**Guide for Kids** in Nebraska's Juvenile Court System



- Juvenile justice process
- Planning for your future
- Forms
- Resources

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Nebraska Strengthening Families Act Committee

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## Introduction

## So what's going on?

Going to court can be a scary and confusing experience. There are a flood of emotions and feelings and a tidal wave of things coming at you. You may not know what's going on.

This book was made to help kids learn what happens in juvenile justice cases (when a kid is in court because someone said they broke a law). If you are also involved in the child welfare system, look on page 18 of this book to find a link to a guide on that process.

There are three sections that describe who is involved in the things going on, what things might be happening, what rights you have, and who you can contact with questions or problems.

The first section covers the Juvenile Justice process. If the State believes a child has broken the law, charges will be filed and a judge will hear the evidence in court. If the judge decides you did break the law, he will hand down a *disposition*. A disposition may include probation or some other corrective action and a plan to get you back on the right track.

The second section goes over some of the things kids need to think about as they transition into being an adult. There are lots of things you need to do when you're an adult that don't seem very important to you as a kid. But you do need to learn about those adult things as you grow up.

The last section of the book lists a lot of resources that might help you.

There are lots of people you will meet along the process. They all want to see you succeed and be the best person you can be. They all want to help you through the process. This book will help you understand those processes and what you can do to help yourself.



Understanding the process makes the entire experience less confusing and less scary and puts you in a better position to let the court know what your needs are. Juvenile courts started over 100 years ago in Chicago, Illinois, because people recognized that needs of kids were not being met in the adult court. Every state in the United States now has a juvenile court system.

Types of Cases Filed in Juvenile Court in Nebraska

- 1. Child welfare cases generally filed against parent(s) when the state believes a child is being abused or neglected; and
- 2. Juvenile justice cases are filed when the State believes a kid has broken the law.

Juvenile court hears status and delinquency cases.

A *status* case is based on laws that are in place only because of your age. For example, you are missing too many days of school, are running away or your behavior at home is out of hand.

A *delinquency* case is filed under the Nebraska Revised Statue §43-247(1)-(4) if the State believes you broke a law, like shoplifting. However, unlike adult court where they file criminal cases, the purpose of juvenile court is to help you be successful, not to punish you for something that happened in the past. To do that, the court ill work with you and your family to find out what the problems are and help to make them better.

### How did this happen?

Police call or school referral — Most likely, this started because someone believed you had violated a law and called the police. If the law enforcement officer believes there is enough proof that you violated a law, they give you a ticket, also called a citation. They then give a report about the law violation to the County Attorney. A report could also come from the school if you have been consistently truant (not attending school).

County Attorney Decision —After reviewing the report, the County Attorney decides 1) not to file any charges, 2) give you a chance to participate in a Diversion Program, or 3) file a petition for you to appear in Juvenile Court. Their decision is based on what would be the best way to help you improve and not violate the law any longer.

Diversion- If you are given the chance to participate in this program, and you complete it, you will not have to go to juvenile court.

## Who are all of these people?

There are many people who are part of a juvenile court case. Some or all of the individuals listed below may be a part of your case.



#### **Probation Officers**

A probation officer is a person whose job is to supervise you while you are on probation. They will help you understand what is expected of you and help you through the probation process. It is also their job to report to the court how you are doing on probation and if you are following the rules that the judge set. It is important that you know who your probation officer is and how to get a hold of him or her.

#### Judge

Once a case is filed in juvenile court, a judge is assigned to the case. The judge is the person who makes the decisions about what will happen in your case. They will make sure you are getting the things you need. If you are not getting what you need, make sure to let the judge know.





#### **Your Attorney**

In a juvenile justice case, you are entitled to an attorney. Your attorney knows how the process works and it is their job to let you know what the law is and guide you through the process. Things that you tell your attorney are confidential, meaning they cannot tell anyone else, unless you want them to. They must work towards the outcome that you want and the court must provide you with a lawyer at no cost if you cannot afford one.

#### **County Attorney**

The attorney who files the petition in court is called a county attorney. The county attorney has to prove to the judge that what they put in the petition is true. The county attorney also represents the interests of the State and county.



### What happens in court?

The first step in any case is the filing of a petition. A petition is a form that says what the State believes happened that led you to juvenile court. The county attorney may have received a report from your school or from a police officer, which led to their decision to file a petition. You and your parent(s)/guardian will then receive notice of a date and time that you need to appear in juvenile court. If you cannot afford an attorney, you have a right to an attorney that the court provides. Your attorney does not work for the court or for your parent(s)/guardian. Your attorney works for you and can help you work your way through the system. It is important you know when your hearings are and that you attend. In juvenile justice cases you must attend your court hearings. If you do not attend the court may issue a warrant for your arrest.

**Detention Hearing** — This hearing must take place within 24 hours of you being placed in detention and occurs if you were arrested and put into detention in a locked facility or there were restrictions placed upon your freedom, such as: Electronic monitor or placed in a shelter. At this hearing the judge determines if placement in detention or restriction of your freedom is needed to protect you, others or the property of others or if it is likely that you will run away. The judge will decide if you can go home or if you have to stay in detention temporarily. The judge may also order you to live with a family member, stay in a youth shelter, or participate in other services until the next court hearing.

These are meant to be short-term placements to handle crisis situations. Your attorney should meet with you before the detention hearing. If you do not have a lawyer at this hearing, ask the judge for one. If you do not understand something that is happening, ask your lawyer to explain it to you BEFORE you leave court. If you still do not understand, ASK again, and keep asking until you get the information you need.

First Appearance/Arraignment — This is the hearing where the judge goes over what is said in the petition. Make sure you understand what the charges are in the petition, and if you do not already have an attorney, this is where you would ask the judge to appoint an attorney to help you through the process. The judge will ask you if you admit or deny the petition. This is similar to when someone pleads guilty or not guilty in adult court. You do not have to admit to the petition at this hearing. Admitting to the petition can have consequences that you need to fully understand before you make that decision. A lawyer is the best person to explain these options to you and to work out the best deal for you. Even if you deny that you broke the law at this first hearing, it just means you need more time to figure out what is the best option for you.

**Motion to Transfer to Adult Court** — In certain cases the county attorney may file a motion to transfer your case to adult court. The law says that you must have a lawyer at this hearing. At the hearing, the county attorney must prove why your case should be transferred. Transfer to adult court may result in you having an adult record. This can seriously affect your future, so make sure to talk to your attorney about this process.

**Pre-Trial** — In this hearing, the attorneys meet with the judge and let him or her know if there will be a full hearing (adjudication) on what the petition says, or if you are going to admit to petition. You may or may not need to attend this hearing. Be sure to ask your attorney if you need to attend.

**Adjudication** — An adjudication, which is like a trial, is where the county attorney must present evidence to show that what is written in the petition is true. If you have an adjudication and the judge decides that the State did not prove their case, the case is over and you can go home. If the judge decides that the State did prove their case or if you admit to parts of the petition, the judge will decide how best to help you. This is decided at a disposition hearing. The judge may order a Pre-Disposition Investigation (PDI), to determine what services will be most helpful to you and your family. If the judge orders a PDI, make sure to contact the probation office to set up an appointment to complete the PDI.

**Disposition** — At the disposition hearing the judge lets you know what will best help you and what is expected of you. The goal is that once you finish what the court orders you won't ever have to return to court again. Some things the Judge can order are: supervision by a probation officer or a problem solving court, treatment, go to school, follow a curfew, do community service, or out-of-home placement. If **you do not understand what the court is asking you to do, ask your lawyer to explain it to you BEFORE you leave court.** If **you still do not understand, ASK again, and keep asking until you get the information you need.** 

**Probation** — If the judge places you on probation or with a problem solving court, you will have a probation officer to help and support you. Their job is to make sure you understand what the judge ordered you to do and help you and your family be successful. **Keep all notes and all letters about court dates and probation rules in a safe place, where you can find them. If you don't understand the rules, ASK!** 

**Probation Review** — The judge may set a probation review hearing. At this hearing, the judge will check in to see the progress you are making toward completing what they ordered at your disposition. Another way the judge will know how you are doing is through your probation officer. When you have completed everything on your order, they will recommend your case be closed.

**Motion to Revoke Probation** — A motion to revoke probation is something the county attorney can file if you are not following what the court ordered. You have a right to know what rules the State believes you are not following and a right to have a hearing where the State must present evidence to prove what the motion says is true. Be sure to meet with your attorney if the State files a motion to revoke your probation. You have a right to show that you *did* complete what was ordered and/or that it was impossible for you to complete that order. If the judge revokes your probation, the judge can change your probation order. For example, the judge can add more hours of community service or order you placed at a group home.

Motion For Commitment to YRTC — Nebraska has two Youth Rehabilitation and Treatment Centers (YRTC). The YRTC in Kearney is for males and the YRTC in Geneva is for females. If you have a case involving only a *status offense*, (examples: skipping school, breaking curfew, running away, possession of tobacco or alcohol) the judge cannot order you to a YRTC. If you have a delinquency case, the judge can order you to a YRTC, but only as a last option. The county attorney must file a special *motion* and provide evidence that all levels of probation supervision have been exhausted and placement at a YRTC is a matter of immediate and urgent necessity. There must be a hearing on the county attorney's motion and you have a right to put on a defense. If the judge orders you placed at a YRTC it is a temporary placement and once you complete their program, you will be returned to court with a "re-entry plan."

