

***Helping YOU Transition to Adulthood:***

***Resources for New Jersey Youth***



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## Acknowledgements

This guide was created by members of the Children In Court Improvement Committee (CICIC) to provide resources for youth who were aging out of foster care. Today, ALL young people as well as those helping youth can find links in this guide to informative websites and helpful resources.

A special ***thank you*** to Rosheka Faulkner and Aylin Ovidio, ACNJ interns who completed the most recent update of this guide.

In addition, we want to acknowledge the foster care youth groups and Youth Advisory Board members and staff at the Office of Adolescent Services for their help with identifying the topics addressed in this guide and for their feedback on its structure, making the guide a more useful tool for youth.

And finally, we would like to express our gratitude to the many persons who provide resources and assistance to the young adult population. Thank you for your dedication to making life a little easier for our growing youth!

Your contributions and feedback on this guide are appreciated. Please direct that feedback to Mary Coogan at [mcoogan@acnj.org](mailto:mcoogan@acnj.org).

## Thank you!

You can find this guide and other helpful information for youth on the Department of Children and Families' website for youth at [www.NJYRS.org](http://www.NJYRS.org).

Last updated: July 15, 2019

*“Courage doesn’t always roar. Sometimes courage is the quiet voice at the end of the day saying, ‘I will try again tomorrow.’”*

*– Mary Anne Radmacher*

## Introduction

Dear Young Adult,

If you are between the ages of 14 and 18, this New Jersey guide serves as a useful tool to assist you through the transition into adulthood. The information in this guide outlines resources as well as people who are available and willing to help you plan for your future. Ultimately, we want you to reach adulthood successfully!

When we were developing this guide, there were three main objectives:

- 1) To support the concept that you are NOT alone as you journey into adulthood;
- 2) To give you resources that will make your transition into adulthood easier; and
- 3) To offer useful activities that will help you organize, focus, and make decisions regarding your future so that you can access the resources you need in a timely manner.

We want to encourage you to believe that YOU ARE more than able to fulfill your dreams, accomplish your goals, embrace new possibilities, and trust the process of growing and learning. As you read through this guide we want you to think about a few things:

- What are my immediate needs?
- What are my long-term desires?
- How can I best use these resources?
- After completely reviewing the guide: Where do I go from here?

**We hope that you find this guide helpful! In addition, if there are any New Jersey resources that are not included in the guide that you would like us to know about please email Mary Coogan at: [mcoogan@acnj.org](mailto:mcoogan@acnj.org). Also, please feel free to email us with your feedback, suggestions, and/or how you used the guide.**

## PART ONE:

### Transitioning: Know How to Make Your Goals and Dreams a Reality

#### Chapter 1: “To Do” Checklist:

Below is a checklist of tasks to focus on and complete to help guide you through your adolescent and young adult years. These tasks are for you to complete while you are in the age bracket listed below, but some tasks may overlap for different ages or may need to be repeated. (It is *OKAY* to repeat tasks if you need to).

It is important to complete each task in this chapter before you reach age 21. You will find boxes next to each task. When you have completed a task, place a check mark in the box. For tasks that you may need to complete more than once, place a check mark and note the date each time you complete the task for future reference.

### YOUTH “TO DO” CHECK LIST

#### Adolescents (Ages 14-15):

##### Education and Employment:

##### ☐ **I am Attending School Regularly and I am Supporting a Safe and Productive High School Environment**

It is VERY important that you finish school and get a high school diploma. Here are some helpful tips that will help you graduate from high school. After every marking period, look at the tips again to make sure you are following them. Place check marks in the box above each year to make sure you are attending and participating in school.

- **Monitor** your attendance. Attend school regularly – unless you are REALLY sick. If you need to miss a day of school, get a note from your doctor or guardian for the absence(s).
- **Do** your homework, projects, and classroom work. Homework is the easiest part of your grade, so turn in your homework when it is due. If you are having trouble doing the work, talk to your teacher and/or school counselor so that you do not fall behind in class, and can get the help you need.
- **Avoid** peer conflicts! **Avoid** peer pressure to use drugs! **Avoid** getting into fights! Be aware that fights and carrying drugs will lead to school discipline. Conflicts, drug usage, and fights can appear on your school record and may be sent to colleges when you apply. The use of drugs may prevent you from getting a student loan. Drugs and violence can keep you from being successful! **Be PEACEFUL and DRUG FREE.** If you are having trouble avoiding conflicts and staying away from drugs, you should reach out to your school counselor and ask for resources.

- **Respect** your teachers and do not fall asleep in class! There may be teachers who you may not like and class material that may be boring. However, you must respect your teacher so that you do not get in trouble or create problems for yourself or other students in your class.
- **Check-in** with your school counselor for class scheduling, local internships or volunteer positions, employment tips, scholarships and college information.
- **Stop bullying!** Do not get involved in or accept bullying. If you see someone being bullied or are bullied yourself, report it to your school bullying advocate or counselor. For more information and resources related to bullying, visit the following websites: <http://www.state.nj.us/education/students/safety/behavior/hib/>; [www.stopbullying.gov](http://www.stopbullying.gov)

### ☐ **I Have Explored the Options of Going to College or Pursuing Career and Vocational Training**

It is cheaper for a person to attend a career/vocational school and it takes less time to begin a career and full-time employment, as compared to attending college immediately after high school. Pursuing college however, allows you to pursue options that may not be accessible in vocational schools. See the section on *education and employment* to explore college options. Working while attending a career/vocational school is possible; and most programs offer full and part-time schedules. See Chapter 3 “New Jersey High Schools, Vocational High Schools, Colleges, & Universities” for more details. In addition, the private and public post-secondary vocational school database can be found at the following website locations: [www.rwm.org/rwm/tf\\_newj.html](http://www.rwm.org/rwm/tf_newj.html), and <http://www.state.nj.us/nj/education/students/career/>

### ☐ **I Have Discussed With My Caseworker at the Division of Child Protection and Permanency (CP&P) How I Can Obtain Life Skills**

If you are a CP&P (formerly known as DYFS) involved youth, talk with your CP&P caseworker about getting involved in your county’s “Life Skills Training Program” and how to be referred. Contact information for county programs can be found at <http://www.njyrs.org/resources/>

If you are not involved with CP&P, communicate with your school counselor on how you can obtain the necessary skills you need to become a productive and successful adult. Some schools have a School Based Youth Service Program (SBYSP) and provide skills training. Ask your school counselor about whether your school has a SBYSP or identify the SBYSP in your county at this website <http://www.state.nj.us/dcf/families/dfcp/>.

### ☐ **I am Preparing for the SATs**

Most colleges require that students take SATs or ACTs as part of the application process. You should study and take the SAT and ACT even if you decide not to attend college! There are prep classes you can take and practice books you can purchase to study on your own. Ask your school counselor for additional resources and help. Visit the following websites to find out about SAT prep courses: [www.princetonreview.com](http://www.princetonreview.com), [www.number2.com](http://www.number2.com), and [www.kaptest.com](http://www.kaptest.com).



If you cannot afford to take a class, you can still study on your own using a prep book with sample exams and helpful instructions. Visit the following websites to buy a book to prepare for SATs and ACTs: [www.amazon.com](http://www.amazon.com) and [www.barnesandnoble.com](http://www.barnesandnoble.com). And if you are a CP&P involved youth, ask your caseworker about funds that may be available to help you with your SAT/ACT preparation.

Lastly, visit the following website to learn more about requesting an SAT Fee Waiver available to lower-income students in need of additional financial assistance:  
<https://collegereadiness.collegeboard.org/sat/k12-educators/advising-instruction/requesting-fee-waivers>.

### ☐ **I Have Successfully Completed a Life Skills Assessment**

The Casey Life Skills Assessment is an assessment completed by you and your guardian or caregiver to identify the life skills you already have as well as the skills you need help developing in order to become self-sufficient. The assessment is based on the responses that you and/or your caregiver provide. The Casey Life Skills Assessment is available at <https://caseylifeskills.secure.force.com/> and should be completed each year. The website is open to everyone and has many resources that you may find helpful.

### ☐ **I Have Identified My Life Goals and Explored Possible Careers**

Visit New Jersey Career Connections at <http://careerconnections.nj.gov> and [www.njnextstop.org](http://www.njnextstop.org) to learn more about career and work opportunities in New Jersey. Visit [www.oedb.org](http://www.oedb.org) for information about online learning opportunities. This website will also help you find colleges and universities that offer the degrees that match your career interests.

Complete Activity One in this resource guide to identify and discover goals, interests, and strengths about yourself. Then complete Activity Three to help you match the career that best fits you.

### ☐ **I Have Collected My Working Papers**

In order to work while you are younger than 18 years old, you will need an employment certificate which is also called “working papers”. You can get working papers from your school’s main office and you will need signatures from a school official, your guardian, your new employer (or manager at your job), and a doctor to get your working papers.

## **Preparing for Adulthood:**

### ☐ **I am Forming/Maintaining Respectful Family Relationships**

A family can be close friends, biological/adoptive family, caretakers or anyone that is important to you. It is important to know who these positive people are and how to maintain these good relationships. To learn about what is cool and what is not cool when you meet new people and learn how to build on those relationships visit [www.thatnotcool.com](http://www.thatnotcool.com). You can also download a document to help you identify and

strengthen important relationships and caring connections in your life at <https://www.fosterclub.com/training/fosterclubs-permanency-pact>

### ☐ **I am Surrounding Myself With Positive Friends**

If you are involved with CP&P or are homeless, you can meet other young people around the state by joining a Youth Advisory Board (YAB). To obtain a list of YABs by county call 1-609-888-7100 or visit NJ Youth Resource Spot, [www.NJYRS.org](http://www.NJYRS.org). Another community youth network is NJ Youth 4 Youth. Contact Randi Mandelbaum for details about NJYouth4Youth at 973-353-3271 or go to [www.NJYouth4Youth.net](http://www.NJYouth4Youth.net). If you are involved with a Care Management Organization (CMO) you can also get involved with the Youth Partnerships through your local Family Support Organization listed here: <http://www.state.nj.us/dcf/families/support/support/>.

Even if you are no longer involved with, or you were never involved with CP&P/DYFS or a CMO, you should learn about the school and community groups that are active. Find out how you can join them to meet new people! A great first step is to talk to your school counselor about school clubs or activities or visit your town's department of recreation website.

### ☐ **I am Learning About Healthy Relationships**

You may start getting involved in romantic relationships. Be aware that there are state laws that do not allow adults over age 18 to engage in sexual intercourse with someone who is under the age of 18. These are called "statutory rape laws" and the laws and penalties are different in every state. For statutory rape laws and penalties by state visit <http://www.cga.ct.gov/2003/olrdata/jud/rpt/2003-r-0376.htm>

It is important to always respect your partner and yourself. You should always feel safe and comfortable in your relationship. You have the right to decide how you will move forward with your relationship. If you are concerned about how your partner treats you, you should talk to a trusted adult. You can also contact the National Dating Abuse Helpline, which is available 24 hours a day, at 866-331-9474. All calls and chats are anonymous and confidential. Visit [www.loveisrespect.org](http://www.loveisrespect.org) for further information and to chat online from 4pm-12am CST or please visit [www.breakthecycle.org](http://www.breakthecycle.org).

### ☐ **I am Adopted and Have Entered into the Adoption Registry**

The Adoption Registry can help you get in contact with your birth family members. If you were adopted in New Jersey through CP&P, you may be able to get information about your birth family through the Adoption Registry. The Adoption Registry can help you contact your birth family members and can help you with the following services: registration, non-identifying background information, limited search services, information and referrals.

If you have been adopted and would like information regarding your biological family, complete an adoption registry application. In order to obtain any information, you must



be the age of majority (18) unless your adoptive parents give consent and complete an application, which can be obtained from the Registry. You should update the application each time when last names, current addresses or phone numbers change. To contact the staff of the Registry please email [dcfadoptionregistry@dcf.state.nj.us](mailto:dcfadoptionregistry@dcf.state.nj.us) or call 609-888-7474. For more information visit: [www.nj.gov/njfofosteradopt/adoption/registry/](http://www.nj.gov/njfofosteradopt/adoption/registry/).

## **Adolescents (16-17) and Young Adults (18-21)**

### **Education and Employment:**

#### ☐ **I Shared My Career Interests and Goals with My School Counselor**

Talking with your school counselor about your education and employment dreams is extremely important. School counselors and other school professionals are responsible for helping you select further educational and employment options and are knowledgeable of the resources that will meet your specific needs. You should schedule an appointment with your school counselor to discuss future plans and keep in contact to stay updated on other opportunities available based on your interests.

#### ☐ **I Have Selected a Possible Career Path**

Be true to yourself! Select a career path or several possible career options that you believe will make you happy. Then, take action to get the necessary skills, training, or education you need to reach your goals. If you decide to attend college or would like to pursue further training after high school, start researching schools that offer programs in your area of interest. Links to websites that list different schools, colleges, and programs that provide learning opportunities in NJ can be found in “Chapter 3: New Jersey High Schools, Vocational High Schools, Colleges, & Universities” of this resource guide and in “Chapter 5: Employment Opportunities”.

#### ☐ **I Have Found Programs That Will Help Me Prepare for College**

If you are a current or former CP&P involved youth or you are homeless, attend “A Night with New Jersey Foster Care (NJFC) Scholars Program” which is run by Foster and Adoptive Family Services (FAFS). These events are scheduled year-round and held throughout the state of New Jersey at various housing and life skills programs, high schools, and community centers. During the event, FAFS staff provide assistance with completing the free application for Federal Student Aid (FAFSA) and the NJFC Scholars Program application. The staff will answer questions you may have about attending a career/vocational/technical school, two-year college, four-year college, or university. For more information about these events or to schedule an event in your area, please contact Ebony Lenard at 609.520.1500 ext.318 or at [elenard@fafsonline.org](mailto:elenard@fafsonline.org).

You can also speak with your guidance or college/career counselor about college fairs or college nights held at your high school or in your area. They are usually held in the fall or spring during the evening hours and often while school is in session.

## ☐ I am Participating in a Work Experience or I Have Found a Job & Know my Employment Rights

Work experiences are types of experiences that build or enhance the knowledge and skillsets of job seekers and explorers. Work experiences allow individuals to practice and/or strengthen “soft skills” such as team work, communication and technical aptitudes (i.e. Microsoft word, excel, access, powerpoint, outlook, etc.). During work experiences, there may be opportunities to speak with business owners, supervisors and employees to ask questions about the industry, different occupations within the industry and/or the skills most needed to succeed in the industry. As such, work experiences can be very helpful when deciding on the right job industry to work in or occupation to use for entry into a future career. See Chapter 5 “Employment Opportunities” for more details.

