



Transition to Self-Sufficiency



What is a Transition Plan?



A Transition Plan is a youth-driven document. It's a place where you and your caseworker can work together to document important milestones and decisions regarding your future. The plan covers important topics that need to be addressed to help you make a successful transition from foster care. This plan is required by federal and New York State law for youth planning to leave foster care at ages 18, 19, and 20 years old. Even if you choose to stay in care until your 21st birthday, a transition plan is required to begin at age 17 and a half and be updated at least every 6 months.

You have the right to include supportive adults of your choice to be on your team as you plan your transition.

If you are turning 18, your caseworker should already be talking to you about this. If they have not, be sure to bring it up the next time you talk to them.

“Being discharged shouldn’t feel like you are graduating into the unknown. The earlier you begin your transition plan, the more success you’ll have with being able to adapt to adulthood.”

—Youth in Care



NEED TO KNOW SERIES

Transition to Self-Sufficiency

Section 1

[What do I need to know about trial discharge/final discharge and re-entry into foster care?](#)

Trial discharge allows you to remain in the county's custody while living outside of a foster care setting if you consent to this arrangement. Ask your caseworker to explain how this allows you to re-enter care if you are struggling. After final discharge, youth 18-21 may apply to re-enter care under certain circumstances.

Section 2

[What do I need to know about housing?](#)

Getting your own safe and affordable housing is one of the most important things you will do as you transition out of foster care. When completing the transition plan, be sure to discuss options that are safe, appropriate, affordable, and stable with your caseworker. Also discuss emergency plans and resources in case you lose your housing.

Section 3

[What do I need to know about health insurance, health care proxy, pregnancy, and parenting?](#)

Be sure to discuss your Medicaid coverage with your worker as this may be available to you until the age of 26. Please make sure you understand your role in being able to maintain your insurance. You and your caseworker should have an in-depth discussion about health insurance, health care proxy decisions, and any pregnancy or parenting needs you may have, if applicable.

Section 4

[What do I need to know about education and vocational training?](#)

Set goals and make a plan for your continued education or vocational training. Financial resources in addition to the New York State Tuition Assistance Program (TAP) and Federal Pell Grants are available to you. These include the Foster Youth College Success Initiative (FYCSI) and the Education and Training Voucher (ETV) program.





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Section 5

[What are some opportunities to connect with supportive adults?](#)

An adult permanency resource is a caring adult who provides you with emotional support, advice, and guidance. This adult can assist you in your transition out of foster care and offers ongoing support.

Section 6

[What do I need to know about continuing support services?](#)

You may need to access a variety of services once you leave care, such as mental health, physical health, transportation, and housing. Your caseworker can assist you with connecting to services you may need.

Section 7

[What do I need to know about important documents/ access to care record?](#)

There are many essential documents that you must leave care with: U.S. Birth Certificate, Social Security Card, Driver's License/Non-Driver's ID, Medical Records, Health Insurance Information, and more. Learning how to use these documents and replace them will be critical.

Section 8

[What are some workforce supports and employment services?](#)

Think about the activities that you like to do and consider your skills and talents. Then, set goals toward a career, education and/or training, and a job. These goals will help you become self-sufficient. There are services that can help you plan for a career and get a job.





What do I need to know about trial discharge/ final discharge and re-entry into foster care?



Trial Discharge

Trial discharge means the youth remains in the custody of the Local Department of Social Services (LDSS). The purpose of trial discharge is to enable a youth to return to placement in foster care without applying to re-enter (for example, should you become homeless); with your consent, you can return to a foster care setting. Trial discharge is required for at least 6 months for every child discharged to Another Planned Permanent Living Arrangement (APPLA). For youth 18 to 21, trial discharge may be extended until youth reach the age of 21, provided the youth consents to the extension.

Re-entry into Foster Care by Former Foster Care Youth

Youth discharged from foster care on or after their 18th birthday have 24 months from the date of their first final discharge to re-enter care by applying to the Local Department of Social Services (LDSS) or court. In addition, youth that left care at 16 or 17 have the option to reenter after they turn 18 up to age 21.

If you are thinking of re-entering foster care you may apply if:

- You are at least 18 years old, but under 21, and were discharged from a foster care setting on or after:
 - * the age of 18 and were discharged due to failure to consent to continuation in foster care; or
 - * the age of 16 and currently are or could be homeless unless returned to foster care.
- And you meet one of the following:
 - * placed in foster care with an LDSS or Voluntary Agency (VA)
 - * freed for adoption, but not yet adopted
 - * placed with OCFS as a juvenile delinquent for a non-secure level of care or released from a non-secure level of care; or
 - * placed in an approved Close to Home Limited Secure level of care but released from a non-secure level of care.

Youth are required to receive notice about their right to re-enter care, which includes the name and contact information of their attorney. Be sure to know your rights and reach out if you have any questions.