**Re-Entry Hearing** — A re-entry hearing is only needed if you have been placed at one of Nebraska's YRTCs. A re-entry hearing is a continued disposition hearing where the judge puts you back on probation for a period of time and orders that you complete certain things before your case can close successfully. Once you have successfully completed everything the judge has ordered you can have your juvenile court record sealed.

**Sealing of Your Records** — If your case is dismissed or you successfully complete probation your juvenile record may be sealed. This is good because when you apply for jobs, college, or to rent an apartment your past charges will not show up on your record. There are certain situations where this is done automatically and other times where you will need to have a hearing to ask the judge to seal your record. Be sure to talk to your lawyer about sealing your record and ask your judge at your last hearing if they will seal your record.

### When do things happen?

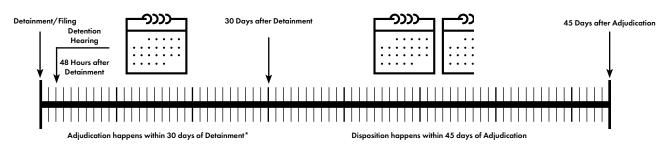
So how long do all of these things take? The short answer is that it really depends a lot on other people.

The time-lines in juvenile justice cases are guidelines meant to help you. Case time-lines may be longer or shorter. Sometimes attorneys ask judges to continue, or delay, a hearing. If the judge agrees, they will grant a *continuance* and the hearing will be scheduled for another date.

**Adjudication:** For detained kids, the adjudication should be held within 30 days from initial date of detention if the juvenile remains detained after the filing of a delinquency petition. For kids detained on a Motion to Revoke Probation, the adjudication should be held within 14 days of the initial detention. For kids who

are not detained, the adjudication hearing should be within 45 days from the date of the petition filing.

Disposition: Disposition hearing should be held within 45 days from the date of the adjudication hearing.



<sup>\*</sup>Adjudication for delinquency or status offences has to happen within 90 days (3 months) of filing if the youth is NOT detained. (no more than 30 days after filing for resolutions of Motions to Revoke Probation for non-detained youth.

## **Detention Facility**

A kid can only be placed in secure detention when the State can show that it is a matter of "immediate and urgent necessity" that you be placed in a locked setting. Youth detention centers do not house adults and are meant to be short-term until the immediate safety concern has been resolved. Kids who only have a child welfare or status offense cannot be placed in secure detention.

## **Staff Secure Facility**

Kids who have a juvenile justice case can be temporarily placed into staff-secure placement.

Staff Secure is a short-term placement that a judge can order when they decide that you do not have to be in a locked facility, but that you do need to have more structure and supervision.

## What are my rights? - Justice System Rights

If you are in court because someone said you did something wrong, you have the rights listed below under Nebraska Law (Neb. Rev. Stat. 43-279). You ALSO have all of the rights listed in the U.S. Bill of Rights (page 10).

### You have a right to know why you are in court.

You have a right to know why you are in juvenile court and what law the State believes you broke. You also have a right to know how the juvenile court process works and what the judge can order you to do.

### You have a right to an attorney.

You have a right to be represented by a lawyer. This is your attorney, who works only for you and they must be provided by the court free of charge. Your lawyer can protect your rights and help tell your side of the story. He/She knows how the court process works and can guide you through your decisions, including whether you want a trial or want to admit to the charges.

### You have a right to a trial.

Which is called an adjudication in juvenile court. You do not have to admit to any charges or testify in court. It is the County Attorney's job to present evidence to the judge that what they wrote in the petition is true.

### You have a right to tell your side of the story.

You and your attorney have a right to present evidence to the judge that what is in the petition is not true. This includes calling people to testify for you, and you may also testify if you want to. You can also have your attorney ask questions of the people that the county attorney calls to testify.

## You have a right to a speedy trial.

This means that the court must hold your *adjudication* within 6 months of the time that the County Attorney filed the original petition. There are some instances where this time could be shorter or times when it can be extended.

### You have a right to appeal.

If you disagree with something the court orders, you can ask another set of judges to review what the judge said and see if it was correct. This means other judges will look at the decision and decide if it needs to be changed. You have 30 days after a court hearing to ask for an appeal. Your attorney knows how to file an appeal.



## What are my rights? - Justice System Rights

### United States Bill of Rights

The Constitution of the United States includes the Bill of Rights. The Bill of Rights is the first 10 amendments of the Constitution. We're all guaranteed these rights by the United States Constitution. We've highlighted the amendments that you probably need to know most.



## How do I get people to listen to me?

Knowledge is power, but unless you use your voice, no one will know what you want to do with your life. It can be frustrating when people are making decisions about your life without your input. **This section contains tips on how to make sure your voice is heard.** 

#### Be Involved

It is important to know who your attorney is and how to get a hold of him or her. There is space in the back of this book to write down their contact information. If you move or change numbers, make sure that you tell your attorney and probation officer so they know how to contact you.

It is also important that you talk with your case worker, if you have one, on a regular basis. Tell him or her that you want to attend family team meetings or other meetings where people will be talking about your case plan and your future. Your opinion matters and should be taken into consideration at every point in your case. If you don't know what's in your case plan, talk to your attorney, parent(s) or foster parent(s). You can also talk to the judge whenever you attend court hearings.

#### Attend Court

You also have a right to know when court hearings are, and to attend court hearings. Judges want to know what you think about everything that is going on and will take your views into consideration when they make their orders.

If you have a status or delinquency case, you need to attend your court hearings. In the juvenile justice system, if you miss your court hearings, the judge may issue a warrant for your arrest. It is important to communicate with your attorney, probation officer and the court if you do not know your hearing date or need to reschedule your hearing date.

When you go to court make sure that you are on time, dress neatly, take off your hat, and make sure to turn off your cell phone. ALWAYS BE RESPECTFUL when you speak to the judge and others in court. Call the judge "Your Honor."

Write down notes or ask someone to help you keep track of what the judge orders, the names of the people involved in your case, and the next court date. Make sure to ask questions if there is something you do not understand, and ask for a copy of any court orders from your case. Most people don't understand everything that happens in court so don't worry if you don't understand, but always ASK questions of your attorney or GAL if you don't understand.



## Notes to take when you're in court

- What the judge orders
- Names of everyone in the case like your attorney and probation officer
- Ask questions about anything you don't understand
- Ask for a copy of any court orders from your case

## How do I get people to listen to me?

### Talk with your GAL and/or Attorney

It is very important that you have regular contact with your GAL and/or attorney. There is space in the back of this book where you can write down their contact information like phone numbers and email addresses. It is very important that you let them know if your address or phone number changes.

It is the job of your GAL and attorney to guide you through the court process and make sure you understand what is happening throughout your case. Your attorney has to advocate for what you want to happen in your case. What your GAL advocates for may or may not be exactly the same as what you want to happen. However, your GAL must consider your opinion before they tell the judge what they believe is in your best interest.

If you disagree strongly with your GAL or attorney about what they recommend, be sure to go to your court hearings or send in a Youth Court Questionnaire so the judge knows what you think.

If you are in immediate danger call 911 or the Child Abuse and **Neglect Hotline** 1-800-652-1999.

### Talk with your Probation Officer

If talking with your GAL or attorney doesn't work, you should talk to your probation officer. It is the job of these people to help you through the court process. The people who are working on your case also have supervisors whose job is to make sure your workers are doing their job. You can always ask to speak to your worker's supervisors.

## Talk with your Judge

Never forget that your judge is there to help. Complete your Youth Court Questionnaire at the back of this book to tell your judge what you need to.

## Grievance process

A grievance (complaint) process is a way for you to take issues or problems you might have to another authority. Sometimes this is complicated, but it is a way of making your voice heard. State agencies like detention facilities, Foster Care Review Office, and the Department of Health and Human Services and their departments (like Children and Family Services) as well as other agencies like Project Everlast and Voices for Children all have processes to file grievances. The best way to find out how to do this is to look at the website to find out how the agency you might be having problems with has laid out their own process. Sometimes it involves filling out a form or making a phone call.

## Other groups or agencies that can help

Connected Youth Initiative - serves kids transitioning from Juvenile Justice, See Page 19 for more information.

Office of Probation Administration

See Appendix A for a more extensive list of resources and contacts.

## Planning for your future

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Soon you will be responsible for things that you weren't before, like rent, gas and food. Everyone is different and what works for one person may not work for you. However, one thing is certain, to reach your goals you need to work at it!

### Central Navigator

Central Navigator is a point for kids in Nebraska to help find out what you need and who to contact. Contact the Central Navigator in your area. If you don't know who that person is, complete the common referral form on Page 19, which can also be found online.

http://hublincoln.org/programs/empowerment/ppproject-everlast-central-access-navigator/

### Things to Think About

There are lots of things to think about as you get older. Listed below are a few of the major issues that you will need to think about.

#### Education



#### **High School**

Earning your high school diploma or your GED puts you in a better position to get the kind of job you want and to earn more money.

School is not easy, but it is worth it, and you do not have to do it alone. There are lots of people whose job is to help you graduate. Visit your school counselor. Go see your teachers after class.

Tell your caseworker or judge that you need extra help.

#### Getting a GED

If you were unable to stay in school and graduate, you can also earn your GED, which stands for General Educational Development. Most people treat this the same as a high school diploma but not everyone. Some colleges may not accept a GED. You can find out more about the GED test at the Nebraska Department of Education website: education.ne.gov.

