

YOUR LEGAL RIGHTS
in SHELTERS, STAR HOMES, GROUP HOMES
or RESIDENTIAL TREATMENT CENTERS

I WILL Speak Up FOR MYSELF

YOUR LEGAL RIGHTS IN SHELTERS, STAR HOMES, GROUP HOMES OF RESIDENTIAL TREATMENT CENTERS

Acknowledgments

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The Center for Children's Advocacy is a private, non-profit, public interest organization dedicated to protecting and promoting the legal rights of disadvantaged children. Staff provide legal representation to children and youth who are falling through the cracks of the child welfare, health, mental health, educational, and juvenile justice systems. Based in Hartford, Connecticut, CCA is affiliated with the University of Connecticut School of Law and operates satellite offices at Saint Francis Hospital, Connecticut Children's Medical Center, The Hospital of Central Connecticut, Harding High School in Bridgeport, and other community-based sites.

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Contact Information

If you have questions about this book or want more information about your legal rights, please call the Center for Children's Advocacy at (860) 570-5327 or email sviolant@kidscounsel.org.

The information in this book is based on the law as of January 1, 2009. It is not intended as legal advice for an individual situation.

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Speak Up.







YOUR
LEGAL RIGHTS
in
SHELTERS
STAR HOMES
GROUP HOMES
or
RESIDENTIAL
TREATMENT
CENTERS

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As you make phone calls to try to get what you need, **remember these hints** to be a good advocate for yourself:

Do know that you have the right to ask for help.

Don't feel like you are bothering people.

Do ask for help from an adult that you trust (your Lawyer, Guardian Ad Litem, DCF Worker, Counselor, Teacher, or Mentor).

Don't hesitate to ask for help. You don't have to do this by yourself.

Do know that you have some control, even though it feels like everyone else has control. You control who you ask to help you. You can call up the chain of command, and speak up about what matters to you.

Don't think that you have no control.

Do be clear about what's happening, what you need, how you feel.

Don't be disrespectful or put someone down.

Do brainstorm different solutions and backup plans.

Don't think it's too late, and **Don't** start without making a plan.

Do be straightforward and truthful.

Do be ready to negotiate.

Don't give up!

You have a right to ask for help!

[&]quot;I used my voice. I spoke up and got what I wanted."

To be a good advocate for yourself, know how DCF works.

Be persistent. You have the right to an answer!

Use this DCF Chain of Command list to know who to call if the first person you call doesn't help you.

1. Call your Social Worker

2. Call the Social Work Supervisor

This person's phone number should be on your Social Worker's voicemail.

3. Call the Program Supervisor

This person's phone number should be on the Social Work Supervisor's voicemail.

4. Call the Program Director

This person's phone number should be on the Program Supervisor's voicemail.

5. Call the Area Director

Call the main number at your DCF Office for this person's phone number.

You can also call the Ombudsman's Office at 860-550-6301.

If you still don't get what you need

call the Commissioner's Office at 860-550-6300.

You can also ask for a hearing.

Call the DCF Administrative Hearings Office at 860-550-6300.

Superior Court for Juvenile Matters

These are the people who are involved in the Court's decisions:

You

Your Lawyer

Your Guardian Ad Litem (if one was appointed)

Your Parent's or Guardian's Lawyer

Your Child's Lawyer (if you are a teen parent)

Your Child's Guardian Ad Litem (if one was appointed)

Your DCF Worker

Assistant Attorney General (DCF's Lawyer)

If you have a Family with Service Needs (FWSN) case or a Juvenile Delinquency case, the people involved in the Court's decision are different.

These people all give their reports to the Judge.

The Judge makes the final decision.

[&]quot;What I said could influence the judge's decision."

FWSN Case or Juvenile Delinquency Case

These are the people involved in a FWSN case or a Juvenile Delinquency case:

You

Your Public Defender (if Delinquency)

Your Court-Appointed Attorney (if FWSN)

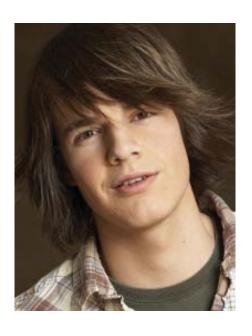
The Prosecutor

Your Probation Officer

Your DCF Worker

These people all give their reports to the Judge.

The Judge makes the final decision.



Your Friends and Family

Each facility has a rules and regulations handbook. You should get a copy of this handbook when you first get there. If you don't, ask a staff person for one.

Visits

Can I have visits with my friends and family?

Yes, you are allowed to have reasonable and regular visits from friends and family unless your Treatment Plan says that the visits are not in your best interest. The place where you are living is required to set up visiting hours and let you and your family know when the visiting hours are. If you are restricted from visits, this has to be put in writing.¹

If you have not been able to visit with your familiy, or you would like more visits, you should speak to your lawyer. The Court might decide that you should get more visits with your family even if your Treatment Plan doesn't say this.²

Where can I visit with people?

The place where you live can make some rules about where you can visit with people, but there must be a private place for you to visit with your family and friends ³

Can I visit with people in my bedroom?

It depends on the rules of the place where you live. They might not let you have visits in your bedroom if the staff thinks that this will not be safe for you.



Your Friends and Family

Talking on the Phone

Can I call people on the phone?

You have the right to call any person, including family and friends, as long as your Treatment Plan doesn't specifically prevent you from calling that person.⁴ But, the staff where you are living can restrict your calls if they decide talking to a certain person is going to get in the way of your treatment goals.⁵ If you're not allowed to call someone, a staff person has to explain why you can't. Also, the staff person has to write down the reason for this restriction, have the director of the place where you're living sign it, and put the written reason in your permanent clinical record.⁶

If you haven't been allowed to call someone who is important to you, you should speak to your lawyer because the Court might decide that you should be allowed to speak with that person.

Can I call my lawyer?

Yes. No one can prevent you from calling your lawyer at any reasonable time.7

Sending and Getting Mail

The place where you're living is required to give you writing materials and postage (stamps) if you want them.⁸

Can I write to anyone I want?

