Transition Supports to Prevent Homelessness for Youth Leaving Out-of-home Care

Author:

Samantha Shewchuk, Ph.D.

Co-Principal Investigators:

Dr. Stephen Gaetz, Ph.D, President and CEO, Canadian Observatory on Homelessness

David French, Director of Policy and Planning, A Way Home Canada

MAKING
THE SHIFT
youth homelessness
demonstration lab

canadian
observatory on
homelessness

A WAY HOME
VERS UN CHEZ-SOI
CANADA

Introduction To The Annotated Bibliography

This annotated bibliography summarizes 137 pieces of black and grey literature discovered through a review of the available literature on youths transitioning from out-of-home care (OHC). This annotated bibliography is meant to support researchers, professionals, and policymakers who work with OHC youths. All pieces of literature are listed in alphabetical order. Canadian literature (N=41) is denoted by a Canadian flag, 🇨🇦, located to the left of appropriate references. Where summaries of literature were pulled directly from a source (N=44), this information was noted (e.g., from abstract).

Annotated Bibliography

🇨🇦 **Alberta Office of the Child and Youth Advocate. (2013). Where do we go from here: Youth aging out of care special report**. Edmonton, Alberta: Alberta Office of the Child and Youth Advocate. Retrieved from https://cwrp.ca/publications/where-do-we-go-here-youth-aging-out-care-special-report

Summary: This report from the Alberta Office of the Child and Youth Advocate highlights the findings from focus groups with youths (N=140+) and professionals (N≈75) to discuss the needs of young people transitioning out of care. Discussions from the focus groups revealed three themes: 1) youths need access to programs and supports, 2) youths need genuine connections to supportive adults in the community, and 3) youths need increased financial resources and safe housing options to help them achieve independence.

Anderson, S. (3 Apr. 2019). Victoria Government launches trial to extend age of young people in state care. Victoria, Australia: ABC News. Retrieved from https://www.abc.net.au/news/2019-04-02/victorian-state-care-leaver-age-extended-from-18-to-21/10963418

Summary: This news article reports on a program launched by the Victoria Government to extend foster care services until young people reach 21 years of age.

Arnold, M. E., & Silliman, B. (2017). From theory to practice: A critical review of positive youth development program frameworks. Journal of Youth Development, 12(2), 1-20.

Summary: This peer reviewed journal article describes a review of eight positive youth development program frameworks. Three of eight frameworks were considered research-driven and evidence-based (the Community Action Framework, the Developmental Assets Framework, and Developmental Systems Theory). The authors note that the Developmental Assets Framework is the most thoroughly tested, adapted, and refined research and applied practice model.

🇨🇦 **Aubry, T., Nelson, G., & Tsemberis, S. (2015). Housing first for people with severe mental illness who are homeless: a review of the research and findings from the At Home/Chez Soi Demonstration Project. The Canadian Journal of Psychiatry, 60(11), 467-474.** https://doi.org/10.1177/070674371506001102

Summary: [from homelesshub.ca] The objective of this study was to provide a review of the extant research literature on Housing First (HF) for people with severe mental illness (SMI) who are homeless and to describe the findings of the recently completed At Home (AH)–Chez soi (CS) demonstration project. HF represents a paradigm shift in the delivery of community mental health services, whereby people with SMI who are homeless are supported through assertive community treatment or intensive case management to move into regular housing. The AH–CS demonstration project entailed a randomized controlled trial conducted in 5 Canadian cities between 2009 and 2013. Mixed methods were used to examine the implementation of HF programs and participant outcomes, comparing 1158 people receiving HF to 990 people receiving standard care. Initial research conducted in the United States shows HF to be a promising approach, yielding superior outcomes in helping people to rapidly exit homelessness and establish stable housing. Findings from the AH–CS demonstration project reveal that HF can be successfully adapted to different contexts and for different populations without losing its fidelity. People receiving HF achieved superior housing outcomes and showed more rapid improvements in community functioning and quality of life than those receiving treatment as usual. Knowledge translation efforts have been undertaken to disseminate the positive findings and lessons learned from the AH–CS project and to scale up the HF approach across Canada.