Some examples of work experiences include the following:

- ***Paid and Unpaid Internship/Externships***
- ***Volunteering***
- ***On the Job Training***

***Internships/externships:*** Internships are pre-professional experiences that provide an opportunity to gain relevant knowledge and skills prior to starting out in a particular career field. Internships can be found at businesses, non-profit organizations and government agencies. It is recommended to set goals related to what you want to achieve by the end of your internship experience. Draw up a list of local places that you would be interested in working for; contact their human resources offices (*via email or phone*) and ask about internship opportunities. You can identify local businesses, non-profit organizations and government agencies utilizing **New Jersey Career Assistance Navigator** ([www.njcan.org](http://www.njcan.org)), an online employment guidance system that offers important information to support career and employment preparation.

***Volunteering:*** Community Service/Volunteerism is the principle that an individual or a group of individuals will donate their time and energy as a civic responsibility. These types of activities are performed for the benefit of the community and are coordinated with public entities such as nonprofit organizations, government entities, community and faith based organizations.

It is important to first set goals regarding what you hope to achieve from the experience and what skills you would like to learn or strengthen when volunteering. If possible, make sure that the experience can relate to your career interests. While volunteering may be unpaid work, you can learn useful skills, expand your social network, and have experience to put on your resume. Here are links to volunteer opportunities in NJ: [www.volunteernewjersey.org](http://www.volunteernewjersey.org); [www.jerseycares.org](http://www.jerseycares.org) and [www.volunteerconnectnj.org](http://www.volunteerconnectnj.org).

Working helps you to look into careers and determine whether you like that area of work. In order to help you get employment, visit a One-Stop Career Center nearest you. To find a career center visit: [www.careeronestop.org/](http://www.careeronestop.org/) or a job: <http://careerconnections.nj.gov>. To learn more about laws and regulations concerning work hours and wages, visit [http://lwd.dol.state.nj.us/labor/wagehour/lawregs/child\\_labor\\_law.html](http://lwd.dol.state.nj.us/labor/wagehour/lawregs/child_labor_law.html)

## **Preparing for Adulthood:**

### ☐ **I Have Learned Budgeting Skills**

Learning how to budget and manage money is very important. Talk to the trusted people in your life about how to budget money. Learn how to save money and how to not spend more than you are earning. Review “Chapter 6 Financial Assistance” in this guide for more information. These websites can help you with money management:

<http://moneyandstuff.info/teens/> and <https://www.fdic.gov/consumers/education/>

### ☐ **I Studied for and Passed My Driver’s Permit Test**

New Jersey’s driver education booklets are available at your local Motor Vehicle Commission (MVC). These booklets will help you prepare for taking the written driver’s exam. If you have any questions, ask your driver’s education instructor or contact the closest MVC. For MVC locations by county please visit: [www.state.nj.us/mvc/Location/](http://www.state.nj.us/mvc/Location/).

### ☐ **I Investigated Whether I’ll Have Medical Insurance Coverage at 18**

If you are a CP&P involved youth, talk with your caseworker and/or guardian about medical insurance options for persons between the ages of 18-26.

If you are not a CP&P involved youth, investigate if you are eligible to receive medical coverage in New Jersey until the age of 26 or 31. For information, visit the Department of Banking and Insurance website at [www.state.nj.us/dobi/division\\_consumers/du31.html](http://www.state.nj.us/dobi/division_consumers/du31.html). Also, read “Chapter 7: Medical/Behavioral Health/Counseling” of this resource guide for extra information.

### ☐ **I am Broadening My Social Network**

If you are a youth involved with CP&P, you can visit national network websites for young people in foster care: [www.fosterclub.com](http://www.fosterclub.com) and [www.fostercarealumni.org](http://www.fostercarealumni.org).

Regardless of whether you are a CP&P or non-CP&P involved youth, look for volunteer opportunities, community activities, and a chance to join school clubs. Ask your school counselor for opportunities. Also, see Chapter 8 for additional networking websites.

### ☐ **I Have Found a Positive and Influential Mentor**

Mentoring programs have been created throughout the state of New Jersey to ensure that young adults transitioning from adolescence to adulthood are receiving positive role models and support. Research local mentoring programs or ask your school counselor. If you are a CP&P involved youth, ask your caseworker to make a referral to a mentoring program. Complete Activity Four when you have a positive mentor in your life.

## **Additional Services and Programs:**

### ☐ **I am or Was a Youth Involved With the Division of Child Protection and Permanency (CP&P) and I am Aware of Wraparound Funding and Aftercare Services**

Youth aged 18-21 who are within 6 months of closing their CP&P case can be referred to an aftercare program by their CP&P worker. Youth who have closed a CP&P case and are not yet 22 can refer themselves to an aftercare program. These programs can help you with jobs, housing, and post-high school education when your CP&P case is closed or will soon be closed. Participating in an “Aftercare Program” may allow a youth to have access to “wraparound funds” for short-term related expenses. See “Chapter 6: Financial Assistance” for further information about getting “wraparound funds”. Go to [www.NJYRS.org](http://www.NJYRS.org) to identify aftercare programs.

### ☐ **I am Aware of the Voluntary Services Agreement**

Youth aged 18-21 who want continued services from CP&P may enter into an agreement with CP&P to receive such services in exchange for completing specific requirements. For more information about Voluntary Services Agreements, see “Chapter 6: Financial Assistance.”

### ☐ **I am Aware of Independent Living Placements/Arrangements and the Independent Living Stipend**

Youth aged 16-21 who are unable to find a suitable placement may reside in an independent living placement or arrangement and may receive an independent living stipend through CP&P. An independent living placement can help you get independent, safe, CP&P approved housing when there are no other suitable housing alternatives. The independent living stipend provides eligible youth living independently with monthly monetary allowances from CP&P, including: rent, food, incidentals, and clothing. See “Chapter 6: Financial Assistance” for more information about independent living placements or arrangements and obtaining an independent living stipend.

## ACTIVITY ONE:

*"The discipline of writing something down is the first step toward making it happen."*

*-Lee Lacoca*

List your goals and desires:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

What are the top five tasks you want to do in the next 5 years?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

What are five characteristics that you like about yourself?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

What are habits that you need to work on?

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What do you like to do (hobbies, recreational activities, etc.)?

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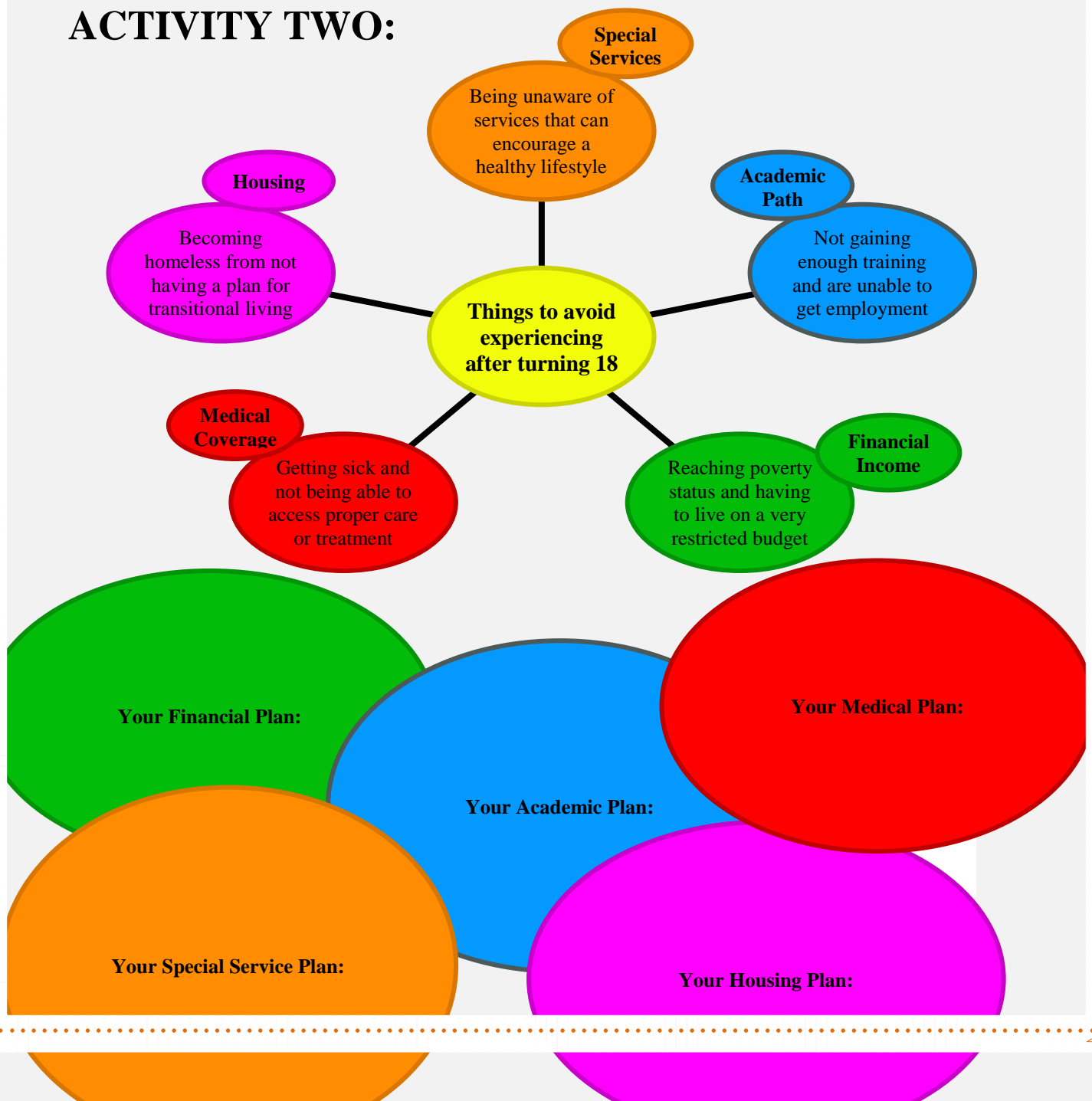
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What kinds of things are you good at?

## Chapter 2: Transition to Adulthood

Happy 18<sup>th</sup> birthday! It is exciting to officially be considered an adult and to be able to work towards your future goals. Along with all of the excitement, there are some new responsibilities. This chapter provides two lists that tell you what CAN and CANNOT be done once you turn 18. Also, please complete Activity Two below by reading the messages in the colorful circles. Then write in each blank circle under the diagram your plan on how you will avoid experiencing these hardships. Visit appropriate chapters in this guide to assist you.

### ACTIVITY TWO:





# 18-Year-Old Guideline Charts

## What You CAN DO As An 18-Year-Old

1. Vote in federal, state, and local elections and serve as a jury member
2. Be elected for county and local office
3. Sign a legal and enforceable contract
4. Legally sue a person/company or be sued
5. Obtain individual medical and dental care without legal parental consent
6. Sign up for "Medicaid Extension" even if you are a CP&P youth.
7. Access a copy of your birth certificate
8. Obtain a resource family parent license and potentially foster or adopt a child
9. Register to enter the military service/armed forces without legal guardian consent
10. Get married without legal guardian consent
11. Get a tattoo and/or body piercing without legal guardian consent
12. Buy a lottery ticket
13. Obtain an unrestricted drivers' license
14. Get a Commercial Drivers' License (CDL) and operate or drive a large passenger vehicle or heavy goods vehicle
15. Work without age labor law restrictions
16. Open a bank account without having a "co-signer"
17. Obtain academic school records
18. Buy and sell real-estate and stock
19. Professionally study internationally
20. File and pay taxes
21. Create a Will and/or Living Will and can declare if you want your organs donated or used in scientific study.
21. Are legally classified as "an adult" in ALL USA states and will be prosecuted as an adult for any criminal activity, which may result in going to jail rather than a juvenile facility

## What You CANNOT DO As An 18-Year-Old

1. Cannot legally purchase or drink alcohol
2. Cannot legally purchase cigarettes or tobacco in New Jersey
3. Cannot gamble at a casino
4. Cannot keep a criminal record "private"
5. Cannot get out of a contract due to age
6. Cannot seek CP&P protection or services from abuse or neglect unless in a CP&P program or have an "open case"
7. Cannot supervise a "learner driver" in any vehicle
8. Cannot enter 21+ bars and clubs
9. Cannot rent or drive a "rental car"
10. Cannot obtain an airline transport pilot's license in order to operate an airplane, helicopter, and/or gyroplane



## JOURNAL PAGE

NOTES: \_\_\_\_\_

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FEELINGS: \_\_\_\_\_

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THOUGHTS AND IDEAS:

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## QUESTIONS:

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## ACTIVITY THREE:

**Instructions:** Of the options provided, pick the top three careers that appeal to you the most. When you have completed this task, review the answer sheet on the following page to see what area of study your interest align with most.

### Career Options

- A. Fashion Design, Interior Design, Photography, Digital Arts, Animation, and more...
- B. Avionics, Airframe, Powerplant Management, Aerospace Engineering, and more...
- C. Cosmetology, Hair Design, Skin Care, Esthetics, Makeup, Nail Technology, and more...
- D. Accounting, Marketing, E-commerce, Admin. Support, Management, and more...
- E. Court Reporting, Criminal Justice, Paralegal, Legal Office Admin., Law Enforcement and more...
- F. Culinary, Baking & Pastry, Hospitality & Restaurant Management, and more...
- G. Elementary Education, Secondary Education, and more...
- H. Nursing, Dental Hygiene, Medical Assisting, X-Ray Tech., Medical Billing & Coding, and more...
- I. Nursing, Dental Hygiene, Medical Assisting, X-Ray Tech., Medical Billing & Coding, and more...
- J. Massage Therapy, Nutrition, Personal Trainer/Fitness, Holistic Health, Physical Therapy, and more...