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Section 1.2

Resources

- **OCFS Administrative Directive: Chapter 798 Laws of 2021: Youth Reentry Into Foster Care Ages 18-21**
<https://ocfs.ny.gov/main/policies/external/2022/adm/22-OCFS-ADM-04.pdf>
- **New York State Department of Health: NYS Local Departments of Social Services by County**
https://www.health.ny.gov/health_care/medicaid/ldss.htm
- **FosterClub Transition Toolkit (Download or view under "Step 3" on their webpage.)**
<https://www.fosterclub.com/foster-parent-training/course/using-fosterclub-transition-toolkit>
- **Adoptive and Foster Family Coalition New York: Can a Youth in Foster Care Voluntarily Return to Care?**
<https://affcny.org/can-a-youth-in-foster-care-voluntarily-return-to-care>
- **OCFS Youth Bill of Rights**
<https://ocfs.ny.gov/publications/Pub2001/OCFS-Pub2001.pdf>
<https://ocfs.ny.gov/main/policies/external/2023/adm/23-OCFS-ADM-15.pdf>
- **Youth in Progress: What are my rights?**
<https://youthinprogress.org/resources/topics/what-are-my-rights>

New York City Region 6

- **Administration for Children's Services (ACS): Planning for Your Future**
<https://www.nyc.gov/site/acs/youth/planning-future.page>
- **Administration for Children's Services (ACS): Know Your Rights**
<https://www.nyc.gov/site/acs/youth/know-your-rights.page>





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Transition to Self-Sufficiency

Section 2.1

What do I need to know about housing?

Getting your own safe and affordable housing is one of the most important things you will do to help you transition out of foster care. While moving to your own apartment involves taking on some serious responsibilities, it is also an exciting step toward self-sufficiency! Working closely with your caseworker on your Transition Plan will help you develop steps towards finding safe housing that meets your needs.

You also need to create an emergency plan if you lose your housing. As part of your Transition Plan, you will need to discuss with your caseworker what you would do, where you would go, and who you would ask for help in the event that you lost your housing for any number of possible reasons.

Youth who are being discharged at 18 or older may be eligible for a preventive housing subsidy of up to \$750 a month for up to three years, if they are prepared for discharge and need assistance with housing rent payments. To qualify, you need to have been in foster care for at least 90 days.



Youth 18 up to age 21 may be eligible for Chafee Services. Under Chafee, youth may be eligible to receive funds for rent, utilities, furnishings, and/or money for security or utility deposits. Not all LDSS offer this Chafee service, so you would need to check with your caseworker to find out if it is available.

Youth who are 18–21 years old and preparing for discharge from foster care may also qualify for public housing assistance vouchers. Check with your caseworker to see if you are eligible.



NEED TO KNOW SERIES

Transition to Self-Sufficiency

Section 2.2

Resources

- **Youth in Progress Need to Know Series: Housing**
<https://youthinprogress.org/resources/digital-printable-handouts/need-to-know-series/need-to-know-series-housing>
- **FYI Vouchers for the Foster Youth to Independence Initiative**
https://www.hud.gov/program_offices/public_indian_housing/programs/hcv/fyi
- **Family Unification Program**
https://www.hud.gov/program_offices/public_indian_housing/programs/hcv/family
- **New York State Housing**
<https://www.ny.gov/services/housing>
- **New York State Housing Voucher Programs**
<https://hcr.ny.gov/section8>
- **New York State Office of Temporary and Disability Assistance: Housing and Support Services (HSS)**
<https://otda.ny.gov/programs/housing>
- **New York State Emergency Rental Assistance Program**
<https://otda.ny.gov/programs/emergency-rental-assistance>
- **Residential Tenants' Rights: Renter's Rights and Protections Under New York State Law**
https://ag.ny.gov/sites/default/files/tenants_rights.pdf
- **United Way: Confidential help 24/7**
<https://www.211.org>
- **iFoster: Resources**
<https://ifoster.org>





NEED TO KNOW SERIES

Transition to Self-Sufficiency

Section **2.3**

Buffalo Region 1

- **Acacia Network**
<https://acacianetwork.org/hispanos-unidos-de-buffalo>
- **Compass House**
<https://www.compasshouse.org>
- **Chautauqua Opportunities**
<https://www.chautauquaopportunities.com/housing-community-development>
- **Pinnacle Community Services**
<https://www.pinnaclecs.org/our-servicesyouth-services>
- **Homespace**
<https://www.homespacecorp.org/what-we-do#independent-living>
- **Gerard Place**
<https://gerardplace.org>

Rochester Region 2

- **The Center for Youth**
<https://www.centerforyouth.net>
- **Wayne County**
<https://web.co.wayne.ny.us/168/Runaway-Homeless-Services>

