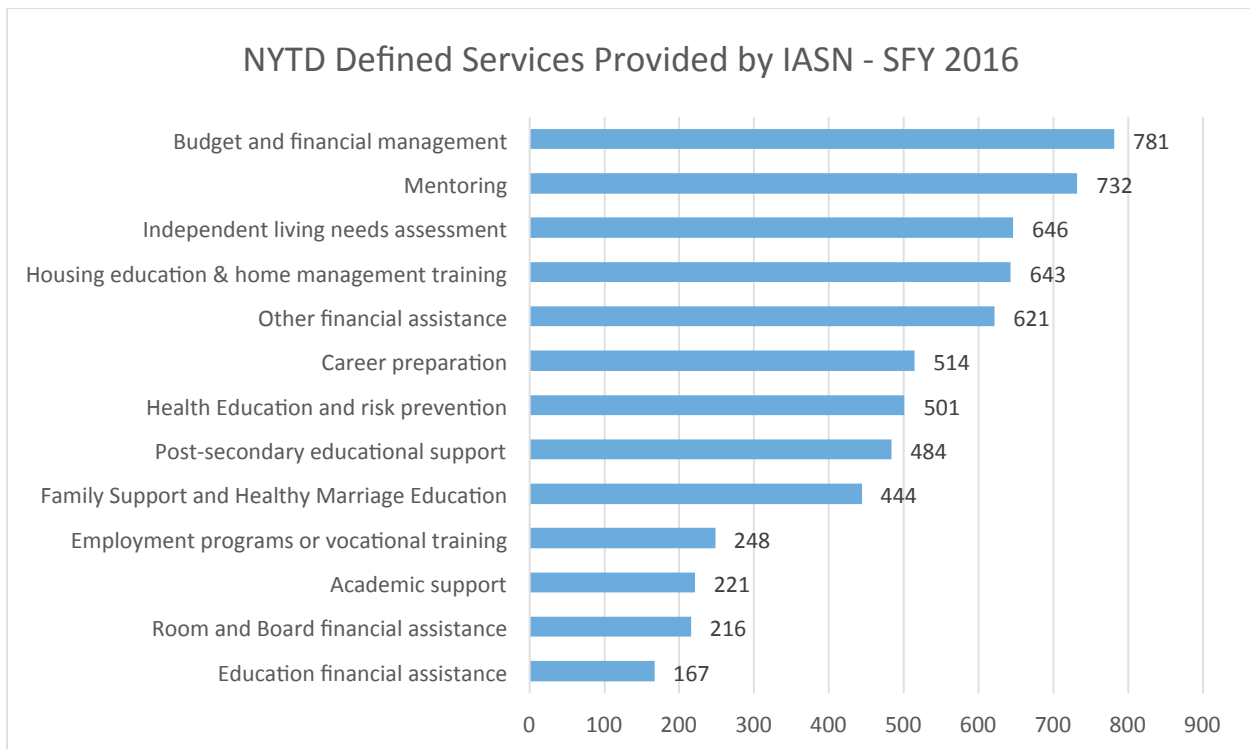
Just under half (48.6%) of participants who left Aftercare during the fiscal year and who did not return prior to June 30, 2016 were at least 20.5 years old. Among youth who left services, 25% were still 18 years old and another 18% were 19 years old. Given the voluntary nature of Aftercare and the ability of young people to re-initiate services, experience suggests that many of these youth will return for services prior to their 21st birthday when their eligibility ends.

Serious Emotional Disorder: Historically, more than half of all youth accessing the Aftercare Network each year come to the program with a history of mental health assessment, diagnosis and treatment. In SFY 2016, 61% of the 836 youth served had been diagnosed with one or more Serious Emotional Disorders (SED) prior to leaving foster care (see table below). Of the 508 participants in Aftercare with a reported DSM-IV-TR Diagnosis; 35% were diagnosed with Depression (or other Depressive or Mood disorder); 29% had Attention Deficit/Hyperactivity Disorder; 16.5% had PTSD or Acute Stress/Anxiety disorder; and 11.6% had a diagnosis of Oppositional Defiant Disorder.

	Total Served (N=836)		Received PAL (N=607)		AC Only (N=229)	
	N	%	N	%	N	%
SED	508	61%	363	60%	145	63%
Non-SED	288	34%	218	36%	70	31%
Not Reported	40	5%	26	4%	14	6%

Iowa Aftercare Services Network -- Annual Outcomes Report
July 1, 2015 through June 30, 2016

Services Provided: Each young person participating in Aftercare works individually with a Self-Sufficiency Advocate. These Advocates meet with participating youth face-to-face a minimum of twice a month (often much more frequently), assessing needs and helping youth set goals, identify action steps, and assist youth in achieving those goals. Advocates offer support, guidance, and provide a range of information and services to each youth depending on their unique needs and interests. Beginning in SFY 2011, the Network began recording the types of services provided to individual youth to satisfy the state’s reporting requirements for the National Youth in Transition Database (NYTD). IASN uses definitions established by NYTD to document the services that are provided to individual youth, and transmits that data to DHS monthly. The graph below shows the unduplicated number of youth during the year who received each of the defined-NYTD services at least once.



Of the 836 youth participating in Aftercare at any time in SFY 2016, 93% received budget and financial management services and 88% received mentoring services, reflecting the emphasis on financial management in the program and the mentoring relationship Aftercare Advocates establish with most participating youth. In addition to assessing and helping youth meet basic needs with financial assistance, advocates also work with youth on housing, health, post-secondary education, career preparation and family support issues. Any participant receiving a PAL stipend or Aftercare vendor payment is recorded as receiving “other financial assistance.” “Room and board financial assistance” includes vendor payments used specifically for housing and the Chafee-funded rent subsidy program.