You can also find more information at gedtestingservice.com. To pass the test, you are going to have to study. And you can get help studying online for free at the McGraw-Hill's GED Online Learning Center (Google it!) and GEDforfree. com. The Center for People in Need also provides GED classes for free. Go to centerforpeopleinneed.org.

If you live in Omaha, another option besides a GED is the D2 Center. The D2 Center allows you to earn high school credit. They also have a Careers & Community Engagement Program that helps you find out what career might be best for you. For more information, go to d2center.org or call 402-502-8534.

#### **College & Vocational Schools**

After you earn your high school diploma or GED you can enter college or a vocational school. Colleges come in all shapes and sizes from local community colleges to giant public universities. You can also attend a vocational school or complete a technical program that will help you get the job you want. Licensed electricians make an average of \$21 per hour in Nebraska and a four-year college can help you achieve your dream of being a nurse or a lawyer. There are lots of scholarships and financial aid available too. Be sure to ask your workers and counselors for help as you prepare for your career.

#### Assistance in Paying for Education and Training

Learn more about educational and training vouchers (ETV) at www. central-plains.org/etv.html.

Project Everlast: LEAP Scholarships - LEAP gives you the support and guidance you need to be successful in your education and go after your goals. Contact Brittney Livingston, Omaha Central Navigator, blivingston@nebraskachildren.org (Omaha) or Lindsey Drake, Lincoln Central Navigator, ldrake@hublincoln.org (Lincoln) for more information.

### Housing

You need to figure out where you are going to live. Finding the right housing is one of the toughest things you'll have to figure out as you



become an adult. Many young people end up moving from apartment to apartment or even becoming homeless. You need to plan ahead to make sure you have a good place to live.

#### **Relative or Permanent Connection**

Do you have a strong, permanent connection with someone in your life? Maybe an aunt or a pastor? Is this someone who may be willing to make a commitment to you to let you live with them? Start thinking about this early and talk with them. Work out a plan with them for how long you expect to stay and what you will be doing to try to get a home of your own.

#### Low Income Housing

Some towns have low-income housing available. There are income requirements to live in this type of housing but if you qualify, your rent will be based on how much money you make. To find out if there is low-income housing in your area, contact your local Housing Authority.

## **Tips for Succeeding** in High School

wait until the end of the semester.

Get involved with extracurricular activities, like sports, band, or clubs.

#### **Sharing an Apartment**

Do you have people you trust who are also looking for a place to stay? Together, you can look at signing a lease for an apartment. Leases are usually for one year so you need to make sure you will stay there that long and that you and the others will be able to pay rent. Make sure you read and understand the lease before you sign it.

#### **College Dorms**

If you are in college, living on campus may be a good option. Make sure you include these costs in your budget when figuring out where to go to college and how to pay for it. If you live in the dorms and need a place to stay during winter and spring breaks, talk to the Dean of Student Services at your college.

#### **Transitional Living Centers**

There are homes in Nebraska that provide housing for young people until they can find something permanent. They are often called Transitional Living Centers and often provide other services to help you become independent. You should talk to your caseworker about centers that might be in your area, but there are also some listed on our website.

### Banking and Finances



#### **Connected Youth Initiative**

The Connected Youth Initiative provides additional assistance and support to kids aged 14-23 who are lacking the traditional networks needed to make successful transitions to adulthood. The CYI focuses on finances, including

improving financial literacy; repairing, maintaining, or establishing credit; reducing dependence on predatory lending practices; and building developmentally appropriate relationships with community banking providers, products, and services.

#### Opportunity Passport™

Part of the Jim Casey Youth Opportunities Initiative, the Opportunity Passport TM program helps young people navigate their future goals through a program of financial education and asset development. The goals is to help youth develop an understanding of managing personal finances, credit and banking as they transition to adulthood. Opportunity Passport TM now operates in over 40 counties in Nebraska. To

connect to the Opportunity Passport TM program, contact your community's central navigator

If you do find yourself homeless or in a crisis, you can call the Boys Town **National Hotline** 1-800-448-3000 or the **Answers 4 Families** Hotline 1-800-746-8420.

#### Community Action Partnership \ 210 O St \ 402-471-4515

Money Management Education, using a curriculum created by the FDIC, the financial literacy program helps clients develop financial skills including budgeting, saving, and credit management. Opportunity Passport: an asset-building program that includes financial education, asset-specific training, and a matched savings account (IDA). Young people between the age of 14-26, who have been or currently are in foster care, are eligible to enroll in the program.

#### **Low-interest Loan Program**

Nebraska Children and financial partners across the state are offering low-interest, low-risk loans for young people who are receiving financial case management or coaching. Backed by collateral provided by Nebraska Children, the loans offer interest rates below 4% and a guarantee that the young person will not end up with a loan foreclosure on their record. Youth are offered the opportunity to secure a loan for up to \$2000 for a term of up to 24 months for a variety of needs including debt consolidation, vehicle purchase or repair, housing needs, health needs, education and/or training needs, and small business start-up costs. Coaches work with young people to determine if a loan is the right step for them and continue to provide support throughout the term of the loan to help the young person be successful. The loan program offers young people the opportunity to build or repair their credit, learn positive financial behaviors, and build relationships with financial institutions in their community. For more information on the loan program contact Kris Whisenhunt at kwhisenhunt@nebraskachildren.org.

### **Employment**



Figuring out what you want to do with your life is one of the toughest things you'll do. There are a lot of services that can help you figure out what kind of job you'd like the best. You can search for jobs on NEWorks.nebraska.gov, and find information about employment and training at www.dol.nebraska.gov/ **EmploymentAndTraining** 

You can also take a look at the Workforce Innovation Opportunities Act (WIOA), a part of the U.S. Department of Labor to find employment resources. www.doleta.gov/wioa/

### Transportation



Finding a way to get around is very important. You need to figure out how you will get to your job, school, grocery shopping and appointments.

First you might need to get a driver's license. This can be a tricky process when you are in the system so be sure to ask your caseworker to include this in your transition plan. You can find out more about how to learn to drive, taking driver's education classes and how and what documents

you will need, to get your license at the Department of Motor Vehicles website dmv.nebraska.gov. Cars cost a lot of money. So, if you are going to buy one, you need to start saving early. Not only do you have to buy the car, but you have buy gas, car insurance, and car registration. Not everyone needs a car so see if you have other options.

You may be able to participate in the Opportunity Passport program through Project Everlast. This program helps you save money for a big purchase, like a car, and then chips in some extra money once you have saved enough. To enroll, contact the Central Navigator in your area.

#### Health Care



#### **Health Insurance**

Getting insured helps you pay for any medical services you will need. This includes physical health, dental health and mental health. Our website has tips for how to find the right health care for you. You don't want to wait until it is an emergency to take care of yourself.

If you were in foster care at age 18 or you aged out of foster care, you can enroll in Medicaid and be eligible up to the age of 26. You could also get medical care after enrolling in the Bridge to Independence program. If you're not able to get Medicaid you may enroll for health insurance at healthcare.gov.

Some doctors will only take certain types of insurance. If you have Medicaid, there are some doctors who won't accept it. Make sure you find out which doctors take your insurance. If you aren't going to be using insurance, you will want to find a sliding-fee scale provider. These medical providers will charge you an amount based on how much money you make. The less money you make, the less money you will pay them. You can search the internet to help you locate sliding scale providers and providers who can help with mental health and /or substance abuse resources.

#### **Medications**

You have the right to play a role in any treatment you are receiving. Talk to your doctor or healthcare provider about side effects of and reasons for the medications you may be prescribed, and the overall treatment plan.

#### Family Planning and Sex Education

You have a right to get birth control. Talk to your caseworker or doctor if you are sexually active or may become sexually active so that you can get more information. If you need an exam, birth control or STD testing and want to keep it private, you can go to a family planning and preventative health services (Title X) clinic. If you become pregnant, you have a right to make your own decisions about your pregnancy. Talk to your caseworker or doctor right away if you think you may be pregnant.

#### **Parenting Resources**

There are services available for pregnant mothers and new parent(s). WIC serves pregnant and postpartum women and children up to age 5. They provide food vouchers, health screens and lead tests. Call 1-800-942-1171 for additional resources.

You may also be able to get help from home visiting nurses. Home Visiting is a free, voluntary program that supports

families. Nebraska Home Visiting is a network across the state; for more information call 402-471-1938 to get connected to a program near you. Healthy Families America also provides home visiting in Auburn, Lincoln, North Platte, Omaha and Scottsbluff. Their contact information can be found on their website If you are in the Omaha area, you could also call the Visiting Nurse Association at 402-342-5566

The State of Nebraska also has a Healthy Mothers Healthy Babies Helpline that you can call at 1-800-862-1889. There are many other parenting programs and resources so talk with your caseworker and ask for a list of services.