K. Software Development, Networking, Information Technology (IT), Web Development, and more...

L. Auto Body Tech., Automotive Tech., Electrician, HVAC, Welding, and more...

M. Animal Training, Casino, Sports Writers, Bartending, Travel Agent, and more...

Answers: Health Care (H); Arts /Design /Fashion (A); Liberal Arts/General Studies (I); Technology/Computers (K); Massage/Spa/Wellness (J); Education (G); Criminal Justice (E); Business (D); Aviation (B); Trade (L); Unique & Alternative Careers (M); Culinary Arts (F); and Beauty (C)

### **After Completing Activity Three:**

**What are the top three areas of study you may want to pursue?**

1.) \_\_\_\_\_

2.) \_\_\_\_\_

3.) \_\_\_\_\_

**What are five career options you would like to further research?**

1.) \_\_\_\_\_

2.) \_\_\_\_\_

3.) \_\_\_\_\_

4.) \_\_\_\_\_

5.) \_\_\_\_\_

*The best gift you can give to yourself is  
challenging yourself*

*-Usama F*

## PART TWO

### Education and Employment: Discover all the Resources Available for You

#### Chapter 3: New Jersey High Schools, Vocational High Schools, Colleges, and Universities

In this chapter, you will learn about different educational options. It is important that you complete high school so that you can get a good job. It is also important to know that some jobs may require additional schooling or training. As you read this chapter, think about your own career goals. Also think about taking action to talk to someone you trust about your thoughts, and call a school or training program that you are interested in attending to set up a visit and learn more.

#### High School

**High Schools** teach students in grades 9 through 12. Different types of schools include public schools, charter schools, and alternative schools. Public schools are the schools run by each town or city to provide education for the children living within the community. Charter schools are public schools formed by parents, teachers, or community groups to provide a different way of teaching youth. You can only attend a charter school if you are selected through a lottery drawing or by submitting an application to a nearby charter school (depending on charter school and area). Alternative high schools are for students who have not been successful in general education programs or are at risk of failing school. To find more information about schools in your area, contact your local school district.

Find a NJ public school by county or district here:  
<https://homeroom5.doe.state.nj.us/directory/>

#### NJ Vocational High School

**Career/Vocational Schools** teach youth about different jobs such as mechanics, carpentry, plumbing, cooking skills, computer skills, and construction while earning a high school diploma. The goal of vocational high school is to prepare students to be successful and capable of caring for their well-being. In order to reach that goal, many vocational schools offer internships,

*“All successful people men and women are big  
dreamers. They imagine what their future could  
be, ideal in every respect, and then they work  
every day toward their distant vision, that goal or  
purpose.”*

*- Brian Tracy*

public education, college credit programs, and other school-to-career programs. New Jersey has 21 counties with vocational high schools that offer full or part-time programs and two or four-year training to students in grades 9 through 12.

If you would like to learn a trade while in high school, look for vocational schools in your area at [www.publicschoolreview.com/state\\_vocationals/stateid/NJ](http://www.publicschoolreview.com/state_vocationals/stateid/NJ). Usually there are few openings in these types of schools, so you should look into these programs early. You should apply in eighth grade if you plan to participate in a one-year program, and you should apply in ninth grade if you plan to participate in a two-year program.

*"All our dreams can come true, if we have the courage to pursue them ... If you can dream it, you can do it."*  
- Walt Disney

## **Higher Education (College and University)**

- A. **Two-year Colleges (junior colleges, community colleges)** are schools of higher education where you can complete a certification program, earn an Associate's degree, or begin the first two years of study to later enter a four-year college program. Community colleges generally do not provide housing.

**Find a community college here:** [www.communitycollegesinnewjersey.com/](http://www.communitycollegesinnewjersey.com/)

- B. **Four-year Colleges** are schools of higher education where you can complete a Bachelor's degree or certification program in preparation for a career. Four-year colleges generally have housing on campus. **Find a NJ four-year college here:**

[www.collegesinnewjersey.com/](http://www.collegesinnewjersey.com/)

[http://www.state.nj.us/highereducation/colleges/schools\\_sector.htm](http://www.state.nj.us/highereducation/colleges/schools_sector.htm)

- C. **Universities** are large schools of higher education where you can complete a bachelor's degree, master's degree, or doctoral degree. Universities generally offer on campus housing when classes are in session.

**Find a NJ University here:** [www.collegesinnewjersey.com/](http://www.collegesinnewjersey.com/);

[http://www.state.nj.us/highereducation/colleges/schools\\_sector.htm](http://www.state.nj.us/highereducation/colleges/schools_sector.htm)

**For a listing of all two-year and four-year NJ colleges and universities, visit:**

[http://www.state.nj.us/highereducation/colleges/schools\\_sector.shtml](http://www.state.nj.us/highereducation/colleges/schools_sector.shtml)

## **NJ Private & Public Vocational /Trade School**

In every county in New Jersey, there are public adult vocational school programs. New Jersey also offers basic skills, English as a Second Language (ESL), and High School Equivalency Programs (HSE), such as General Education Diploma (GED) programs. These programs are offered by adult education schools that are located in every county at little or no cost. There is also a large selection of vocational/career programs that charge tuition and fees that vary by course and program. This way of teaching provides training (including guidance, counseling and placement assistance) at different levels of employment, including semi-skilled and skilled workers, technicians and paraprofessionals. The specific programs differ by county; however, the purpose of every program is to provide students with educational opportunities to learn the skills necessary to enter into and compete in the labor market. Financial aid is available to students who apply and qualify.



For an adult, going to a career/vocational school can be cheaper than attending college and a shorter path to a career and full-time employment. Also, working while going to a vocational school is easier, since most programs are offered in the day or evening and on a full or part-time basis.

Anyone who has a high school diploma or high school equivalency certificate (HSE) and is at least 18 years of age can attend the adult education vocational and technical school. Some schools require young adults to take a test before entering their program. A small number of courses do not require a high school diploma, HSE or GED and a few allow admission beginning at age 16, with parental consent. In general, you are given the opportunity to attend this school before someone from another county. If the classes are not full, then other non-county residents can attend.

The private and public vocational school database can be found at the following website location [www.rwm.org/rwm/tf\\_newj.html](http://www.rwm.org/rwm/tf_newj.html). This database provides access to both private and public vocational/technical schools listed by program and by city. This will help you access the vocational/technical schools that offer the specific career option of interest.

### **NJ Career, Business, and Computer Schools**

1. Find a specialized career, business, or computer school here:  
[www.careerschoolsinnewjersey.com/](http://www.careerschoolsinnewjersey.com/)
2. [www.businessschoolsinnnewjersey.com/](http://www.businessschoolsinnnewjersey.com/)
3. [www.computerschoolsinnewjersey.com/](http://www.computerschoolsinnewjersey.com/)

## **Chapter 4: Academic Scholarships**

Further your education! There are so many possibilities of where and how you can further your education after high school. However, reality might settle in – how am I going to pay for it? Is it possible to make it work? One way to make it work is to apply for financial aid and scholarships!

There are many scholarships that are available to students based on their experiences, geographic location, gender, race, chosen course of study, whether you were or are presently in foster care, were adopted, have a disability, or other factors. This chapter will provide you with the tools you need to try and access various scholarships and financial aid to help you pay for school.

### **Checklist to Help Ensure that You Receive Student Aid and Scholarships**

☐ **I Completed the FAFSA.** All applications for student aid forms for college or other post-high school education begin with completing the FREE application for Federal Student Aid (FAFSA). This form has to be completed by June 30<sup>th</sup> of your senior year in high school to be considered for the maximum amount of aid, as well as every year you are enrolled in a college. For 2018-2019 college applicants, the FAFSA will open early on October 1<sup>st</sup>, 2017. This will give you more time to submit your information and for processing. For more information, visit the FAFSA website at: [www.fafsa.ed.gov/index.htm](http://www.fafsa.ed.gov/index.htm).

☐ **I Searched for Scholarships.** Know the common and local types of scholarships that are available to students of your current academic level with the main purpose of finding two or more scholarships that match your plan and student description. Example: Foster care youth have the option to apply for scholarships specifically offered to youth who have transitioned from the Division of Child Protection and Permanency (CP&P) system. [www.collegescholarships.com](http://www.collegescholarships.com)

Make a list of your political and/or community topic interests, sports and hobbies, passions, skills, unique qualities and/or experiences, social clubs and affiliations, highest grade level achieved and grades! Then search for scholarships where the student applicant requirements match items from your list.

☐ **I Located Each College's Financial Aid Office.** Contact the office and make an appointment with a financial advisor to find out the most up-to-date financial aid information as well as scholarships for which you might qualify. Do not wait until the last minute to apply!

## **Aid and Scholarships**

- **The SmartStudent™ Guide to Financial Aid:** This online resource provides complete information regarding financial aid, scholarships, loans, military assistance, and more. For more information visit: [www.finaid.org](http://www.finaid.org).
- **New Jersey Foster Care (NJFC) Scholars Program:** The goal of the NJFC Scholars Program is to provide funding for eligible youth who have experienced foster care, adoption, and kinship legal guardianship, as well as youth living in transitional programs and homeless youth to pursue a post-secondary education at an accredited two-year or four-year college, university, trade or career school. The student must be between the ages of 16-23 and meet one of the following eligibility criteria: (1) was in a CP&P out-of-home placement for 9 months or more after their 16th birthday or 18 months or more after their 14th birthday; (2) was adopted through CP&P after their 12th birthday; (3) was in an out-of-home CP&P placement and left to enter KLG after their 16th birthday; or (4) resides in or has resided in an independent living arrangement or transitional living program that is operated or approved for payment by CP&P, the federal government pursuant to the Runaway & Homeless Youth Act, or the New Jersey Homeless Youth Act.

In addition, the student must have a high school diploma or high school equivalency degree and be admitted to a degree or certificate granting post-secondary institution that has been accredited to receive Title IV funding. The two sources of funding used by the NJFC Scholars Program are the Education Training Voucher (ETV) and the State Tuition Waiver program. Each source of funding has its own eligibility criteria. If a student is approved for ETV funding, a maximum of \$5,000 per academic year may be awarded to a full or part-time student attending a public or private school, in-state or out-of-state. If a youth is approved for the State Tuition Waiver Program, funding will be provided to cover the cost of tuition and fees (after federal financial aid has been applied) for a full-

time student at a New Jersey public institution. For more information please contact Foster and Adoptive Family Services at 800-222-0047 or visit: [www.fafsonline.org](http://www.fafsonline.org).

- **“A Night with the NJFC Scholars Program”**: If you are a current or former CP&P involved youth, living in a transitional living program, or you are homeless, please attend the event called “A Night with the NJFC Scholars Program.” These year-round events are hosted by Foster and Adoptive Family Services (FAFS) and held throughout New Jersey at various housing and life skills programs, high schools and community centers. During the event FAFS staff provide assistance with completing the FREE application for Federal Student Aid (FAFSA), the NJFC Scholars Program application, and answer any questions you may have related to your post-secondary education plans. If you would like more details about these events or would like to schedule an event in your area please contact Ebony Lenard at 800-222-0047 ext. 318 or [elenard@fafsonline.org](mailto:elenard@fafsonline.org). For more information call 800-222-0047 or visit [www.fafsonline.org](http://www.fafsonline.org).
- **Foster Care to Success (FC2S)**: Partners with organizations, foundations, and individuals to deliver scholarships to foster youth across the country. FC2S provides grants for tuition and supplies, living stipends and emergency funding for unexpected expenses. They also provide academic coaches, personal mentors, care packages and internship opportunities. For information, visit: <http://www.fc2success.org/programs/scholarships-and-grants/>
- **The National Foster Parent Association Youth Scholarship**: Offers scholarships to foster youth for college, vocational training schools, correspondence courses, and GED prep programs. They award five scholarships of \$1,000 each. Three are awarded to foster youth and two are awarded to birth or adoptive children residing in a foster home. To apply you must complete the application, obtain two letters of recommendation, and write an essay. For information visit: <http://nfpaonline.org/nfpascholarship>.
- **The Higher Education Student Assistance Authority (HESAA)**: Provides NJ grants and scholarship information, offers tips for when selecting a college and applying, gives definitions of the different student loan types, and more. For more information, visit: [www.hesaa.org](http://www.hesaa.org)
- **The Online Education Database (OEDb)**: Provides career descriptions, college and university degree program information, and more. The website also lists different specialty scholarships, subject/degree-based, ethnicity-based, and religion-based scholarships, as well as scholarships based on the degree type and educational level you are pursuing. For more information, visit: [www.oedb.org/scholarship/new-jersey](http://www.oedb.org/scholarship/new-jersey).
- **New Jersey Career Assistance Navigator (NJCAN)**: Allows you to create a username and password to begin your education and career experience. In the “Education” tab, select “Where can I get help paying for school?” The option allows users to select specific criteria (demographics, special population, interests, etc.) to generate a list of all active scholarships currently posted. Visit: <http://www.njcan.org> for more information.

- **Onward & Upwards:** An organization to help adolescents find scholarships and other financial resources to assist foster youth paying for higher education. The site includes complete scholarship listings found through organization resources and links to research on transition and other information for foster youth and their education. Visit <http://onwardandupwards.org/> for more information.
- **Stateuniversity.com:** Provides a list of scholarships and funding options for a diverse group of individuals. Scholarship and program descriptions, requirements, deadlines, contact information, and recipient responsibilities are listed after clicking the links of the scholarship offered. A list of NJ scholarships can be found by visiting: <http://www.stateuniversity.com/financial-aid/>
- **CollegeScholarships.org:** Offers lists of scholarships by categories, such as “Foster Children.” View the categories that apply to you, please visit: <http://www.collegescholarships.org/>.

#### **Checklist To Complete Financial Aid and Scholarship Applications/Forms:**

☐ **I am aware of all deadlines.** It is important to know that deadlines can change. Keep track of the deadlines through the scholarship websites.

☐ **I carefully read all eligibility requirements.** Take the time to carefully read through the requirements because there may be scholarships for which you will not be eligible. If you are unclear on whether you qualify, contact the scholarship provider.

☐ **I proofread my application.** Do not assume that a question simply does not apply to you. Answer all of the questions on the application to the best of your ability. Make sure that your answers make sense, directly answer the question asked, and contain accurate information. Double-check for spelling and grammar errors!

☐ **I have letters of recommendation.** Make sure that each person writing a letter of recommendation for you has been given advance notice so that he/she will not rush to write your letter. People who are given advance notice most likely will be: (1) willing to write a letter for you; (2) produce a high-quality recommendation; and (3) may seek your input. Before selecting your recommender(s), consider what this reference person can write about. Think: What can this person express in my letter that will appeal to the scholarship application reviewers? When picking a reference, asking a coach or teacher who knows you well is a better choice than selecting someone who has not known you for long. Choose people who seem to be fair, objective, skilled in writing, and who want to see you reach your goals. After getting your letter(s), it is very important that you write thank you cards for your recommenders.