Reasons for Exit: When young people leave Aftercare services, their reason for exiting is documented by the Self-Sufficiency Advocate who has been working with the youth. The table below shows the circumstances for all youth who exited Aftercare during the year and did not return prior to July 1, 2016 (N=317). Of these youth, 191 completed an exit interview. The remaining 126 exiting youth

Iowa Aftercare Services Network -- Annual Outcomes Report
July 1, 2015 through June 30, 2016

discontinued services without an interview. In these cases, the reason for exit is based on the Self-Sufficiency Advocates' knowledge of the youth's last circumstances. Many of these youth remain age-eligible and may return for services.

Reason for exit	All Exits (N=317)		Received PAL (N=222)		AC Only (N=95)	
	N	%	N	%	N	%
Turned 21 – end of eligibility	130	41.0%	116	52.3%	14	14.7%
Moved (including moving temporarily and potential transfers)	48	15.1%	32	14.4%	16	16.8%
Not meeting self-responsibility requirements	33	10.4%	18	8.1%	15	15.8%
Voluntarily chose to end services	30	9.5%	12	4.4%	18	18.9%
Incarcerated	18	5.7%	15	6.8%	3	3.2%
Achieved self-sufficiency	5	1.6%	5	2.3%	0	0%
Joined Military	1	0.3%	1	0.5%	0	0%
Died	2	0.6%	2	0.9%	0	0%
Other	13	4.1%	2	2.3%	8	8.4%
Unknown/Missing	37	11.7%	16	7.2%	21	22.1%

The most prevalent reason for discontinuing services in SFY 2016 was that the participant turned 21 and was no longer eligible for services (41%). This is especially true of PAL participants, of which 52.3% exited Aftercare when they turned 21, while only 15% of those receiving Aftercare Only, participated until their 21st birthday. Just over 15% of participants exited because they were moving. Another 20% voluntarily exited or were discharged for failing to meet self-responsibility requirements, which is often related to failing to meet regularly with an Advocate and actively work toward self-sufficiency. These youth, too, could be considered voluntarily ending services as they choose not to adhere to program expectations.

Duration of services: The average duration of participation for all youth exiting services (with or without an interview) was 594 days (or 1.63 years), although this may include some disruptions in participation. The longer youth participated, the more likely they were to complete an exit interview with a Self-Sufficiency Advocate. Those completing exit interviews had been involved in Aftercare for just under two years; those that left without completing an interview had participated for just over one year.

While many youth have multiple entries and exits from services, a smaller number never seem to fully engage with the program. In SFY 2016, 31 of the exiting youth (3.7% of the 836 youth served during the year) participated for less than three months and did not return before the end of the fiscal year. Many of these young people may re-enter services at a later date. *These youth, even if they completed an exit interview, are excluded from the following outcomes analysis.*

Iowa Aftercare Services Network -- Annual Outcomes Report
July 1, 2015 through June 30, 2016

Youth not completing exit interviews/not returning for services: While all youth are encouraged to complete an exit interview when they discontinue or are no longer eligible for Aftercare, not all participants are willing to do so. There are some differences between youth who complete an exit interview with a Self-Sufficient Advocate when discontinuing Aftercare services and those who do not complete the interview. For example, exiting females are more likely to complete an interview (69%) than exiting males (52%); those whose case while in care was managed by DHS alone are more likely to complete an interview (69%) than those whose case was managed by JCS (48% completed interviews) or both DHS and JCS managed cases (12% completed interviews). Young people whose last placement was in family foster care or Supervised Apartment Living (SAL) were most likely to complete exit interviews when leaving Aftercare, compared to those who had been in other placement types prior to exiting the formal system.

Beginning in SFY 2017, additional data will be collected and analyzed on those participants who discontinue services but who do not complete an exit interview in an effort to provide a more complete picture of characteristics and outcomes of all young people served by the Aftercare Network.

(continued on next page)

PART III – Outcomes of Youth Exiting Aftercare

The overall purpose of Iowa’s Aftercare and PAL programs is to assist young people who age out of foster care, the State Training School (STS) or other court-ordered placement make a successful transition to adulthood. The challenges facing this population, as well as poor outcomes among those who do not receive continued support, are well-documented. The services and supports offered by the Iowa Aftercare Services Network are designed to help these young adults move toward stability and self-sufficiency in five key areas: education, employment, housing, health, and relationships. A variety of measures are used to assess progress in these outcome areas.

As in past years’ outcomes analyses, we compare the original intake data collected when youth first accessed services with the last exit interview data for those youth who exited during SFY 2016 after at least three months of participation and who did not return before July 1, 2016. This provides an unduplicated group of 181 youth on which data is reported for the year. It should be noted that some of the youth included in this analysis may have already returned for services after the close of the fiscal year or could yet return if they are not yet age 21. This year’s report includes youth who aged out of the State Training School (STS) or a detention center and met the other parameters for inclusion in this analysis.

The average age of these 181 youth was 18.4 at intake and 20.5 at exit. Of the young people completing exit interviews, 64% were age 21 at exit and are no longer eligible for services, and 70% were age 20.5 or older. The average length of time between when this population first accessed services and their last SFY 2016 exit was just over two years. Of the youth exiting services and on which data is included in this Part, 114 (63%) were involved with Aftercare over a period of two years or more, and 49% were involved over a period of at least 2.5 years, although this may include some interruptions of service prior to their last exit.

For purposes of this analysis and report, we define youth who met the qualifications and received a PAL stipend for at least one month as a PAL participant. Of the 181 total participants for whom data is reported, 148 (82%) are included in the PAL population, and 33 (18%) are in the Non-PAL (*i.e.*, Aftercare (AC) Only) group. Data is presented for all 181 youth combined, as well as for the 148 PAL participants and 33 AC Only participants separately for each of the indicators. Because there are relatively few AC Only participants, results for this subpopulation may be less reliable and should be interpreted cautiously.