#### Well-Being

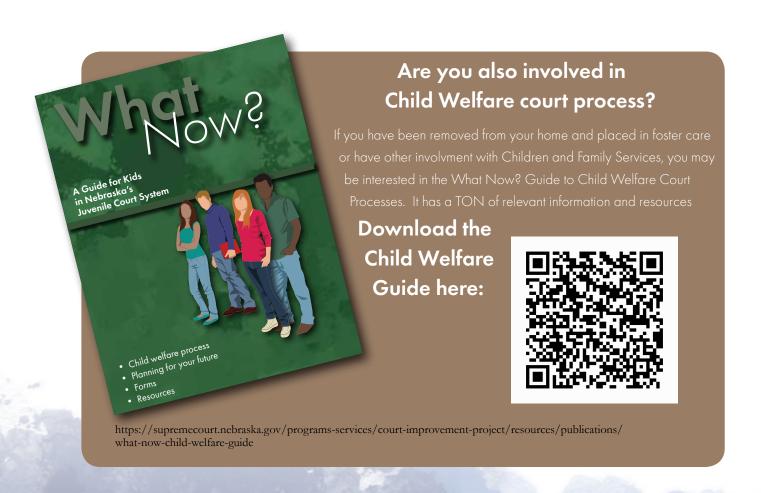
It may seem obvious but living a healthy life is the best way to stay healthy. You've heard it before: don't drink, don't smoke, drink water, eat fruits and vegetables, get enough sleep and avoid stress. It is important that you get some exercise and stay active. You may even qualify for a free or reduced rate membership at your local YMCA.

#### Navigating the Road to Healthcare

http://www.projecteverlast.org/file\_download/272d1052-ed22-4970-bc4f-f2906e43a2ab

#### **Youth Support Services and Funds**

Needs-Based Funds can also help with money for healthcare: www.projecteverlast.org/lincoln/need-based\_fund.html



Connected Youth Common Referral Form

For more information, email cyi@nebraskachildren.org

<b>C</b> ONNECTED Y	OUTH	Name:	First Middle	Last	
<b>COMMON REF</b>	<b>ERRAL FORM</b>	Today's Date	:/		
All parts of the Common Referral Form be completed with the support of either	should be completed prior to rece	•		•	
1. How can we help?					
I am here for (check all that apply) Opportunity Passport Need	Based Fund Youth Leaders  Education Physical Health	hip Other support Employment Mental Health	ive services (check most  Housing Substance Use	important need below)  Finances Dentist	
	Transportation Other:	Legal Documents	Supportive Relat		
2. Current services and sup	ports				
I am <u>currently</u> receiving the following		l that apply)			
□ Opportunity Passport       □ Need Based Fund (in the         □ Bridge to Independence Services       □ Other Indep. Living/Life strong Life stro		ife Skills Services .g. ETV, GED, tutoring) .es (e.g. IntelliRide) .es	── Youth Leadership (     ── Housing Services     ── Mentoring Services     ── Food Services (e.g.     ── Substance Use Services     ── Legal Services	s local pantries)	
I am <u>currently</u> receiving the following	types of public assistance (chec	ck all that apply)			
☐ Medicaid ☐ Childcare Subsidy/Title XX ☐ Housing Voucher/Section 8 ☐ Other:	Medicaid Food Stamps (SNAP) Aid to Dependent Children Childcare Subsidy/Title XX SSI/SSDI WIC Housing Voucher/Section 8 TANF Unemployment		Children		
3. A few questions about	vou				
Phone Number	Email Address		Birth Date	Last 4 digits of SSN	
Current/Mailing Address	City	State	County	Zip	
Did you move to NE from another st	ate? What is your gender?		80		
No Yes (state:) Woman Man Another Gender: Prefer not to say					
What is your race/ethnicity? (check all that apply)  White Black or African American Hispanic or Latino Asian or Alaskan Native recognized tribe? Y or N  Native Hawaiian or Other Pacific Islander Other:  Have you experienced any of the following?					
Foster care/state ward/placed outside of the home In-home services for your family (from DHHS) Guardianship Adoption Probation Homelessness Other:					
X Date:					
X Date:					
X Date:					
Referral Agency	Referral Individual	Contact Phone Number	Contact Email Address		

#### Places to Start

#### **Central Access Navigator**

Navigating the system of available resources can be confusing for anyone. Young people who are aging out of foster care have the burden of finding the separate services they need and knitting them together into something that works for their lives.

That's where central access navigation comes in. Project Everlast Omaha provides a Central Access Navigator to help young people determine what services they need, access those services, and ensure that they're working together to provide a customized system of support.

Want to talk to a Central Access Navigator?

Contact Lindsey Drake (Lincoln) at the HUB via email at ldrake@hublincoln.org or at 402-471-8526, Brittney Livingston (Omaha) at blivingston@nebraskachldren.org. You can also download the Central Access form here: http://hublincoln.org/wp-content/uploads/2015/07/Common-Referral-Form-Final-07-2015.pdf.

#### The Hub in Lincoln \ hublincoln.org

Young people who are aging out of foster care have the burden of finding the separate services they need and knitting them together into something that can support their immediate needs and help them work toward future successes. That's where The HUB's Central Access Navigator comes in. In partnership with Project Everlast, The HUB provides a Central Access Navigator to help young people determine what services they need, access those services, and ensure that they're working together to provide a customized system of support.

#### Project Everlast: www.projecteverlast.org

Project Everlast is a grassroots effort that promotes using community resources to improve a youth's opportunities and networks for housing, transportation, health care. Resources search form in your area: www.projecteverlast.org/resources/

Project Everlast Councils: Connecting the voices of young people with foster care experience. The Project Everlast Councils create opportunities for youth in care and alumni to connect with each other and have fun together while providing input on program and policy issues. On the web-site connect with councils in Grand Island, Lincoln, Omaha, Norfolk, Fremont, Geneva, Kearney, Scottsbluff and North Platte. Get involved! Just send in a completed sign-up sheet and start receiving the latest Project Everlast Council information and meeting notifications.

Omaha: 402.384.4670 Lincoln: 402.476.9401

# Opportunity Passport \ 402-650-2160 \ www.projecteverlast.org/omaha/ opportunity\_passport.html

Opportunity Passport is a package of resources to help young people become successful adults with tools for planning your future, saving money for important expenses while learning financial skills.

The goal of the program is to help you purchase assets that are critical to your success. Opportunity Passport participants have paid for: cars, college tuition, investments, business start-up costs, and more

The Opportunity Passport in Lincoln and Southeast Nebraska is handled by the Community Action Partnership of Lancaster and Saunders Counties (www.communityactionatwork.org/programs/money/opportunitypassport.html) Contact Sara Drueke via email (sdrueke@communityactionatwork.org) or at 402-875-9347.

#### PALS \ www.central-plains.org/pals.html

The Preparation, Transition & Independent Living Services program is designed to provide you support and guidance with the challenges of becoming independent. A PALS Specialist works with you one-on-one to help assess your strengths and abilities, as well as assist you in identifying your personal vision for becoming a successful independent adult.

#### Nebraska Resource and Referral System \nrrs.ne.gov

The NRRS is a statewide database created with input from Nebraska families, service providers and organizations. The NRRS provides 1-800 numbers as well as web sites and email contacts to help you connect faster to the services you are seeking. This database provides individuals the opportunity to have a real choice in the diverse selection of service providers by allowing users to more easily locate and compare services of local and state agencies.

## Youth Emergency Services (Omaha) \ www.yesomaha.org

To serve homeless and at-risk youth by providing critically-needed resources which empower them to become self-sufficient.

Basically, we help youth in crisis get back on their feet in whatever ways we can. After meeting their immediate needs for food, shelter, clothing and safety, we create a support system which helps them flourish.

YES Safe Place 24-hour crisis line ... 402.578.SAFE

YES Youth Street Outreach ... 402.502.1636

YES Emergency Shelter ... 402.345.5187

YES Transitional Living Program ... 402.345.5187 / TLP Referral Form

YES Maternity Home ... 402.345.5187 / Maternity Home Referral Form

Child Saving Institute crisis center ... 402.553.6000

Boys Town National crisis line ... 800.448.3000

National Runaway Safeline ... 800.786.2929

AIDS/HIV info hotline ... 800.232.4636

Alcohol and drug abuse hotline ... 800.252.6465

Suicide Prevention Lifeline... 800.273.TALK(8255)

#### Think of Us \ www.thinkof-us.org

Think of Us is a 21st century life coaching program leveraging tech to enhance relationships, strengthen community ties, and increase positive outcomes for foster youth transitioning into adulthood. Think of Us is designed for youth, by youth. We empower youth to define their journey by providing a platform to create their own transition plan through goal-focused coaching, connect to their network of mentors and supportive adults, and submit requests to caseworkers. Think of Us puts youth at the center of their transition planning, giving them the tools and support to position them to thrive. Nebraska is a Think of Us site.

#### Nebraska Families Collaborative \ www.promiseship.org

PromiseShip's number one goal is to preserve the family so they can heal as a unit. If the family has been separated, we move towards family reunification. In cases where reunification is not possible, we help children find forever families. Through prevention services, we continue to work with families we've helped so they can stay strong and keep growing.

#### Central Plains Center for Services \ www.central-plains.org

#### Child Saving Institute \ childsaving.org

At Child Saving Institute, we believe in the right of each child to have a childhood--a safe, happy time to learn and grow. Unfortunately, not every child in our community has a good experience during the period from birth to adulthood, and that's where we come in.