You can only be stopped from writing to someone if your Treatment Plan says that you shouldn't be writing to that person.⁹ If you are not allowed to send mail to certain people, a staff person at the place where you live must explain why you can't.¹⁰ If you have been stopped from sending mail to someone important to you, you should speak to your lawyer because the Court might decide that you can send mail to that person.¹¹

Can staff open my mail before I get it?

Staff can only open your mail before you get it if they think there is something illegal in it. If a staff person does open your mail, he/she has to open it in front of you.¹²

Bathrooms, Showers and Toiletries

What if I feel like I don't have enough privacy in the showers and bathroom?

The place where you live must have bathrooms and showers that are private.13

What if there aren't enough showers for all the residents?

The law requires that the place where you live have enough showers, and that they be in the same building where you sleep.¹⁴ There should also be enough hot and cold water for everyone to shower.¹⁵

Can I have my own toiletries or do I have to share?

You can have your own toiletries as long as the toiletries aren't dangerous. Some toiletries, like razors, can be dangerous, so a staff person has to make sure these toiletries are used properly.¹⁶

If they don't have the soap, toothpaste and other toiletries that I like to use, can I get something else?

You must be given toiletries that meet your needs.¹⁷ If you have sensitive skin (eczema, rashes, etc.), sensitive teeth, or other special needs, tell the staff because they should get you products that are appropriate for your needs.

What if I need special hair and skin care products for my ethnicity?

DCF requires that:

- you have access to ethnic hair and skin care products that are appropriate,
- staff make arrangements to get you appropriate care for your hair and skin,
- staff cannot take these away as punishment.¹⁸

The Lounge or Living Room

Can we get new furniture if it is broken and has springs popping out?

Each living room or lounge must be comfortable and attractive, well heated, lighted, ventilated, clean and cheerful, with enough furnishings for all the residents to use it.¹⁹

Your Bedroom

Can I have my own bedroom?

Probably not. But, you must be given your own single bed. You can't share a room with someone of the opposite sex.²⁰

Can I have a place to keep my stuff that will be safe?

Yes. You have to be given a locker, a dresser or some other type of storage space for your personal things. This storage space has to be in your room or very close to your room.²¹

If my bed blankets or sheets have holes in them, can l get new ones?

Yes. You must have blankets that can keep you warm during the winter. Your sheets and blankets should also be clean.²²

My bedroom windows don't open and I feel like I don't get any fresh air. What can I do?

If your bedroom doesn't have windows that open, there has to be another way to ventilate your room (for example, a fan or air conditioning).²³

The Staff and the Rules

Can they make me do chores?

Yes.

Can I speak Spanish or some language other than English if I want?

Yes.24

My family doesn't speak English. Is the place I am living supposed to provide an interpreter?

DCF has to make sure you and your family can communicate with staff at the place where you are living. This might mean they will provide an interpreter, or even someone who provides sign language services²⁵ if needed.

If the place where you are living doesn't have a plan for communicating with your family in the language they prefer, tell your DCF social worker right away. If that doesn't help, call up the DCF chain of command (see page 7 of this book). You can also call your lawyer.

What can I do for fun here?

There must be a place both inside and outside where you can hang out and do fun activities. There should be games and other things you can use during your free time.²⁶

What if the rules are too strict?

The rules cannot deprive you of rights. The rules must be appropriate to the age of the residents.²⁷ The rules also have to support your Treatment Plan. If you feel the rules are too strict, talk with your DCF worker or lawyer about it. Your lawyer can help you ask the Court for help.²⁸

[&]quot;When I first was placed in residential, it was lonely."

The Staff and the Rules

Can the staff make jokes about me?

The staff has to treat you with respect at all times.²⁹

What if I feel like the staff isn't respecting me?

You should talk to your DCF worker or your lawyer about it right away.³⁰ If that doesn't help, you can call the DCF Ombudsman's Office (860-550-6301) or the Office of the Child Advocate (1-800-994-0939).

Does the staff have to follow my DCF Treatment Plan?

Yes. The staff at the place where you live may also develop a Treatment Plan for you, and this Treatment Plan must follow what is in your DCF Treatment Plan.³¹

Can I be punished by the staff?

Yes, but the staff cannot do any of the following things to punish you:

- 1. hit you;
- 2. kick you;
- 3. push you;
- 4. act in a mean way to you;
- 5. humiliate or embarrass you;
- 6. scare you.³²

Can the staff use physical force on me?

There are 5 situations when the staff can use reasonable physical force on you:

- 1. a staff person is afraid you will hurt him/her;
- 2. a staff person thinks you will immediately hurt yourself or someone else;
- 3. a staff person thinks you will cause serious property damage;
- 4. a staff person thinks you will escape; or
- 5. you won't obey an order from a staff person and you are seriously disrupting the place where you are living.

The staff person who uses force on you must file a written report about this to the director of the place where you are living. 33

The Staff and the Rules

What can I do if I feel the staff used unnecessary force on me?

You should talk to your DCF worker or your lawyer about it right away.³⁴ If that doesn't help, you can call the DCF Ombudsman's Office (860-550-6301) or the Office of the Child Advocate (1-800-994-0939).

Can the staff use handcuffs, shackles, or other restraints on me?

The staff can use restraints when:

- 1. a staff person believes you may inflict harm on yourself or others; or
- 2. a staff person thinks you may run away while being transported.

You cannot be kept in a restraint for more than one hour or as long as it takes for you to be transported. If the staff believes you should continue to be in a restraint, the staff person has to get written permission from the director of the place where you are living.³⁵

Can a staff person lock me in a room?

In most cases, no.

A staff person can only lock you in a room if:

- 1. the staff person thinks that you will hurt someone else; or
- 2. the staff person thinks that you will break something; or
- 3. the staff person thinks you are engaging in uncontrollable disruptive behavior.³⁶

You cannot be locked in a room for more than a day unless the director of the place where you are living says that this is ok.³⁷ Any time you are locked in a room, the staff person who put you there has to file a written explanation. The room should have regular furniture, lights, and ventilation unless a staff person believes you will use these things to hurt yourself or someone else.

What happens if I run away?

