

“As we grow into our adult selves, our parents often help us filter all of the messages and expectations that can leave us feeling “not enough”. As a PCA, it is my job to be that voice that rises above the one in her own head; to normalize frustration and failure and celebrate when her hustle has paid off. We all need that anchor that grounds us to a safe space, I am honored that I get to be that person in her life.”

Misty, Primary Caring Adult



“I think it’s important to have a primary caring adult after 18 because age is just a number and people still have learning and growing to do. I may be legally an adult but still have no idea what I’m doing at times, I go to my PCA when I need advice on things like taxes, loans, budgeting & emotional support to tell me I’m not failing at life. I just think having a primary person is comforting so you don’t feel like you’re alone in this world as a young adult.”

Lauren, Former Youth In Care

Next Steps

If you are interested in being a PCA, please contact the DCYF Adolescent Worker in your area:

www.dhhs.nh.gov/dcyf/documents/adolescentworkers.pdf

- Program Administrator . . . (603) 419-0312
- Berlin (603) 752-7800
- Claremont (603) 542-9544
- Concord (603) 271-6202
- Conway (603) 447-3841
- Keene (603) 357-3510
- Laconia (603) 524-4485
- Littleton (603) 444-6786
- Manchester (603) 668-2330
- Rochester (603) 332-9120
- Seacoast (603) 433-8300
- Southern (603) 883-7726

For more information on resources for youth in foster care, visit:

www.dhhs.nh.gov/dcyf/adolescent.htm
www.fosterclub.com

For more information on NH protocols for court hearings for youth with APPLA as their permanency plan, visit:

<https://www.courts.state.nh.us/fdpp/>

Become a Primary Caring Adult (PCA)

The Department of Health and Human Services’ Division for Children, Youth and Families needs PCAs for youth ages 16 and older who have Another Planned Permanent Living Arrangement (APPLA) as their permanency plan.



“Every child deserves a CHAMPION, an adult who will never give up on them, who understands the power of connection, and insists that they become the best that they can possibly be.”

Rita Pierson



State of New Hampshire
 Department of Health and Human Services
 Division for Children, Youth and Families

What is a Primary Caring Adult?

A Primary Caring Adult (PCA):

- Engages in a supportive relationship with a youth, age 16 or older, who is currently in foster care and preparing to transition to adult living
- Provides guidance, emotional support, and encouragement, and helps a youth celebrate life's successes
- May be approved by the Court as a PCA and may attend court hearings or other important meetings or events with the youth
- Is willing to commit to a life-long relationship with the youth and provide ongoing support



- Understands the youth's current and future needs

A Primary Caring Adult is *Not*:

- Legally or financially responsible for the youth
- Required to live with the youth

Ways to Help

As a PCA, there are many ways you can support a youth:

- Offer a place for the holidays/ college breaks, laundry or an occasional meal
- Send care packages
- Assist with finding employment, or provide a reference
- Be someone to talk to
- Offer guidance on money management, securing housing, relationships and other critical life skills
- Serve as an Emergency Contact



Mentoring relationships are associated with positive adjustment during the transition to adulthood for youth in foster care.

Ahrens KR; DuBois DL, Richardson LP, Fan MY, Lozano P (2008)