Over the last century, our legacy has grown far beyond just "saving" children—we now work passionately in the service of children and their families. List of services: childsaving. org/services.html

#### Catholic Charities \ www.ccomaha.org

Our Services: Behavioral Health Services, Adoption Services, Domestic Violence Services, Early Childhood Education, Food Assistance, Immigration Legal Assistance Services, Micro-business, Pregnancy Counseling

Nebraska Appleseed \ neappleseed.org/gethelp \

402-438-8853 ext. 205

Nebraska CASA \ www.nebraskacasa.org/ contact.html

ACLU of Nebraska \ www.aclunebraska.org/en/ get-help

Voices for Children in Nebraska \ (402) 597-3100 \ voices@voicesforchildren.com

Voices for Children in Nebraska \ voicesforchildren.com The Salvation Army \ www.salarmyomaha.org

### Emergency Phone Numbers

Lincoln Police Department \ 575 S. 10th Street Emergency - dial 911 Non-emergency 402-441-6000

Nebraska State Patrol \ 402-471-4680

American Association of Poison Control Centers \ 1-800-222-1222

NE Regional Poison Center \ 402-955-5555

National Child Abuse Hotline \ 1-800-422-4453

DHHS Child Abuse Hotline \ 1-800-652-1999

Adult Protective Services \ 1-800-652-1999

CenterPointe Crisis Response (suicide\substance abuse\mental health) 402-475-6695

Nebraska Suicide Hotline \ 1-800-448-3000 TTY - National Hotline \ 1-800-448-1833

National Crisis Hotline (child crisis) \ 1-800-448-3000

Voices Of Hope Crisis Hotline \ 402-475-7273

National Aids Project Hotline\1-800-232-4636 TTY: 1-888-232-6348

Nebraska Humane Society Animal Cruelty \ 402-444-7800

Lincoln Animal Control Center \ 402-441-7900

Lancaster County Switchboard \ 402-441-7171

#### Nebraska State Resources

#### Nebraska Division of Children and Family Services \ (402) 471-9272

To file a grievance or complaint: dhhs.ne.gov/children\_family\_services/Pages/jus\_cfsr\_grievance.aspx

Adult & Child Abuse & Neglect Hotline: 1-800-652-1999

#### Access Nebraska

Medicaid, 8am-5pm, Monday-Friday: (855) 632-7633

Economic Assistance, 8am-5pm, Monday-Friday: (800) 383-4278

Developmental Disabilities, 8am-5pm, Monday-Friday: (877)

#### Bridge to Independence \ 402-471-3121 \ DHHS.b2i@nebraska.gov

http://dhhs.ne.gov/children\_family\_services/BridgeToIndependence/Pages/Home.aspx

Office of Probation Administration \ (402) 471-2141

Foster Care Review Office \ www.fcro.nebraska.gov 402-471-4420 in Nebraska, or 1-800-577-3272

### Banking and Finance

#### Income for Youth Transitioning \ www.ssa.gov/ssi/spotlights/ spot-disabled-youth.htm

Youth who have a disability and are going to age out of Foster Care may now apply for Supplemental Security Income (SSI) through the Social Security Administration (SSA). Beginning August 1, 2016, foster youth can submit an application and get a disability determination 6 months before their expected discharge date, even if they do not yet meet the income eligibility requirements due to their foster care payments.

## Child Care & Child Programs

#### Community Action Partnership \ 210 O St \ 402-471-4515

- •Head Start and Early Head Start: Pregnant women and children aged infant to five years. Services are free to eligible families. Provide early childhood education, health, dental, nutrition, and family engagement services to low-income families, including children with special needs.
- •Home Based Program: Pregnant women and children up to age 3. A Family Educator meets with the child and parent(s) weekly to provide education and support families in with goal-setting, support, and locating needed resources.

#### Department of Health and Human Services \ 402-471-7000

DHHS may be able to help with the cost of child care through the Child Care Subsidy Program. In order to determine eligibility for the Child Care Subsidy Program, the Department will review a number of factors including, your gross income both earned income (for example; wages) and unearned income (for example; child support, Social Security payments, and Unemployment Insurance). (The Center For People In Need can assist in applying for child care online.)

#### Malone Community Center \ 402- 474-1110 \ 2032 U St.

- Early Education Program: this new Early Childhood Education Center will use a Montessori inspired curriculum weekdays from 7:30am until 5:30pm for children ages 3 to 5 years old. We need to meet you and your child(ren), before they start, and we must approve your child(ren's) enrollment prior to starting.
- Out of School Program: targets school aged children between the ages 5 - 13. Monday - Friday we pick our program participants up from school and bring them to the Center where we have a snack after arrival. We provide academic support, structured recreation, arts and crafts, computer and fun time, health and nutrition education, and cultural awareness. On out-of-school days we provide all day programming including breakfast, lunch and snack. Besides our regular program components we also go on daily field trips.
- Talented Tenth Program: Provides African American males between the ages 13-18 with cultural awareness, social support, and academic enrichment. The Youth Empowerment Curriculum draws strength from the African American cultural ideal of collective work and responsibility, by creating a cohort of adolescent scholars who will experience the curriculum together and by matching them with mentors. It aims to motivate the youth to work for the betterment of themselves as individuals, and as conscious and committed members of their families and communities. The program's goal is to help the participants develop leadership and graduate from high school.

#### Education

#### Center For People In Need \ 402-476-4357 \ 3901 N 27th St Unit 1

POP Program: offers 45 credit hours of paid tuition through Southeast Community College (SCC) only. An application is required. Application available with receptionist. If approved, you will get a call back on the number provided on application.

Central Plains Center for Services: Educational and Training Voucher \ www.central-plains.org / etv.html

Central Plains Center for Services, through a contracted partnership with the Nebraska Department of Health and Human Services, administers the Education and Training Voucher (ETV) Program. This program provides financial assistance for tuition, fees and books, as well as oneon-one support, for current and former state wards to attend college.

#### Community Action Partnership \ 210 O St \ 402-471-4515

Money Management Education, using a curriculum created by the FDIC, the financial literacy program helps clients develop financial skills including budgeting, saving, and credit management. Opportunity Passport: an asset-building program that includes financial education, asset-specific training, and a matched savings account (IDA). Young people between the age of 14-26, who have been or currently are in foster care, are eligible to enroll in the program.

#### Lincoln Literacy Council \ 402-476-7323 \ 745 S 9th St.

Volunteer teachers help people to understand, speak, read, and write English. Programs include: Adult Basic Literacy, Workforce Readiness, classes for Refugees, ESL Programs, Family Literacy Activities for Immigrants and Refugees (FLAIR), & Citizenship.

#### Matt Talbot Kitchen & Outreach \ 402-477-4116 \ 2121 N 27th St

Life Skills Classes: Six-week series of classes held on Wednesday evenings six times a year. Topics covered are: Employment, Nutrition, Parenting, How to be Good Tenant, Budgeting, and Self-Esteem. Client needs a referral from their case worker and to have previously been, or currently be homeless. Child care and transportation are offered.

#### Preparation Classes. Education Quest \ www.educationquest.org

EducationQuest Foundation is a nonprofit organization with a mission to improve access to higher education in Nebraska. This includes free college planning services, outreach services, need-based scholarship programs, and college access grants. EducationQuest has locations in Lincoln, Kearney, and Omaha, Nebraska.

#### **LEAP Scholarships**

Completing college or career education is an important step toward building the future you want-but sometimes life gets in the way, and continuing your education starts to seem out of reach. That's where the LEAP (Learn and Earn to Achieve Potential) initiative comes in.

LEAP is designed for unconnected youth, with experience in the foster care or juvenile justice systems, who want to keep learning after high school (but who may not be able to or who may not feel confident to) because of financial constraints, lack of support, or other road blocks.

LEAP gives you the support and guidance you need to be successful in your education and go after your goals. To apply, or for more information contact Brittney Livingston in Omaha at blivingston@nebraskachildren.org or Lindsey Drake in Lincoln at ldrake@hublincoln.org.

### **Employment**

#### **Employment Agencies**

Adecco Staffing \ 402-975-6111 \ 6940 O St # 306 Advance Services Inc \ 402-328-0142 \ 2949 N 27th St #202 Advantage Personnel \ 402-466-4994 \ 630 N Cotner Blvd # 100 Celebrity Staff \ 402-464-0600 \ 300 N 44th St #204 Excel Personnel \ 402-441-4070 \ 5625 O St #103 Express Employment \ 402-420-5800 \ 4955 O St Kelly Services \ 402-483-4094 \ 2900 S 70th St #130 Labor Ready \ 402-438-7955 \ 3243 Cornhusker Hwy LaborMax Staffing \ 402-805-4720 \ 3939 N 48th St #104 Lincoln Labor & Staffing \ 402-465-5227 \ 122 S 29th St LSI Staffing \ 402-261-6904 \ 3814 Normal Blvd Oasis Staffing \ 402-420-1980 \ 5815 S 58th St Randstad \ 402-464-2700 \ 5540 South St #103 Staffing Services Inc \ 402-465-9060 \ 1840 N 48th street Work USA, Inc \ 402-474-9675 \ 140 S 27th St

### Goodwill Industries Business Solutions \ 402.573.4713 Goodwill Industries Youth Build Omaha \ 402.341.4609

Job skills training and readiness program including on-line training are available. Utilize the Goodwill site or find your local Goodwill to contact for Adult Career, Project Employment Employability and Life Skills and other programs. The Omaha Goodwill has a number of programs at www.goodwillomaha.org.

### Nebraska Department of Labor \ www.dol.nebraska.gov NEWorks \ neworks.nebraska.gov R.E.A.D.Y. \ 402.231.1978

#### Vocational Rehabilitation \ 402-471-3231 \ 3901 N 27th St, Ste 6 Program that helps people with physical, mental, intellectual, emotional, and learning disabilities to identify their strengths and abilities in order to find success in the world of work.