If you run away, the staff will call the DCF Hotline. DCF will probably call the police.³⁸ You might be charged with a crime for escaping from DCF custody if you have a delinquency case.³⁹

If you are on probation, running away could be a violation of your probation, which is a criminal charge.⁴⁰ If the police try to pick you up and you resist in any way, you could be charged with a crime.⁴¹ If you are arrested and incarcerated, call your lawyer right away. If your lawyer doesn't respond, call the Center for Children's Advocacy at (860)570-5327. You are not required to make any statement to the police until you have spoken to an attorney.

Food, Clothes and Money

I don't like the food that is offered where I live. Can I get something else?

Probably not. The law only requires that the place where you are living must offer you healthy food and enough food.⁴²

Can I get my own clothes?

Yes. You must be given clean clothes that fit you and are appropriate for the weather. Your clothes should be appropriate for someone of your age and gender, and appropriate for school.⁴³



Food, Clothes and Money

Can I get money to buy clothing?

DCF will probably not give you money to buy clothes. But, DCF has to provide you with clothing on a regular basis.⁴⁴ Your social worker should check with you during visits or calls to see if you have enough clothing. You will probably get a voucher (gift certificate) for a particular store to get clothes.

If you need clothes and your DCF worker hasn't gotten them for you, you can use the list at the front of this book to call up the DCF chain to the Supervisor or Program Supervisor. If that doesn't work, call your lawyer. If your lawyer doesn't respond, call the Child Protection Commission at (860)566-1341. You can also call the Center for Children's Advocacy at (860)570-5327.

Can I get money for high school activities like the prom, class ring, and graduation clothes?

Yes. DCF, pursuant to policy, will give you up to \$500 for the following junior and senior year activities and items:

- 1. yearbook and yearbook portraits;
- 2. prom expenses;
- 3. junior/senior class dues;
- 4. class ring;
- 5. class trip(s); and
- 6. graduation cap and gown.45

Other school-related activities can be covered on a case-by-case basis. Ask your DCF worker about this. Connecticut Association of Foster and Adoptive Parents also has a fund to help with this. You can call them at (860)258-3400.

Daily Life

Driving: Can I get my driver's license?

If you are at least 16, your DCF worker will decide if you are responsible enough to take the tests (a written test and a driving test) to get your driver's permit and/ or license. DCF will pay for half of the cost of a driver's education course the first time you take it.⁴⁶

Going Out: Am I allowed to leave the shelter, group home or residential for the afternoon if I want to?

Every placement has its own rules about when you can leave. If you leave without permission, you will be considered AWOL and the staff will likely call the DCF Hotline and/or the police.⁴⁷

A lot of places allow you to be involved in after-school activities (swim team, track, choir, dance committee, etc). If you want to get involved in after-school activities but the staff won't let you, call your DCF worker to talk about it. If that doesn't help, call your lawyer. If that doesn't help, call the Office of the Child Advocate at 1-800-994-0939.

Getting a Job: Can I get a job while I'm living here?

Maybe. Every placement has its own rules about who can get a job. You might be allowed to work, or look for work, while you are living there. If you want to work and the staff won't let you, talk to your DCF worker or your lawyer about this.⁴⁸

Religion: Can I go to my own church, synagogue, or mosque?

Yes.49

Privacy: Who is supposed to know about my life? Can I keep information about me confidential?

In general, you have the right to have all the information about you and your family kept confidential. There are times when DCF can tell other people information about you without asking you if this is ok. For example, DCF can tell people taking care of you (like doctors and the staff of the place where you live) information about you without asking your permission.⁵⁰ If you think that someone has discussed or revealed your private information without your permission, tell your social worker or your lawyer right away.

Your DCF Worker

Does my DCF worker need to stay in touch with me?

Yes. Your DCF worker is required to see you at least once a month.⁵¹

What do I do if my DCF worker doesn't come see me?

Call your worker and leave a message about what you want. There are times when your worker can't get back to you right away. But, if your worker doesn't answer your messages, use the DCF list on page 7 of this book to call up the chain of command until you get what you need. You can also call your lawyer, call the Center for Children's Advocacy at 860-570-5327, or call the Office of the Child Advocate at 1-800-994-0939.

Does my DCF worker need to tell my parents how I am?

Yes, as long as your parents' rights have not been terminated by the Court, your DCF worker has to contact your parents to tell them information about you and how you are doing.⁵²

If I don't like my DCF worker or I don't feel comfortable with him/her, can I get a new worker?

Probably not. But, if you have a serious complaint about your worker, you should call his/her Program Supervisor to tell him/her your concerns. You can also call the Office of the Child Advocate at 1-800-994-0939.

What do I do if I don't know who my DCF worker is?

You should always know who your worker is. If you don't, you can:

- · ask a staff person,
- call the DCF Hotline at 1-800-842-2288.
- call your DCF Area Office (see phone numbers at the back of this book), or
- call your lawyer (if you don't know who your lawyer is, see the section in this book about your lawyer on page 34).

Your Treatment Plan

What is a Treatment Plan?

A Treatment Plan is a written plan for you and your family describing the services you and your family will be getting, the people who will be helping you get those services, and what your parents have to do to get you back.⁵³ It also includes a plan for your health care and for visits with your family.⁵⁴

Can I help create my Treatment Plan?

Yes. Treatment Plans are made and reviewed at DCF meetings, and you should be invited to attend those meetings if you are over 12 years old.⁵⁵

How do I know if people are following my Treatment Plan?

DCF will go over your Treatment Plan every 6 months, and you should be invited to that meeting too. This meeting is called an Administrative Case Review.⁵⁶ You, or your lawyer, can ask for a meeting before 6 months have passed to change your Treatment Plan.⁵⁷

Can I get a copy of my Treatment Plan?

Yes.58

What if I don't agree with my Treatment Plan?

You can ask for a hearing if you don't agree with your Treatment Plan. To ask for a hearing, you should write a letter to DCF's Hearings Unit.⁵⁹ The address is:

DCF Hearings Unit 505 Hudson Street Hartford, CT 06106



Adolescent Planning Conference

What is an Adolescent Planning Conference?

