

You can fill out this form to help the judge make better decisions about your life. You do not have to give any information if you don't want to. You can answer some questions and skip others. Please add additional pages if you have more to say.

Shared information.

Under the law, information you write here will be given to your parents (if they are involved in the case), the lawyers in your case, and your caseworker. (If there is a CASA, Tribe or an intervenor in your case, they will get this information too. The district attorney and juvenile department also might see the information you write here.) If you don't want to share information with all of these people, talk to your lawyer.

You have the right to be told of your hearing dates and to be driven to your hearings. Your lawyer and your caseworker should talk to you about your rights. You may contact the Foster Care Ombudsman to report problems: 1.855.840.6036 fco.info@state.or.us,

Teen Comments for Court (Age 14 and older)

1. Your name: _____
Age: _____ Today's date: _____
Date of next court hearing: _____
Names of people who helped you fill out this form:

2. Your situation

Are you happy with where you live?
 Yes No If not, why not?

Do you feel safe where you live?
 Yes No If not, why not?

Are you getting enough to eat? Yes No

Do you have enough clothing? Yes No

Is anyone hurting you? Yes No

Is there anything you need that you aren't getting?
 Yes No

Please explain:

Your caseworker has made a case plan for you and your family. Have you read your case plan? Yes No

Were you able to choose two people to be on your case planning team? Yes No

If no, please explain: _____

Where would you like to live permanently and why? _____

What do you like to do in your spare time? _____

3. Your Health

Do you have any medical or dental problems? Yes No

If yes, are you receiving treatment? Yes No

If no, why not? _____

Are you prescribed any medicine? Yes No

Are you taking any medicine or supplements (prescribed or not)? Yes No

If yes, what is it? _____

Does it help? Yes No

If no, please explain: _____

4. School

Do you go to school? Yes No

If no, why not? _____

If yes, how are you doing in school? _____

Which classes do you like best? _____

Do you do sports, music, or other activities? Yes No

If no, why not? _____

If yes, what are you doing and how is it going? _____

If you are old enough, do you work? Yes No

If yes, where and how do you like it?

5. Support systems

Who have you seen or talked to in the last month? Mom Dad Foster parent
 Brother/Sister Caseworker Therapist Grandparent Other:

Is there someone you'd like to talk to? Yes No

If yes, please explain: _____

Are there any adults you trust to talk to? Yes No

Do you see your caseworker at least once a month? Yes No

Does your caseworker help you when you need help? Yes No

Comments: _____

6. Preparing for Adulthood

A Comprehensive Transition Plan is a written plan to help you get ready to live on your own after you leave foster care. The plan includes goals for finishing school, finding a job, getting housing, and managing your money. You should help your caseworker write the plan.

Do you have a Comprehensive Transition Plan? Yes No
Did you help write it? Yes No

If you are 17 years old, are you almost ready to live independently? Yes No
Have you learned how to make a budget? Yes No
Do you know how to find and pay for a place to live? Yes No
Do you know how to get medical services? Yes No
Do you have someone you can call if you need help? Yes No
Do you know how to get a job? Yes No
Do you know about your education options after high school? Yes No

What could you use help with? _____

7. Goals and Concerns

What is your biggest worry about how things are going?

What are your goals for the next year? _____

What will help you meet your goals?

8. Court Hearings

Have you been to any of your court hearings? Yes No

If not, do you know why not? _____

Do you usually know when your court hearings are happening? Yes No

Do you want to go to your court hearings? Yes No

Would you like to speak to the judge? Yes No

If you cannot go to your hearing, what would you like the judge to know?

Thank you for completing this form! Please give or send it to: **(insert local court address)**