## Foster Care and other placement

#### Boys Town \ www.boystown.org

Since 1917, Boys Town has given thousands of at-risk children the love, support and education they need to succeed. When Boys Town saves a child, the positive effects ripple through the community, making greater progress for society as a whole.

#### CEDARS Bridges Transitional Living Program \ 402-436-5437 \ 6601 Pioneers Blvd.

Offers community-based safe housing and support services to homeless youth ages 16 to 21 and state wards ages 16 to 19 for whom independent living has been identified as a goal. Staff work closely with youth to develop life skills needed for independent living. Emphasis is placed on continuing the youth's formal education and achieving or maintaining employment while supporting their placement in apartments in the community. An application required.

#### Foster Club Website \ www.fosterclub.com

On-line resources for young adults, CASA volunteers and others working with older youth who are aging out of the system. Among many other resources find the Permanency Pact, a tool for youth to get pledges from supportive adults who will support them during the transition to independence.

#### KVC \ nebraska.kvc.org

KVC Nebraska is a behavioral health organization that provides child welfare, juvenile justice and developmental disability services. These services include Foster Care, Intensive Family Preservation, Family Support Services, and Extended Family Home services for individuals with Development and/or Intellectual Disabilities. Its mission is to enrich and enhance the lives of Nebraska families.

#### Nebraska Children's Home Society \ www.nchs.org

With locations across the state, we've been helping children and families throughout Nebraska since 1893. Whether you're interested in adoption services, pregnancy help, support for an unplanned pregnancy, adoption agencies, or becoming a foster family, Nebraska Children's Home Society offers confidential assistance and help at locations all over the state of Nebraska, including Alliance, Grand Island, Kearney, Lincoln, Norfolk, North Platte, Omaha and Scottsbluff.

#### Omaha Home for Boys \ www.omahahomeforboys.org

Branching Out Independent Living Program assists youth aged 14 to 24 in making the transition from dependence towards living responsible lives. Jacob's Place Transitional Living Program is designed to assist young adults in making the transition from dependence to independence.

#### Omni Behavioral Health \ omnibehavioralhealth.com

Recognizing the importance of cooperation for improving the living conditions of children, adolescents, adults, and their families in every community, OMNI will promote those activities which enhance personal autonomy while promoting the spirit of the global community.

OMNI Behavioral Health seeks to provide services in the least restrictive service setting possible. Whenever possible, OMNI prefers to serve children and their families at home or on an out-patient basis. When this is not possible, OMNI seeks to have children who have been removed from the home returned home as soon as it is safely possible.

#### Uta Halee Academy \ utahaleeacademy.com

Uta Halee Academy is a female-specific, residential program that offers young women opportunities to build productive and meaningful futures for themselves and their communities. Since it began operations in 2013, Uta Halee has evolved and grown, incorporating the latest research and evidence into our program model. Our understanding of the populations that we serve has helped us to develop an evidence-based and trauma-responsive program that helps our young women attain their goals.

Uta Halee Academy is operated by Rite of Passage, a leading National provider of evidence-based therapeutic and educational programs for youth. Rite of Passage provides a diverse continuum of care with evidence-based programs in education, youth shelter programs, family and community aftercare and intensive treatment for youth involved in the juvenile justice system.

For over 30 years, Rite of Passage has been improving the lives of youth. Through its work at Uta Halee Academy and other academy programs, Rite of Passage has developed the Academic Model<sup>TM</sup> framework to articulate its program philosophy, methodology, and specific evidence-based practices.

#### LGBTQ Resources

#### GLSEN \ www.glsen.org/chapters/omaha \ omaha@chapters.glsen.org

Our mission is to create safe and affirming schools for all, regardless of sexual orientation, gender identity, or gender expression. At GLSEN, we want every student, in every school, to be valued and treated with respect, regardless of their sexual orientation, gender identity or gender expression. We believe that all students deserve a safe and affirming school environment where they can learn and grow.

We accomplish our goals by working in hallways across the country -- from Congress and the Department of Education to schools and district offices in your community -- to improve school climate and champion LGBT issues in K-12 education.

#### PFLAG \ www.pflag.org/find-a-chapter

PFLAG is working to make sure that all people who are lesbian, gay, bisexual, transgender, and queer are not only valued by society, but take pride in and value themselves. We do this through providing peer-to-peer support, educating people on the issues that are important to the community, and advo-

cating for inclusive policies and laws. There are Nebraska chapters in Grand Island, Hastings, Kearney, Lincoln and Omaha.

#### OutLinc\ Outlinc.org

Outline empowers and celebrates thriving LGBTQ+ communities in Lincoln, NE. Outlinc envisions communities that promote equity, inclusion, and celebration of the full spectrum of LGBTQ+ people.

#### Health Care and Mental Health Services

### All Care Health Center \ 712.325.1990 Birthright \ 402-466-2609 \ 5625 "O" St.

Services offered: non-judgmental confidential help, free pregnancy tests, maternity and baby clothes, Referrals to community resources. Provide Information on: pregnancy and childbirth, prenatal development and care, parenting skills, child care, and child safety, career development and/ or continuing education, community programs and/or social assistance, adoption.

#### Charles Drew Health Center \ 402.451.3553

#### Clinic With a Heart \ 1701 S 17th Street, Suite 4G, Lincoln, NE (402)421-2924

Free, walk-in (no appointments) healthcare clinic. Patients are seen first-come, first-served. Patients under 19 years must be accompanied by parent or legal guardian. Early sign-in at 2:00pm, doors open at 4:00pm. Patients are seen 5:30-7:00pm. Clinic closed on major holidays.

#### Creighton Dental \ 402.280.4080

#### DHHS Medicaid \ 402-473-7000 \ 301 Centennial Mall South

DHHS administers the Medicaid Program which provides health care services to eligible elderly and disabled individuals and eligible low-income pregnant women, children and parent(s). The Center For People In Need can assist with applying for Medicaid online.

#### Every Woman Matters \ 800-532-2227

Can help women get health check-ups. EWM may pay for exams based on health history and program guidelines. Breast and Cervical Cancer Screening: Pelvic exam, Pap test, Clinical breast exam. Teaching of breast self exam and performs mammograms. Heart Disease and Diabetes Screening: Blood pressure check, cholesterol check blood sugar (glucose) check, health and wellness information for living a healthier life.

#### Family Health Services, Inc. \ 402-466-1012 \

#### 630 N. Cotner Blvd., Suite 204

If no insurance, they offer a sliding scale. Services offered for women: birth control, , annual examinations, pregnancy prevention and testing, HIV and STI testing Q&A for the Ladies, resources, dating safety. Services offered for men: STD and HIV Testing, Q&A for the guys, resources, and dating safety.

## Heartland Family Service \ heartlandfamilyservice.

The mission of Heartland Family Service is to strengthen individuals and families in our community through education, counseling, and support services.

#### KVC \ nebraska.kvc.org

KVC Nebraska is a behavioral health organization that provides child welfare, juvenile justice and developmental disability services. These services include Foster Care, Intensive Family Preservation, Family Support Services, and Extended Family Home services for individuals with Development and/or Intellectual Disabilities. Its mission is to enrich and enhance the lives of Nebraska families.

#### Lancaster County General Assistance \ 402-441-3095 \ 2202 S 11th St #150

An original application required first. Verifications may be requested. May assist with: Food, Shelter (including deposit, rent and utilities), Assisted living (cannot be authorized without a written statement from a physician indicating the client is in need of the level of care provided by an assisted living facility), Medical care provided through the Primary Care Health Clinic or authorized by a Clinic Physician. Behavioral Health Services provided through a Region V contracted provider, Transportation, Non-food necessities (including household supplies and personal care items), Clothing, Cremation/Burial expenses, COBRA or other health insurance payments. The Center For People In Need can assist with applying for General Assistance.

#### Lancaster County Medical Society \ 402-483-4800 \ 4600 Valley Rd #250

May help with prescriptions. Must NOT be covered by any medical prescription plan. Medications needed must be for a chronic or ongoing illness, since once accepted you will be enrolled for one year at a time. It is best if your medication dosage is stable. Not all medications are covered by the National Pharmaceutical Assistance program.

#### Lincoln E.D. Connections

If you have been seen in a local Emergency Department [ED] and need assistance with obtaining medications or finding a medical provider for follow up you should contact an ED case worker at 402-481-4165 or 402-481-4006

#### Matt Talbot Kitchen & Outreach \ 402-477-4116 \ 2121 N 27th St

Foot Clinic: Nursing and PA students from Union College provide foot care, including soaking feet and trimming toenails, to adults. Individuals receive free socks (each month) and free shoes (every 6 months). For information contact an outreach specialist, Monday-Friday 11:00am-1:00pm and 5:00-6:30pm.

### Nebraska AIDs Project \ 402.552.9260 The Magis Clinic \ 888.218.4692

#### Nebraska Behavioral Health System of Care \ dhhs.ne.gov/behavioral\_health/SOC/ Pages/Home.aspx

Nebraska is committed to bettering the lives of our children. Through the power of partnerships, the Nebraska System of Care (NeSOC) creates a comprehensive and sustainable system of care that is youth guided, family-driven, trauma-informed and culturally responsive to improve outcomes for children and youth with serious emotional disturbances and their families.

