FOSTER YOUTH EXPERIENCE MAP





What is typically prioritized by the system:

Wellbeing

Permanency



This is not always a linear path, and every experience is complex. Kids can cycle backwards from right to left at any time.



Alleged maltreatment is reported. CPS responds

Potential Feelings Guilt, fear, embarrassment

Potential Drivers

Feels like I'm at fault, parents/ caregivers projected onto me

Family Strengthening Opportunities

- · For low risk cases, meet with families and assess what their needs and wants are to connect them to community partners for in-home support
- Include a parent partner coach

Youth Agency Opportunities

- · Be transparent about what is happening zzzzzzz
- · Talk to youth about their feelings & wants/needs



Social worker takes child for a medical exam

Potential Feelings Fear, anxious

reflective

Potential Drivers Hiding what happened, quilt, shame

Family Strengthening **Opportunities**

Inform caregivers about youth health assessment

Youth Agency Opportunities

Provide a behavioral health assessment & trauma-informed care

Placed with a foster family

Potential Feelings

Powerless, scared, distrustful, threatened, hypervigilant

Potential Drivers

Going home, staying safe, self-protection, comfort, survival strategy, PTSD

Family Strengthening Opportunities

- Provide supportive framework of understanding about the biological family to the foster family.
- Help fosters understand what's driving youth behavior.

Youth Agency Opportunities

- · Be transparent with youth about the process
- Work with youth to create a family-centered plan that addressess their needs & wants.

to the

judge



Reunified with family

Potential Feelings Resentment, anger, possibly relief

Potential Drivers Less respect for parent authority, fear of what's to come

Family Strengthening **Opportunities**

· Work with family to develop a reunification plan and reintroduce child back into the home gradually.

Figuring out how to get along and belong in the new environment

Potential Feelings

Acceptance, opportunistic, new beginnings

Potential Drivers

Self-preservation, familiarity, hiding the past, achieving normalcy

Family Strengthening Opportunities

- Offer as much information about the process, each persons' role, and how individual decisions can affect the outcomes.
- Enable co-parenting and co-planning for the future

Youth Agency Opportunities

· Make a plan for the youth to achieve a feeling of safety & work towards wellbeing

<u>want</u> anyon

at school

to know

caregiver(s) Potential Feelings

Anger, sadness, frustration

Visits with original

Potential Drivers Disappointment and/or resentment in parents for "letting this happen"

Family Strengthening **Opportunities**

 Allow parents small opportunities to be co-parents during visits. & provide a comfortable environment.

Youth Agency **Opportunities** Allow space

for young people to work through their feelings with a mediator.

半 Reunified

with family

Potential Feelings Resentment, anger, possibly relief

Potential Drivers Less respect for parent authority, fear

of what's to come

Family Strengthening Opportunities

Work with family to develop a reunification plan and reintroduce child back into the home gradually.

achieve permanency for youth **Potential Feelings**

Lonely, isolated, rejected, forgotten Who am I?

Potential Drivers

Survival, connection, purpose, PTSD, Figuring out my identity post-foster care, processing the emotional burden of my case history

Aging out of the system if system fails to

Youth Agency Opportunities

- Provide young people with a gradual introduction to adulthood by developing skills, learning responsibilities over time, i.e. staggered rent payments.
- Help young people understand the consequences of mistakes when they aren't in the system.
- Give young people the resources (like therapy and mentors) to process and redefine their identity outside of the system

learning

how to be



Am I in

are you taking

Doctors scary

did this

How long will I be

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Placed with kinship guardian **Potential Feelings** Concerned, guilty, suspicious

Potential Drivers

This

is a really

big change

for me

Self-preservation, survival, identity Family Strengthening Opportunities Provide guidance about trauma &

an understanding of foster care. Youth Agency Opportunities

Prioritize kinship placements.