Syracuse Region 3

- **Transitional Living Services of Northern New York**
<https://tlsnny.com/adult-services>
- **Catholic Charities of Broome County**
https://www.catholiccharitiesbc.org/programs/youth_services/residential.html
- **Catholic Charities of Herkimer County**
<https://www.rhyp.org>
- **Catholic Charities of Oneida/Madison County**
<https://www.catholiccharitiesom.org>
- **Integrated Community Alternatives Network**
<https://ican.family/programs>
- **The Salvation Army, Syracuse Area Services**
<https://easternusa.salvationarmy.org/empire/syracuse/youth-shelters>
- **Oswego County Opportunities Crisis & Development Services**
<https://www.oco.org/services/emergency-crisis>





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Section 2.4

Albany Region 4

- **Captain Community Human Services: Runaway and Homeless Youth Supportive Housing Program**
<https://captaincares.org/what-we-do/homelessyouth/supportive-housing-program.html>
- **Equinox**
<https://www.equinoxinc.org>
- **St. Anne Institute**
<https://stanneinstitute.org/community-partnerships-for-youth-empowerment>
- **Safe Inc. of Schenectady**
<https://www.safeincofschenectady.org>
- **Warren/Washington Counties Homeless Youth Coalition, Inc. Wait House**
<https://hycwaithouse.org>

Westchester Region 5

- **Promise House**
<https://promisehouse.org/our-programs/transitional-living-program>
- **Hudson River Housing, Inc.**
<https://www.hudsonriverhousing.org>
- **HONOR Youth Services, Inc.**
<https://honorhelpingothers.org/services/honor-youth-services>
- **Green Chimneys**
<https://www.greenchimneys.org/community-programs-services/youth-family-services/info-children-teens-21-years/arbor-house-youth-shelter>
- **Family of Woodstock**
<https://www.familyofwoodstockinc.org/services-for-youth-adolescents/residential-services>
- **Children's Village**
<https://childrensvillage.org/our-programs/residential-programs/affordablehousing>





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Section 2.5

Long Island Region 5

- **Suffolk County**
<https://www.suffolkcountyny.gov/Departments/Economic-Development-and-Planning/Real-Estate/Affordable-and-Workforce-Housing>
- **Nassau County Office of Housing**
<https://www.nassaucountyny.gov/1660/Housing>
- **Family and Children's Association**
<https://www.fcali.org/programs-and-services/residential-care/walkabout-young-men-and-women>
- **Hope for Youth**
<https://www.hfyony.org/services/rhys>
- **Mercy Center Ministries**
<https://www.mercycenterministries.org>

New York City Region 6

- **Administration for Children's Services (ACS): Housing**
<https://www.nyc.gov/site/acs/youth/housing.page>
- **NYC Housing Authority Section 8**
<https://www.nyc.gov/site/nycha/eligibility/eligibility.page>
- **Runaway & Homeless Youth Services**
https://www.nyc.gov/assets/dycd/downloads/pdf/2021_RHY_PalmCard_REVISED_v4.pdf





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Section 3.1

What do I need to know about health insurance, health care proxy, pregnancy, and parenting?



If you are discharged from foster care on or after your 18th birthday, you may be eligible for Medicaid coverage provided:

- You are under 26 years of age, AND
- You were in the custody of a Commissioner of a local department of social services or the Commissioner of the Office of Children and Family Services on your 18th birthday, AND
- You were receiving Medicaid coverage while in foster care.

Remember in order to keep your coverage, you need to provide the local department of social services with your current address. Anytime you move, be sure to update them. Speak with your caseworker if you have questions about Medicaid coverage.

A **Health Care Proxy** is someone you choose to make health care decisions for you if you lose the ability to make decisions for yourself. For example, if you become unconscious in the hospital and decisions about your health care need to be made, then the person you choose will make decisions for you. This person can be a family member, partner, friend, or anyone that you trust. This person will be referred to as your Health Care Proxy or agent on the Health Care Proxy form. Health care providers by law must follow the decisions of this person as if they were your own decisions. Once you choose the person you want to be your Health Care Proxy you should talk to them about their willingness to take on this role and have conversations with them about your health care wishes.



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Transition to Self-Sufficiency

Section **3.2**

Once the form is filled out, give a copy to your Health Care Proxy, your doctor, your attorney if you have one, and to any other family members or close friends that you choose. The guide in the resources section provides the form and helpful information to help guide your decisions and your conversation with your Health Care Proxy.

If you are pregnant and/or a parent, you should talk with your worker about services you may need, such as pregnancy care and parenting skills, or services for your child(ren), such as early intervention programs and health care.

Please reach out to your local district of social services for more information regarding health insurance coverage.