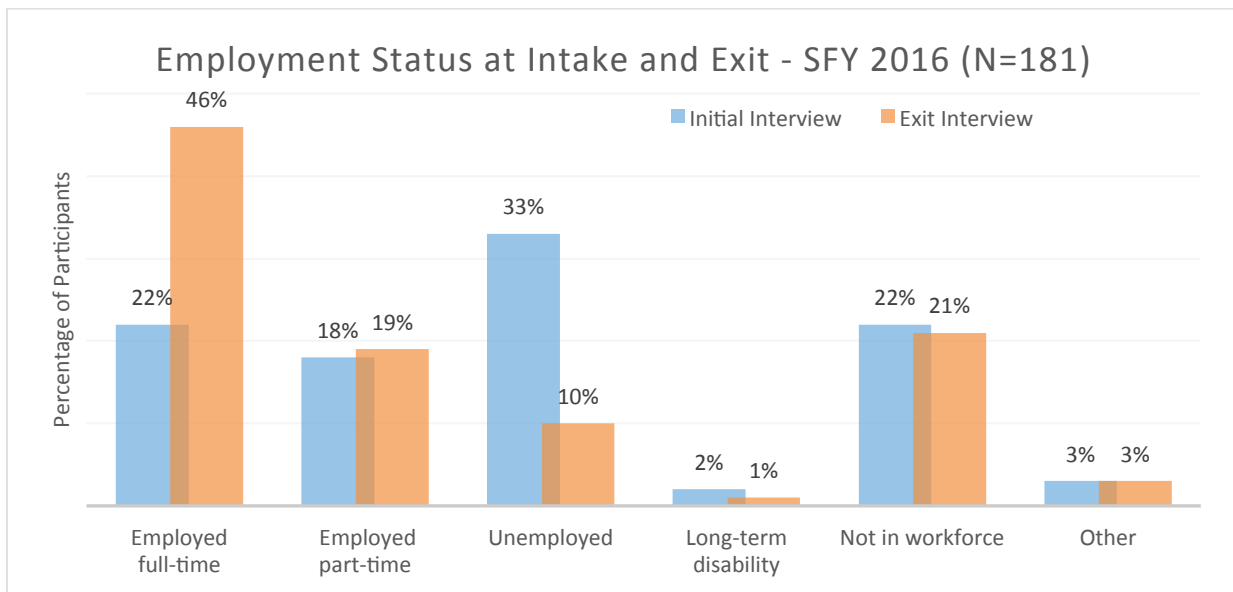
Specific questions from Aftercare’s Core Client Outcomes database provide information for numerous outcome areas. Data in twelve areas are presented in the following tables and charts:

- Employment
- Resources to meet living expenses
- Monthly Income
- Housing
- Safe and Stable Housing
- Housing Security
- Education
- Positive Relationships
- Children and Parenting
- High Risk Behaviors
- Health Insurance Coverage
- Essential Documents

Iowa Aftercare Services Network -- Annual Outcomes Report
July 1, 2015 through June 30, 2016

Employment: Assisting participants with finding and maintaining stable employment is a key activity for Self-Sufficiency Advocates. Aftercare participants made considerable gains in employment in SFY 2016, including 65.2% of participants employed at exit, compared to 40% at intake. The proportion of PAL participants employed full-time (at least 25 hours per week) doubled from intake (24.31%) to exit (48.7%) and tripled among Aftercare Only participations (from 12.1% to 36.4%).

Unemployment decreased from about one-third of all participants at intake to 10% at exit, which is nearly the same as the 9.5% unemployment rate of their peers ages 20 to 24 in Iowa.³ The percentage of young people not in the workforce, which may include full-time students, dropped slightly in SFY 2016. At both intake and exit, workforce participation is greater for PAL participants than AC Only participants. This may largely be the result of the requirements of the PAL program to be either working, enrolled in school, or a combination of the two. Additional percentages of exiting participants by employment status and a comparison of PAL and AC Only participants are shown in the chart and table below.



Employment	All (N=181)		PAL (N=148)		AC Only (N=33)	
	Initial	Exit	Initial	Exit	Initial	Exit
Employed full-time*	22.1%	46.4%	24.3%	48.7%	12.1%	36.4%
Employed part-time*	18.2%	18.8%	17.6%	18.9%	21.2%	18.2%
Unemployed	33.2%	9.9%	33.1%	9.5%	33.3%	12.1%
Long-term disability	1.7%	1.1%	0.7%	0.7%	6.1%	3.0%
Not in workforce	21.6%	21.0%	21.0%	19.6%	24.2%	27.3%
Other	3.3%	2.8%	3.4%	2.7%	3.0%	3.0%

* Full time employment is defined as employed 25 or more hours per week. Employed part-time represents those employed less than 25 hours per week.

³ U.S. Census Bureau, 2010-2014 American Community Survey 5-Year Estimates, Employment Status
www.census.gov/acs

Iowa Aftercare Services Network -- Annual Outcomes Report
July 1, 2015 through June 30, 2016

Two employment-related questions were added to the Aftercare interviews beginning in SFY 2015 and therefore have incomplete intake responses for the SFY 2016 exiting participants, the majority of whom entered Aftercare before the questions were added. Data from the exit interviews only shows that roughly 61% of participants exiting Aftercare have held a job continuously for more than six months; almost a third have been continuously employed for a year or longer. Over half (55.3%) of these participants have worked in four or more jobs by the time they exit Aftercare services.