If you are 14 or older, you will have an Adolescent Planning Conference. The Adolescent Planning Conference is similar to your Treatment Planning Conference. In this conference, you will create a step-by-step plan that prepares you to live on your own. You will have one every year until you turn 18.

What can I get from my Adolescent Planning Conference?

For example, you can be referred to a Life Skills course, discuss the caring adults in your life, discuss conditions for getting your own apartment, and make plans for your education.

What if I want to change the Plan after my Adolescent Planning Conference?

The Plan is updated every six months at a meeting.

You should be invited to this meeting. At this meeting, you and your social worker will decide together how much independence you are ready for.⁶⁰

"You have a voice. You have to be your own advocate."

Adolescent Discharge Plan

What is an Adolescent Discharge Plan?

It is the last case plan that is made by you and DCF. It is made 6 months before you are expected to leave DCF (this may be before you turn 18 or after). It helps you transition out of DCF care.

What do I get from an Adolescent Discharge Plan?

The plan will include the date that you will leave DCF and the plan for your needs after you leave DCF care, like where you will live, how much money you will need, and what help you still might need from DCF.

Can I help make my Adolescent Discharge Plan?

Yes. The plan must be made with your help. If you want to bring someone with you to the meeting where you and your worker discuss the plan, you can.⁶¹



Who decides if I am going to live with my parents?

When you first become involved with DCF, a judge decides if you will live with your parents or in a DCF placement.⁶²

Who decides what my DCF placement will be, for example, whether I will live in a foster home, group home, shelter or even my own supervised apartment?

DCF will make decisions about where you can live based on what is in your best interests and what is available.⁶³ You have the right to tell DCF what you think is best. As with a lot of decisions about you and your care, if you don't like the decision, SPEAK UP!

Can I go to the Court and tell the Judge what I want?

In most cases, yes. ⁶⁴ If you think that your placement is unfair, you and your lawyer can go to court and ask that it be changed.

Can I be told ahead of time when the next court date is?

Yes. Your worker is required to tell you what is going on in your case. 65 Your lawyer should also let you know when your court dates are.

[&]quot;If you're not treated fairly, you should tell somebody."

Can I live with another relative?

DCF must try to place you with a relative if they think that it is an appropriate home for you.⁶⁶

Can I be transferred out of state?

Possibly, but in most cases DCF is going to try to place you in Connecticut. If you do not want to be transferred out of state, you have a right to a hearing.⁶⁷

I feel like I am stuck in a shelter. What can I do?

You can talk to your lawyer and ask him/her to go to Court and ask a Judge to order DCF to find you a more appropriate placement. You can also call the Center for Children's Advocacy at 860-570-5327.

What if I feel like no one is listening to me?

You can call Center for Children's Advocacy at 860-570-5327 or call the Office of the Child Advocate at 1-800-994-0939.



Independent Living

How do I get to live on my own?

DCF has an Independent Living Program for youth.

The Independent Living Program has different programs, including:

- a Life Skills class;
- the Supportive Work, Education and Transition Program (SWETP); and
- the Community Housing Assistance Program (CHAP), which includes
 - vocational (for youth attending vocational/training programs
 - college (for youth attending college/university)
 - employment (for youth who just graduated from high school and want to work)

What is a Life Skills class?

The Life Skills class teaches you the skills that you need to live on your own. You will learn how to open a bank account and how to deposit money in your account. You will learn how to pay your bills and budget your money. You will also learn skills like how to cook your own meals and grocery shop for yourself. You have to ask your worker to sign you up for the class. You can be referred for the Life Skills class when you are 15.68

What happens after I complete the Life Skills class?

You and your worker will decide if you are ready for the next step: a supervised apartment through the SWET Program.⁶⁹ From there, you might be able to live in a more private apartment through the CHAP Program.

What is a supervised apartment?

A supervised apartment is part of the SWET Program for youth who are 16 and over whose Treatment Plan goal is independent living. Youth in this program live in an apartment, usually with a roommate. The program staff has an office in the apartment building, and they can come into the apartment at any time. There are rules about keeping the apartment clean, attending school, budgeting your money, and working.

Independent Living

What is the private apartment program?

The CHAP Program is for youth who have a high school diploma or GED, have completed the Life Skills course, are attending a full-time college or vocational program (and getting passing grades according to the school), and whose DCF worker thinks they are responsible enough to live on their own. There is also a CHAP Program for youth who

have just graduated from high school and want to work.70

Who pays for the apartment?

DCF pays for the apartment, but you will have to take on more responsibility for paying for it as you get older.

I don't have anything I need to live in an apartment. Can DCF help me with this?

Yes, DCF can help you buy food, furniture, household items (pots, pans, plates, etc.), cleaning supplies, and a vacuum. DCF can also help with moving expenses.⁷¹ Talk to your DCF worker or your lawyer to find out how much money you can get for these things.

What if I want my own apartment and DCF says no?

With each step toward more independence, DCF requires more of you. You should find out the requirements for the CHAP Program and find out why your DCF worker says no. Then you can talk to your worker about what you need to do in order to be eligible to live on your own.

You can also talk with your lawyer about it. You have a right to appeal DCF's decision.⁷²



Ending DCF Committment

How long will I stay with DCF? When does my commitment end?

If you get "committed" to DCF, it means DCF is your legal guardian. DCF will remain your legal guardian until you:

- go back to live with your family and your parents become your legal guardians; or
- · go to live with someone else who becomes your legal guardian; or
- are adopted; or
- turn 18. 73

You have the right to speak up about these choices. You can say where you want to live, or even if you want to stay committed to DCF. Ultimately, it is the judge who makes the decision about who your legal guardian is. Once you are committed to DCF, your social worker must give the court a "permanency plan" every year. This plan tells the court DCF's opinion about who your guardian should be, or whether you should stay committed to DCF. You have the right to speak up about the "permanency plan." You can do this by going to court with your lawyer, or by talking to your lawyer about the plan.

How can I get out of DCF custody? Can I sign myself out of DCF?

