

# NAVIGATING THE CHILD WELFARE SYSTEM

*"Take it one day at a time and never be afraid to ask for help."  
- Foster Parent Lived Expert, Barren County*

# FOSTER PARENT

## WHAT YOU SHOULD KNOW RIGHT NOW

- Documentation is important
- Connect with other foster parents
- Obtain a mentor for navigation support
- Lean on your case manager (R&C worker or PCP case manager) for information
- Find as much support that you can find, including using respite care
- Ask your worker who to contact after hours for support
- Make sure to receive the medical passport from the worker



## SUPPORT

- Foster Parent Mentor Program
- Just In Time
- Kentucky Foster and Adoptive Parent Training Support Network
- KY FACES



A SPECIAL THANK YOU TO  
CASEY FAMILY PROGRAMS

## WHO CAN YOU CONTACT



Case worker: \_\_\_\_\_

Supervisor: \_\_\_\_\_

Phone: \_\_\_\_\_

Phone: \_\_\_\_\_





Email: \_\_\_\_\_

Email: \_\_\_\_\_

Working hours: \_\_\_\_\_

Working hours: \_\_\_\_\_

### Have basic needs?

-  Call 2-11
-  Division of Family Support  
855-306-8959
-  [kynect.ky.gov/resources](http://kynect.ky.gov/resources)
-  [myky.info](http://myky.info)

### Need legal advice?

-  Civil Legal Aid Programs  
[kyjustice.org/contact-us](http://kyjustice.org/contact-us)

### Questions or issues?

-  Commonwealth Office of the Ombudsman  
(866) 596-6283
-  Citizen Foster Care Review Board  
[CFCRB@kycourts.net](mailto:CFCRB@kycourts.net)