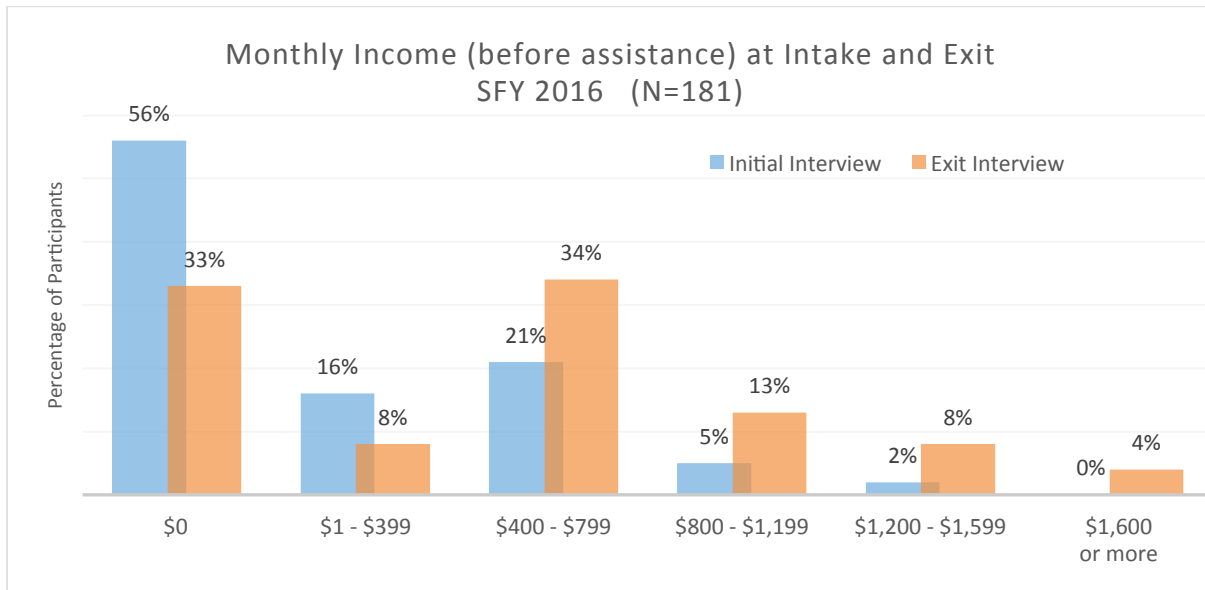
Resources to Meet Living Expenses: Few young adults are completely financially self-sufficient by age 21, and this is especially true of the young people who age out of the child welfare system without a network of family support. While Aftercare participants make substantial progress, still less than half (42.5%) are able to cover their expenses with income alone when they end services. Thus, a major task of Aftercare is to assist participants in obtaining public assistance or community resources for which they are eligible. When including these other sources of financial assistance, the percentage of young people with enough money to cover necessary expenses increases to 69.6% at exit.

Resources	All (N=181)		PAL (N=148)		AC Only (N=33)	
	Initial	Exit	Initial	Exit	Initial	Exit
Has enough money to cover needed expenses with earned income alone	13.3%	42.5%	9.5%	45.3%	30.3%	30.3%
Has enough money to cover needed expenses with income and other assistance	58.0%	69.6%	61.5%	73.0%	42.4%	54.6%

Monthly Income: Consistently, over half of young people enter Aftercare earning \$0 in monthly income (not including any public assistance they may be receiving). While it is often beyond the reach of these young people to meet their expenses with earned income alone by the time they exit Aftercare, participants do demonstrate progress in monthly earnings. At intake, 28.1% of all participants earn more than \$400 a month and less than ten percent make more than \$800 each month. By the time they leave Aftercare, 58.6% are earning at least \$400 a month and almost a quarter (24.9%) have an earned monthly income of \$800 or more. The percentage of participants with no monthly earned income (which may include full-time students) decreases from 56% at intake to 33% at exit. *(See chart on following page.)*

Financial Capability: Additional questions related to savings and credit were added to the Aftercare interviews in SFY 2015 and have few intake responses to compare to exit responses. Data from the exit interviews only in SFY 2016 show that about 44% of participants exiting Aftercare have money saved for emergencies. In addition, by the time young people leave Aftercare, 42% have received their credit report and a little over a third (36.5%) know their credit score. At the time of exit from Aftercare, a majority of young people are utilizing banking institutions compared to their status at intake – 78% of young people have a checking account and nearly 70% have a savings account at exit.

Iowa Aftercare Services Network -- Annual Outcomes Report
July 1, 2015 through June 30, 2016



Safe and Stable Housing: As is true for many young adults, youth who age out of foster care have limited income and rely on friends or family for a place to live until they are able to afford a more independent living arrangement. At intake, the majority of Aftercare participants are living in someone else’s apartment or house and paying rent (38.1%) or living with someone else but not personally contributing toward rent or other expenses (26.0%). Less than 14% live solely on their own, and just over 11% live in apartment or house with shared expenses.