If you are under 18, you cannot sign out of DCF. You have to ask a judge to end your DCF commitment. You can also ask a Court to emancipate you (see the emancipation section on page 30 of this book). Also, if you get married or join the armed forces, DCF will ask a judge to end your commitment.⁷⁴

If you are between 16 and 18 years old, but are not committed to DCF, you can tell DCF you do not want their help.⁷⁵

After you turn 18 you can choose to stay with DCF by signing a voluntary agreement. If you don't choose to sign the voluntary agreement, you are no longer in DCF's custody. ⁷⁶ If you sign the voluntary agreement and then change your mind, you can sign yourself out of DCF. ⁷⁷

"Not giving up is where it's at."

What happens when I am discharged from DCF's care?

A conference has to be held at least 6 months before you leave DCF's care. The people at this conference will be you, your DCF worker, your worker's supervisor, your attorney, your GAL, your caregiver, and any people that are important to you that you ask to be there.

During the conference everyone will talk about:

- any difficulties that people think you might face when living independently;
- identification of adults committed to you for life;
- your responsibility to continue certain programs or services;
- concerns that you might have about leaving DCF;
- any help that you get now but will soon end;
- benefits that you might be able to get later;
- · medical coverage; and
- aftercare services.⁷⁸

Refusing DCF Services

If I refuse DCF services, what will happen?

You can lose the opportunity for DCF to help you pay for an apartment, your living expenses, your healthcare, and your college or other school. ⁷⁹ You should talk to your lawyer before you decide to sign yourself out of care.

Changing Your Mind about Leaving DCF

What if I change my mind and want to get back into DCF care?

If you are under 18, you can call the DCF Hotline to ask to re-enter DCF's care. If you are between 18 and 21, you might be able to re-enter if you were committed to DCF when you turned 18.

Either way, you should call the DCF Hotline at 1-800-842-2288. 80

(continued on next page)

Before you leave DCF care, have you . . .

- considered if you want to stay in DCF until you are 21?
- gotten a copy of your social security card?
- gotten a copy of your birth certificate?
- gotten a picture ID?
- gotten a credit check?
- asked about your medical insurance?
- gotten contact information for your sisters and brothers?
- located a stable place to live?
- gotten a job?
- thought about other ways to pay for college?
- found out what services DCF can still offer you?

Emancipation

How do I get to live on my own, or be emancipated?

Emancipation is a legal process that gives a 16 or 17-year-old legal independence from his/her parent or guardian. You have to be 16 or 17 to ask a Judge to emancipate you.

You need to show one of the following:

- you have a valid marriage,
- you are in the military,
- you live apart from your parent/guardian and are managing your own money, or
- it is in your best interests, your child's best interests, or your parent/guardian's best interests to be emancipated.81

What rights will I have if I become emancipated?

If you are emancipated you can do all of the following without permission from your parent/guardian:

- sign a lease,
- get a driver's license.
- get married,
- · register a car,
- enroll in school or college,
- apply for financial aid,
- see a doctor, dentist, or therapist,
- sue someone.

Emancipation

What responsibilities come with being emancipated?

Once you are emancipated you are responsible for supporting yourself. This means that you have to get your own food, clothing, and shelter. This includes paying your rent, paying all of your bills, and paying for your groceries. If you sign a contract, like an apartment lease, you are responsible for it.

As an emancipated person, you can also be sued.

How do I get emancipated?

In Connecticut, you or your parent/guardian has to file a form with a juvenile or probate court asking for emancipation.⁸² The Judge will assign someone to investigate your situation. This person will talk to people who know you (teachers, bosses, parents, relatives) to find out if you should be emancipated.

After the investigation you will have a hearing before a judge. In almost all cases, you will also be assigned a lawyer.⁸³ At the hearing you have to show one of the following: you have a valid marriage, you are in the military, you live apart from your parent/guardian and are managing your own money, or it is in your best interests, your child's best interests, or your parent/guardian's best interests for you to be emancipated. The Judge will decide if you should be emancipated.⁸⁴

Help for Teen Parents

Financial Help for Your Child

I am a teen parent. Can DCF help me to care for my child?

If you are under 18, DCF will help you to get daycare, cash assistance, and medical coverage through the TANF (Temporary Assistance for Needy Families) program, at the Department of Social Services (DSS) if:

- you are living in SWETP (Supportive Work, Education and Transition Program) or CHAP (Community Housing Assistance Program); and
- you have your baby or child living with you.

If you need daycare for work-related reasons, DCF will pay for it. Also, DCF will pay for one crib, one stroller, one car seat, and one diaper bag. 85

If you are over 18 and you are in SWETP or CHAP, DCF will give financial payments for you, your child or children (up to \$100 per month per child), and for licensed daycare. DCF will pay for one crib, one stroller, one car seat, and one diaper bag. DSS will pay for the medical care of your child or children.⁸⁶



Getting Hurt or Abused in Care

Hurt or Abuse in Care

What if I am hurt by staff?

No facility is allowed to have abusive, corporal (physical), humiliating or frightening punishment.⁸⁷ You should be treated with respect at all times.⁸⁸ If you are hit or touched inappropriately, immediately call your DCF worker or his/her supervisor and your lawyer.

If you can't reach them, call the DCF Hotline at 1-800-842-2288.

What if one of the other residents hurts me or touches me in an inappropriate way?

You should tell one of the staff members right away, call your DCF worker and call your lawyer. If you can't get in touch with them, call the DCF Hotline at 1-800-842-2288.

What if a staff member treats me badly or differently from the other residents because I am a different race, ethnicity or because I am gay/lesbian, bisexual, or transgender?

The staff can't treat you differently because of your race, your ethnicity, or because you are gay or straight. The staff must respect your civil rights and your personal dignity.⁸⁹ This means that they can't discriminate against you and they must respect your cultural and social differences.

If staff members are discriminating against you because of your race, ethnicity or sexual orientation, you should tell your DCF worker and your lawyer. You have a right to get help from the Court to stop this unfair treatment.⁹⁰

Can I move to a different place if I am being hurt or abused in care?

If DCF doesn't want to move you, you have the right to go to Court and ask a judge to move you.⁹¹

Your Lawyer

How do I get a lawyer?