Committed partnerships among public and private agencies, families and youth have emerged under one umbrella called the NeSOC Collaborative to drive the work of the system. Equal partnership, among youth, family and system partners, is the guiding principle of the Collaborative at all levels.

Contact: DHHS/Division of Behavioral Health, 301 Centennial Mall South, Lincoln, NE 68509 \ 402-471-7792 \ dhhs.soc@nebraska.gov

### Nebraska Kid's Connection \ 888.255.2605 Charles Drew Health Center \ charlesdrew.com Nebraska Department of Health and Human Services \ dhhs.ne.gov

#### Omni Behavioral Health \ omnibehavioralhealth.com

Recognizing the importance of cooperation for improving the living conditions of children, adolescents, adults, and their families in every community, OMNI will promote those activities which enhance personal autonomy while promoting the spirit of the global community.

OMNI Behavioral Health seeks to provide services in the least restrictive service setting possible. Whenever possible, OMNI prefers to serve children and their families at home or on an out-patient basis. When this is not possible, OMNI seeks to have children who have been removed from the home returned home as soon as it is safely possible.

#### One World Community Health Center \ www.oneworldomaha.org

OneWorld, in partnership with the community, provides culturally respectful, quality health care with special attention to the under-served.

Our vision is to be an innovative leader in health care, empowering individuals and creating healthier communities.

#### People's City Mission \ 401 N 2nd Street, Lincoln, NE \ (402)817-0980 \ peoplescitymission.org

Free medical clinic. Clinic suggests you arrive before 8:00am and before1:00pm for walk-in medical clinic. Clinic is closed on Saturdays and Sundays.

#### People's Health Center \ 402-476-1455 \ 1021 N. 27th St.

PHC serves people of Lincoln and Lancaster County, especially those individuals/families with limited resources or with other barriers to health care to improve their overall health status. All types of insurance accepted including Medicaid and Medicare. If no insurance, services offered on a sliding scale.

- •Primary Care: quality care for all ages from infants to seniors. We offer physicals, immunizations, preventive medicine, and chronic disease management
- •Dental Care: Comprehensive, periodic, and limited oral exams, full mouth series of radiographs (X-rays), fillings (both silver amalgam and white resin restorations), regular cleanings, deep cleanings, sealants for children, extractions (simple and surgical), stainless steel crowns and space maintainers for children, root canals (both Anteriors and Bicuspids), first molar root canal (done by dental students), emergency visits, fluoride varnish, re-cementing of crowns and bridges, oral pathology consults, simple biopsies, periodontal consult for gum disease or problems, endodontic consult for root canal problems, and crowns. The PHC dental clinic does NOT provide the following services: dentures, partials, bridges, extraction of impacted wisdom teeth, and second molar root canals.
- •Health 360: a new partnership between Lutheran Family Services of Nebraska and People's Health Center. Services: behavioral health services, primary health care and an on-site pharmacy are being offered at the Lutheran Family Services office.
- •People's Quick Care: offers walk-in treatment for everyday illnesses and injuries. No appointments necessary.
- •Medication Assistance: PHC's status as a federally qualified health center enables us to provide (340B) discount

prescription pricing. In addition, many drug companies offer discount medication assistance\ programs to income-eligible patients. PHC staff offers assistance with enrollment in these programs.

#### Planned Parenthood \ 1-877-811-7526 \ 5631 S. 48th St Suite 100

Services offered: abortion services, birth control, general health care (anemia testing, cholesterol screening, diabetes screening, physical exams, pregnancy planning services, smoking cessation, thyroid screening), HIV Testing, LGBT Services, Men's health care, Morning-After Pill (emergency contraception), pregnancy testing & services, STD testing/treatment /vaccines, and women's health

#### The Pregnancy Center \ 402-483-4247 \ 111 Piazza Terrace

Services offered: free pregnancy test, ultrasounds, options counseling, post abortion support, and community resources.

#### Social Security Disability

Social Security pays disability benefits to you and certain members of your family if you have worked long enough and have a medical condition that has prevented you from working or is expected to prevent you from working for at least 12 months or end in death. The application process takes anywhere from 2-4 hours. Information will need to be gathered before the application. Keep in mind a disability case can take anywhere from 6 months to 2 years +. This benefit is not approved instantly. Effective February 1st, The Center For People In Need may help you apply for disability on a referral basis.

## Housing

#### Family Housing Advisory Services \ www.fhasinc.org

#### Lincoln Housing Authority \ 402-434-5500 \ 5700 R St.

Provides affordable, safe, sanitary and decent housing to qualifying families currently undergoing financial stress in a manner which affords applicants and tenants dignity and minimal intrusion, within the limits of prudent fiscal management. An application is required. Single, non-disabled applicants will not be selected until all families, elderly and disabled are served from the waiting list first.

#### Metro Area Continuum of Care for the Homeless \ www.endhomelessnesstoday.org

#### Western Nebraska Older Youth Services

From supportive to permanent housing, to youth shelter, group home, teen outreach and other services are all available from the Community Action Partnership of Western Nebraska. Service area includes Scotts Bluff, Banner, Morrill, Garden, Kimball, Cheyenne, Deuel, Sioux, Dawes, Sheridan, and Box Butte counties.

### Legal

#### American Civil Liberties Union (ACLU) \ 402-476-8091

Generally becomes involved in cases where the government is involved. They do not handle individual cases such as divorce, custody, domestic violence.

#### Center For Legal Immigration \ 402-471-1777

Call for an appointment. First consultation needed to see if case qualifies for assistance.

#### Child Support Enforcement \ 402-441-8715 \ 233 S 10th St.

Information regarding establishing child support orders, paternity, locating parent(s), enforcing child support cases.

#### Legal Aid of Nebraska \ 402-435-2161 \ 941 "O" St #825

Nonprofit law firm that provides free legal representation to underprivileged citizens. (times noted are CST).

- •AccessLine® Toll Free 877-250-2016 \Local 402-348-1060 (Douglas County) Hours: Monday & Wednesday 9:00-11:00am, Tuesday & Thursday 1:30-3:30pm.
- •Native American AccessLine® For applicants who are Native American and/or have cases in Tribal court. Toll Free: 800-729-9908 Hours: Monday-Friday 9:00am12:00pm

#### **Nebraska State Bar Association Volunteer** Lawyers Project \ 402-475-7091

- •Direct Case Placement: The core of the VLP has been matching volunteer attorneys with individuals who need legal assistance on a pro bono or reduced fee basis. VLP will continue to offer direct case placement through its network of pro bono attorneys, but the intake process and referral source has changed. VLP no longer has the staff to operate a separate intake hotline/process. Referrals and intakes will now be received in the following ways:
- •Referrals from Self Help Centers: Some clients who visit the Self-Help Center have legal issues/situations where staff would advise them to seek legal counsel rather than

proceeding as a pro se litigant. In these situations, VLP staff will conduct a client intake, check conflicts, and work to place the case through VLP's volunteer network.

- •Referrals from Domestic Violence Shelters: VLP has had a long standing commitment to serving victims of domestic violence. When the need for legal services arises, domestic violence shelters will contact VLP directly to complete the intake process. In these situations, VLP staff will check for conflicts, and work to place the case through VLP's volunteer network.
- •Referrals from Legal Aid of Nebraska (LAN): VLP will accept 40 referrals a month from LAN. To be accepted by VLP, the referrals must be sent with a completed LAN intake and fall within the VLP priorities.. Referrals from private attorneys where there is not a self-help desk located in their community. The Self Help Center is located inside the Courthouse. Lancaster County: Open Monday 10:00am-2:00pm and Thursday 9:00am-1:00pm.

#### Voices of Hope \ 402-476-2110 \ 2545 N St.

For victims of: relationship violence, sexual assault and related forms of abuse. Legal Advocacy & Referral: We provide referral to attorneys in the Lincoln area and can accompany clients to court hearings to provide support and information.

#### Shelters

Catholic Charities Domestic Violence Services \
402.558.5700

Children's Square \ 712.322.3700

Child Saving Institute crisis center \ 402.553.6000

Heartland Family Service \ 402.553.3000

Heartland Family Service Safe Haven \
800.523.3666

Open Door Mission \ www.opendoormission.org

Phoenix House \ 712.256.2059

YES Emergency Shelter \ 402.345.5187

#### **Transportation**

#### **Auto Mechanics**

Charity Auto with the Northern Lighthouse Church \ 402-477-3550

Charity Auto will do light repairs for a suggested donation

of \$20, if you supply the parts. Bring in the parts for simple repair work such as oil changes, tune-ups, and brake replacement. Call to leave a message with your name, callback number, and basic description of work that needs to be done. Calls are returned once per week. Light repairs are done on Saturdays by appointment only.

#### **Bikes**

Lincoln Bike Kitchen 402-915-2453 \ 1635 S. 1st Street

- •Earn-a-Bike: After 10 hours of volunteering, you'll pick a bicycle and refurbish it to fit your commuting needs with the help of experienced volunteer mechanics. You'll finish the program with a dependable bike and the knowledge, skills, and resources to maintain it.
- •Open Shop: If you want to work on your own bicycle, just come in, talk with us, and get to work. We have complete sets of bike specific tools to help you with your repair. Sunday 12:00-4:00pm and Monday 5:00-9:00pm. Additionally, the first Tuesday of every month from 6:30-9:00pm is Women and Transgender Open Shop. Free Wheels for Kids: Parents feel free to come and speak with us, and we look forward to working with you to get your child on a bike.
- •Mobile Kitchen: We come to you! The LBK sets up mobile shops in different locations of the city. We bring along complete sets of tools to help you with your repair needs.
- •Safety Equipment: Thanks to a grant through the Viking Foundation we have been able to start providing this items in exchange for volunteer hours or a small donation.