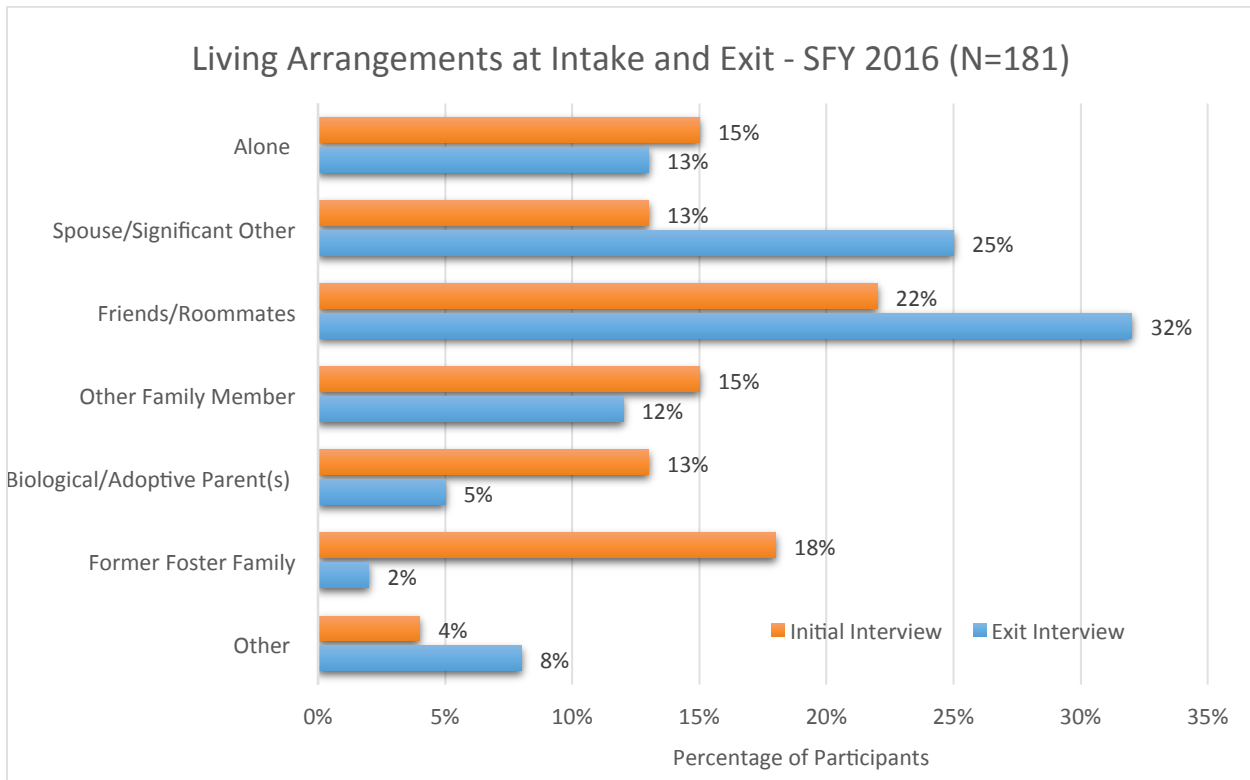
By the time young people leave Aftercare services, there is a decrease in those not contributing towards housing expenses (11.1%), and in those who are paying to live in another person’s apartment or house (21.6%). Additionally, the number of young adults sharing and paying for an apartment or house increased to over 35% by the time they exit Aftercare.

Housing	All (N=181)		PAL (N=148)		AC Only (N=33)	
	Initial	Exit	Initial	Exit	Initial	Exit
University housing (residence hall, sorority/fraternity)	3.9%	3.3%	4.1%	4.1%	3.0%	0%
Apartment or house (sole responsibility for rent)	13.8%	14.9%	16.9%	14.2%	0%	18.2%
Apartment or house (shared responsibility for rent)	11.1%	35.4%	9.5%	37.8%	18.2%	24.2%
Someone else’s apt or house paying rent	38.1%	21.6%	38.5%	24.3%	36.4%	9.1%
Someone else’s apt or house, not paying rent or living expenses	26.0%	11.1%	25.7%	8.1%	27.3%	24.2%

Iowa Aftercare Services Network -- Annual Outcomes Report
July 1, 2015 through June 30, 2016

Housing	All (N=181)		PAL (N=148)		AC Only (N=33)	
	Initial	Exit	Initial	Exit	Initial	Exit
Couch surfing (moving from house to house)	1.1%	3.3%	0.7%	2.0%	3.1%	9.1%
Transitional facility, shelter, or other supported housing arrangement	2.8%	3.9%	1.4%	2.0%	9.1%	12.0%
Street/outdoors	0%	0.6%	0%	0%	0%	0%
Other	3.3%	6.1%	3.4%	6.8%	3.0%	3.0%

In SFY 2016, unlike previous years, fewer participants were living alone with sole responsibility for rent at the time of exit, than when they first accessed services. Other changes in living arrangements follow similar patterns as prior years—e.g., more are living with friends/roommates or a significant other at exit compared to intake; fewer are living with family members, and former foster families at exit compared to intake.



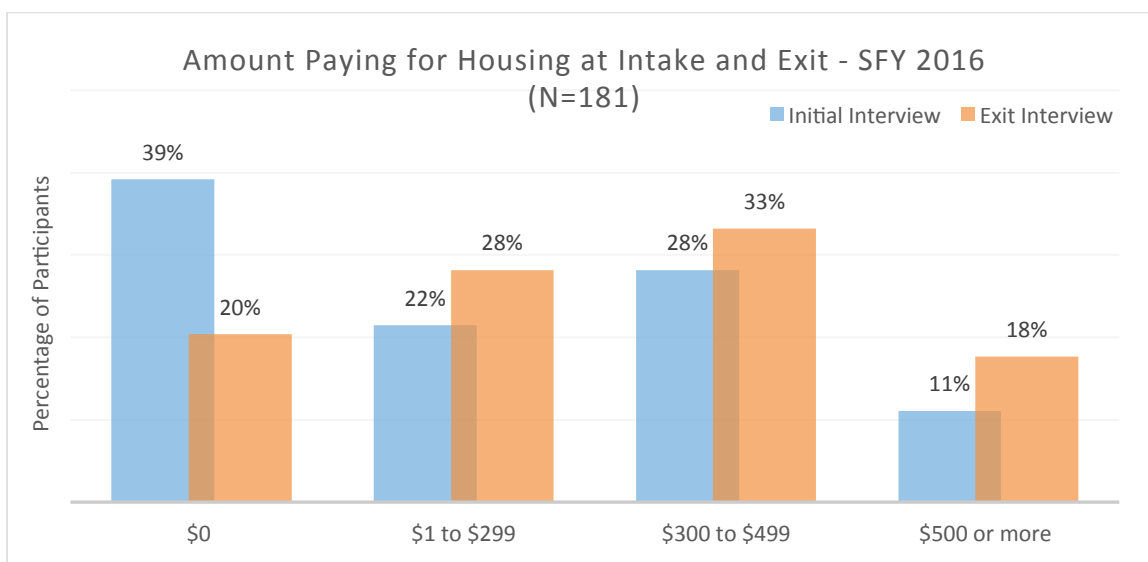
Housing Security: Housing security among Aftercare participants increases from intake to exit. Overall, young people feel safe in their living arrangement – approximately 95% of young people report feeling safe in their living arrangement at both intake and exit. Similarly, about 96% of participants report that their housing is structurally safe at both intake and exit.