- |  |
|--|
| <input type="checkbox"/> <b>I have given myself enough time to write and proofread the essay(s).</b> Make sure you really answer the question asked and proofread carefully. Having someone else look at your essay is a good idea. Show that you are serious by taking your time. Answer the essay(s) in an organized, thoughtful, and creative manner. |
| <input type="checkbox"/> <b>I have carefully and honestly completed each application.</b> Do not just copy and paste your answers from one application to the next. Honesty is very important and many scholarships will require proof of activities.  |
| <input type="checkbox"/> <b>I have given myself enough time to collect all application documents.</b> Documents may be required from your school, work, volunteer positions, etc. Make sure that you allow for enough time for documents to be delivered before the deadline.  |
| <input type="checkbox"/> <b>I have mailed all materials that must be directly sent.</b> The post office will make sure that you have correct postage. Do not make the scholarship pay for postage due and do not miss a scholarship application deadline because your package was returned to you.   |

## Chapter 5: Employment Opportunities

Finding a job can sometimes be a job in itself! The job search process can be short or very long and includes planning, research, highlighting your skills, networking and self-advocacy.

**Persistence and a lot of effort increases the likelihood of gaining an employment opportunity.**

Searching locally can be a great start. Visit your local neighborhood stores and ask if anyone is hiring. Even if they are not seeking new employees, ask for an application. Employers can keep your application on file and contact you if a position becomes available. Check back to remind them you are still interested in working.

Maybe you have been looking for work for a while and have not been successful. Gaining work experience will increase your chance to get employed. Go to the beginning of this guide “Part One – Youth “To DO” Check List - Preparing for Adulthood: I am Participating In a Work Experience” to read more about work experiences.

Below are resources and links to help you explore careers, employment programs, trainings and identify job opportunities.

### **Career Exploration, Training Opportunities & Job Search**

- **New Jersey Career Connections:** A site that provides direct access to career resources for NJ residents. The site has a directory of training programs, information on careers, advice and guidance in the planning, preparation and realization of employment goals. For more information, visit <http://careerconnections.nj.gov>.



- **NJ Department of Labor and Workforce Development:** A great website that can help you explore employment opportunities. This website offers resume tutorials, a cover letter template, links to scholarship and loan websites, salary details based on occupation, and more. Also the Department of Labor administers other helpful website resources ([www.njnextstop.org](http://www.njnextstop.org) ; [www.careeronestop.org/](http://www.careeronestop.org/)).
- **One-Stop Career Centers:** Helps youth and young adults ages 14-24 find employment, and connect with resources for training, career development and job searches. On site resources include career resources rooms, copy machines, telephones, fax machines, internet access and personal computers. Additional resources include career assistance/counseling, tuition waiver, GED/ESL classes, On the Job Training, and job market information. For more information on the 29 locations across New Jersey or to find your local One Stop Career Center, visit [http://careerconnections.nj.gov/careerconnections/plan/support/njccsites/one\\_stop\\_career\\_centers.shtml](http://careerconnections.nj.gov/careerconnections/plan/support/njccsites/one_stop_career_centers.shtml)
- **Division of Vocational Rehabilitation Services (NJDVRS):** Helps individuals with disabilities prepare for, get, and keep a job. DVRS counselors can consult with students as young as 14 regarding vocational planning. Youth can apply for services up to 2 years prior to leaving high school. For more information and to get a list of the local DVRS offices, call DVRS Central Office at (609)-292-5987 or visit, <http://lwd.dol.state.nj.us/labor/> and click on link for Individuals with Disabilities.
- **Job Corps:** A free job training and educational program. Youth aged 16-24 years old can receive guidance in getting a high school diploma or GED, learn necessary job skills, and gain assistance in finding and keeping employment. For more program information, visit: [www.jobcorps.gov](http://www.jobcorps.gov) or call (800)-733-5627.
- **New Jersey Youth Corps:** A voluntary program that engages young adults (ages 16-25) in full-time community service, training, and educational activities. Youth are engaged in orientation, academic and community activities for 16 week cycles throughout the year. Benefits include a stipend (\$100/week), education development, life skills, personal and career counseling, an opportunity to obtain a driver's license and membership in the New Jersey Youth Corps Alumni Association. For more information, visit [http://careerconnections.nj.gov/careerconnections/plan/foryou/youth/new\\_jersey\\_youth\\_corps.shtml](http://careerconnections.nj.gov/careerconnections/plan/foryou/youth/new_jersey_youth_corps.shtml).
- **Occupational Outlook Handbook ( OOH):** A widely used source of career information. It provides employment trends and details on hundreds of occupations that are most needed today and in the coming years. The current OOH reflects employment projections for 2014 to 2024. For more information, visit at [www.bls.gov/ooh](http://www.bls.gov/ooh).
- **New Jersey Training Opportunities website (NJTOPPS):** Provides a list of New Jersey's eligible training providers. This website is great for job seekers looking to find training in vocational or technical careers. To search for training, click on the "Get



Started & Search for Training" . Customize your search by occupation and geographic location. For more information, visit at <http://njtopps.org/>.

## **Work Experiences**

- **AmeriCorps:** National network program that partners with other organizations in order to offer participants of all ages and backgrounds the opportunity to receive guidance and training to develop their talents and enhance skills. For more information, visit <http://www.nationalservice.gov/programs/ Americorps> or call NJ office at (609)-989-2246.
- **New Jersey Governor's Office on Volunteerism:** Visit the NJ Governor's Office of Volunteerism and join over 1.4 million volunteers and make your service count. The office works to connect volunteers to centers and agencies that are seeking volunteer assistance. Interested people can simply complete an online form to start the process. For more information, visit <https://www.nj.gov/state/volunteer-in-nj.shtml>
- **Jersey Cares Volunteer Opportunities:** Jersey Cares is a non-profit organization established in 1993 that works to increase the level of meaningful volunteer engagement by creating and managing efficient, impactful projects that address critical community-identified needs. For more information, visit: [https://www.jerseycares.org/search?page=1&sort\\_c=&sort\\_o=&opportunity\\_id=](https://www.jerseycares.org/search?page=1&sort_c=&sort_o=&opportunity_id=)
- **VolunteerConnect:** Founded in 1998 as Hands On Helpers, VolunteerConnect works to “expand the reach, impact, and capacity of community organizations through effective volunteerism”. For more information, visit <http://volunteerconnectnj.org/volunteers/>
- **Idealist Jobs and Volunteer Work:** Idealist is all about connecting idealists - people who want to do good - with opportunities for action and collaboration. Their vision is “to help build a world where all people can lead free and dignified lives by making sure that no opportunity for action or collaboration is missed or wasted”. For more information, visit <http://www.idealist.org/>
- **All for Good (Service of Points of Light):** All for Good is a hub for volunteerism and community service. The website serves as a meeting place for organizations and individuals, providing a communal platform that allows people to see where change is needed, and makes it easy for them to engage. For more information, visit <http://www.allforgood.org/>
- **United Way:** Are you interested in supporting others in the area of education or healthcare? Consider volunteering with United Way. United Way’s focus is on education, income and health. The organization works to “improve lives by mobilizing the caring power of communities around the world to advance the common good”. For more information, visit [www.unitedwaynnj.org/volunteer/volunteer.php](http://www.unitedwaynnj.org/volunteer/volunteer.php)

## **STEPS TO THE JOB SEARCH PROCESS:**

☐ **Explore your Interests, Values and Identify your Skillsets.** A job opportunity can serve as a key step towards a career. As such, it is important to find out what strengths you have that will make you an asset to a company. If you are not sure, consider what you do very well that helps others or the companies/organizations you previously work for achieve their goals and become successful. The things you do very well combined with the technical skills you have are your assets and skillsets.

- If you are not sure, use resources like **New Jersey Career Assistance Navigator**, to explore your interests and learn about different career options that match them.
- Think about what you want to do, the skills you have, and the things that interest you the most. This information helps simplify your job hunting process and will bring you closer to selecting a job that you like and will keep.

☐ **Develop or Improve your Resume and Branding on Social Media to Reflect your Employment Goals.** Studies show that recruiters and hiring managers spend less than 10 seconds looking at resumes before deciding if the candidate is the right fit. It is highly recommended that you use action words or power phrases when highlighting the responsibilities and accomplishments associated to your previous jobs, volunteering activities, internships, school projects, community projects or service learning activities.

- Develop or update your master resume  
([http://careerconnections.nj.gov/careerconnections/prepare/resumes/top\\_notch\\_resumes\\_index.shtml](http://careerconnections.nj.gov/careerconnections/prepare/resumes/top_notch_resumes_index.shtml))
- Use action words for a highly effective resume  
[http://careerconnections.nj.gov/careerconnections/prepare/resumes/effective/highly\\_effective\\_resumes.shtml](http://careerconnections.nj.gov/careerconnections/prepare/resumes/effective/highly_effective_resumes.shtml)
- Develop or update cover letters  
([http://careerconnections.nj.gov/careerconnections/prepare/resumes/coverltr/cover\\_letters.shtml](http://careerconnections.nj.gov/careerconnections/prepare/resumes/coverltr/cover_letters.shtml))
- Review all your public social media accounts (e.g., Facebook, LinkedIn, Instagram, Twitter, etc.) to make sure the image you present online is representative of how you want to be seen by prospective employers.

☐ **Use your Network and Connections.** Let people know you are job hunting or exploring different career options. Networking is an important tool to use when job hunting.

- Join professional associations that are related to your job or career interests.
- Start with people you know who are working and ask if their employer is hiring. Your network contacts can also be very helpful in the development of your resume or cover letter.

☐ **Explore and Research Jobs that are Similar or Match your Interests.** Use websites like New Jersey Career Assistance Navigator, New Jersey Department of Labor and Workforce Development, and New Jersey Career Connections.

- Filter your job search to local areas ( i.e. your county of residence), New Jersey or any other state you are considering relocating to in the future.

☐ **Once you have identified a job opportunity, make sure your application, resume and cover letter reflect the requirements before submitting your application.**

- Visit the New Jersey Career Connections website to learn about job fairs to increase your chances of landing a job opportunity.
- Include **action words** in your resume, cover letter and application (*see below for examples*).
  - Action Words are important because they:
    - Show hiring managers that you are action oriented and a go-getter
    - Mirror key words employers look for when narrowing down candidates who apply for a job
    - Show hiring managers what you did to solve problems
    - Help you make a strong first impression

☐ **Keep your applications, resume and cover letters organized.** Develop a system to organize all your contacts including: people in your network who could help you land a job and previous supervisors. Make note of jobs you have previously applied for, when you applied, and when you will follow up.

- For example, create folders on your desktop or ipad and save the job description along with resume and cover letters used to apply for the job in the folder.
- In preparation for your job application follow ups, write down names of contacts, phone numbers, email addresses, and office locations

☐ **Practice well in advance to be prepared for your interviews**

- Practicing versus planning is needed here. Practice for the interview by writing down possible questions that could be asked and provide answers as you would on the real interview. Do some online research for interview questions or contact people in your network to help you identify questions that may be asked.
- Depending on the job type and interview location, brush up on dining etiquette as some interviews may involve eating at a restaurant.
- Additionally, it is best to be over prepared than under prepared when it comes to the appropriate professional attire for a job interview.

☐ **Follow up after the interview.** Follow up after applying or sending your resume for a job opportunity.

- Be proactive! After an interview, send thank you notes to the interviewer or interviewers (i.e. group interview).
- If you have not heard back after a week:
  - Be patient. First, check your spam email for missing messages
  - When following up, send a short but effective email highlighting why you should be hired. Highlight how you can add value to the company or business.
  - If the organization has requested “no calls” or “no emails,” follow their instructions.

**If a job offer is made, be prepared to negotiate pay rate or salary if needed.** Use websites like [www.Glassdoor.com](http://www.Glassdoor.com) and [www.Payscale.com](http://www.Payscale.com) to learn about pay ranges

☐ **Once hired, do what is needed to remain employed and be a successful professional at the workplace.** Learn about Workplace Etiquette and Professional Attire for your new job.

- Read the Employee Handbook ( *i.e requesting sick days, vacation time, benefits, etc.*)
- Update skills needed to be successful in the position

## Chapter 6: Financial Assistance

Learning how to maintain good credit, keep a budget, and balance a checking account are all important parts of being an adult. Take note that these are all things that will not only impact your ability to rent an apartment now, but can even affect your ability to buy a house in the distant future.

### **Credit and Budgeting Checklist:**

☐ **I am building a good credit history.** Establishing a good credit history makes it possible for you to get loans in the future to buy a car or home. Your credit record may also impact the interest rate you pay and the amount of money a lender will be willing to offer you. Your credit may also be looked at when you rent an apartment. It is important to pay your bills on time and keep the amount of debt you incur at a manageable amount to maintain good credit. If you have taken out a loan for your education, make sure you make timely payments or look for ways to reduce or pay your loan as you go to prevent increased interest rates. For help with understanding federal student loans visit: <https://studentaid.ed.gov/sa/repay-loans/understand>

☐ **I received a credit history report.** You can obtain your “credit report” online if you are age 18 and older. Some services may require you to pay a service charge, but other services may be free. You can receive a free credit report each year from [www.annualcreditreport.com](http://www.annualcreditreport.com). Be careful—some websites are scams and are only looking for your information or money! To avoid having your personal information or identity stolen, do not put your personal information on an unsecure or untrusted website. Ask your school counselor, mentor, CP&P caseworker or program staff member for help.

☐ **I maintain a budget.** Budgeting allows you to track your monthly expenses so that you can plan ways to save money for important short and long-term goals. By keeping a budget, you can learn how to better spend your money and stop unnecessary spending. For more information about creating and maintaining a budget, visit: [www.moneypants.com](http://www.moneypants.com); [www.nefe.org](http://www.nefe.org); <http://www.getmoneysmart.info/>; [www.yacenter.org](http://www.yacenter.org); [www.financial-education-icfe.org/children\\_and\\_money/index.asp](http://www.financial-education-icfe.org/children_and_money/index.asp)

☐ **I pay my bills on time and only purchase what I can afford.** It is important to pay your bills on time and minimize your debt in order to maintain good credit. You should only borrow what you can afford to repay. You should also not make large purchases on your credit card if you are not able to pay the amount purchased with your next paycheck. While having a credit card can allow you to build a credit history, it can also place you in debt. To minimize your chances of going into debt, have only one credit card, pay the entire billing amount at once, and make payments on time.

☐ **I opened a checking account.** Checking and savings accounts are included in your credit report. Opening a checking account will grant you the right to receive a book of checks as well as a debit card to use. When using your debit card, money will automatically be taken from your account. Avoid using your debit card when there is not enough money in your account because the bank will charge you “overdraft fees”. For example, say you have \$100.00 in your checking account and you want to purchase a cell phone that costs \$150.00. When you allow the cashier to swipe your debit card, \$150.00 is taken from your account, but since you only have \$100.00, you will have a negative balance of \$50.00 and the bank will also charge you a penalty fee.

