

# Los Angeles County Family First Prevention Services Act



Los Angeles County  
Department of Children  
and Family Services

LOS ANGELES COUNTY  
DEPARTMENT OF  
MENTAL HEALTH  
hope. recovery. wellbeing.



COUNTY OF LOS ANGELES  
**PROBATION**  
Building safer communities through positive change.

## LA County Family First Expectant or Parenting Youth in Foster Care Frequently Asked Questions (FAQ)

### What is Family First?

The Family First Prevention Services Act (Family First) is a national law that focuses on keeping children safely with their families to avoid the trauma that results when children enter the child welfare system. It also seeks to improve the health and well-being of children and families already in the system and aims to keep families safely together.

### Why is Family First important for expectant or parenting youth in foster care?

Under Family First, you will get FREE supports and services that meet your individual needs, strengthen your parenting skills, and nurture the health and development of your children.

Many parents don't ask for services because they fear DCFS will put their children into foster care. These services are offered to support Expectant and Parenting Foster Youth and their families and are meant to prevent your children from entering foster care.

### What supports and services are offered under Family First?

- **Parenting support:** Programs that can help you learn about and support your child's development, connect you to resources such as health care and child care, and provide coaching and guidance if you need it.
- **Mental and Emotional Well-Being:** Therapy services for you, your child, and/or your entire family.
- **Alcohol or Drug Use:** Services and programs that address or prevent substance abuse.

### Are services voluntary?

Yes, you get to decide what services or supports you want.

### Are services free?

Yes. You do not have to pay for any of the services or supports you choose to receive.

### How do I receive what is offered?

Talk to your social worker or attorney. They can help you get the services and supports that you and/or your child need and want.

### **What happens if I am receiving these services and I age out of care?**

Services can continue after you age out of care.

### **Are there other resources that I can receive?**

Yes! You can get other supports, including help with housing, employment, education, and financial assistance for child care and other items you may need for your child.

Here are some ways you can get connected to the assistance you need:

- **Expectant and Parenting Youth (EPY) Conference.** This voluntary conference focuses on your personal needs and those of your baby. Talk to your social worker about setting up an EPY Conference. All expectant or parenting youth, including fathers, are eligible to attend an EPY Conference.
- **24/7 Support:** The **Family Urgent Response System (FURS)** provides free 24/7 call, text, chat and in-person support to children and youth (up to age 21) who have spent time in foster care, including EPY, and their caregivers for issues **big or small**. For support, contact FURS at **1-833-939-3877** (call or text) or visit **cal-furs.org** (live chat).
- **Legal Support and Resource Navigation:** Your lawyer, your Court Appointed Special Advocate (CASA), and other community-based providers are available to help you.
  - For example, the Alliance for Children’s Rights has a Healthy Teen Families program to support EPY. <https://allianceforchildrensrights.org/programs/epy/>.
  - If you don’t know how to reach your lawyer, you can call the main number of the Los Angeles office of the Children’s Law Center at (323) 980-1700.

For more information on EPY conferences or additional resources such as financial assistance, child care, baby supplies and more, visit <https://dcfs.lacounty.gov/youth/teen-parenting/>.