Barnow, B.S., Buck, A., O'Brien, K., Pecora, P., Ellis, M.L., & Steiner, E. (2015). Effective services for improving education and employment outcomes for children and alumni of foster care service: Correlates and educational and employment outcomes. Child & Family Social Work, 20(2), 159–170. doi:10.1111/cfs.12063

Summary: [from abstract] Outcomes for youths from foster care have been found to be poor. The education and employment outcomes of youths and alumni of foster care served by transition programmes located in five major US cities were examined. Data were collected by case managers and reported to evaluators quarterly on 1058 youths from foster care for over 2 years. Job preparation, transportation, child care, education support services and life skills were the most common services provided to youths. During the 2-year study period, 35% of participants obtained employment, 23% obtained a GED or diploma, and 17% enrolled in post-secondary education. It was found that the longer the youths were enrolled, the more education and employment outcomes they achieved. Further, job preparation and income support services were associated significantly with achieving any positive education or employment outcome. Results indicated that certain services provided over an extended period of time can improve outcomes for youth placed in foster care. For youths to achieve positive outcomes as they transition to adulthood, additional services are necessary. Other implications are discussed.

Beauchamp, T. (2014). Young people transitioning from out-of-home care to adulthood: Review of policy and program approaches in Australia and overseas. Parramatta, New South Wales: UnitingCare. Retrieved from https://uniting.org/__data/assets/pdf_file/0006/126906/UCCYPF-young-people-transitiioning-from-OOHC-to-adulthood.pdf

Summary: This report from UnitingCare Children, Young People and Families (CYPF) includes

a literature review on the outcomes of youths after leaving care and how their outcomes can be improved. In addition, it provides an overview of the policies and programs available across Australian jurisdictions, as well as those in the United Kingdom and United States. Five implications for policy and practice development are detailed: 1) young people should be provided the option to remain in care until they reach 21 years of age, 2) the development of a consistent and effective framework for leaving care planning is needed, 3) young people should be provided with priority access to government services, 4) increased investment for specialist aftercare support services (e.g., those which focus on young parents) is needed, and 5) strengthened processes for data collection, monitoring, and evaluation are required.

Bender, K., Yang, J., Ferguson, K., & Thompson, S. (2015). Experiences and needs of homeless youth with a history of foster care. Children and Youth Services Review, 55(2015), 222-231. https://doi.org/10.1016/j.childyouth.2015.06.007

Summary: This peer-reviewed journal article describes an empirical study that sought to describe 1) the contexts of homeless youths with a history of foster care; 2) determine how homeless foster youths differ from their homeless non-foster peers, and 3) identify factors that associated with youths experiencing longer-term homelessness. Quantitative interviews were held with 601 youths from across U.S. cities (Denver, Austin, and Los Angeles). Findings from the study revealed that youths with a history of foster care: were generally living in unstable and dangerous situations; had education, income generation, mental health, and substance use treatment needs; experienced longer durations of homelessness compared to their non-foster care peers; reported greater childhood maltreatment and physical neglect than their non-foster care peers, and; longer homelessness duration was associated with greater transience.

Berzin, S. C., Rhodes, A. M., & Curtis, M. A. (2011). Housing experiences of former foster youth: How do they fare in comparison to other youth? Children and Youth Services Review, 33(11), 2119-2126. https://doi.org/10.1016/j.childyouth.2011.06.018

Summary: This peer-reviewed journal article describes a quantitative empirical study that sought to compare the housing outcomes for foster youths differ from their non-foster care peers who share similar risk factors, as well as to an unmatched sample. The authors obtained appropriate population subsamples from the National Longitudinal Survey of Youth (1997) using propensity scoring methodology. Bivariate and multivariate analyses were conducted to answer the study's research questions. Findings revealed that foster youths experience higher levels of housing instability, relied more on housing assistance, lived in poorer quality neighborhoods, and were more likely to experience homelessness when compared to their matched and unmatched peers. Multivariate analyses conducted by the authors suggest that race, poverty and gender may also impact housing outcomes. Other factors which negatively impact housing incomes include drug use and teen parenthood.

Berzin, S. C., Singer, E., & Hokanson, K. (2014). Emerging versus emancipating: The transition to adulthood for youth in foster care. Journal of Adolescent Research, 29(5), 616-638. https://doi-org.udel.idm.oclc.org/10.1177/0743558414528977

