

How to File a Complaint Against a DHR Social Worker

DHR workers aren't above the law. And when they lie, intimidate, manipulate, or violate your rights, **you have the power to push back.**

Too many families stay silent out of fear. But silence only gives them more room to abuse power.

This article will walk you step-by-step through how to file a formal complaint against a DHR worker in Alabama.

Step 1: Know What Counts as Misconduct

Common examples of DHR worker misconduct include:

- Lying in reports or court documents
- Coercing or threatening you into signing a safety plan
- Refusing to allow family placement without proper cause
- Ignoring evidence or testimony in your favor
- Failing to return calls or communicate in writing
- Showing up without a warrant and demanding access

Document everything. Misconduct that goes unchecked becomes normalized.

Step 2: Document Everything

You must have a clear, factual paper trail. Include:

- Dates and times of incidents
- Names of all individuals involved
- Screenshots of texts or emails
- Audio/video recordings (if legal in your state)
- Copies of falsified documents

Use your DHR Defense Binder to keep this organized.

Step 3: Submit Your Complaint in Writing

Alabama DHR complaints can be sent to:

- The local **County DHR Director**
- The **Alabama State DHR Office of Constituent Services**
- The **Alabama State Board of Social Work Examiners** (for licensed workers)

Write a clear and professional letter including:

- Your full name and contact info
- The name of the worker and county office
- Specific details of what happened
- How it violated your rights or harmed your family
- What resolution you're requesting (investigation, removal, etc.)

Step 4: Send It with Proof

Send your complaint by **certified mail** or email with a return receipt. Keep a copy of everything.

If you're sending it to multiple agencies, note who received it and when.

Step 5: Follow Up

If you don't hear anything in 10–14 business days:

- Call the agency to confirm the receipt.
- Politely request a timeline for response
- If ignored, consider escalating to a state representative or local media outlet

Optional: File an Online Grievance

The Alabama DHR site allows you to file complaints or feedback through their official online form. You can also submit a complaint to:

- State Board of Social Work Examiners
- Alabama Ombudsman Program

Final Thoughts:

They count on you being too scared, too confused, or too tired to speak up.

But a written complaint—backed with receipts—is a step toward accountability. It documents their mistakes, strengthens your case, and sends a message:

You will not be silenced.