Resources

- **15-OCFS-ADM-17 Patient Protection and Affordable Care Act and Medicaid to Age 26**
https://ocfs.ny.gov/main/policies/external/OCFS_2015/ADMs/15-OCFS-ADM-17%20%20Patient%20Protection%20and%20Affordable%20Care%20Act%20and%20Medicaid%20to%20Age%2026.pdf
- **Health Care Proxy: Appointing your Health Care Agent in New York State**
<https://www.health.ny.gov/publications/1430.pdf>
- **Department of Health: Health Care Proxy & Choosing Your Health Care Agent**
https://www.health.ny.gov/professionals/patients/health_care_proxy/index.htm
- **NY State of Health: The Official Health Plan Marketplace**
<https://info.nystateofhealth.ny.gov>
- **OCFS: Affordable Care Act**
<https://ocfs.ny.gov/main/sppd/health-services/affordable-care-act.php>
- **Department of Health Medical Records FAQ**
<https://www.health.ny.gov/publications/1443>
- **Planned Parenthood**
<https://www.plannedparenthood.org>
- **OCFS Helpful Tips to Keep your baby Safe: Safe to Sleep Publication #5008**
<https://ocfs.ny.gov/publications/Pub5008>
- **Power to Decide: Teen Talk**
<https://powertodecide.org/teen-talk>
- **Your STD Help**
<https://yourstdhelp.com>



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Section **3.3**

- **Centers for Disease Control and Prevention: National HIV, STD, and Hepatitis Testing**
<https://gettested.cdc.gov>
- **Your-Life: Contraception Resources**
<https://www.your-life.com/en>
- **Bedsider: Contraception Resources**
<https://www.bedsider.org>
- **Benefits.Gov**
<https://www.benefits.gov/benefit/1637>
- **PBS**
<https://www.pbs.org/parents>
- **Zero to Three**
<https://www.zerotothree.org/resources/for-families>
- **New York State Parent Guide**
<https://www.nysparentguide.org>
- **Brightside Up**
<https://www.brightsideup.org>
- **iFoster: Resources**
<https://ifoster.org>
- **CSS Community Service Society: Navigator Network**
<https://www.cssny.org/programs/entry/community-service-society-navigator-network>
- **Workforce Development Institute (WDI): Child Care Subsidy Program**
<https://wdiny.org/Explore-Our-Work/Child-Care-Subsidy-Program>

Buffalo Region 1

- **EPIC for Children**
<https://www.epicforchildren.org>
- **Parent Network of Western NY**
<https://parentnetworkwny.org>
- **Help Me Grow**
<https://hmgwny.org>
- **Western New York Child Care Resource Network**
<https://wnychildren.org>
- **Homespace: Parent Resources**
<https://www.homespacecorp.org/what-we-do#independent-living>

Rochester Region 2

- **Mental Health Association Rochester Teen Parenting Groups**
<https://www.mharochester.org/services/parenting-techniques-group>
- **Monroe County: Mental Health and Substance Use Clinics**
https://www2.monroecounty.gov/health_providers/search/times
- **Workforce Development Institute (WDI): Child Care Subsidy Program**
<https://wdiny.org/Explore-Our-Work/Child-Care-Subsidy-Program>
- **Society for the Protection and Care of Children (SPCC) Parenting Support and Classes**
<https://www.spcc-roch.org/programs>



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Transition to Self-Sufficiency

Section 3.4

Syracuse Region 3

- **Access to Independence of Cortland County**
<https://www.aticortland.org/programs/youth-transition-services>
- **Catholic Charities of Onondaga County: Parent Education Programs**
<https://ccoc.us/services/capacity-building-services/parent-education-programs>
- **Help Me Grow**
<https://helpmegrowny.org/onondaga-county>
- **Family Enrichment Network**
<https://www.familyenrichment.org>
- **Child Care Solutions**
<https://childcaresolutionscny.org>
- **Child Development Council of Central New York**
<https://www.childdevelopmentcouncil.org/programs/transitionspregnancyparentingprogram>

Albany Region 4

- **Child Care Coordinating Council of the North Country**
<https://www.ccccnc.org>
- **Community Action Program of Schoharie County**
<https://sccapinc.org>
- **Parent to Parent of New York State**
<https://www.ptopnys.org>

Long Island Region 5

- **Child Care Council of Nassau**
<https://www.childcarenassau.org/parent-resources.aspx>
- **Long Island Help Me Grow Program**
<https://docsfortots.org/help-me-grow-long-island>
- **Bright By Text**
<https://docsfortots.org/bright-by-text>
- **Medicaid Providers for Prenatal Care**
<https://www.nassaucountyny.gov/DocumentCenter/View/10908/Medicaid-Providers-for-Prenatal-Care-Eng-Color--01-08-15>