Summary: This peer-reviewed journal article describes a qualitative study that sought to better understand the experiences of foster youths as they transition into adulthood. Youths (N=20) in the study were recruited from two transition-focused community programs for young persons in the child welfare system. Youths participated in semi-structured interviews which included open-ended and Likert-type scaling questions. Data gathered from open-ended questions were analyzed using Consensual Qualitative Research methodology in order to develop core themes around youths' experiences. Descriptive statistics (e.g., calculating the mean) from the Likert-style questions were used to support the authors' analyses of what characteristics of emerging adulthood were considered to be most important by study participants. Six themes arose from the data analysis: 1) youths feel in-between adolescence and adulthood and in-between the child welfare system and independence from the system; 2) youths have a sense of instability – most spoke of unstable housing and a lack of consistent adult support; 3) While opportunities to think about identity exploration (i.e., life-skills training) were provided, youths had limited practice opportunities to explore identity (e.g., through internships or mentoring); 4) youths viewed family issues as a distraction from focusing on themselves and their goals; 5) youths expressed optimism about their future but also recognized they faced challenges (e.g., trauma from abuse) that may impede their ability to succeed, and; 6) youths believe that adults 'take care of themselves' and that receiving support from child welfare programs prevents youths from becoming adults. The authors conclude the paper by presenting implications for policy and practice.

🇨🇦 Bounajm, F., Beckman, K., & Thériault, L. (2014). Success for all: The economic case for investing in the future of Canadian children in care. Ottawa, Ontario: The Conference Board of Canada. Retrieved from http://www.untilthelastchild.com/wp-content/uploads/2017/02/5949-success-for-all-br-rev.pdf

Summary: This report from the Conference Board of Canada presents findings from an economic analysis which examined the financial costs of not providing transition supports to youths in foster care across Canada. The report estimated that former foster children will earn $326,000 less over their lives compared to their peers in the general population. In addition, estimated costs to the Canadian economy over a 10-year period was eight billion dollars.

Brandford, C. (2002). Foster youth transition to independence study: First annual report. Seattle, Washington: Office of Children's Administration Research. Retrieved from http://citeseerx.ist.psu.edu/viewdoc/download?doi=10.1.1.554.9086&rep=rep1&type=pdf

Summary: This is the first annual report on the Foster Youth Transition to Independence Study (FYT). There are three main purposed of the FYT study: (1) to examine the characteristics of youths leaving OHC in Washington State; (2) to examine how prepared youths are to exit care; and (3) to examine how youths fared after leaving care. Youths were interviewed prior to aging out of care (mean age 17) and re-interviewed six and 12

months after exiting care. In addition, youths' social workers were interviewed at the time of the youth's pre-transition interview. The report provides preliminary information on the pre-transition and social worker interviews. Youths conveyed using substances (tobacco, 50%; alcohol, 25%), being previously arrested (64%), having sexual intercourse (70%), and becoming pregnant (25%). Most youths described plans for housing, employment, and education upon exiting care; however, some social workers reported that youth's plans were not realistic. Most youths stated they had some sort of social support network and youths often visited with their biological family while in care.

Bretherton, J. & Pleace, N. (2015). Housing First in England: An evaluation of nine services. York, United Kingdom: Centre for Housing Policy, University of York. Retrieved from http://eprints.whiterose.ac.uk/83966/

Summary: This research report describes an observational study of nine Housing First projects across England. The study explored whether Housing First is more effective than other programs aimed at reducing homelessness. The study also explored the comparative costs of the Housing First model. Finally, the study compared and contrasted British Housing First services to those offered in other countries. Data collection was comprised of four main components: 1) interviews (N=23) with service users to capture the effectiveness of the approach, 2) staff (N=60) completed anonymized outcomes forms which centered on health, wellbeing, housing sustainment, and social integration for 143 service users across the nine projects, 3) focus groups with staff teams to understand the context of each project, and 4) project-level questionnaires to capture how projects were similar and different from each other and international Housing First models. The study found that 74% of service users were housed for one year or more by five of the Housing First projects. Service users also reported improvements in mental and physical health, reductions in drug and alcohol use, decreases in anti-social behaviours, and more regular contact with family. The study also found that using the Housing First model results in a potential overall savings of £15,000 per person per year.

🇨🇦 **British Columbia Ministry of Children & Family Development (2017/2018). Post transition supports: Case data and trends. Children who exited from care due to aging out. Vancouver, British Columbia: Reporting Portal, British Columbia Ministry of Children & Family Development. Retrieved from** https://mcfd.gov.bc.ca/reporting/services/child-protection/post-transition-supports/case-data-and-trends

Summary: The British Columbia Ministry of Children and Family Development (MCFD) Reporting Portal contains data and trends (updated twice annually) as well as the ministry's performance indicators across its six service lines: 1) Early Years, 2) Children & Youth with Special Needs, 3) Children & Youth Mental Health, 4) Child Protection, 5) Adoption Services, and 6) Youth Justice. The Child Protection service line is further disaggregated into four key stages: a) Child Protection Reports, b) Services to Children in Need of Protection, c) Permanency for Children & Youth, and d) Post Transition Supports. The MCFD tracks the following post-transition date: number of children who exited from care due to aging out (by region and province totals), children who exited from their youth agreement due to aging out (by region and province totals), number of youths receiving voluntary extended

care supports through Agreements with Young Adults (by region and province totals), and number of youths receiving Youth Education Assistance Funds (by region and province totals).

