

FREQUENTLY ASKED QUESTIONS

If I am pregnant, can CFSA take my baby away?

Not unless there is an allegation of abuse or neglect against you as a parent. Even if you are in foster care, the baby is NOT automatically a ward of CFSA. You have the right to custody.

Can I file for custody or child support?

Yes. Your parent/guardian's permission is not required. Talk to your guardian ad litem (GAL) about next steps.

Where can I find more information about public benefits and how do I apply?

You can apply for Medicaid, food stamps, and TANF with one application at the nearest Economic Maintenance Administration (EMA) Service Center. **To locate your center call 202-727-5355.** Bring proof of Income (recent pay stubs), recent bank statements (checking and savings accounts), your social security card, proof of residency (DC photo I.D., lease, etc.), and a valid photo I.D. You may not be able to receive these benefits if you are still in foster care.

How do I get help with child-care?

These organizations can help you locate child-care and early intervention programs

- **DC Department of Human Services** issues vouchers to help parents pay for child care. All high school students are eligible. Call (202) 727-0284.
- **Washington Child Development Council.** Call (202) 387-0002 for help finding a child care provider.

I'm a teen father, are there any programs for me?

Yes. TAPP at the Washington Hospital Center and the Generations Program provides services especially for teen dads. There are other programs, including the Concerned Black Men Fatherhood Initiative, Latin American Youth Center's Responsible Father Program, and more. *If you're interested, contact your GAL or social worker for more information!*

COMMUNITY RESOURCES

Planned Parenthood

www.plannedparenthood.org

Services include pregnancy testing, options counseling, birth control, emergency contraception, HIV and other STD testing, abortion services/referrals, and general women's health services. **To find the nearest location, call 1-800-230-PLAN (7526).**

Washington Hospital Center – Teen Alliance for Prepared Parenting (TAPP)

www.whcenter.org/body.cfm?id=556267

For young men and women 18 or younger who are expecting a baby or have a child under the age 5. Services include medical care, prenatal and parenting education, family planning and birth control, individual and group counseling, workshops, and educational support. **To enroll, call 202-877-0748. To make an appointment and find the nearest location, call 202-469-4699.**

Mary's Center

www.maryscenter.org

Provides prenatal and pediatric care primarily to Spanish-speaking women. Services include case management, teen pregnancy prevention and planning, and intensive in-home services for pregnant women and new moms. The center is also a host site for WIC. **To make an appointment and find the nearest location, call 202-483-8196.**

Children's Hospital, Generations Program

www.childrensnational.org/departmentsandprograms

Provides an array of services including care for teens and infants, as well as resources to assist pregnant and parenting teens. **To find your nearest location call 202-476-2808.**

PREGNANCY PREVENTION & TEEN PARENTING



Resources for Foster Youth and Alumni

dc's
**CHILDREN'S
LAW CENTER**

teen task force

Children's Law Center
616 H Street, NW, Suite 300
Washington, DC 20001
www.childrenslawcenter.org

SAFE SEX & PREGNANCY PREVENTION

Birth Control

There are a lot of options for birth control. To decide which is right for you, talk to your doctor. This brochure lists health clinics that provide free services.

STDs: Get Tested!

STDs are contracted through vaginal, oral, and anal sex. Although many forms of birth control prevent pregnancy, you can only protect yourself against STDs by using a condom or practicing abstinence (not having sex). If untreated, STDs can cause serious health problems in the future for you and your baby. Get tested!

PREGNANCY

Prenatal Care: Your Health Matters!

Prenatal care is medical care specifically for pregnant women. It includes regular checkups and testing to make sure you and the developing baby are healthy. Start getting care as soon as you find out you are pregnant.

How often are my prenatal visits? At least every 4 to 6 weeks for the first 7 months of pregnancy. Every 2 to 3 weeks in the 8th month. Every week in the 9th month.

Considering Adoption? If you want to learn more about this option contact **The Northwest Center at (202) 483-7008** or **The Capitol Hill Pregnancy Center at (202) 546-1018** or **1-800-395-HELP (4357)**. A counselor will provide you with more information to help you determine whether adoption is best for you and your baby.

Considering Abortion? Minors of any age can choose to have an abortion in the District of Columbia. Many providers will perform an abortion up to six months. Contact Planned Parenthood for more information at **1-800-230-PLAN**.

Text4Baby Pregnant and parenting teens can sign up for a free health text messaging service to get scheduling reminders and parenting tips during pregnancy and the 1st year. **Text the word BABY (or BEBE for Spanish) to 511411.**

TEEN PARENTING & PUBLIC BENEFITS

Parenting Support

There are several programs that will help you prepare for and transition into parenthood. The Healthy Babies Project offers parenting classes and other supports specifically for teen parents. Contact **(202) 396-2809**. If you need additional support contact your GAL or social worker.

TANF (Temporary Assistance for Needy Families)

Within TANF, the Teen Parent Assessment Program provides welfare benefits to teen parents under 18 who are not living with a parent or legal guardian.

DC SNAP (Supplemental Nutrition Assistance Program)

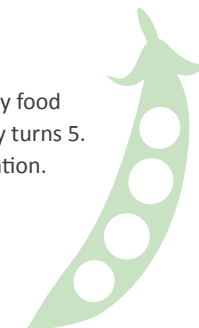
DC SNAP provides food stamps to families in need.

WIC (Women, Infants, and Children)

WIC assists teen moms with getting healthy food during and after pregnancy until their baby turns 5. Contact **1-800-345-1942** for more information.

Medicaid

Medicaid will pay for medical care for low income teen parents and their children.



HOUSING

There are several programs in DC that can help teen parents in foster care with housing. These include group homes, foster homes, and independent living apartments for older youth. Many of them require a referral from a social worker, so talk with your GAL, social worker, or another adult who is working with you if you are interested in applying.



KNOW YOUR RIGHTS!

Health Regardless of age, you have the right to consent to all sexual health services regarding your own body, including contraception (e.g. birth control and condoms) and abortion.

Custody When a foster teen has a baby, the teen has the same rights as any other parent to care for the child. Your child is not automatically in foster care! Teen fathers have the same rights to care for their child as teen mothers. Teen parents may file for custody or visitation regarding their own child, just like an adult parent.

Placement Your social worker must try to find a placement where you and your child can live together. Some new parents may agree to be separated from their child temporarily. However, such separation may affect your custody rights, so talk to your GAL before agreeing to this.

Assistance Your social worker must help you as a teen parent by making referrals (medical care, general assistance etc.), discussing placement options, and helping with family planning. CFSA must help you get things that you need for your child, like food, clothing, toiletries, and transportation.

Privacy (Confidentiality) If you do not want your parent or legal guardian to know that you are expecting a child, you can request that your Social Worker and GAL keep that information confidential.

Education Students may not be denied access to an education or extracurricular activities because they are parenting or expecting a baby. Your school must provide reasonable accommodations for pregnant and parenting students, like additional bathroom passes if needed and appropriate time and space for breast feeding.

➔ **Leave of Absence:** If you're having problems during your pregnancy, you can take a leave of absence from school as long as your doctor says that it is medically necessary.

➔ **Visiting Instruction Services Program:** This service is available for youth who are homebound or on bed rest after their baby is born. It will help you keep up with school while you are away. You may qualify for this program with a note from your doctor.

Contact (202) 939-3506 for more information.