

## Therapy or Counseling

### If I am on my own, can I see a therapist?

In Connecticut, a minor can see a social worker, licensed therapist, psychologist, or psychiatrist without parent consent for six sessions if:

- the therapist feels you need therapy;
- it would harm you to not get therapy;
- you want therapy;
- you are mature; and
- you wouldn't be able to get therapy if you had to ask your parent/guardian for permission.

## Help from DCF

### Can I get help from DCF if I'm on my own?

Probably. If you are under 18 and on your own because of neglect or abuse or you were kicked out of your home, you can call the DCF hotline for help any time of the day or night. Call 1-800-842-2288.

### What if I do not have legal status in the US?

You can still get help from DCF - they will *not* call Immigration (ICE, immigration enforcement). See our brochure, "Some Facts About Immigration" for more on this.

## Food Stamps, Cash Assistance and Medical

### Can I apply for cash assistance if I am homeless?

You cannot be turned away from applying for cash assistance, food stamps or medical just because you are homeless. There are a lot of rules for each of these programs. As long as you fit into the rules, you can apply for these services through your local Department of Social Services (DSS) office.



### Were you kicked out of your house?

### Did you run away?

### Do you live in a shelter or temporarily with a friend?

### Did your family lose their housing?

### Are you wondering . . .

### Where can I go to school?

### Can I get medical care?

### Can I see a therapist?

### Can I get food stamps?

The information in this brochure is intended as reference only and should not be interpreted as legal advice in an individual case.

If you need specific information about the law, please call us at 860-570-5327 or 203-223-8975.

## Where can I get help?

**If you have moved around a lot because you do not have a permanent place to live, there are laws that can help you.**

If you have questions about your legal rights, call CCA's Teen Legal Advocacy Clinic at (860)570-5327 or (203)223-8975.

For information on other teen legal rights topics, go to [www.kidscounsel.org](http://www.kidscounsel.org) and click on "Teen Legal Rights."



**Center for Children's Advocacy**  
65 Elizabeth Street, Hartford, CT 06105  
[www.kidscounsel.org](http://www.kidscounsel.org)

© CCA 2011

I've been  
moving around  
a lot.

**Do I have to  
change schools  
every time I move?**

**If I'm a minor  
on my own,  
what are my rights?**

## If you don't have a permanent place to live, there are laws to help you.

### School

#### If you . . .

- were kicked out of your house
- ran away from home
- live in a shelter, or a temporary place in DCF care
- live with another family because your family lost their housing
- live in a motel, hotel, trailer park, or camping ground because your family lost their housing
- have no place to live

If any of these describes how you are living, you have certain legal rights as a homeless student. Even if you have a temporary place to stay, you may still be able to get help. These laws help students who are alone or who are living with their families.



I've been moving around a lot lately because I don't have a permanent place to live. Do I have to leave my school if I move to another school district or town?

You have the right to choose between the local school, the school you went to before you lost your housing, or the school where you were last registered.

#### How will I get to school everyday?

You have a legal right to get transportation back to your old school, if that is what you or your parent/guardian believes is best for you. The transportation might be a bus, or a bus pass, or even a taxi.

#### Who can help me with this?

The school district has a person to help you. Call the school district and ask for the *homeless liaison*. If that doesn't work, you can look online to find out who the *homeless liaison* is. Go to [www.sde.ct.gov](http://www.sde.ct.gov) and type "homeless catalog" into the search box. Call us if you need help with this.

The school said I can't be registered until they get the records from my old school. How long do I have to wait?

If you are a homeless student, you have the right to be registered immediately, even if you don't have proof of residency, immunizations, school records, or other documents. If the school disagrees with you, you still have the right to be registered immediately while the disagreement is worked out. Call the school's *homeless liaison* or us if you have any questions about this.

#### Can I do after-school activities?

You have the right to be involved in all school activities.

#### How can I enroll in school if I am not living with my parent/guardian?

The *homeless liaison* in your school district must help you enroll if you are by yourself. You are considered an "unaccompanied youth."

Do I have to leave my school once I find a place to live?

If you find a permanent place to live during the school year, the law allows you to stay in your school for the rest of the school year, if it is best for you.

### Financial Aid for College and SATs

#### If I am on my own, how can I get financial aid for college?

Unaccompanied youth can apply for financial aid without a parent/guardian's financial information. Call the school district and ask the *homeless liaison* to write a letter saying that you are an "unaccompanied youth." You must send this to the college(s) to let them know that you are an unaccompanied student.

The financial aid form, called the FAFSA, will also ask you if you are on your own. Be sure to fill out this part of the form.

#### Do I have to pay to take the SATs?

Students who cannot afford to take the SATs can apply for a fee waiver. Ask the *homeless liaison* to help you.

### Medical Care

#### If I am on my own, can I get medical care?

That depends. Usually, the law requires that a parent/guardian give permission for a minor to get medical care. But, there are some times when a minor can do this on his/her own. In Connecticut, if you need to go to a clinic or a doctor for birth control, testing/treatment for sexually transmitted infections, testing for HIV/AIDS, the morning after pill, or abortion services, the law allows you to do these things without parental permission.

Also, for routine medical care, parental consent is usually not required. If you have any questions about this, talk with your doctor/nurse or call us.

### Drug and Alcohol Treatment

#### Can I be treated for drug or alcohol rehab?

In Connecticut, a minor does not need parental consent to get treatment or rehab for drug or alcohol addiction.