Iowa Aftercare Services Network -- Annual Outcomes Report
July 1, 2015 through June 30, 2016

In other housing areas, there is more significant improvement from intake to exit, but overall fewer exiting participants have secure housing this year compared to last year's exiting participants. The proportion of participants who have their name on a lease increases from 23.8% at intake to 47.5% at exit, but is less than exiting participants last year when 62% held leases. Having keys to their current home also increased, from 57.5% at intake to 74.6% at exit this year, but was less than the 83% reported by exiting participants last year.

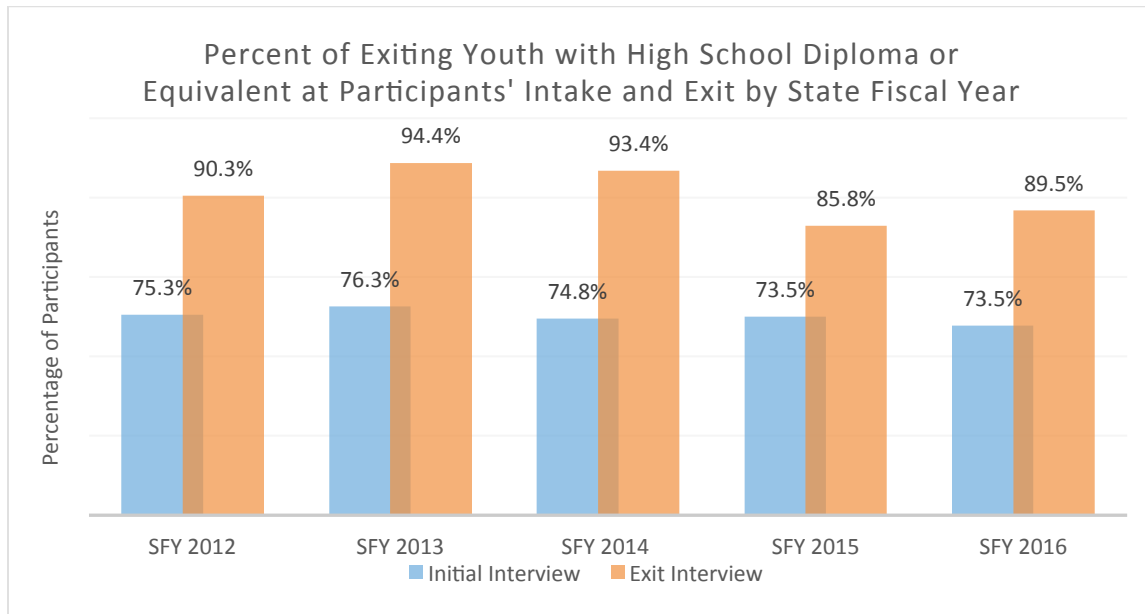
At exit from Aftercare, more young people are contributing toward their housing costs (from 61% at intake to 80% at exit in SFY 2016). Affordable housing remains a challenge for many participants, however, with 37.6% still reporting that more than half of their income goes toward rent and utilities at exit and 24.9% reporting that they are behind on their rent or utility bills.

Housing Security Questions	Initial % (N=181)	Exit % (N=181)
Has formal agreement	45.9%	55.8%
Name is on lease	23.8%	47.5%
Own household items	50.8%	77.9%
Has keys to home	57.5%	74.6%
Paying for housing	59.7%	78.5%
Less than half income for housing	54.7%	62.4%
Not behind on rent/utilities	68.5%	75.1%
Structurally safe housing	96.1%	96.1%
Feel safe	95.6%	95.0%
Plan on moving within a month	31.5%	29.8%
Solid plan for where going (as percent of those planning to move)	30.3% (N=66)	65.0% (N=60)
Amount Paying for Housing (per month)	Initial % (N=181)	Exit % (N=181)
\$0	39.2%	20.4%
\$1 to \$299	21.5%	28.2%
\$300 to \$499	28.2%	33.2%
\$500 or more	11.1%	17.7%



Iowa Aftercare Services Network -- Annual Outcomes Report
July 1, 2015 through June 30, 2016

Education: Youth in foster care or other out-of-home placements often struggle academically, and many are behind in school for a variety of reasons. When turning 18, youth may sign a voluntary placement agreement to stay in foster care to complete high school. Many, however, do not take advantage of that option, and historically about a quarter of youth enter aftercare without a high school diploma or equivalent. Over the last five years, exit interviews show that many young people earn their high school credential while participating in Aftercare.



Of young people completing an exit interview in SFY 2016, 89.5% had earned at least a high school diploma, its equivalent, a vocational certificate, or an Associate’s Degree. However, fewer participants at exit than intake are currently enrolled in an education or training program (32.6% at intake versus 23.8% at exit). Further, while approximately 30% of participants report completing at least their freshman year of college or more, it is unclear if these students have simply attended college (perhaps part-time) for one or more years, rather than having earned sufficient college credit to be classified as an upper-classman. Having continued support beyond age 21 could allow more young people to complete a college degree.

