



## The Path to Independent Living

*By Sarah Redmon*

My name is Sarah Redmon. I am 19 and currently in foster care. I have been in 14 different placements in four years. I recently re-entered foster care and it has been a great experience for me. I am in college pursuing my Bachelor's in Social Work. I am on the Board of Directors of Facing Foster Care in Alaska (FFCA) as the Youth Representative. I have been involved with FFCA for four years. I have been involved with FFCA when we made big accomplishments such as: becoming a nonprofit; helping bills pass; training

new foster parents, Guardians Ad Litem and social workers; and when we spoke to legislators about improving the foster care system.

I love to figure skate, shop online to find good deals, and be a part of FFCA events. I am interested in finding new ways to improve the foster care system, and helping foster teens get on track to be successful. I am also interested in pursuing a Master's degree in social work someday.

All the improvements to the Independent Living Program have helped me to be more successful. I have been able to re-enter foster care when I needed extra help, I have a mentor through the Sync Program, and I have funding to support me in college. My current caseworker has really gotten to know me for who I am and she even let me choose who my foster parents would be, and that has helped me a lot. She helps me get what I need, when I need it and she spends time with me. I really think it makes a difference when social workers take extra time to really get to know the youth on their cases.

*Sarah is a Youth Representative on the FFCA Board of Directors.*