The Connecticut Child Protection Commission will assign you a lawyer the first time your case goes to court.⁹²

How do I find out who my lawyer is?

Your DCF worker or the staff where you live should tell you your lawyer's name, address, and telephone number. The lawyer should also call you.

If you can't find out from your worker or from the staff, you can:

- call the Child Protection Commission at 860-566-1341
- write the Child Protection Commission at 330 Main Street, Hartford, CT 06106
- call Juvenile Court in the town where you lived before you came into DCF care.

Can I choose my own lawyer?

Yes, if you can afford to pay your own lawyer.⁹³ Because most children and youth do not have the money to pay their own lawyer, the Child Protection Commission automatically appoints you a free lawyer.⁹⁴ This person will be your lawyer throughout your entire case.

What can my lawyer do for me?

Your lawyer can make sure that your rights aren't violated. He or she can also make sure that you are safe, don't move around a lot, listen to what you want, answer your questions, and tell the Judge what YOU want.

What if my lawyer doesn't call me or visit me?

You should write or call your lawyer. If you still don't hear from your lawyer, call or write to the Child Protection Commission at 860-566-1341 to complain. You can also call the Center for Children's Advocacy at 860-570-5327.

What is the difference between a lawyer and a Guardian ad Litem (GAL)?

A lawyer represents you and what you want when he/she speaks to DCF or the Court. A GAL tells the Court and DCF what he/she thinks is best for you, even if it's not what you want.⁹⁵

Healthcare and Mental Health Care

What happens if I get sick?

The staff where you live is responsible for arranging for your medical care.⁹⁶ DCF also has to make sure that all of your medical needs are met.⁹⁷ If you want to continue seeing a doctor that you saw when you lived at home or somewhere else, tell your DCF worker or your lawyer.

Can I keep my medicine in my room?

The staff has to keep all medications (the ones you get from the doctor and the ones you can buy in a pharmacy) in a locked cabinet that only staff members can open.⁹⁸ You can keep medication in your room and take it yourself if you have a note from your doctor and permission from the staff.⁹⁹

Can I see a counselor or a therapist without telling anyone or asking for permission?

Maybe. You can visit with a psychiatrist, psychologist, social worker, or family therapist six times without getting permission from DCF or your parent if:

- getting consent from DCF or your parent would make you decide not to get this treatment,
- · you need this treatment,
- getting this treatment would be in your best interests,
- you asked for the treatment and you understand what the treatment is, and
- the person giving the treatment thinks you are mature enough for the treatment.¹⁰⁰

After six sessions, the person giving the treatment has to tell your legal guardian (your parent or DCF) and get permission to continue unless he/she thinks this would not be in your best interest.¹⁰¹

If I have drug or alcohol problems, do I need permission from my parents, the place where I live, or DCF to go get help?

No. You do not need to get permission from your parents, DCF or the place where you live to get drug or alcohol treatment. It may be helpful for adults who are important to you to know about what you are doing so they can support you, but you can seek help on your own.

Healthcare and Mental Health Care

Birth Control and Pregnancy

Can I get birth control without permission from my parents, DCF, or the staff of the place where I live?

Yes. You have the right to get birth control or emergency contraception without permission from anyone else. Some doctors or clinics may ask you to tell your parent or DCF worker, but you don't have to if you don't want to.¹⁰³

If I'm pregnant what can I do?

You can have an abortion, you can have the baby (and you may be able to keep the baby with you), or you can place the baby for adoption.

Can I get an abortion without permission from my parents or DCF?

Yes. But, if you are under 16, a doctor or clinic is required by law to explain the alternatives to having an abortion.¹⁰⁴

If I decide to have the baby, can I keep my baby with me?

If you have the baby, DCF may be able to find a placement where you and your baby can live together. Your baby is not automatically under the custody of DCF. If DCF has not filed papers with the Court saying that you are neglecting or abusing your baby, you can place the baby with other responsible adults of your choosing, or you may be able to keep the baby with you, depending on what placement you are in.



Healthcare and Mental Health Care

STD tests and treatment

Can I get tested for HIV/AIDS confidentially and without permission from my parents or DCF?

Yes, you have the right to be tested for HIV/AIDS confidentially and without permission from your parent or DCF.¹⁰⁶ A doctor can warn your partner if you test positive for HIV/AIDS, but only if:

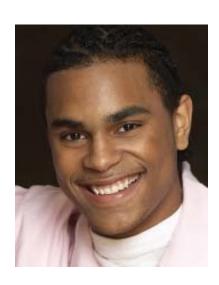
- your partner also has the same doctor,
- the doctor believes that your partner is at risk of getting HIV/AIDS, and
- the doctor believes that you won't tell your partner on your own. 107

Can I get treated for HIV/AIDS without permission from my parents or DCF?

If you're under 18, the doctor will have to get your legal guardian's permission to treat you unless the doctor thinks you won't get treatment if your legal guardian finds out. 108

Can I get tested or treated for a sexually transmitted disease (STD) confidentially?

Yes, if you're 13 or older, you can get tested and treated for an STD by your doctor or clinic without asking or telling your parent or DCF.¹⁰⁹ If you're 12 or younger, you can still get tested without asking permission, but the doctor or clinic has to report your name, age, and address to DCF.¹¹⁰



Education and Special Education

Education

Can I stay at the same school if I had to move from my old town or neighborhood?

Maybe. If you are living in a shelter, or another short-term place, there is a federal law called the McKinney-Vento Act which says that your legal guardian can choose between the school you last attended and the school where you live now. If you choose to go to school in your old town, the school has to provide transportation (a school bus, a cab, or bus passes) at least through the end of the school year.¹¹¹

Special Education

If am in special education, who will help me with the special education process?

If you are committed to DCF, a person called a "surrogate parent" will be appointed for you. This person is appointed by the Connecticut State Department of Education to make educational decisions for you and act in your best interest. 112 If you don't know who this person is, ask your DCF worker.

School After High School

Will DCF pay for college, vocational school, or another educational program after high school?