Education	All (N=181)		PAL (N=148)		AC Only (N=33)	
	Initial	Exit	Initial	Exit	Initial	Exit
% Attending School *	32.6%	23.8%	33.1%	23.0%	30.3%	27.3%
Highest level of education completed						
10 th grade or less	3.9%	3.3%	2.0%	2.0%	12.1%	9.1%
11 th grade	24.9%	8.3%	19.6%	4.1%	48.5%	27.3%
12 th grade	69.6%	56.9%	77.0%	60.1%	36.4%	42.4%
College freshman	1.1%	19.9%	1.4%	21.0%	--	15.2%
College sophomore	0.6%	8.8%	--	9.5%	3.0%	6.1%
College junior	--	2.2%	--	2.7%	--	--
College senior	--	0.6%	--	0.7%		

Iowa Aftercare Services Network -- Annual Outcomes Report
July 1, 2015 through June 30, 2016

Education	All (N=181)		PAL (N=148)		AC Only (N=33)	
	Initial	Exit	Initial	Exit	Initial	Exit
Highest Credential Received						
None	26.5%	10.5%	18.2%	4.7%	63.6%	36.4%
GED or HiSET	8.8%	10.5%	10.1%	11.5%	3.0%	6.1%
High School Diploma	64.1%	75.1%	71.6%	79.7%	30.3%	54.6%
Vocational Cert or license	0.6	2.2%	--	2.0%	3.0%	3.0%
AA degree	--	1.7%	--	2.0%	--	--

* Percent attending school includes youth who responded that they were enrolled full-time (school only); employed and enrolled; or enrolled in career prep or internship.

Positive Relationships: Having positive social relationships and networks that support the healthy development of young people is critical during adolescence and early adulthood. Most young people in Aftercare report that they do have supportive adults who they will *always* be able to turn to for support and guidance at both intake and exit. Interestingly, PAL participants report an increase in positive relationships with an adult family member, while Aftercare only participants report a decrease in those relationships. Both groups show increases in positive relationships with a non-family adult.

	All (N=181)		PAL (N=148)		AC Only (N=33)	
	Initial	Exit	Initial	Exit	Initial	Exit
% responding "yes"						
Has a positive relationship with supportive adult family member	84.5%	87.3%	85.1%	89.9%	81.8%	75.8%
Has a positive relationship with supportive non-family adult	93.9%	95.0%	94.6%	95.3%	90.9%	93.9%

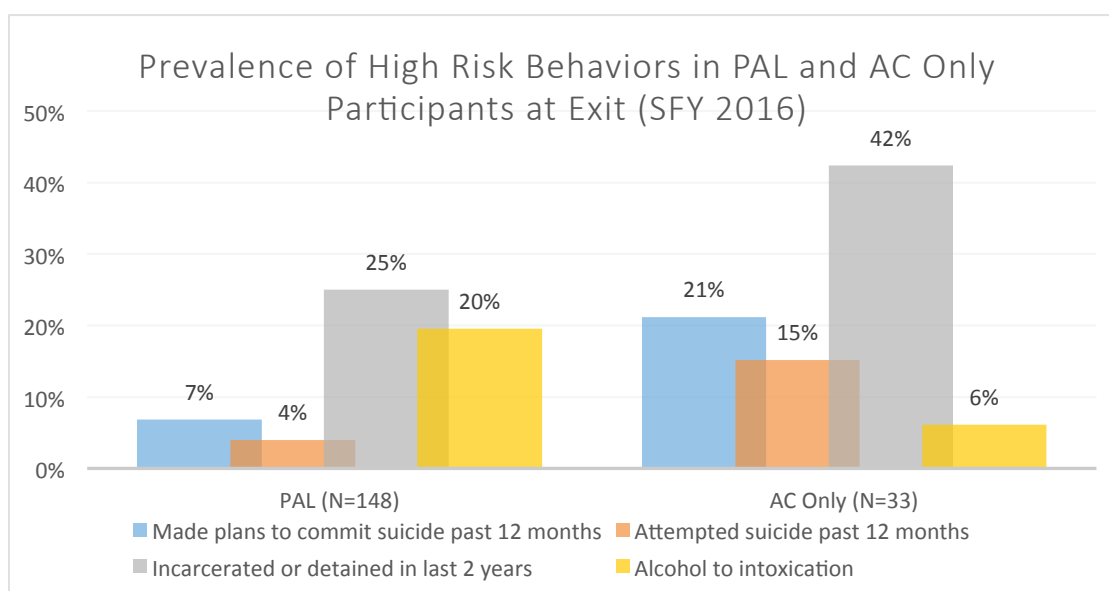
Children and Parenting: Among youth completing exit interviews in SFY 2016, 5.5% entered Aftercare as parents; by the time they exited, 29.3% are parenting. Addressing healthy relationships and building parenting skills are key areas of focus for Aftercare Self-Sufficiency Advocates in their work with many participants. At exit, 84% of the parenting participants have their children living with them.

% responding "yes"	All (N=181)		PAL (N=148)		AC Only (N=33)	
	Initial	Exit	Initial	Exit	Initial	Exit
Are you a parent?	5.5%	29.3%	6.1%	29.1%	3.0%	30.3%
Are you currently pregnant, given birth or fathered a child in the last year?	6.6%	22.1%	4.7%	20.3%	15.2%	30.3%

Iowa Aftercare Services Network -- Annual Outcomes Report
July 1, 2015 through June 30, 2016

% responding "yes"	All (N=181)		PAL (N=148)		AC Only (N=33)	
	Initial	Exit	Initial	Exit	Initial	Exit
Does your child live with you or have joint custody? (as a % of those who indicated they had children)	61.5% (N=13)	84.0% (N=50)	61.5% (N=13)	82.9% (N=41)	--	88.9% (N=9)

High Risk Behaviors: The prevalence of selected high risk behaviors among Aftercare participants are presented in the chart and tables below. With the exception of using alcohol to intoxication, a greater proportion of AC Only youth engage in high risk behaviors than PAL youth. However, given the sensitive nature of many of the risk behavior questions on which young people are asked to self-report, caution should be used in interpreting and drawing conclusions from this data.