For checks, if you write and mail a check, allow the recipient at least 90 days or more to cash the check. The funds will not be automatically taken out of your account until the recipient receives the check and then cashes the check with his/her bank. You need to be sure that the amount of money written on the check stays in your account. If the recipient tries to cash the check but you do not have the amount you wrote on the check in your account, then your check will be considered a “bounced check” and the person will not be able to receive the funds. Your bank may also charge you a penalty fee.

☐ **I keep track of my spending.** You can keep track of your spending by writing down whenever you use your debit card, transfer money through online banking, or write a check, saving receipts, and signing up to view your account online. Always ask a bank provider any questions you may have. Helpful questions include: What is the difference between a checking and savings account; Do you have any special offerings for students?

☐ **I applied for, received, and maintain a credit card.** To build credit you will need to have a credit card in your own name. Before you apply for a card you should educate yourself about possible traps in credit card contracts and use. The following websites provide information on choosing a credit card. [www.financial-education-icfe.org](http://www.financial-education-icfe.org).

You may also find that applying for a local department store credit card where you shop regularly is an option. Be sure that the company reports that status of its accounts to credit reporting agencies. After you receive the credit card, make only small purchases and pay the bill in full when it arrives and well before the due date. Doing this regularly over time helps to build your credit history as a prompt payer. Late or skipped payments will hurt your credit and may cause increased interest rates. Do not fall into the trap of overspending on credit cards or only making the minimum payments!

☐ **If needed, I secured a small loan for a planned purchase.** If you have been saving to purchase a used vehicle you may also want to take out a small loan to help pay for the automobile. Look for the best rates. The auto retailer may offer a loan, but their rates are usually high. Do not borrow money if the rates are too high. To build good credit you will need to make all of your loan payments on time. Late payments will hurt your credit score and result in a late payment fee.

## **Financial Resources**

- **Social Services:** For cash benefits, medical assistance, supplemental nutrition assistance program or SNAP (also known as food stamps), emergency housing, and other services,



youth age 18 (including parents) can visit their county Board of Social Services. In some instances, municipalities provide cash assistance to single adults in another office. Ask for details when visiting the board of social services. For further information, visit <http://www.state.nj.us/humanservices/dfd/home/>.

- **Communications Lifeline**: A free basic service that offers credit on monthly household landline (not cell phone) phone bills as well as 50 percent discount on installation. Applications for the program are available and reviewed at the local welfare offices. Mail or fax applications to Verizon before establishing service. For more information, visit [www.njshares.org/otherprograms/communications-lifeline.asp](http://www.njshares.org/otherprograms/communications-lifeline.asp)
- **The Low Income Home Energy Assistance Program (LIHEAP)**: Helps with the costs of home heating and medically necessary air conditioning. Services may still be assessed even when a youth's head is included in the rent payment. The application period is usually October through March. Forms can be found at libraries and local welfare offices. For more information, visit. [www.njshares.org/aboutNJShares/energy-assistance.asp](http://www.njshares.org/aboutNJShares/energy-assistance.asp)
- **Freecycle**: Provides listings of items that people are giving away for free. Visit [www.freecycle.org](http://www.freecycle.org) and type in your city and state for item listings.
- **Local Office Flexible Funding Account**: A CP&P case manager can access "Local Office Flexible Account Funds" with appropriate approval. This funding can be used to provide goods or services to meet the individualized needs of a youth or family under supervision.
- **Wraparound Funds (also known as Chafee Funds)**: Short term emergency funding that cannot go over four (4) months and may be available to youth who have a closed CP&P case or are homeless. Homeless youth are eligible if they are in a transitional living or supportive housing program, or aftercare program. These funds must address a specific need or goal. These funds are flexible and can be used to pay security deposits, a limited number of months' rent, driving lessons, furniture, and other items and services that support an adolescent's transition to independence. The lifetime maximum that a young adult can receive is \$4,000, but these funds are not an entitlement, and need to be accessed after all other funding sources have been explored and exhausted.

In addition, youth eligible for wraparound funds must meet one of the following criteria: (1) Adolescents with closed CP&P cases or homeless youths must be 18 years of age or older, and working with an Aftercare agency, or in a transitional living program, supervised transitional living program or permanent supported housing program that is contracted to provide this service; or (2) Adolescents under 21 years of age, who graduated from an aftercare program or housing program can return to the program for additional assistance to meet the needs of a goal or emergency for approved needs. Youth can access these funds until their 22<sup>nd</sup> birthday. Please visit <http://www.njyrs.org/wraparound> for more information.

- **The Voluntary Services Agreement**: An agreement between a young adult and CP&P that allows young adults (aged 18 to 21) to receive services from CP&P. Youth aged 18 to 21



who have not achieved permanency and who desire to continue to receive CP&P services or have requested CP&P to reopen their case may be eligible for the Voluntary Services Agreement. Through the Voluntary Services Agreement, the youth agrees to:

- Meet regularly with their CP&P caseworker,
- Continue the development of a Transitional Plan for YOUth Success,
- Complete an annual Casey Life Skills Assessment, and
- Complete 20 productive hours per week which may include any of the following:
  - Employment
  - Enrollment in high school, a high school equivalency program, a college or university, or a technical educational program
  - Programs or activities designed to promote employment or remove barriers to securing employment (employment readiness programs, internships, or volunteer work may apply)
  - Working toward entering school or securing placement

The Voluntary Services Agreement must be completed within one month of a youth reaching the age of 18. Additionally, the Voluntary Services Agreement must be renewed annually in order for youth to continue to receive services. For more information:

[http://www.state.nj.us/dcf/policy\\_manuals/CPX-A-1-10.10\\_issuance.shtml](http://www.state.nj.us/dcf/policy_manuals/CPX-A-1-10.10_issuance.shtml)

- **Independent Living Placements and Arrangements:** Youth aged 16 to 21 who do not have any other viable alternative for placement may be eligible for an independent living placement or arrangement. Youth eligible for independent living placements or arrangements may be eligible for an independent living stipend for food, rent, incidentals, and clothing (see below), and may be required to complete a Voluntary Services Agreement (see above), and /or an Independent Living Stipend Responsibility Agreement (see below). CP&P provides Medicaid coverage and conducts monthly caseworker visits with youth in independent living placements and arrangements. For more information:  
[http://www.state.nj.us/dcf/policy\\_manuals/CPV-A-1-101\\_issuance.shtml](http://www.state.nj.us/dcf/policy_manuals/CPV-A-1-101_issuance.shtml)
- **The Independent Living Stipend:** Youth aged 16-21 living in an independent living placement or arrangement may be eligible to receive the independent living CP&P stipend. There are three stipend categories: food, rent, and incidentals. The amount of the stipend(s) is based on the Independent Living Stipend Budget Worksheet that the youth will complete with the CP&P caseworker. The maximum allowed assistance is \$240.00 per month for food, \$100.00 per month for incidentals, and \$600.00 per month for rent. An additional clothing stipend may be available with a maximum allowance of \$85.00 per month for regular clothing or \$95.00 per month for larger sizes.

**Stipends are provided at the Department's discretion and are not an entitlement.**

Youth eligible for an independent living stipend must have an income less than 150 percent of the Federal Poverty Income Guideline for a family of 1 person, and must complete and sign an Independent Stipend Responsibility Agreement, Independent Stipend Budget Worksheet, Transitional Plan for YOUth Success, and if applicable a Voluntary Services

Agreement. Additionally, youth receiving the stipend must update their Independent Living Stipend Budget Worksheet with their CP&P caseworker every six months in order to discuss and evaluate the youth's budget.

- For more information about eligibility requirements visit [http://www.state.nj.us/dcf/policy\\_manuals/ilgrid.pdf](http://www.state.nj.us/dcf/policy_manuals/ilgrid.pdf)
- For an outline of the different stipends available by program: [http://www.state.nj.us/dcf/policy\\_manuals/ilchart.pdf](http://www.state.nj.us/dcf/policy_manuals/ilchart.pdf)

JOURNAL PAGE

[illegible]

**FEELINGS:**

THOUGHTS AND IDEAS:

## QUESTIONS:

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## PART THREE

### **Additional Resources: *Do Research to Find What You Need***

#### **Chapter 7: Medical/Behavioral Health/Counseling**

Even if you rarely get sick, it is important to have health insurance! If you are working, you can ask your employer what coverage they offer. If you are under the age of 26, you can ask your parent(s)/legal guardian(s) how long their health insurance will cover you and if you have to be in school for the coverage to continue. If you have mental health needs, it is also important to reach out for help. Use the resources and information below to make sure that you get medical or mental health treatment you need.

**If you are, or someone you know is, having a life-threatening emergency, please seek help immediately by going to the nearest hospital or calling 911.**

#### **Medical Coverage Checklist:**

☐ **I am aware of the Medicaid Extension.** Youth involved with CP&P have Medicaid coverage until their case is closed. The Medicaid Extension for Young Adults may be available to youth who were in placement or receiving Independent Living services from CP&P at the time of their 18th or 21st birthday, until age 26. After the CP&P case is closed, the Medicaid Extension for young adults can be accessed by calling (888)-235-4766.

☐ **I am aware of NJ FamilyCare.** NJ FamilyCare is New Jersey's public health insurance program that provides health insurance coverage to children and single adults (persons over age 18) with or without children who meet income eligibility guidelines and do not have medial insurance through their employer. To find out if you are eligible, visit [www.njfamilycare.org](http://www.njfamilycare.org). If you do not meet the income qualifications for NJ FamilyCare private insurance can be purchased through [www.healthcare.gov](http://www.healthcare.gov). There are people who can help you complete your application. To find a location near you, visit [www.covernj.org](http://www.covernj.org).

☐ **I am aware of private insurance options.** Young adults may be covered under their parent's/caregiver's health insurance plan until the age of 26 or in certain situations, until the age of 31. Find out if you are covered under an existing policy. For details, visit the NJ Department of Banking and Insurance website: <http://www.state.nj.us/dobi/index.html>

#### **Medical Care Centers and Resources:**

- **Federally Qualified Health Centers:** New Jersey has 20 community health centers that provide comprehensive primary health care to the entire family. Although the structure of each of these federally funded/qualified health centers (FQHCs) may be different, FQHCs focus on the health care needs of the medically underserved within their service areas. Find a FQHC in your area at [www.njpca.org](http://www.njpca.org).
- **HiTOPS:** A New Jersey organization that offers health services and group support resources for people ages 13 to 26. Their health center is located in Princeton, New Jersey and they offer health check-ups, advice and counseling, contraceptives, pregnancy testing, smoking cessation counseling, camp and sports physicals, screening and referrals for depression and eating disorders, and Gardasil vaccine. Visit: [www.hitops.org](http://www.hitops.org).
- **Planned Parenthood:** Has health centers around the state that assist males and females while providing high quality, affordable medical care. These services include comprehensive gynecological care, birth control services, pregnancy testing, first-trimester abortion, STD testing and treatment, pre-natal care, primary care and cancer screenings. Since not all services are available at each location, it is best to check before making an appointment. Fees are based on the ability to pay and no one is turned away. Find a Planned Parenthood in your area at <https://www.plannedparenthood.org/health-center>
- **NJ Family Planning Centers:** Serves males and females. They are not part of Planned Parenthood, but can assist in many of the areas already listed in Planned Parenthood above, including testing for sexually transmitted diseases (STDs). For a family planning list, visit: <https://njfpl.org/family-planning-clinics/>
- **Maternal and Child Health Consortia:** Private non-profit organizations, which are licensed and regulated by the NJ Department of Health. They provide programs, activities, education, and infant and pediatric follow-up to help improve health outcomes for children. For New Jersey locations and contact information, visit: <http://partnershipmch.org/contact/locations/>
- **New Jersey Parent Link:** An early childhood, parent and professional resource center that provides information about pregnancy and different stages of development as well as state resources for parents. Visit: [www.state.nj.us/njparentlink/health/before/](http://www.state.nj.us/njparentlink/health/before/).
- **DCF-Family and Community Partnerships Community Directory:** A county-based resource guide that lists Home Visitation Programs for new and expecting parents, Family Success Centers, School Based Youth Services Programs, and Domestic Violence Services. <http://www.state.nj.us/dcf/families/dfcp/>, or [www.NJYRS.org](http://www.NJYRS.org).

## **Behavioral Health Services**

New Jersey provides behavioral health services through different agencies depending on the level of need. To connect to behavioral health services, contact (877)-652-7624.

- PerformCare is the state's contracted systems administration (CSA), PerformCare, completes assessments to determine the level of need and care authorization. PerformCare offers multi-lingual 24-hour telephone services. Youth eligible for services through PerformCare are mostly between the ages of 5 and 18, reside within the State of New Jersey, and have an emotional or behavioral problem. Special consideration is given for services to children under age 5. Teens under the age of 18 need their parent's or guardian's permission to get non-emergent behavioral health treatment. For children still living with their parents, the parent makes the treatment decisions. When a child is living in a CP&P (formerly known as DYFS) placement, it is CP&P who makes the final treatment decision.

Young adults ages 18 to 21 are eligible for services if they received services before the age of 18 from the child-serving systems in New Jersey, which could include the Division of Children's System of Care also referred to as CSOC, Division of Child Protection and Permanency also referred to as CP&P (formerly known as DYFS), the Juvenile Justice Commission, or any other child-serving state agency. Young adults ages 18 to 21, who demonstrate a clinical need for the continuation of services provided by CSOC, may be eligible as part of the transition into adult services. For more information, visit DCF's website at

<http://www.nj.gov/dcf/families/csc/index.html>; [www.performcarenj.org](http://www.performcarenj.org); [www.NJYRS.org](http://www.NJYRS.org).

