



Joette Katz  
Commissioner

**DEPARTMENT of CHILDREN and FAMILIES**  
*Making a Difference for Children, Families and Communities*



Dannel P. Malloy  
Governor

**Meet Me Where I'm At (2018)**

**A Message from DCF Adolescents to Foster and Adoptive Parents**

*I have a story that needs to be told.  
Before I was placed in foster care, I learned through actions and inactions of others that I was not worthy of love or attention.  
I learned that my needs are not a priority.  
As a result of that negativity, I experience insecurity.  
I want to be accepted by society, but I am unsure if I have that ability.  
Teach me through your actions that I deserve to be cared about and treated well.  
Don't make me feel as if I am a burden.  
Remind me that I am here for a reason;  
That I was brought into this life  
Because I am strong enough to live it.  
Show me that my presence is a gift.  
**Try to meet me where I'm at.***

*Give to me without expecting anything in return.  
Because I may be too hurt and angry to express appreciation when you are helping me.  
But trust that one day...  
I will remember that you gave to me in this way.  
**Can you to meet me where I'm at?***

*Let me be sad sometimes.  
Give me room to mess up and make mistakes, because mistakes are opportunities to learn and grow.  
By forgiving me, you teach me how to forgive.  
Understand that there will be times I need space from all the voices that think they know what's best for me.  
Remember that I am not a paycheck. I am a person.  
**Will you meet me where I'm at?***

*What are my dreams?  
What is my purpose?  
What are my talents?  
How can I help others?"  
Remind me that my past does not define me.  
Help me learn to be helped.  
Mentor my thoughts.  
Encourage my ideas.  
Challenge my pushbacks.  
Laugh with me.  
Cry with me.  
Have fun with me.  
Have trust in me.  
Ask me these questions:*

*Let me know that you are here to help me reach my goals and I will become empowered.  
**But first, you'll have to meet me where I'm at.***

*I long for community and to be connected.  
Help me with my "self-esteem," help with my "other-esteem" which is how I feel about and relate to others.  
Show me how to see that I am needed in my community and the world, and see how I can make a difference.  
You have this gift.  
Share it with me.*

*Remember that I lived a different life before I met you.  
A life you may never understand.  
I am not asking you to solve all of my problems.  
Just help make sure I don't have to face my problems alone.  
**I am asking you to meet me where I'm at.***