

DEAR WHOM EVER IT CONCERNS,

When I was first put into foster care I was 1 1/2 years old. I was moved 6 times in less than a year. When I was 4 years old I remember being spanked with my pants down in a foster home. The foster parents allowed me to watch rated R movies which then gave me nightmares for months. DHS put me on 9 different medications before I was 9 because I was out of control. It did not help. The medications I was on until I was 10 has stunted my growth.

When I was 5 I moved into my adoptive home. In 2016 when I was 11 I was taken away and put in foster care. DHS lied about my adoptive parents. DHS said there was physical abuse, but there wasn't. They also said my parents weren't feeding me which is also untrue. I feel that DHS needs evidence or proof that abuse actually happens in order to take children away. In my case they did not have any evidence. While in foster care in 2016 I moved 3

times within a month. One of the houses I was in I was afraid of the other kids there. I felt and thought that the foster parent^{was} favorites because when the kids stole my things, bullied me, yelled at me the foster parent didn't really care what was happening because she didn't get them to stop. I told my school, my visitation worker, and case worker this foster home wasn't the place for me, but they left me there for 8 months. The foster parent also made me sleep under the stairs while the others had their own bedroom. I was allowed to watch rated R movies and play in appropriate video games. I also got no discipline. I feel like foster care is really not helpful. It is actually less helpful than helping kids ~~one of the~~ ~~visitation workers~~ because my stuff that I brought from home was taken by the foster kids. DHS gave me toys to replace the missing ones only to take them back. I did horrible in ~~my~~ school. It did not make me feel

safer, I did not like foster care.
one of the visitation workers made me
get into a booster seat. I was 11. If I
didn't get into the booster seat he said
"you can't get to see your parents" you
get into the booster seat. I think
that DHS needs to let us kids see our
parents more than once a week and make
visitation hours longer. I saw my parents
an hour a week. DHS should let us talk
on the phone with our parents. I think DHS
needs to be changed because it doesn't help
the kids, it also made my behavior a lot
worse and they need better foster parents
because they think that the kids are
money and they don't care about the kids.
Please change the foster care system!!

Sincerely, [REDACTED] 2-5-18