Yes, DCF will pay for your educational expenses through the end of the school year that you turn 23 as long as you meet the DCF requirements, such as being a full-time student, having good grades, etc.¹¹³ You are responsible for paying \$500 per year. You are also responsible for applying for scholarships and financial aid.¹¹⁴



Important Resources

Organizations and Agencies that can Help

Center for Children's Advocacy Teen Legal Clinic

65 Elizabeth Street Hartford, CT 06105 860-570-5327

www.kidscounsel.org/legalresources_teenrights.htm

Connecticut Association of Foster and Adoptive Parents (CAFAP)

2189 Silas Deane Highway Rocky Hill, CT 06067 860-258-3400

Commission on Child Protection

330 Main Street Hartford, CT 06106 860-566-1341

DCF Commissioner's Office

860-550-6300

DCF Hotline

800-842-2288 TDD 800-624-5518

DCF Ombudsman's Office

860-550-6301 or toll-free 866-637-4737

Info Line

211

Office of the Child Advocate

18-20 Trinity Street Hartford, CT 06106 800-994-0939

True Colors (for LGBTQ youth)

945 Main Street, Suite 211 Manchester, CT 06040 888-565-5551 or 860-649-7386



Important Resources

Juvenile Courts

Bridgeport

Superior Court Juvenile Matters 172 Golden Hill Street, 3rd Floor Bridgeport, CT 06604 203-579-6544

Danbury

Superior Court Juvenile Matters 71 Main Street Danbury, CT 06810 203-797-4407

Hartford

Superior Court Juvenile Matters 920 Broad Street Hartford, CT 06106 860-244-7900

Middletown

Superior Court Juvenile Matters 230 Main Street Middletown, CT 06457 860-344-2986

New Britain

Superior Court Juvenile Matters 20 Franklin Square New Britain, CT 06051 860-515-5165

New Haven

Superior Court Juvenile Matters 239 Whalley Avenue New Haven, CT 06511 203-786-0337

Norwalk

Superior Court Juvenile Matters 11 Commerce Street Norwalk, CT 06850 203-866-9275

Rockville

Superior Court Juvenile Matters 25 School Street Rockville, CT 06066 860-872-7143

Stamford

Superior Court Juvenile Matters 123 Hoyt Street Stamford, CT 06905 203-965-5708

Torrington

Superior Court Juvenile Matters 410 Winsted Road Torrington, CT 06790 860-489-0201

Waterbury

Superior Court Juvenile Matters 7 Kendrick Avenue Waterbury, CT 06702 203-596-4202

Waterford

Superior Court Juvenile Matters 978 Hartford Turnpike Waterford, CT 06385 860-440-5880

Willimantic

Superior Court Juvenile Matters 81 Columbia Avenue Willimantic, CT 06226 860-456-5700

Child Protection Session Middletown

One Court Street Middletown, CT 06457 860-343-6456

Important Resources

DCF Offices

Bridgeport	203-384-5300
Danbury	203-207-5100
Hartford	860-418-8000
Meriden	860-238-8400
Middletown	860-638-2100
Milford	203-306-5300
New Britain	860-832-5200
New Haven	203-786-0500
Norwalk	203-899-1400
Norwich	860-886-2641
Manchester	860-533-3600
Stamford	203-348-4294
Torrington	860-496-5700
Waterbury	203-759-7000
Willimantic	860-450-2000
DCF Ombudsman's Office	860-550-6301
DCF Commissioner's Office	860-550-6300
DCF HotlineTDD number	1-800-842-2288 1-800-624-5518

Footnotes

Footnotes show you where the authority is for the information written in this book. These can also be found on the DCF website at www.ct.gov/dcf (type "policy manual" or "regulations" in the search box).

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<sup>1</sup> Conn. Gen. Stat. § 17a-16(e)(1); Conn. Gen. Stat. § 17a-10a;
DCF Policy Manual § 36-55-1.2.
<sup>2</sup> Conn. Gen. Stat. § 17a-16(i).
3 DCF Regs. § 17a-145-83.
<sup>4</sup> Conn. Gen. Stat. § 17a-16(c)(1).
<sup>5</sup> DCF Regs. § 17a-16-8.
6 DCF Regs. § 17a-16-8(c).
<sup>7</sup> Conn. Gen. Stat. § 17a-16(c)(3).
8 Conn. Gen. Stat. § 17a-16(c)(2); DCF Regs. § 17a-16-9(a).
<sup>9</sup> Conn. Gen. Stat. § 17a-16(c)(1).
10 DCF Regs. § 17a-16-9(b).
11 Conn. Gen. Stat. § 17a-16(i).
12 DCF Regs. § 17a-16-9(c).
13 DCF Regs. § 17a-145-74(a); Conn. Gen. Stat. § 17a-16(b).
14 DCF Regs. § 17a-145-74(a).
15 DCF Regs. § 17a-145-74(a).
<sup>16</sup> DCF Regs. § 17a-145-65; DCF Regs. § 17a-145-74(a)(b).
<sup>17</sup> DCF Regs. § 17a-145-74(a)(b).
<sup>18</sup> DCF Policy Manual § 31-8-12.1.
19 DCF Regs. § 17a-145-71.
20 DCF Regs. § 17a-145-73(a).
<sup>21</sup> DCF Regs. § 17a-145-73(a).
22 DCF Regs. § 17a-145-73(a).
23 DCF Regs. § 17a-145-73(a).
<sup>24</sup> DCF Policy Manual § 36-2.
25 DCF Policy Manual § 31-8-6.1.
<sup>26</sup> DCF Regs. § 17a - 145 - 78.
<sup>27</sup> Conn. Gen. Stat. § 17a-16(a); DCF Regs. § 17a-145-88.
28 Conn. Gen. Stat. § 17a-16(i).
<sup>29</sup> Conn. Gen. Stat. § 17a-16(b).
30 Conn. Gen. Stat. § 17a-16(b).
31 Conn. Gen. Stat. § 17a-16(b).
32 DCF Regs. § 17a-145-88.
33 DCF Regs. § 17a-16-12.
34 Conn. Gen. Stat. § 17a-16(b).
35 Conn. Gen. Stat. § 17a-16; Conn. Gen. Stat. § 46a-154;
DCF Regs. § 17a-16-10.
36 DCF Regs. § 17a-16-11(a).
37 DCF Regs. § 17a-16-11(c).
38 DCF Regs. § 17a-145-97.
39 Conn. Gen. Stat. § 53a-171.
40 Conn. Gen. Stat. § 46b-120(6)(c).
41 Conn. Gen. Stat. § 53a-167a.
42 DCF Regs. § 17a-145-92.
43 DCF Regs. § 17a-145-90.
44 DCF Policy Manual § 36-55-25.5.
<sup>45</sup> DCF Policy Manual § 42-20-19.
<sup>46</sup> DCF Policy Manual § 42-20-25.
<sup>47</sup> DCF Regs. § 17a-145-97.
48 DCF Regs. § 17a-145-89.
49 DCF Regs. § 17a-145-87.
50 Conn. Gen. Stat. § 17a-28; DCF Policy Manual § 31-8-5.
51 Juan F. Outcome Measures # 16, www.ct.gov/dcf/LIB/dcf/
positive_outcomes/pdf/2Q_2005_Report.pdf.
52 DCF Policy Manual § 36-55-1.4.
53 DCF Regs. § 17a-15-1; DCF Policy Manual § 36-5-4.
54 DCF Policy Manual § 36-5-4.
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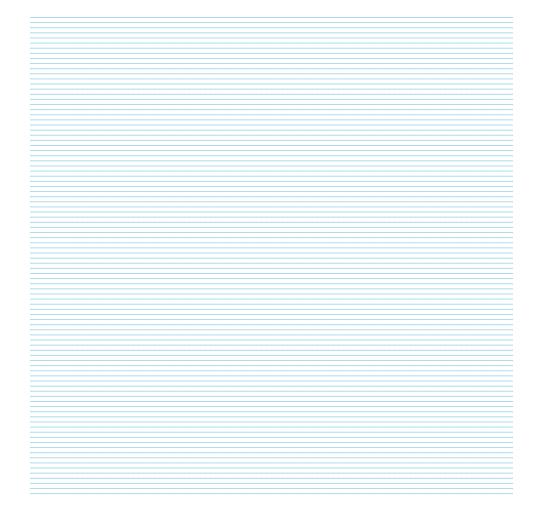
55 DCF Policy Manual § 36-5-3, 36-11-4.