- **The Division of Developmental Disabilities:** Provides public funding for [services and supports](#) that assist New Jersey adults with intellectual and developmental disabilities age 21 and older to live as independently as possible. More information on this can be found at the Division of Developmental Disabilities' website: <http://www.state.nj.us/humanservices/ddd/home/index.html>

## **Behavioral Health/Counseling**

There are several options for outpatient counseling, depending on whether you have insurance and the type of insurance. If you have **private insurance**, obtain a copy of the card and call the insurance company to ask about coverage and services that are available. Also visit the Children's System of Care website: <http://www.nj.gov/dcf/families/csc/index.html>

- **NJ Mental Health Cares:** A service that will help connect you to different mental health resources. If you have **Medicaid or no insurance coverage**, you can contact **NJMentalHealthCares**. The staff of mental health professionals will use their experience and understanding of the mental health system to connect you to the information and services you need. Additionally, NJ Mental Health Cares maintains the most up-to-date listing of NJ's public mental health providers. You can reach them through (866)-202-HELP (4357) or <http://www.njmentalhealthcares.org>.
- **County Resources:** Some counties have websites where teens, caretakers, and other persons helping teens can find services both within the community and statewide. These services may be in relation to housing and shelter options, employment, financial assistance, crisis and safety, childcare, food pantry locations, and more. For information, visit any of these links below:
  - [www.monmouthresourcenet.org](http://www.monmouthresourcenet.org)

- [www.passaicresourcenet.org](http://www.passaicresourcenet.org)
- [www.mercerresourcenet.org](http://www.mercerresourcenet.org)
- [www.morrissexresourcenet.org](http://www.morrissexresourcenet.org)
- <http://www.state.nj.us/humanservices/clients/>
- <http://www.nj.gov/dcf/about/divisions/dcsc/>

## Chapter 8: Peer-to-Peer & Mentor/Group Support

Doesn't it feel great to connect with someone who really knows what you are going through or who can actually say, "I felt that way too!" We understand! It is very important to surround yourself with positive role models and people who will encourage the healing, discovery, and change processes. Below are various groups and organizations that may be of interest to you. We encourage you to reach out and develop these relationships.

### **National Networks to Connect CP&P Involved Youth**

- Foster Club: [www.fosterclub.com](http://www.fosterclub.com)
- Foster Care Alumni of America: [www.fostercarealumni.org](http://www.fostercarealumni.org)
- All Stars Project Inc.: [www.allstars.org](http://www.allstars.org)

*"Many people will walk in and out of your life, but only true friends will leave footprints in your heart."*  
– Eleanor Roosevelt

### **New Jersey Young Adult Groups**

#### **"Mutual Help":**

- **New Jersey Self-Help Group Clearinghouse:** Helps individuals find free self-help support groups that meet throughout New Jersey. The link below will assist in finding a community support group that relates to your particular stressful life situation. Call the toll-free helpline 800-367-6274 or visit: [www.njgroups.org](http://www.njgroups.org).

#### **Eating Disorders**

- **National Association of Anorexia Nervosa and Associated Disorders:** A non-profit dedicated to preventing and alleviating eating disorders. Eating disorder support groups in close to your location can be found at: <http://www.anad.org/get-help/find-support-groups-treatment/>

#### **Sexual Orientation**

- **HiTOPS:** A New Jersey organization that offers health services and group support resources for LGBTQ youth and their loved ones. For more information, visit: <https://www.hitops.org/lgbtq/youth-groups/>
- **The Pride Center of New Jersey:** Offers numerous social, supportive, educational, entertaining, and fun events and groups for the LGBTIQ community every month. For more information and a calendar of events, visit: [www.pridecenter.org](http://www.pridecenter.org).
- **Keeping-It-Safe (KIS):** A peer-centered program in Camden City, New Jersey that supports gay young men to maintain a healthy lifestyle and encourages them through group work. Visit: <http://www.camden-ahec.org/hivservices/servicesforyouth.html>.



- **Hetrick Martin Institute Newark:** Services for LGBTQ youth operating for over 30 years by the Hetrick-Martin Institute in New York City. Offering counseling and crisis management, health and wellness programming, academic enrichment, job readiness and arts and cultural programming, HMI has implemented its first out-of-state direct service program. Visit <https://www.hmi.org/newjersey/> for more information.
- **DCF-Office of Adolescent Services-TRIANGLE:** Teen Resources Intended to Aid & Nurture Gays, Lesbians & Everyone, Resource Guide (LGBTQI Pride Guide: <http://www.state.nj.us/dcf/adolescent/lgbtqi/Northern%20Region%20Pride%20Guide.pdf>

### **Bereavement**

- **Rainbows, Inc.:** Offers peer-to-peer support for children and teens who are grieving the loss of a parent due to death, divorce, or abandonment. Meetings are held in various locations throughout New Jersey. This agency also helps to implement programs throughout the state. For more information, visit: [www.rainbows.org](http://www.rainbows.org).
- **Grief Speaks:** Provides a listing of support groups held throughout New Jersey for persons dealing with grief and loss. For more information, visit: [www.griefspeaks.com](http://www.griefspeaks.com).
- **Good Grief, Inc.:** Provides peer support groups for children, teens, and young adults who have lost a parent or sibling to death. They also offer support services for the children's surviving parent(s) or caretaker. Visit: [www.good-grief.org/](http://www.good-grief.org/).
- **Comfort Zone Camp (CZC):** A non-profit organization that provides free services to New Jersey children who are dealing with the loss of a loved one. Youth spend weekends camping at a New Jersey campground with other youth and focus on dealing with their grief and the struggles of moving on. Visit: [www.comfortzone.org](http://www.comfortzone.org).

### **Anger, Depression, Anxiety, etc.**

- **GROW in America:** Has a mutual self-help group trying to prevent and help youth recover from depression, anxiety and other mental health problems. Meetings are held in various counties in New Jersey. Call (888)-741-GROW or (888)-741-4769. Visit: [www.growinamerica.org](http://www.growinamerica.org).
- **Recovery, Inc.:** A community mental health organization that uses a self-help method-of-will training. It gives techniques and strategies on how to control temperamental behavior and change attitudes towards nervous symptoms, fears, depression and anxiety. Meetings are held in different locations throughout New Jersey. For more information, call (866)-221-0302 or visit: <http://www.recoveryinternational.org/>.

### **Mental Illness**

- **The National Alliance on Mental Illness (NAMI):** Provides a variety of information about mental illness, diagnosis, and treatment for persons experiencing a mental illness. NAMI offers free online discussion groups. Visit: [www.nami.org](http://www.nami.org)

### **Substance Abuse**

- **The Division of Mental Health and Addiction Services**: Has an online treatment directory, which provides lists of treatment agencies by NJ counties. Each agency has specific programs, groups, and meetings. <http://www.nj.gov/humanservices/dmhas/home/> Youth between the ages of 13 and 17 may access substance use assessment and treatment services through PerformCare. <http://www.state.nj.us/dcf/about/divisions/dcsc/>
- **The Agape Center**: Offers a state-by-state listing of organizations providing counseling, treatment recovery services, support groups, education, and other resources. The website provides a page for a person to research locations for Alcoholics Anonymous (AA) meetings. Visit: [www.theagapecenter.com/Treatment-Centers/New-Jersey.htm](http://www.theagapecenter.com/Treatment-Centers/New-Jersey.htm).

### **Sexual Abuse**

- **New Jersey Coalition Against Sexual Assault (NJCASA)**: Provides resources and treatment for survivors of sexual violence and their families. The NJCASA website gives data on prevention, training techniques, advocacy, programs and support groups, as well as other facts for survivors and officials. For more information, visit: [www.njcasa.org](http://www.njcasa.org).
- **Making Daughters Safe Again (MDSA)**: Offers support and resources for daughters who have been sexually abused by mother figures. For more information, visit: [www.mdsasupport.homestead.com](http://www.mdsasupport.homestead.com).

### **HIV/AIDS**

- **Grief Speaks**: Provides a listing of support groups held throughout New Jersey for persons affected with HIV/AIDS. Visit: [www.griefspeaks.com/id109.html](http://www.griefspeaks.com/id109.html).
- **Buddies of New Jersey, Inc.**: Offers case management, substance abuse, oral care, housing, transportation, peer support groups, and much more for people infected and affected by HIV/AIDS. For more information, visit: [www.njbuddies.org](http://www.njbuddies.org).

## **ACTIVITY FOUR:**

Who is a person you strongly admire and look up to? This person can be in your life daily or someone you have become a fan of. First answer the questions below. Then in the boxes surrounding the stick figure (that represents the person you consider your role model) write different personality traits that you like about the person. The likeable attributes in the boxes can be physical characteristics, personality qualities, and/or quotes said by the person.

**Who is your role model?**

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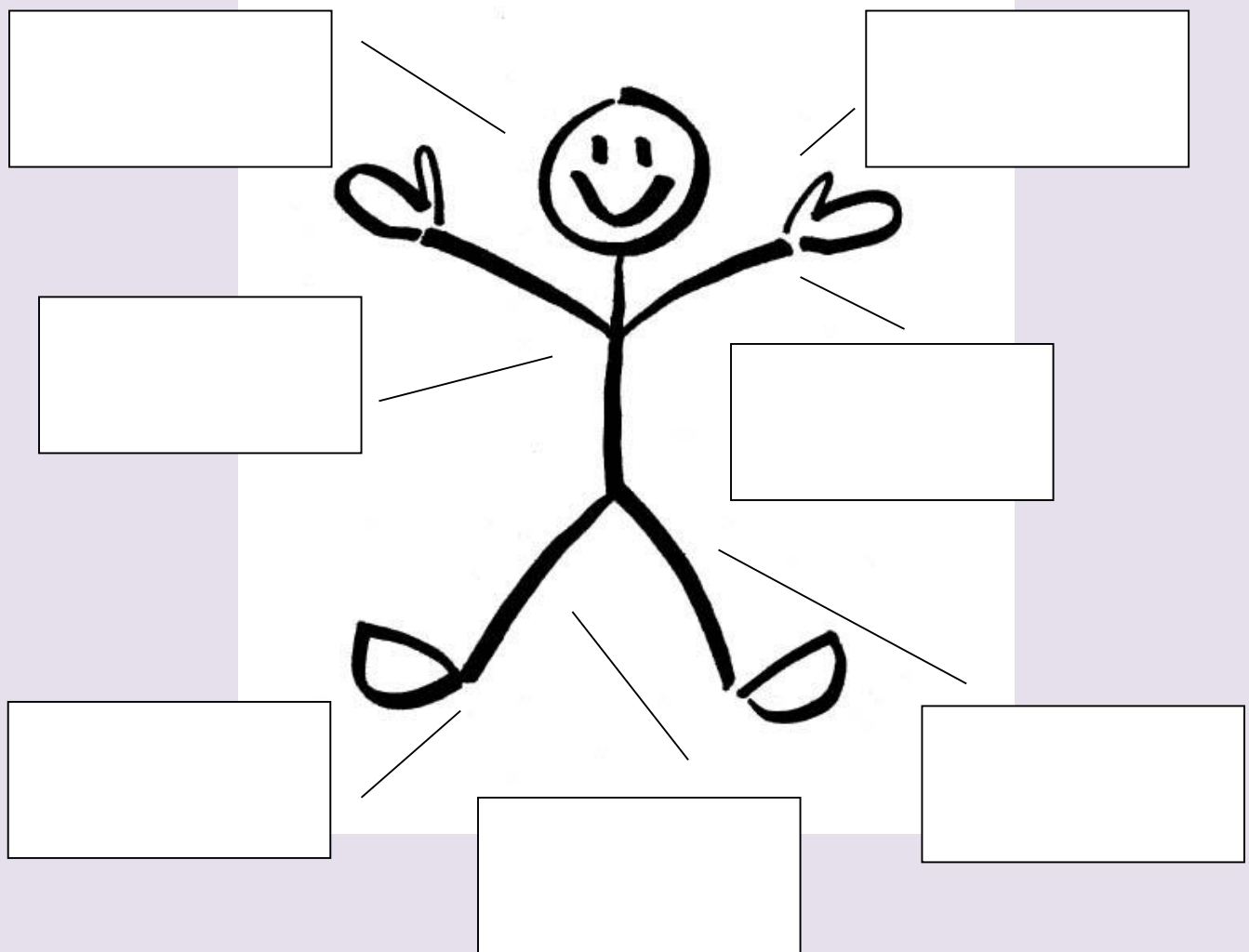
**When did you start “looking up” to this person? Why?**

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What are some likeness and/or differences between the two of you?

What is a lesson that this person has taught you? How have you learned from the lesson?

What more would you like to learn from this role model and others in order to help you become a mature and productive adult?



## Chapter 9: Housing Services

Housing is available for homeless and DCF involved youth ages 16-21 (i.e. foster care youth aging out of care and CSOC involved youth) through a variety of programs. Typically, these housing programs will provide shelter to a youth for 18 months to 2 years depending on the program and the agency guidelines. Read the chapter for housing options and to access housing programs call the Adolescent Housing Hub, available through PerformCare at (877)-652-7624 or visit <http://www.performcarenj.org/youth/resources/adolescent-housing-hub.aspx> or [www.njyrs.org](http://www.njyrs.org).

Through the combination of sister agency partnerships and a Federal Youth At-Risk of Homelessness (YARH) grant, DCF is piloting several long term, stable supportive housing models to support high-risk youth with child welfare placement histories, including expecting and parenting youth, youth with incarceration histories, mental health and substance abuse histories. Youth are selected for these programs internally based on child welfare data that highlights risks and youth needs. For more information about the YARH, “Connecting Youth” work please see the following DCF website link. <http://www.nj.gov/dcf/adolescent/yarh.html>

### Other Housing Options

- **Project COPE for Runaway Youth:** <https://www.montclair.edu/project-cope/>
- **Housing Authorities:** Youth seeking housing assistance from the state should go to your local housing authority. For more information, visit: [http://portal.hud.gov/hudportal/HUD?src=/states/new\\_jersey/renting/hawebsites](http://portal.hud.gov/hudportal/HUD?src=/states/new_jersey/renting/hawebsites).
- **Department of Community Affairs:** Youth can apply for Section 8 through the housing authority. If you are on the waiting list for Section 8 you may be able to be placed on the list for the Supplemental Rental Assistance Program (S-RAP). In order to be put on this list visit your regional Department of Community Affairs field office for details. Visit: [http://www.state.nj.us/dca/divisions/codes/publications/pdf\\_guide\\_2\\_afford\\_hsg/appendix\\_b.pdf](http://www.state.nj.us/dca/divisions/codes/publications/pdf_guide_2_afford_hsg/appendix_b.pdf)
- **Affordable Housing Online:** This online resource has information about Section 8 and Public Housing waiting lists across the United States. For more information, visit: <http://affordablehousingonline.com/>.
- **New Jersey Housing and Mortgage Finance Agency:** Youth can refer to New Jersey Housing and Mortgage Agency’s Homeless Management Information System (HMIS),

which has a feature which displays shelter and transitional bed openings across NJ for adult and registered youth populations. Visit <https://hmis.njhmfaserv.org/>.

- **New Jersey Housing Resource Center (NJHRC):** Youth can also refer to the New Jersey Housing Resource Center (NJHRC) for housing options. The NJHRC is a free online searchable registry of affordable and accessible housing units throughout the State of New Jersey. For more information, visit <http://nj.gov/njhrc/find/>.