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Section **3.5**

Westchester Region 5

- **The New York Foundling: Mother and Child Program**
<https://www.nyfoundling.org/what-we-do/our-programs/child-welfare/mother-and-child-program>
- **Child Care Council of Dutchess & Putnam, Inc.**
<https://www.childcaredutchess.org>
- **The Children's Village**
<https://childrensvillage.org/our-programs/inwood-house/pregnantparenting-teens>

New York City Region 6

- **Administration for Children's Services (ACS): Expectant & Parenting Youth Resources**
<https://www.nyc.gov/assets/acs/pdf/about/2017/ResourceGuideExpectantParentingYouth.pdf>
- **Administration for Children's Services (ACS): Health**
<https://www.nyc.gov/site/acs/youth/health.page>
- **Chinese American Planning Council**
<https://childcarecpc.org>





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Transition to Self-Sufficiency

Section 4.1

What do I need to know about education and vocational training?



Set goals and make a plan for your continued education or vocational training.

The **Education and Training Voucher (ETV)** program provides resources for eligible youth up to \$5,000 per year to attend a post-secondary educational or vocational training program. There are also other financial resources available to you. Talk with your caseworker and caregiver for help in this area.

The **Foster Youth College Success Initiative (FYCSI)** is a program established specifically for students who have experienced foster care or are eligible orphans. FYCSI funding can be used towards supporting the cost of attending college, including housing and meals.

The **New York State Tuition Assistance Program (TAP)** helps eligible New York residents pay tuition at approved schools in New York State. Depending on the academic year in which you begin study, an annual TAP award can be up to \$5,665. Because TAP is a grant, it does not have to be paid back. TAP is also available for students attending a SUNY, CUNY, and not-for-profit independent degree-granting college on a part-time basis.

Please note for some of the financial aid programs below you may need to re-apply annually.



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Transition to Self-Sufficiency

Section 4.2

Resources

- **New York State Education and Training Voucher Program (ETV)**
<https://etv-nys.smapply.org>
- **Foster Youth College Success Initiative (FYCSI)**
<https://www.nysed.gov/postsecondary-services/foster-youth-college-success-initiative>
- **The New York State Tuition Assistance Program (TAP)**
<https://www.hesc.ny.gov/pay-for-college/apply-for-financial-aid/nys-tap.html>
- **Tuition free Degree Program: The Excelsior Scholarship**
<https://www.ny.gov/programs/tuition-free-degree-program-excelsior-scholarship>
- **Federal Student Aid (FAFSA)**
<https://studentaid.gov/h/apply-for-aid/fafsa>
- **YouthBuild**
<https://youthbuild.org>
- **New York State Education Department: Higher Education Opportunity Program (HEOP)**
<https://www.nysed.gov/postsecondary-services/higher-education-opportunity-program-heop>
- **The State University of New York: Educational Opportunity Program (EOP)**
<https://www.suny.edu/attend/academics/eop>
- **New York State BOCES**
<https://www.boces.org/contact-a-boces>
- **SUNY Educational Opportunity Centers**
<http://www.ucawd.suny.edu/eoc.php>
- **New York Gear Up**
<https://gearup.ny.gov/college-readiness>
- **iFoster: Resources**
<https://ifoster.org>
- **New York State Education Department: Adult Career & Continuing Education Services**
<https://www.acces.nysed.gov>
- **ACCES-VR**
<http://www.acces.nysed.gov/vr>





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Section 4.3

Buffalo Region 1

- **Say Yes Buffalo**
<https://sayyesbuffalo.org>
- **Eastern Monroe Career Center (EMCC)**
<https://www.monroe.edu/domain/69>

Rochester Region 2

- **Education Success Foundation**
<https://educationsuccessfoundation.org>
- **Rochester College Access Network**
<https://rochestercan.org>

Syracuse Region 3

- **On Point for College**
<https://www.onpointforcollege.org>

Albany Region 4

- **Brilliant Pathways**
<https://brilliantpathways.org>

Westchester Region 5

- **College Planning of Westchester**
<https://www.collegeplanningofwestchester.com>

Long Island Region 5

- **Sunnyside Community Services**
<https://www.scsny.org/programs/youth-and-family-programs/college-readiness>

New York City Region 6

- **Administration for Children's Services (ACS)**
<https://www.nyc.gov/site/acs/youth/education.page>
- **The City University of New York (CUNY) College Discovery and SEEK Programs**
<https://www.cuny.edu/academics/academic-programs/seek-college-discovery>
- **College Now**
<https://k16.cuny.edu/collegenow>
- **On Point for College**
<https://www.onpointforcollege.org>
- **NY Foundling: Fostering College Success Initiative**
<https://fosteringcollegesuccessinitiative.org>





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Section 5.1

What are some opportunities to connect with supportive adults?



An adult permanency resource is a caring adult who provides you with emotional support, advice, and guidance. This adult can assist you in your transition out of foster care and offers ongoing support. There are a variety of resources to help you find an adult permanency resource.