56 DCF Policy Manual § 36-11-2.

57 DCF Policy Manual § 24-3.

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58 DCF Policy Manual § 36-5-4.
<sup>59</sup> DCF Regs. § 17a-15-4.
60 DCF Policy Manual § 42-10-2.
61 DCF Policy Manual § 42-10-3.
62 DCF Policy Manual § 36-50-10.1.
63 DCF Policy Manual § 36-50-2.
64 Conn. Practice Book § 32a-5.
65 DCF Policy Manual § 36-55-1.2.
66 DCF Policy Manual § 36-60 ("In considering foster care
placement for a child, preference shall be give to placement
with a relative or extended family."); DCF Policy Manual
§ 41-19-2.
67 Conn. Gen. Stat. § 17a-16(h).
68 DCF Policy Manual § 42-5-1.
69 DCF Policy Manual § 42-5-2.
70 DCF Policy Manual § 42-5-3.
71 DCF Policy Manual § 42-5-3.2.
72 DCF Regs. § 17a-90-3.
73 Conn. Gen. Stat. § 46b-129.
74 DCF Policy Manual § 42-10-3.
75 DCF Policy Manual § 42-10-4.
<sup>76</sup> DCF Policy Manual § 42-20-30.
77 DCF Policy Manual § 42-10-4.
78 DCF Policy Manual § 42-10-3.
79 DCF Policy Manual § 42-20-30.
80 DCF Policy Manual § 42-20-50.
81 Conn. Gen. Stat. § 46b-150b.
82 Conn. Gen. Stat. § 46b-150.
83 Conn. Gen. Stat. § 46b-150a.
84 Conn. Gen. Stat. § 46b-150b.
85 DCF Policy Manual § 42-20-40.
86 DCF Policy Manual § 42-20-40.
87 DCF Regs. § 17a-145-88.
88 Conn. Gen. Stat. § 17a-16(a),(b).
89 Conn. Gen. Stat. § 17a-16(a),(b).
90 Conn. Gen. Stat. § 17a-16(i).
91 Conn. Gen. Stat. § 17a-16(i).
92 Conn. Gen. Stat. § 17a-16(g); Conn. Gen. Stat. § 17a-77;
Conn. Gen. Stat. § 46b-123d.
93 Conn. Gen. Stat. § 17a-16(g).
94 Conn. Gen. Stat. § 46b-123d.
95 Conn. Gen. Stat. § 45a-132.
96 DCF Regs. § 17a-145-75(a).
97 DCF Policy Manual § 44-4-1.
98 DCF Regs. § 17a-145-75(f).
99 DCF Regs. § 17a-145-75(f).
100 Conn. Gen. Stat. § 19a-14c(b),(c).
101 Conn. Gen. Stat. § 19a-14c(b),(c).
102 Conn. Gen. Stat. § 17a-688(d).
103 See Carey v. Population Service Int'l, 431 U.S. 678 (1977);
Belloti v. Baird, 443 U.S. 622 (1979).
104 DCF Policy Manual § 44-5-4; Conn. Gen. Stat. § 19a-600
to 602.
105 DCF Policy Manual § 42-20-40.
106 Conn. Gen. Stat. § 19a-582(a); DCF Policy Manual
107 Conn. Gen. Stat. § 19a-584(b).
108 Conn. Gen. Stat. § 19a-592(a).
109 Conn. Gen. Stat. § 19a-216(a).
110 Conn. Gen. Stat. § 19a-216(a).
<sup>111</sup> 42 U.S.C.A. § 11432(g)(3)(A); Conn. Gen. Stat.
§ 10-253(e)(2),(f), as amended by 2003 Conn. Pub. Acts 03-6.
112 Conn. Gen. Stat. § 10-94f-k; DCF Policy Manual § 45-10.
113 DCF Policy Manual § 42-20-20 to 21.
114 DCF Policy Manual § 42-20-20 to 21.
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