### **Youth Self-Refer Shelter List**

<b><u>Atlantic</u></b>	<b><u>Burlington</u></b>	<b><u>Camden</u></b>	<b><u>Essex</u></b>	<b><u>Mercer</u></b>
<p>Covenant House 929 Atlantic Ave. Atlantic City, NJ 609-348-4070 Ages: 18-21</p> <p>Shelter of Hope Atlantic County, 1025 Linden Avenue, Williamstown, NJ 08094 (856) 875-8363</p>	<p>Crossroads 610 Beverly- Rancocas Road Willingboro, NJ 08046 609-880-0210</p> <p>After hours hotline number is 1-877- 874-4140.</p>	<p>Center for Family Services 584 Benson Street Camden, NJ 08103 856-964-1990</p> <p><b><u>Cape May</u></b></p> <p>Oasis Youth Shelter Cape May Court House, NJ 609-465-5045 Ages: 12-17</p>	<p>Covenant House 330 Washington St Newark, NJ 973-621-8705</p> <p>Youth Consultation Services 384 Broadway Newark, NJ 07104 973-482-4291</p>	<p>Anchor House Shelter 482 Centre Street Trenton, NJ 609-396-8329 Ages: 12-17</p>
<b><u>Ocean</u></b>	<b><u>Passaic</u></b>	<b><u>Somerset</u></b>	<b><u>Philadelphia</u></b>	
<p>Ocean Harbor House 2445 Windsor Avenue, Toms River, NJ 732-929-0660 Ages:10-19</p>	<p>Hispanic Information Center 911 East Ave 23 Street Paterson, NJ 07501 973-684-3320</p>	<p>Vision and Pathways 49 Braham Avenue P.O Box 6871 Bridgewater, NJ 08807 908-526-6605</p>	<p>Covenant House 31 E Armat Street Pennsylvania 215-951-5411 Ages : 18-21</p>	

## ACTIVITY FIVE:

**What are the top 15 things that are most important for you to have in your house in order to consider it a home?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
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7. \_\_\_\_\_
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9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_



## Chapter 10: Transportation and Auto Coverage

Driving is a serious responsibility. Obtaining a driver's license is a sign that you are reaching adulthood. To learn about how to get your driver's license visit the NJ Motor Vehicle Commission's (MVC) website at [www.state.nj.us/mvc](http://www.state.nj.us/mvc).

### **Public Transportation**

NJ Transit (Bus & Train): [www.njtransit.com](http://www.njtransit.com) 973-275-5555 (Operator 7am-7pm)  
[www.uber.com](http://www.uber.com)

### **NJ Certified Driving Schools**

MVC has organized a list of licensed driving schools by zip code. These schools can provide driver's education training for a specific rate. Some schools will assist you in obtaining your permit and/or license, and may directly pick you up where you live for each session. For rates and information, please contact the schools close to where you live. Note: Insurance companies will often lower your auto insurance rate if you have completed driver's training. For the list of driving schools, please visit <https://www.state.nj.us/mvc/license/driveschool.htm>

### **Automobile Insurance**

There are numerous auto insurance companies. You can contact any of these agencies listed below to obtain a free quote, which will allow you to calculate how much you will pay for insurance per month. This list of auto insurance companies, all service NJ vehicles and **are not** in any particular order.

**IFA:** [www.ifaauto.com](http://www.ifaauto.com)

**Progressive:** [www.progressive.com](http://www.progressive.com)

**GEICO:** [www.geico.com](http://www.geico.com)

**USAA:** [www.usaa.com/Auto](http://www.usaa.com/Auto)

**Liberty Mutual:** [www.libertymutual.com](http://www.libertymutual.com)

**Pioneers Insurance:** [www.pioneersinsurance.com](http://www.pioneersinsurance.com)

**State Farm:** [www.statefarm.com](http://www.statefarm.com)

**AAA Auto:** [www.aaa.com](http://www.aaa.com)

**Travelers Insurance:** [www.travelers.com](http://www.travelers.com)

**21<sup>st</sup> Century Auto:** [www.21st.com](http://www.21st.com)

**High Point Insurance:** [www.highpointins.com](http://www.highpointins.com)

To get information on how to find appropriate auto insurance, insurance definitions, and what your New Jersey auto insurance policy provides, read the NJ Auto Insurance Buyers' Guide, at [www.state.nj.us/dobi/division\\_consumers/pdf/autoguide02.pdf](http://www.state.nj.us/dobi/division_consumers/pdf/autoguide02.pdf)

*"Love yourself first, and everything else falls in line. You really have to love yourself to get anything done in this world."*

*- Lucille Ball*

## Chapter 11: Special Services

Feel like we are missing something? We hope not! Below are a variety of resources. Read through the categories to see what might be helpful. Need help with your disability? Trying to find local resources? The proper referral for these answers can be found below. Remember, if there is a resource you'd like to share with us please email it to our attention at: [mcoogan@acnj.org](mailto:mcoogan@acnj.org). In the meantime, good luck!

### Statewide/National Resources

- **NJ Department of Children & Families (DCF)**: provides services that can assist young adults with housing, life skills, mentoring, employment/training, educational needs, youth advocacy, and healthcare. For information, visit: [www.NJYRS.org](http://www.NJYRS.org).
- **NJ Department of Human Services**: offers a website that lists a wide range of programs, information and services designed to assist individuals, families and communities throughout the State of New Jersey. Visitors to the website will discover if they qualify for any of the 28 state and federal programs designed to help find housing, employment, child care, health insurance, prescriptions, pay for food and more. For information, visit: [www.njhelps.org](http://www.njhelps.org).
- **2NDFLOOR** is a confidential and anonymous statewide helpline for New Jersey's youth and young adults. Youth can call 2NDFLOOR at (888)-222-2228 and find information on the website at [www.2ndfloor.org](http://www.2ndfloor.org). Youth can post messages on the website's message board to get ideas and insight from the 2NDFLOOR staff as well as from peers.
- **NJ211** provides information and assistance to all NJ residents in the areas of health, human services, community resources and government assistance programs. You do not have to be in crisis to seek help from NJ211. To access NJ211 **dial 211** or visit the website at [www.nj211.org](http://www.nj211.org). The alternative telephone number is (877)-652-1148.
- **One Simple Wish**: Is a nonprofit organization that provides basic needs, special requests, and exciting experiences through their wish-granting program for children and young adults in foster care and for those who have aged out of foster care. Wishes can be made through social service agencies, churches, as well as schools. The wishes range in value from \$5-\$500 and examples include: clothing and shoes, school assistance, employment fees, transportation expenses, small furnishings and home items, tickets to movies or

events, sporting equipment, graduation, prom supplies, and others. For more information, visit [www.onesimplewish.org](http://www.onesimplewish.org).

## **Resources for LGBTQI Youth**

- **NJ Department of Children and Families - Office of Adolescent Services:** If you have an open case and are involved with NJ DCF, visit the LGBTQI Resources page for a listing of the Safe Space liaisons in the state. These Safe Space liaisons are CP&P caseworkers who are trained in the needs of the LGBTQI population, and who are a reliable safe space to discuss any concerns or questions you may have. The directory can be found at: <http://nj.gov/dcf/adolescent/lgbtqi/>
- **Garden State Equality:** An organization dedicated to bringing same-sex marriage equality to New Jersey. It is the organizer of campaigns, primarily to get the legislature to pass a marriage equality bill and to accumulate enough votes in the legislature to override a gubernatorial veto. For more information, visit: [www.gardenstateequality.org](http://www.gardenstateequality.org).
- **The Pride Center of New Jersey:** Offers numerous social, supportive, educational, entertaining, and fun events and groups for the LGBTQIA community every month. For more information and a calendar of events, visit: [www.pridecenter.org](http://www.pridecenter.org).
- **NJ Gay Life:** Provides a listing of local events throughout New Jersey to connect the LGBTQIA community members. Also this website provides an online directory of New Jersey businesses as well as a support group calendar that is organized by issues and geographic locations. For more information, visit: [www.njgaylife.com](http://www.njgaylife.com).
- **Parents, Families and Friends of Lesbians and Gays (PFLAG):** A national non-profit organization located in Washington, DC. The non-profit provides support for the health and well-being of lesbian, gay, bisexual and transgender persons, their families and friends. It offers support, online information, events and programs, scholarships, and advocacy opportunities. For more information, visit: [www.pflag.org](http://www.pflag.org).
- **The Gay, Lesbian & Straight Education Network (GLSEN):** Dedicated to ensure that students in schools are being respected regardless of their sexual orientation or gender identity and/or expression. The network strives to create school settings that value differences for a more powerful and diverse community. For information, visit: [www.glsen.org/learn/about-glsen](http://www.glsen.org/learn/about-glsen).

## **Resources for Youth with a Disability**

- **The New Jersey Department of Community Affairs:** Provides a recreation and leisure service resource directory for individuals with disabilities. For a directory that gives listings by county, visit: [www.nj.gov/dca/divisions/dhcr/rec/resource\\_directory.html](http://www.nj.gov/dca/divisions/dhcr/rec/resource_directory.html).

- **Statewide Parent Advocacy Network:** Committed to empowering families as advocates and partners in improving education, health, and mental health outcomes for infants, toddlers, children and youth. SPAN is a "one stop" for New Jersey families. SPAN provides families in New Jersey with the resources and support they need to ensure that their children become fully participating and contributing members of our communities and society. [www.spanadvocacy.org/](http://www.spanadvocacy.org/)
- **The New Jersey Division of Vocational Rehabilitation Services (NJDVRS):** Provides services that allow individuals with disabilities to find or keep their existing jobs. DVRS works with individuals with all types of disabilities to include significant physical, mental health or substance abuse issues and learning disabilities. For more information, call DVRS Central Office at 609-292-5987 or visit <http://lwd.dol.state.nj.us/labor/>.
- **New Jersey Department of Education:** Provides data regarding special education programming and resources to assist schools, families, students, and others in understanding **what to do** for successful transition to happen, and **how to do it**. For more information, visit: <http://www.state.nj.us/education/specialed/transition/>.
- **New Jersey Department of Human Services:** Offers a list of offices and programs available to meet the health care, community living, employment-related, community-based mental health and in-patient care, and special needs of people with a disability. For more information, visit: <http://www.state.nj.us/humanservices/clients/disability/>. Also, the Division of Disability Services created a NJ Disability Resource Guide that lists a variety of state services. To review this guide, visit: [http://www.state.nj.us/humanservices/dds/documents/DDS%20RD\\_17-final-web.pdf](http://www.state.nj.us/humanservices/dds/documents/DDS%20RD_17-final-web.pdf)
- **Brain Injury of New Jersey (BIANJ):** A non-profit organization that provides persons living with a brain injury and their families with information relating to improving the quality of life of persons living with a brain injury. Visit: [www.bianj.org](http://www.bianj.org).
- **Autism Speaks:** An autism science and advocacy organization. Autism Speaks hosts fundraising events for autism research and is dedicated to advocating for the needs of individuals with autism and their families. Visit: [www.autismspeaks.org](http://www.autismspeaks.org).
- **Special Child Health Services:** NJ Department of Health has important programs and services to help families with children who have a disability. For more information, visit: [www.nj.gov/health/fhs/sch/index.shtml](http://www.nj.gov/health/fhs/sch/index.shtml).
- **Alliance for the Betterment of Citizens with Disabilities (ABCD):** A New Jersey-based organization that helps connect the developmental disability community with helpful resources. For more information, visit: [www.abcdnj.org](http://www.abcdnj.org).
- **The Division of Developmental Disabilities (DDD):** Provides a recreation and leisure service resource directory for individuals with disabilities. The directory gives listings by county. Visit: [www.nj.gov/dca/divisions/dhcr/rec/resource\\_directory.html](http://www.nj.gov/dca/divisions/dhcr/rec/resource_directory.html).

- **The New Jersey State Library- Talking Braille and Book Center (TBBC):** TBBC is a library that provides no-cost, home-delivered services, on behalf of the National Library Service for the Blind and Physically Handicapped at the Library of Congress, to children, teens and adults in New Jersey who have difficulty reading standard print or trouble holding a book. Contact the TBBC at 800-792-8322 or visit the following site for more information: <http://www.njstatelib.org/talking-book-braille-center/>.

## **Resources for Victims of Domestic Violence**

- **New Jersey Coalition to End Domestic Violence:** Provides information for legal services, publications, programs, and local agencies. For more information, visit: [www.njcedv.org](http://www.njcedv.org).
- **Legal Services of New Jersey (LSNJ):** Offers statewide legal information and advice. The website provides a hotline number for persons seeking legal counsel for a domestic violence situation. For more information, visit: [http://www.lsnjlaw.org/Family-Relationships/Domestic-Violence/Pages/default.aspx?OtherTopics=Domestic Violence](http://www.lsnjlaw.org/Family-Relationships/Domestic-Violence/Pages/default.aspx?OtherTopics=Domestic%20Violence)
- **Break the Cycle:** A national non-profit organization dedicated to promoting healthy and happy teen dating relationships. The website provides resources about teen dating violence. For more information, visit: [www.breakthecycle.org](http://www.breakthecycle.org).

## **Resources for Teen/Young Adult Parents**

- **New Jersey Child Support:** Provides financial support forms, custodial and non-custodial parent information, a listing of county offices, outreach programs, and services for teen parents. For more information, visit <http://www.njchildsupport.org>.
- **UIH Family Partners:** Offers planning for parenting fathers who are dedicated to the welfare of children. UIH serves to empower and help men become more actively involved, positive parental figures for their children and families. For more information, visit: [www.uihfamilypartners.org](http://www.uihfamilypartners.org).