Resources

- **New York State Mentoring Program**
<https://www.ny.gov/programs/new-york-state-mentoring-program>
- **Mentor New York**
<https://www.mentornewyork.org/find-a-mentor>
- **Adoptive and Foster Family Coalition New York: 45 Suggested Supports that a Supportive Adult Might Offer to a Youth Transitioning from Care**
<https://affcny.org/wp-content/uploads/OtherWaystoHelp.pdf> and
<https://affcny.org/family-supports/older-youth-and-launching-to-adulthood/permanency-for-older-youth>
- **FosterClub: Permanency Pact**
https://www.fosterclub.com/sites/default/files/Permanency%20Pact_0.pdf
- **iFoster: Resources**
<https://ifoster.org>

Buffalo Region 1

- **Big Brothers Big Sisters of Erie, Niagara & The Southern Tier**
<https://bbbsenst.org>
- **Confident Girl Mentoring Program**
<https://www.cgmpinc.org>



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Section 5.2

Rochester Region 2

- **Big Brothers Big Sisters of Greater Rochester**
<https://www.beabig.org>
- **ACE Mentor Program**
<https://www.acementor.org/affiliates/rochester-ny>
- **Compeer Rochester**
<https://www.compeerrochester.org/youth-program>

Syracuse Region 3

- **100 Black Men of Syracuse, Inc**
<https://100blackmensyr.org>
- **PEACE Inc. Big Brothers Big Sisters of Onondaga County**
<https://www.peace-caa.org/programs/bbbs>

Albany Region 4

- **Saratoga Mentoring**
<https://saratogamentoring.org>
- **Big Brothers Big Sisters of the Capital Region**
<https://bbbscr.org>
- **Big Brothers Big Sisters of the Southern Adirondacks**
<https://bbbssadk.org>
- **Delaware Opportunities**
https://delawareopportunities.org/big_buddy
- **Albany Police Athletic League Inc.**
<https://www.albanypal.org/Default.aspx?tabid=1339393>

Long Island Region 5

- **Empower. Assist. Care. (EAC)**
<https://eac-network.org/chance-to-advance>
- **Big Brothers Big Sisters Long Island**
<https://bbbsli.org>
- **Long Island Mentoring**
<https://liyouthmentoring.com>

Westchester Region 5

- **The Children's Village**
<https://childrensvillage.org/our-programs/aftercare-support/teens/transformational-mentoring>, and
<https://childrensvillage.org/our-programs/aftercare-support/teens>
- **Her Honor Mentoring**
<https://www.herhonor.org>
- **Big Brothers Big Sisters of Westchester County**
<https://www.bigswestchester.org>

New York City Region 6

- **Big Brothers Big Sisters of New York City**
<https://www.bigsny.org>
- **Children of Promise New York City**
<https://www.cpnyc.org/mentor>
- **Mentor New York**
<https://www.mentornewyork.org>
- **Girls Educational & Mentoring Services**
<https://www.gems-girls.org>



What do I need to know about continuing support services?



You may need to access a variety of services once you leave care, such as mental health, physical health, transportation, and housing. Your worker is required to help you set up the “aftercare” services that you will need.

Resources

- **United Way: Confidential help 24/7**
<https://www.211.org>
- **New York State Food Pantries**
<https://coronavirus.health.ny.gov/food-pantries>
- **Youth.GOV Financial Empowerment Toolkit**
<https://youth.gov/feature-article/financial-empowerment-toolkit-0>
- **Lambda Legal: Making the Case for Equality**
<https://lambdalegal.org>
- **National Domestic Violence Hotline**
<https://www.thehotline.org>
- **LGBT National Help Center**
<https://www.lgbthotline.org>
- **Q Chat Space: A Community for LGBTQ+ Teens (age 13-19)**
<https://www.qchatspace.org>
- **Love is Respect**
<https://www.loveisrespect.org>
- **Advocates for Youth**
<https://www.advocatesforyouth.org>



NEED TO KNOW SERIES

Transition to Self-Sufficiency

Section 6.2

- **The Trevor Project**
<https://www.thetrevorproject.org>
- **Safe Harbour Programs**
Email humantrafficking@ocfs.ny.gov to find your county contact.
- **Foster: Resources**
<https://ifoster.org>
- **Section 3, Transition to Self-Sufficiency: [Health/Health Insurance/Health Care Proxy & Expectant Pregnant/Parenting Youth](#)**
- **Section 2, Transition to Self-Sufficiency: [Housing](#)**

