What is a Release of Custody/ Transition Plan?

Using your Transition Plan form, you develop your own Release of Custody plan to guide you once you're released from foster care.

Your plan must cover the following:

- Where you will live
- Where you plan to work or attend school
- How you will provide for medical needs and pay for other services
- How you will support yourself financially



"The years between adolescence and actually becoming an adult are very important years. You make a lot of choices as to the type of life you want to lead and the type of person you want to be." – Unknown

About Saint Francis Ministries

A voice for the vulnerable since 1945, the mission of Saint Francis Ministries is to provide healing and hope to children and families. We honor human dignity and potential through our programs and services to thousands of youth and families in Arkansas, Kansas, Mississippi, Nebraska, Oklahoma, and Texas.

Saint Francis MINISTRIES

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REV/11-26

APPLA & Independent Living



Saint Francis MINISTRIES

Independent Living

What is Independent Living?

The Independent Living (IL) team assists youth prior to leaving the foster care system. We also offer six months of after care services.

As you begin the transition into adulthood, we help you prepare by providing the following:

- Support in graduating high school and exploring colleges or technical schools
- Finding and maintaining employment
- Help with budgeting to understand the costs of living on your own
- Guidance in setting and meeting positive goals and tasks to help you be successful
- Identifying housing options for life after foster care
- Drafting a solid transition plan to support you upon release of custody

What is APPLA?

APPLA stands for "Another Planned Permanent Living Arrangement." It's your new case plan goal.

What is expected of me?

- Go to school daily and graduate from high school or a GED program
- Accept long-term placement while working towards readiness for more independence
- Gain and maintain employment while saving part of your income
- Refrain from using alcohol or drugs
- Accept services offered to you - pre-employment training, vocational rehabilitation training, and/or educational services – to help you gain new skills
- No running from your placement

How will my workers help me?

- Provide support and advocacy
- Meet educational, employment, and placement needs
- Teach decision-making and self-esteem-building skills



What is an Independent Living (IL) placement?

It's different from a foster home.

IL placement provides a structured environment in which you have access to community resources, educational and employment opportunities, and help learning independent living skills.

IL placements have varying degrees of supervision, along with rules and guidelines. To be eligible, you must show you are committed to education, finding employment, and working towards responsible adulthood.

Once you're placed, you begin with maximum supervision and minimal independence (Self-Care Time). As you prove yourself, the level of supervision decreases and independence increases.

Eventually, you progress to a stage with little or no supervision until you're ready to be released from custody. By this time, you will have shown your case team that you can handle independence and the responsibility that comes with it.