Fear, anxiety, depression, impatience

Potential Drivers Place to lock my things, safety. Ways to eat/drink and get what I need when I get there

Youth Agency Opportunities

- mentorship and guidance.
- Provide safe places for their things.

continues going to school

Labelled

Potential Drivers Wanting to keep foster

Strengthening **Opportunities**

make a plan for how they will handle talking about their involvement with the system.

Youth Agency Opportunities

strategies for talking with friends and teachers about being in the system.

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Youth becomes a parent while in care

do I suppo my family

Potential Feelings Affection for child, lost

Potential Drivers Wanting to keep child while still being in care

Youth Agency **Opportunities**

- Help young parents understand the consequences of failing to provide adequate care for their children.
- health, contraception, domestic violence & healthy relationships.



I'm on

my own

Figuring out new identity versus old identity, feeling of debt

Youth Agency Opportunities

- Make sure young person feels positive about the situation
- Make an effort to understand young person's existing family and close relationships.

(%) Continuously moved to a new foster or group home = failure of system to achieve permanency

Potential Feelings Anger, guilt, shame, sadness

Potential Drivers Feeling lost and angry, manipulating

to be removed from homes

be acting out and help them learn healthy coping skills & consequences. Trying to learn how to be self-sufficient without a strong support system or

opportunities to develop

practical life skills **Potential Feelings**

I may not know how to form a healthy relationship; What does my network look like now? I'm more than just a foster kid... What's my identity?

Potential Drivers

Survival, basic needs, making

Youth Agency Opportunities

- · Connect young people to foster youth alumni networks, potentially to older foster youth mentors.
- resources and dedicated points questions or concerns



Experiencing potentially abusive, neglectful, traumatizing or chronically stressful home life

Potential Feelings

Fear of revealing feelings, denial, stressed, aware

Potential Drivers

Trying to cover up, not wanting to accept reality, trying to protect my family **Family Strengthening Opportunities**

· Involve schools in supporting families:

supplying mental health services, food

pantries, washer and dryer and day care for teen parents. · Leverage the knowledge within

Youth Agency Opportunities

provide resources.

· Connect with youth through front-end community services.

communities and neighborhoods to help



High risk maltreatment confirmed and removed from home

Potential Feelings

Control, safety, familiar connections

· Plan removals in advance when possible with the family, empowering them to be part of the removal process (i.e. help reassure and pack for the young person)

- Try not to do removals in the middle of the night.
- · Give youth time to adjust to new surroundings before returning to school.
- · Be transparent about the process. · Refrain from using punitive language in trouble (i.e. detention = bad,

Guilt, fear, abandonment, neglect **Potential Drivers**

- Family Strengthening Opportunities
- Include a parent partner at the removal to provide guidance.

Youth Agency Opportunities

- that makes the youth feel like they are separation = better).

Placed in a transitional care facility

Potential Feelings Relieved, alone

out of place **Potential Drivers** Being in unfamiliar surroundings

Youth Agency Opportunities Ensure that personal

belongings are

protected. Be clear about next steps in the process and discuss their needs and wants before writing the court report.

田 Case goes to family court to decide if a child is reunified or enters foster care

Potential Feelings Uncertain, afraid,

Potential Drivers Anger towards parents for "letting this happen" Alternatively, fear of returning to a harmful

home

Youth Agency **Opportunities** truths to hear in court, it's best for

Family Strengthening Opportunities · Find ways to enable

advocates to collaborate.

Even if there are hard the child to be present if possible.

曲論 Placed with foster family or in group

home facility **Potential Feelings**

· Connect youth with other youth in care for

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Youth

Potential Feelings

status protected Family

· Help the family

Assist youth in

Education on sexual

Allow space for young parents to make mistakes.

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Adopted into a new family

Potential Feelings Relief, uncertainty, gratitude

Potential Drivers

Youth Agency Opportunities · Talk to youth about why they might

the "right" decision, wanting to feel valued and respected

Provide young people with of contact when they have

PRE-SYSTEM

INTAKE

PLACEMENT & TRANSITION

PERMANENCY

POST-PERMANENCY