Buffalo Region 1

- **Allegany County Community Opportunities and Rural Development, Inc. (ACCORD)**
<https://www.accordcorp.org>
- **Chautauqua Opportunities**
<https://www.chautauquaopportunities.com>
- **People Inc.**
<https://www.people-inc.org>
- **Niagara County: Resource Guide**
<https://wnyhomeless.org/app/uploads/Niagara-County-Pocket-Guide-1.pdf>
- **Genesee and Orleans Counties: Resource Guide**
https://wnyhomeless.org/app/uploads/GOW-Pocket-Guide_MASTER-1-1.pdf
- **Accord: Access Center**
<https://www.accordcorp.org/access-center>
- **Healthy Community Alliance: Solutions and Services**
<https://www.communityalliance.org>

- **Neighborhood Legal Services INC: Legal Assistance**
<https://nls.org>

Rochester Region 2:

- **Mental Health Association Rochester**
<https://www.mharochester.org/our-programs/life-skills>
- **Chemung County Child Care Council**
<https://www.chemchildcare.com>
- **Salvation Army Rochester Area Services**
<https://rochesterny.salvationarmy.org/empire-rochester/equip-families>

Syracuse Region 3:

- **Oswego County Opportunities**
<https://www.oco.org/services/emergency-crisis>
- **Community Action Planning Council of Jefferson County**
<https://www.capcjc.org>

Albany Region 4

- **Delaware Opportunities**
<https://delawareopportunities.org>
- **Catholic Charities of Delaware, Otsego, & Schoharie Counties**
<http://www.charitiesccdos.org>



NEED TO KNOW SERIES

Transition to Self-Sufficiency

Section **6.3**

Long Island Region 5

- **Huntington Youth Bureau**
<https://hybydri.org/index.html>
- **Mental Health Association of Nassau**
<https://www.nassaucountyny.gov/1711/Mental-Health>

Westchester Region 5

- **Westchester Youth Bureau**
<https://youth.westchestergov.com/youth-bureau>
- **Catholic Charities Community Services**
<https://cccsny.org/services/neighborhood-centers-westchester-county>
- **Mental Health Association**
<https://www.mhawestchester.org>

New York City Region 6

- **ACCESS NYC**
<https://access.nyc.gov/programs>
- **Administration for Children's Services (ACS): LGBTQ+**
<https://www.nyc.gov/site/acs/about/lgbtq-support.page>
- **Administration for Children's Services (ACS): Be Connected**
<https://www.nyc.gov/site/acs/youth/be-connected.page>
- **Administration for Children's Services: Youth Leadership Council**
<https://www.nyc.gov/site/acs/youth/youthleadershipcouncil.page>
- **Administration for Children's Services: Trafficked Youth**
<https://www.nyc.gov/site/acs/youth/servicesyouth.page>





NEED TO KNOW SERIES

Transition to Self-Sufficiency

Section 7.1

What do I need to know about important documents/access to care record?

There are a number of essential documents that you must leave care with. Documents such as an original or certified copy of U.S. Birth Certificate, a Social Security Card, a Driver License/ Non-Driver ID, Medical Records, and your Health Insurance information are required. These documents are necessary to obtain jobs, benefits, and other documents, such as a passport. Learning how to use the documents and how to replace them will be critical as you leave care.

As these documents are very important, you need to ensure that you keep them in a safe and secure place at all times to prevent identity theft. Get copies of all the documents listed on the Transition Plan form that apply to you. These important documents include:

- A letter from LDSS stating foster care status
- Birth Certificate (certified copy)
- Green Card (if applicable)
- Social Security Card (original)
- Government Photo Identification (such as, Driver License/Learners Permit, Passport, Non-Driver Photo ID)
- Medicaid card
- Selective Service (if applicable)
- Medical records
- Tribal documents (if applicable)
- Education records
- Credit report





Resources

- **New York State Driver License**
<https://dmv.ny.gov/driver-licenses>
- **New York State Non-Driver ID Card**
<https://dmv.ny.gov/non-driver-id-card>
- **Centers for Disease Control and Prevention (CDC): Where to Write for Vital Records (Except New York City)**
https://www.cdc.gov/nchs/w2w/new_york.htm
- **New York State Department of Health: Birth Certificates (Except New York City)**
https://www.health.ny.gov/vital_records
- **New York State Department of Health Immunization Records (Except New York City)**
https://www.health.ny.gov/prevention/immunization/locating_old_immun_records.htm
- **Adoptive and Foster Family Coalition New York: Finding Adoption Foster Care Records**
<https://affcnny.org/adoption-and-foster-care-records-in-new-york-state>
- **iFoster: Resources**
<https://ifoster.org>





NEED TO KNOW SERIES

Transition to Self-Sufficiency

Section 7.3

Buffalo Region 1

- **Birth certificate Request**
<https://www.buffalony.gov/279/Birth-Certificate-Request>

Rochester Region 2

- **Vital Records**
<https://www.monroecounty.gov/health-VitalRecords>

Syracuse Region 3

- **Vital Statistics**
<http://www.ongov.net/vital/bmail.html>

Albany Region 4

- **Birth Records**
<https://www.albanyny.gov/235/Birth-Records>

Long Island Region 5

- **How to Obtain your Birth Certificate**
<https://www.longisland.com/how-to-obtain-a-birth-certificate.html>