% responding "yes"	All (N=181)		PAL (N=148)		AC Only (N=33)	
	Initial	Exit	Initial	Exit	Initial	Exit
Suicide*						
Made Plans to commit suicide past 12 months	7.2%	9.4%	3.4%	6.8%	24.2%	21.2%
Attempted suicide past 12 months	3.9%	6.1%	2.0%	4.0%	12.1%	15.2%
Incarcerated or Detained in Jail or detention facility last 2 years	32.0%	28.2%	27.7%	25.0%	51.5%	42.4%
Homeless in last 2 years	17.1%	24.9%	16.2%	25.0%	21.2%	24.2%

*Three youth at intake and four at exit declined to answer questions related to suicide.

Iowa Aftercare Services Network -- Annual Outcomes Report
July 1, 2015 through June 30, 2016

% responding "yes"	All (N=181)		PAL (N=148)		AC Only (N=33)	
	Initial	Exit	Initial	Exit	Initial	Exit
Substance Use in last 30 days						
Tobacco	37.0%	43.7%	36.5%	41.9%	39.4%	51.5%
Alcohol to Intoxication	5.0%	17.1%	6.1%	19.6%	--	6.1%
Marijuana	7.2%	8.3%	8.1%	8.1%	3.0%	9.1%

Tobacco use, in particular, remains persistently high among the population of young people served by Aftercare, with more than 40% of participants indicating that they use tobacco, substantially higher than young adults in the general population. Self-reported use of alcohol to intoxication and marijuana use among this population, however, are both lower among Aftercare participants than their same age peers.⁴

Health Insurance Coverage: Most young people in Aftercare rely on Medicaid for their health insurance coverage. Only a small number of youth exiting Aftercare have any insurance other than Medicaid. Among exiting participants, 5.0% report that they do not have health insurance. Aftercare only participants (many of whom may not qualify for the extended Medicaid benefit for youth who leave foster care at age 18 or older) are less likely to be insured at exit from Aftercare than PAL participants.

Beginning in 2014 as a result of provisions in the Affordable Care Act, youth who age out of foster care remain eligible for Medicaid until age 26. Young people who age out of foster care may also be eligible under other Medicaid coverage groups or government health insurance programs. Those that were not in state-paid foster care at the age of 18 do not qualify for the automatic foster care coverage, but may be eligible under other coverage groups.

Health Insurance	All (N=181)		PAL (N=148)		AC Only (N=33)	
	Initial	Exit	Initial	Exit	Initial	Exit
Enrolled in Medicaid	92.3%	91.7%	94.6%	93.9%	81.8%	81.8%
Insured (other than Medicaid)						
Employer provided	--	0.6%	--	--	--	3.0%
Private pay/self-provided	2.8%	--	2.7%	--	3.0	--
Other insurance	7.2%	5.0%	6.8%	6.1%	9.1%	--
No medical insurance	3.9%	5.0%	3.4%	3.4%	6.1%	12.1%

Essential Documents: As in past years, young people show improvement in both their knowledge of how to obtain important documents, as well as actually having essential documents in their possession, after participating in Aftercare. While more youth have a legal driver's license at exit than intake,

⁴ For comparison data see, for example, the Monitoring the Future national survey results from the Institute for Social Research at the University of Michigan for prevalence of use of alcohol, tobacco, and marijuana among the overall population of young adults. See <http://www.monitoringthefuture.org/> for details.

Iowa Aftercare Services Network -- Annual Outcomes Report
July 1, 2015 through June 30, 2016

getting and maintaining a valid driver’s license remains a challenge for many of these young adults, which may impede their ability to get a job or continue their education.

% responding “yes”	All (N=181)		PAL (N=148)		AC Only (N=33)	
	Initial	Exit	Initial	Exit	Initial	Exit
Knows how to obtain:						
Birth certificate	74.6%	95.0%	76.4%	96.6%	66.7%	87.9%
Social Security card	78.5%	94.5%	79.7%	96.0%	72.7%	87.9%
Medical records	70.2%	93.4%	73.0%	96.0%	57.6%	81.8%
Education records	85.1%	93.4%	87.2%	95.3%	75.8%	84.9%
Has in their possession:						
Birth certificate	79.6%	85.6%	81.1%	85.1%	72.7 %	87.9%
Social Security card	88.9%	93.9%	91.2%	93.2%	78.8%	97.0%
Driver’s license	44.8%	64.1%	46.6%	66.9%	36.4%	51.5%

Conclusion

The Iowa Aftercare Services Network provides services and supports to some of the most vulnerable young people in our state – those who have been involved in the child welfare or juvenile justice system and have aged out around the age of 18. While most of the outcomes presented in this report are encouraging, they do not tell the whole story. Each young person participating in Aftercare is on a unique path to adulthood, often experiencing both successes and setbacks along the way that are not captured in this report. What is evident, is that the Aftercare Network can be an important source of support for these young adults as they navigate this journey.

About the Youth Policy Institute of Iowa: Founded in 2000, the Youth Policy Institute of Iowa (YPPI) works to expand and improve the delivery of services and supports for Iowa youth by partnering with public and private entities throughout the state. YPII is involved in a wide range of initiatives, but specializes in policies and programs affecting youth transitioning from adolescence to adulthood, particularly those who have been involved in child welfare (foster care) or juvenile justice systems. Over the next year, YPII will be completing additional data analysis and reports to more thoroughly understand the issues, challenges, and successes of this population.

For Further Information:

The Youth Policy Institute of Iowa
 6200 Aurora Avenue, Suite 206E
 Des Moines, IA 50322
 Phone: 515-727-4220
www.ypii.org and www.iowaaftercare.org