## **Resources for At-Risk Youth**

- **Outreach To At-Risk Youth:** Designed to prevent crime/juvenile delinquency and gang involvement. The 21 programs located in Camden, Essex, Mercer, Atlantic, Monmouth, Cumberland, Hudson, Passaic, Middlesex and Union counties provide enhanced recreation, vocational, educational, outreach and supportive services to youth, ages 13 to 18, and possibly until the age of 21. For information, call (609)-888-7100 or visit: [www.njyrs.org](http://www.njyrs.org) and choose the appropriate county to see where the OTARY programs are located.
- **The New Jersey Youth Challenge Program:** A program for 16 -18 years old adolescents, free from legal involvements (probation, parole, etc.), drug and alcohol free and officially withdrawn from high school. The NJ Youth Challenge Academy offers

Math, Science, Language Arts, Social Studies, Life Coping Skills and Job Skills to complete the GED exam after completion of the five-month residential phase. For more information, visit <http://www.nj.gov/military/challenge/index.html>

- **The New Jersey Courts:** Created a general information guide to help parents and guardians understand juvenile delinquency proceedings. To review this guide, visit: [http://www.njjn.org/uploads/digital-library/NJ-Parents-Caucus\\_Navigating-JJ-System-Family-Guide\\_2014.pdf](http://www.njjn.org/uploads/digital-library/NJ-Parents-Caucus_Navigating-JJ-System-Family-Guide_2014.pdf)

## **Legal Assistance**

**Children and youth living in foster care for one year or more are now being invited to attend their Permanency Hearing.** If you have been living in foster care for a year or longer, whether with a family or in a group setting, you have the right to attend the annual court hearing at which the judge makes decisions about your long-term living arrangements. It is called the permanency hearing. Your law guardian should let you know when the hearing is scheduled and will talk to you about your options to participate in this hearing. You can express your thoughts and/or ask questions. If you do not want to attend the court hearing, you may be able to speak to the judge separately, participate by telephone or write a letter. Every open CP&P court case has a law guardian assigned to protect your interests, advocate on your behalf, and to provide you with information. [Click here for Tips on attending court.](#)

- **Legal Services of New Jersey (LSNJ):** Offers statewide legal information and advice. For any civil (not criminal) legal issues, call (888)-LSNJ-LAW or visit [www.lsnjlaw.org](http://www.lsnjlaw.org). LSNJ-Law also provides general legal information regarding family law and involvement with CP&P.
- **New Jersey Office of the Public Defender:** Provides required legal representation for adults and juveniles charged with criminal offenses who are unable to afford private lawyers. Juveniles involved in the courts have a right to representation. For more information about the public defender's office and services, visit: <http://www.state.nj.us/defender/>.
- **Office of the Law Guardian (OLG):** Provides legal representation to children and youth in their child welfare family court cases. Law guardians are appointed by the court to help youth express their wishes to the court, protect their legal interests, and to assist in helping the youth understand their legal rights. For more information or to find local law guardian offices, visit: <http://www.state.nj.us/defender/structure/olg/>
- **Rutgers Child Advocacy Clinic (CAC):** Serves New Jersey children and families who are at risk of or already living in poverty. CAC assists in meeting the educational, economic, and medical needs of families through legal advocacy and representation. For more information, visit: [https://www.rutgershelpsnj.org/organization.524503-Child Advocacy Clinic Rutgers U School of LawNewark](https://www.rutgershelpsnj.org/organization.524503-Child%20Advocacy%20Clinic%20Rutgers%20U%20School%20of%20LawNewark)
- **Rutgers Special Education Clinic:** Offers legal assistance for parents of children with disabilities. Clinic law students provide representation and support to parents seeking to



obtain appropriate early intervention, educational services, and placements for their child(ren). For more information, visit: <https://law.rutgers.edu/legal-clinics>

- **Advocates for Children of New Jersey (ACNJ):** A statewide nonprofit organization that advocates for more effective funding and stronger services for children and families. ACNJ's **Kidlaw Resource Center** provides information regarding children and the law and legal assistance related to education and special education matters. Visit ACNJ's website, [www.acnj.org](http://www.acnj.org) publication, fact sheets, and other resources regarding the legal rights of New Jersey's children, or call (973)-643-3876.
- **Educational Law Center (ELC):** ELC serves as the leading voice for New Jersey's public school children, as well as at-risk students, and has become one of the most effective advocates for equal educational opportunity and education justice in the United States. ELC also promotes education equality through partnership building, litigation support, policy development, communications, and action-focused research throughout the US. For more information, visit: [www.edlawcenter.org](http://www.edlawcenter.org).

## Chapter 12: Expectant and Parenting Youth

**New Jersey Parent Link:** This resource center provides early childhood, parent and professional information on pregnancy and resources for parents. For more information, visit [www.njparentlink.nj.gov](http://www.njparentlink.nj.gov).

**Teenage Parents Program (TAPP):** TAPP supports young people (under 21) in their transition to parenthood and other adult roles while reducing the risk of child abuse and neglect. The program provides counseling and case management services to pregnant and parenting teens and their families. Life skills workers offer flexible, outreach-oriented services as a means of engaging the trust and involvement of the young parents. A peer support group helps to build a supportive network. Consultation and education on issues of teen sexuality and adolescent pregnancy are available to the community. Call (609) 518-5470 for more information.

**Maternal and Child Health Consortia:** These private non-profit organizations provide programs, activities, education, and infant and follow-up care to pregnant women and parents to help improve the health of children. For more information, visit <http://partnershipmch.org/>

**Second Chance Homes:** This program helps teen mothers (ages 17 and under) and their child to live in private host homes in the community. The program helps them with housing and caring for their baby. Mothers must be Temporary Assistance to Needy Families (TANF) eligible, cannot be CP&P (formerly DYFS) involved, not ready for independent living, and unable to live with relatives. To access the Second Chance Home programs a young person must personally go to their local county welfare or social services office. For referrals please contact: **Kerri Durkin Valenti**, LPC, Director of Treatment Homes at Crossroads Programs, Inc. The address is 610 Beverly-Rancocas Road, Willingboro, NJ 08046. Phone: (609) 880-0210, ext. 106; Fax: (609) 880-0230; [kerri@crossroadsprograms.org](mailto:kerri@crossroadsprograms.org)

**Planned Parenthood:** A health care provider specializing in reproductive and sexual healthcare. Through pregnancy prevention, STD prevention, and sex education, Planned Parenthood empowers teens to make informed choices and lead healthy lives. With 28 offices in New Jersey, there is probably one close to where you live. To learn more about this program and find a location near you, please visit the website; [www.plannedparenthood.org](http://www.plannedparenthood.org). You can also search on this website for special information for teenagers.

**Center for Family Services Mother/Child:** Provides temporary housing in Woodbury, New Jersey for women age 18 -35 who are currently homeless and either pregnant or parenting one to three children age eight and under. Services include: emergency shelter for mothers and children, on-site counseling and case management, educational classes focused on parenting, anger management, communication, & substance abuse, assistance with creating and implementing goals for self-sufficiency with a focus on employment, education, housing and on-site day care. Address is 682 N Broad Street, Woodbury, NJ. Phone is 856-853-1761; FAX is 856-251- 9233.

**Center for Family Services/Housing First:** Provides temporary financial, housing relocation, and budget counseling to individuals and families in Camden County who are homeless or would be homeless but for this assistance. Call 856.964.1990 x143 for more information.

**Center for Great Expectations:** "A safe place, a safe presence and a safe path" for homeless, pregnant or parenting, adult women and adolescents, and their children to overcome, and break, the destructive generational cycle of trauma, abuse, homelessness and addiction. For more information, [www.cge-nj.org/](http://www.cge-nj.org/). 19B Dellwood Lane, Somerset, NJ 08873  
Phone: 732-247-7003; Toll-free: (855) HOPELIVES - 855.467.3548; Fax: 732-247-7043;

**Oaks Integrated (Teen-Age Parents Program):**  
79 Chestnut St, Lumberton, NJ 08048; Phone: 609-518-5470 or 1-800-963-3377; Fax: 609-518-5484  
Website: <https://oaksintcare.org/>

**Crossroads Programs Inc., Capable Adolescent Mothers**  
610 Beverly-Rancocas Road Willingboro, NJ 08046  
Phone: 609-880-0210 Fax: 609-880-0230

**Union Industrial Home (Parenting Fathers)**  
4 N. Broad Street, 2nd Floor Suite 2R, Trenton, NJ 0860  
Phone: 609-695-3663 Fax: 609-695-3208  
[info@uihfamilypartners.org](mailto:info@uihfamilypartners.org) <http://uihfamilypartners.org>

**Birth Haven**  
4 Academy Street, Newport, NJ 07860  
Phone: 973-579-7979

**Children's Aid & Family Services, Inc./Zoe's Place:** Provides a safe, supervised housing for pregnant teens and teen moms and their children in Bergen County, and to meet the need for

critical education, skills and support services that will enable the teens to become self-sufficient. Zoe's Place is designed to meet these goals in a supportive, caring environment, drawing on each girl's strengths so that she may realize her full potential.

200 Robin Road, Paramus, NJ 07652 (862) 899-7000

**Department of Children and Families (DCF)      Office of Adolescent Services (OAS)**

The DCF and OAS supports programs in the community that enable an expectant or parenting youth and their children to live a safe, stable and healthy lifestyle. The goals of the programs include addressing developmental needs of parent and child and life skills. Program services focus on strengthening parent-child bond, parenting education, and assistance with housing identification.

The programs below have beds allocated for young people who are pregnant or parenting:

**Camden DREAMS**, 554-558 Benson Street, Camden, NJ 08103

Phone: 856.757.9450      Fax: 856.757.9621

**Care Plus NJ, Inc.**, 610 Valley Health Plaza, Paramus, NJ 07652

Phone: 201-265-8200 ext. 5254      Fax: 201-265-0366

**Robin's Nest**, Steps Towards Independence, Robin's Nest, Inc.

[856-881-8689 ext. 501;](tel:856-881-8689)      [jlafferty@robinsnestinc.org](mailto:jlafferty@robinsnestinc.org)      [www.robinsnestinc.org](http://www.robinsnestinc.org)

**The below DCF programs provide community supportive services for pregnant and parenting youth:**

**DCF's Family and Community Partnerships (FCP)** promotes the health, well-being and personal safety of New Jersey's children and families by working together with parents, caregivers, organizations and communities to ensure an effective network of proven support services, public education and community advocacy to prevent maltreatment.

**Office of Early Childhood Services** is responsible for the planning, development, implementation and evaluation of prevention services for families and caregivers of children from pregnancy/birth to kindergarten.

**Office of School-Linked Services** coordinates the School-Based Youth Services Programs, Newark School-Based Health Services and the NJ Child Assault Prevention Project, in order to address the emotional, behavioral, and family problems encounter by children and youth that threaten their safety, well-being, and educational achievement.

**Office of Family Support Services** provides leadership, support, and development to communities and family serving organizations in order to identify community strengths, needs, and community-based promising strategies that will improve the accessibility of support programs and improve the community context in which families live.

To download the Division of Family and Community Partnerships  
<http://www.nj.gov/dcf/families/dfcp/> or contact: Lee M. Fowler, MSW, Program Coordinator  
Department of Children and Families, Family and Community Partnerships, Office of School  
Linked Services, 50 East State Street 7<sup>th</sup> Floor, Trenton, NJ 08625  
[Lee.Fowler@dcf.state.nj.us](mailto:Lee.Fowler@dcf.state.nj.us) Office 609-888-7583

### **Teen Father Support**

Provide fathers with visitation assistance, parenting skills, child development training,  
employment support, co-parenting, and mentoring.

### **Bergen County Community Action Partnership Inc.-HELP Center**

535 Midland Avenue, Garfield, NJ 07026

1-201-968-0200 ext. 7019 <http://bergencap.org/>

### **The Fatherhood Connection, Inc**

49 JFK Way Room 242, Willingboro, NJ 08046

1-609-877-1076 <http://fathersandchildren.org>

### **Father Time Keansburg**

142 Port Monmouth Road, Keansburg, NJ 1-732-787-2007

### **Fathers' and Children's Equality (FACE)**

PO Box 3302, Cherry Hill NJ 08034 888-763-2239 [www.facenj.org](http://www.facenj.org)

### **F.E.L.L.A.S- Fatherhood Program of Essex**

50 Union Avenue Suite 403, Irvington, NJ 07111 1-973-372-4353

### **Paulsboro Community Development Center**

1540 Swedesboro Ave, Paulsboro, NJ 08066 1-856-224-1401

### **YMCA of Newark**

600 Broad Street. Newark, NJ 07102 [www.newarkymca.org](http://www.newarkymca.org)

## PART FOUR

### Closing: Remember That Others Have Made It and So Can You

#### Closing Remarks

Edward Joyner is a 24-year-old former foster care youth. He is currently enrolled as a full-time student at Seton Hall University. Edward is a public speaker, poet and basketball athlete. He enjoys sharing his poetry with people interested to learn about his experiences in and out of the foster care system. He stated, "...when I read my own poetry and I look out at the listeners, I am stimulated by the sight of aggressive listening indicated by the furrowed brows on their faces. It tells me that my voice is finally being heard and I am leaving my print on the world." Below you will find Edward Joyner's poem entitled 'I am From

#### I am From

I am from  
A land of tears where  
I must be too strong to cry  
I am from  
A foster's care where  
When night falls  
I keep a watchful eye  
I am from  
No one cares where  
Ears are deaf and  
Eyes are blind  
I am from  
The DYFS desk where  
A case number is  
My life defined  
I am from  
The bottom of the barrel  
Fighting to climb  
The next crabs back  
I am from  
The projects where  
Grounds and hands both bare crack  
I am from  
A suicidal father who  
Left me in this world alone  
I am from  
A cloudy past  
Childhood of bliss  
And now I'm grown  
I'm now from Future Scholars  
Where my little brothers and sisters will  
Walk tall despite the painful blisters

#### Special Tips:

#### Oprah Winfrey's Top 10 Life Lessons

- 1.) What is put out comes back all the time, no matter what.
- 2.) You define your own life. Do not let other people write your script.
- 3.) Whatever someone did to you in the past has no power over the present. Only you give it power.
- 4.) When people show you who they are, believe them the first time (a lesson from Maya Angelou).
- 5.) Worrying is a waste of time. Use the same energy for doing something about whatever worries you.
- 6.) What you believe has more power than what you dream, wish, or hope for. You become what you believe.
- 7.) If the only prayer you ever say is "thank you," that will be enough (from the German theologian and humanist Meister Eckhart).
- 8.) The happiness you feel is in direct proportion to the love you give.
- 9.) Failure is a signpost to turn you in another direction.
- 10.) If you make a choice that goes against what everyone else thinks, the world will not fall apart.

That bind their feet and  
Try to hinder their advancement in life  
Where am I from?  
I'm from that sparkle in the night  
That one bright star that  
Leads the lost to the light  
Follow me!  
Like Pac said  
And even though Pac's dead he  
Lives in me  
Because he is where I'm from and  
I am from the hood  
If you're from there  
Put a fist up  
I am from a place where  
You don't have to floss your wrist up  
To be like T. I.  
You can still be hood and  
Be about your B. I.  
Isness and  
You don't have to ask  
Is this the  
End all to be all because  
I am from a land of opportunity

**Written By: Edward Joyner**





## JOURNAL PAGE

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