Westchester Region 5

- **How to Obtain Your Vital Records**
<https://archives.westchestergov.com/birth-death-a-marriage-records>

New York City Region 6

- **New York City Health: Birth Certificates**
<https://www.nyc.gov/site/doh/services/birth-death-records-birth.page>
- **New York City Health: Vaccine Records**
<https://www.nyc.gov/site/doh/services/cir-parents-guardians.page>
- **Administration for Children's Services (ACS): Intensive Preventive Aftercare Services**
<https://www.nyc.gov/site/acs/about/partners/sp/fcp.page>

Federal Resources

- **Centers for Disease Control and Prevention (CDC) Out of State Vital Records**
<https://www.cdc.gov/nchs/w2w>
- **Social Security Administration: Request a Replacement Social Security Number (SSN) Card**
<https://www.ssa.gov/number-card>





NEED TO KNOW SERIES

Transition to Self-Sufficiency

Section 8.1

What are some workforce supports and employment services?



Think about the activities that you like to do and consider your skills and talents. Then, set goals toward a career, education and/or training, and a job. There are services that can help you plan for a career and get a job.

Also check in with your county about Youth Employment Program opportunities.

Resources

- **New York State CareerZone**
<https://careerzone.labor.ny.gov/jz/views/careerzone/index.jsf>
- **Occupational Information Network (O*NET)**
<https://www.onetonline.org>
- **GetMyFuture**
<https://www.careeronestop.org/GetMyFuture/default.aspx>
- **Jobzone**
<https://jobzone.labor.ny.gov/jz/views/jobzone/guest.jsf>
- **New York State Department of Labor: Youth**
<https://dol.ny.gov/youth>
- **Job Corps**
<https://www.jobcorps.gov>
- **New York State Education Department: Adult Career & Continuing Education Services**
<https://www.acces.nysed.gov> & **ACCES-VR** <http://www.acces.nysed.gov/vr>
- **iFoster: Resources**
<https://ifoster.org>
- **Department of Labor: Local Workforce Development Boards, Contact Information for the 33 Workforce Development Boards in New York State**
<https://dol.ny.gov/lwddb>



NEED TO KNOW SERIES

Transition to Self-Sufficiency

Section 8.2

Buffalo Region 1

- **The Foundry**
https://www.thefoundrybuffalo.org/youth_programs
- **Workforce Buffalo**
<https://www.workforcebuffalo.org/career-centers/betc>
- **Buffalo Urban League**
<https://www.buffalourbanleague.org>
- **Northland Workforce Training**
<https://northlandwtc.org/about>
- **Service Collaborative of WNY: Americorps & YouthBuild**
<https://www.tscwny.org>

Rochester Region 2

- **Rochester Works! Employment Services**
<https://rochesterworks.org>
- **Rochester Works! for Youth**
<https://rochesterworks.org/services/for-youth>
- **Northland Workforce Training**
<https://northlandwtc.org/about>

Syracuse Region 3

- **CNY Works**
<http://www.cnyworks.com/services/youth-16-24>
- **Elmcrest: Dream Jobs Program**
<https://elmcrest.org/college-career-guidance>
- **Seneca County: Workforce Development & Youth Bureau**
<https://www.co.seneca.ny.us/gov/services/youth-bureau>





NEED TO KNOW SERIES

Transition to Self-Sufficiency

Section 8.3

Albany Region 4

- **CEO Empowers: Troy Youth Build**
<https://www.ceoempowers.org/services/employment-financial-education/youthbuild>

Westchester Region 5

- **Westchester-Putnam Career Center Network: Career One-stop**
<https://www.westchesterputnamonestop.com>
- **The Guidance Center: Educational & Career Services (WDAY)**
<https://www.theguidancecenter.org/educational-career-services/wday>
- **RUPCO: Newburgh YouthBuild**
<https://rupco.org/newburgh%20youthbuild>

Long Island Region 5

- **Workforce Development Institute (WDI)**
<https://wdiny.org>
- **Family Residences and Essential Enterprises, Inc. (FREE): Youth Vocational**
<https://www.familyres.org/youth-vocational>
- **Nassau County: Employment Services**
<https://www.nassaucountyny.gov/3300/Employment-Services>
- **Suffolk County: Employment**
<https://suffolkcountyny.gov/employment>

New York City Region 6

- **Administration for Children's Services (ACS): Jobs**
<https://www.nyc.gov/site/acs/about/Careers-at-ACS.page>
- **NYC.Gov: Job Openings, Access Training, & Career Discovery**
<https://www.nyc.gov/site/sbscareers/careers.page>

