

How do I visit with my family?

All children and youth in foster care have the right to have lifelong family connections, including siblings, grandparents and extended family. You have a right to visitation, ongoing contact with and/or knowledge of your parents, siblings, extended family, friends, and pets.

When you enter foster care, the Department of Health and Human Services will work with you and your family with the goal of returning you safely home. Visits with family, siblings, and relatives are an important part of this process to maintain and to strengthen your relationships.

“A little hope is all you need.”

Lizz M., age 17

Let your caseworker and/or family team know your wishes regarding visitation. It is the caseworker’s role to schedule all visits and to provide support to you and your family so that visits are successful. Visits should be relaxed and in a normal setting.

If you’re scared, it’s OK. You’re not the only one.”

· Muriel G., age 17

Your caseworker will want to hear from you about how visits are going. Please talk with your case worker if you are not comfortable with visitation at any time. You have the right to choose whether or not to participate in a visit.