#### **Bus Passes**

StarTran 710 "J" St. Lincoln NE 402-441- 7185 (see website for pass purchase locations.)

Purchase a StarTran 31-Day Pass for only \$8 (\$16 for Handi-Van eligible patrons) Requirements: Must present photo identification with birth date. Must present previous month's pass. Only one pass per person, per 31-day period. If you are purchasing your first low income pass, you need only a photo ID with your birth date.

## Appendix B - Glossary of Terms

### **Understanding Terms**

The juvenile court system uses a lot of language that is not used by the average person. Here are what some of those terms mean:

Abused or Neglected Child: A child who has been harmed, or is at risk of being harmed by physical violence or emotional abuse, by someone responsible for caring for him or her; or a child who has been harmed or is at risk of being harmed, because the person responsible for him or her does not provide the necessary care for the child.

**Adjudication:** The process of a judge making a decision as to whether the facts alleged in a petition or other pleadings are true. Judicial determination (judgment) that a juvenile is responsible for the delinquency or status offense that is charged in a petition or other charging document.

Aging Out: Turning the age of 19 while you still have a case open in juvenile court. Once you turn 19, you "age out" of the system, will no longer be a state ward and your case will close.

Allegations: In either a child welfare or a juvenile justice case, these are statements written in the petition of what is believed to have happened. An example of an allegation is "the father hits the mother when he is drinking." In a juvenile justice case, the State would say what law they believe was broken, for example "disorderly conduct." The State has to prove the allegations in court.

Appeal: A request to a higher court to review the decision of the trial court. This happens when a party to the case disagrees with the decision of the trial judge. The higher court will determine if the original decision was correct or not.

CASA: Court Appointed Special Advocate, a volunteer chosen to represent YOUR interests in court.

Case Plan: A written plan from the caseworker about what care and treatment should be provided to you and your family. It includes things like the permanency goal and what services are being provided and recommended. In a juvenile justice case, it may not be called a case plan, but your probation officer should prepare a plan outlining what is expected of you while you are on probation.

Concurrent Plan: A permanency plan generally has two permanency goals: The primary plan and the concurrent plan. The concurrent plan is the "back-up" plan in case the primary plan does not workout. For example, your primary plan may be reunification with a concurrent plan of independent living.

Continuance: The postponement of a hearing, trial or other scheduled court proceeding, at the request of one or both parties, or by the judge without consulting them.

Delinquency: Minor crime, especially committed by young people

**Disposition**: Within the Administrative Office of Probation, sanction ordered or treatment plan decided upon or initiated in a particular case by a juvenile court. The range of options available to a court typically includes commitment to an institution; placement in a group or foster home or other residential facility; probation; referral to an outside agency, day treatment, or mental health program; or imposition of a fine, community service, or restitution. Within the Division of Children and Family Services, the court's determination of a case in which there is an issuance of a final order or opinion.

Due Process: A legal requirement that the courts follow a certain process so that people's constitutional rights are protected.

Evidence: Proof or testimony submitted by the parties to help the court determine the truth or falsity of the allegations.

Family permanency specialist: A person assigned to your family to assess and ensure child and youth safety, permanency, and well-being.

Finding: A decision made by a judge. An example of this is a finding that it is in the young person's best interest to attend a certain school.

#### Family Group Conference (FGC):

A meeting the judge may order where you and a group of people who you trust, gather to talk about plans for your future. A FGC is led by a mediator whose job is to create a safe space for the team to discuss what is needed in your case.

Guardian ad litem (GAL): An attorney appointed by the court to act in the minor's or an incompetent adult's behalf in a lawsuit and protect the minor's or adult's best interests in court.

**Hearing:** A proceeding with the judge where the parties discuss issues in your case and the judge will issue findings and orders.

Indian Child Welfare Act (ICWA): A state and federal law regarding Native American children that regulates placement proceedings involving Native American families. The goal of the act when it passed in 1978 was to strengthen and preserve Native American families and culture.

Initial assessment caseworker: A case worker

or social worker who first makes contact with you after being removed from your home

Jurisdiction: (1) The legal authority of a court to hear and decide a case. Concurrent jurisdiction exists when two courts have simultaneous responsibility for the same case. (2) The geographic area over which the court has authority to decide cases.

**Minor:** A person who is under the age to make legal decisions. In Nebraska, the age of majority is 19 years of age.

Motion: A formal proposal (suggestion or request) put to a court or judge. The judge must decide whether to agree to the motion or not.

Normalcy: The quality or condition of being normal, as close to how a regular home and family should be

On-going caseworker: A case worker or social worker that is assigned to you after your initial assessment.

PALS worker: A person who represents the Central Plains Center for Services PALS project (Preparation, Transition and Independent Living Services) who will make sure your plan and the work you do is directed to your specific needs, making it unique to you.

Permanency Plan: A plan that states what the permanency goal is (reunification, adoption, guardianship or independent living) and how it will be achieved.

**Petition:** This is a form that is filed in juvenile court when the State opens a child welfare or juvenile justice case.

Pre-Disposition Investigation (PDI): This is a report prepared by a probation officer for youth prior to a disposition hearing in a juvenile justice case. The probation officer will meet with youth and his or her family to determine what the youth and family need to complete during the period of probation.

Pre-Hearing Conference: A facilitated meeting prior to appearing in court and held to gain the cooperation of the parties, to offer services and treatment and to develop a problem-solving atmosphere in the best interests of children involved in the juvenile court system.

Reasonable Efforts: A legal term describing the level of services and assistance that should be offered to a family during a child welfare case.

Relinquishment: A legal term describing when a parent voluntarily gives up his or her parental rights.

## Appendix B - Glossary of Terms

**Reunification:** A permanent plan for the child that involves the return of the child to any individual who retains parental or legal rights to the child after removal for child abuse, neglect, or both, regardless of the custody arrangement prior to the child entering out-of-home care.

**State ward:** Any child or youth whose legal custody by judicial determination has been retained by the court or assigned to the Department.

**Status Offense, Status Case:** Any offense or case in which the juvenile who, by reason of being wayward, or habitually disobedient, is uncontrolled by his or her parent, guardian, or custodian; who deports himself or herself so as to injure or endanger seriously the morals or health of himself, or others; or who is habitually truant from home or school.

For the purposes of the Nebraska Juvenile Code, means a juvenile who has been charged with or adjudicated for conduct which would not be a crime if committed by an adult, including, but not limited to, juveniles charged under subdivision (3)(b) of section 43-247 and section 53-180.01 and 53-180.02 (as provided below). (Source: NRS § 43-245(25))

Under subdivision (3)(b) of section 43-247, means (3) any juvenile:

(b)(i) who, until July 1, 2017, by reason of being wayward or habitually disobedient, is uncontrolled by his or her parent, guardian, or custodian; who deports himself or herself so as to injure or endanger seriously the morals or health of himself, herself, or others; or who is habitually truant from home or school; or

(b)(ii) who, beginning July 1, 2017, is eleven years of age or older and, by reason of being wayward or habitually disobedient, is uncontrolled by his or her parent, guardian, or custodian; who deports himself or herself so as to injure or endanger seriously the morals or health of himself, herself, or others; or who is habitually truant from home or school. (Source: NRS § 43-247(3) (b))

Under section 53-180.01, means a minor unlawfully obtaining, or attempting to obtain, alcoholic liquor by misrepresentation of age, or by any other method, in any tavern or other place where alcoholic liquor is sold. (Source: NRS § 53-180.01)

Under section 53-180.02, means a minor unlawfully selling, dispensing, consuming, or having in his or her possession or physical control any alcoholic liquor in any tavern or in any other place, including public streets, alleys, roads, or highways, upon property owned by the state of Nebraska or any subdivision thereof, or inside any vehicle while in or on any other place, including, but not limited to, the public streets, alleys, roads, or highways, or upon property owned by the state of Nebraska or any subdivision thereof, having physical control of alcoholic liquor as part of a bona fide religious act, ritual, or ceremony or in his or her permanent place of residence. (Source: NRS § 53-180.02)

**Transition Plan:** A plan that is required for all young people in child welfare cases, age 16 and older to help them "transition" into adulthood. The plan talks about what the young person's goals are and what needs to happen to achieve those goals. You should be closely involved in making this plan.

**Victim Offender Dialogue:** A process in which a facilitator meets with a juvenile offender and the victim in an effort to have a conversation with the goal of creating an agreed-upon written plan.



# Appendix C - Your Contacts

Important Names, Addresses & Numbers	Your CASA volunteer
Your Current Address	Name:
Name:	
Phone:	
Email:	Address:
Address:	
	Your Probation Officer
Your Judge	Name:
Name:	Phone:
Phone:	Email:
Email:	Address:
Address:	
	Other
Your Attorney	Name:
Name:	Phone:
Phone:	Email:
Email:	Address:
Address:	
	Other
Your GAL (Guardian ad Litem)	Name:
Name:	
Phone:	
Email:	Address:
Address:	
Your Caseworker	
Name:	<u> </u>
Phone:	
Email:	
Address:	