🇨🇦 **British Columbia Coroners Service Death Review Panel. (2016) Review of MCFD-involved youth transitioning to independence: January 1, 2011 – December 31, 2016. Vancouver, British Columbia: British Columbia Coroners Service. Retrieved from** https://www2.gov.bc.ca/assets/gov/birth-adoption-death-marriage-and-divorce/deaths/coroners-service/child-death-review-unit/reports-publications/youth_in_transition_-_death_review_panel_report_-_28-05-2018.pdf

Summary: This report from the British Columbia Coroners Service (BCCS) presents the findings from a death review panel which investigated the deaths of 200 young adults (17 to 25 years) who died after aging out of OHC in British Columbia during 2011 to 2016. The review found a lack of transition planning for youths leaving care or on youth agreements; a disproportionate number of Indigenous young people died; high rates of suicide and drug overdose deaths; high rates of health and mental health issues; lower completion of educational attainment, and; barriers (systemic and personal) to successfully transition to independence. The panel identified four recommendations to reduce future deaths: 1) extending service supports based on the young person's needs, 2) improving communication between service providers with the goal to increase engagement of youths, 3) engaging with youths on service planning and policy development, and 4) monitoring outcomes and use findings to support service planning and policy changes.

Britton, L., & Pilnik, L. (2018). Preventing homelessness for system-involved youth. Juvenile and Family Court Journal, 69(1), 19-33. https://doi.org/10.1111/jfcj.12107

Summary: [from abstract] Too many youths and young adults find themselves on the streets, couch-surfing with friends, in emergency shelters or worse, after exiting the child welfare and juvenile justice systems. In some circumstances, youths have had court hearings until their exit from the legal system, but those hearings have not focused on long-range plans of youths and emergencies youths may encounter. In other circumstances, there has been little or no planning prior to discharge, especially for young people who leave the juvenile justice system. Courts can and should prevent, alleviate or end youth homelessness for youths who appear before them through strategies that are enumerated in the recently-passed NCJFCJ resolution. This article expounds on three of these strategies – coordinating transition and re-entry plans, insisting on effective legal representation of youths, and utilizing sound judicial leadership. It also describes the concurrent efforts of the Coalition for Juvenile Justice and the American Bar Association's Homeless Youth Legal Network to remove legal barriers and improve outcomes for youth and young adults experiencing homelessness.

California Department of Social Services. (2016). After 18 Program. Sacramento, California: California Department of Social Services. Retrieved from http://www.childsworld.ca.gov/res/pdf/AB12FactSheet.pdf

Summary: This fact sheet from the California Department of Social Services provides a summary of the After 18 Program. An overview of the program's goals and benefits, eligibility requirements, and foster placement options are discussed.

Campo, M. & Commerford, J. (2016). Supporting young people leaving out-of-home care. Melbourne, Australia: Australian Institute of Family Studies. Retrieved from: https://aifs.gov.au/cfca/publications/supporting-young-people-leaving-out-home-care

Summary: This technical report from the Australian Institute of Family Studies includes a literature review of the Australian and international literature focused on the developmental needs of young people transitioning from OHC. In addition, the authors provide information on Australia's policy context, national outcome data for young people leaving care, and posit a social developmental framework for supporting young people leaving care. The framework highlights that young persons should receive: stable OHC; flexible, well-planned and supportive transitions from care that include emotional and mental health support, and; housing support.

🇨🇦 Canadian Observatory on Homelessness. (2016). Canadian definition of youth homelessness. Toronto, Ontario: Canadian Observatory on Homelessness. Retrieved from https://homelesshub.ca/resource/canadian-definition-youth-homelessness

Summary: This webpage provides a definition of 'youth homelessness' developed and used by the Canadian Observatory on Homelessness (COH). The COH defines "youth homelessness" as the situation and experience of young people between the ages of 13 and 24 who are living independently of parents and/or caregivers, but do not have the means or ability to acquire a stable, safe or consistent residence.

Child Welfare Initiative. (2013). Transition age youth housing and service roadmap. Los Angeles, California: Child Welfare Initiative. Retrieved from: http://file.lacounty.gov/SDSInter/bos/supdocs/75772.pdf

Summary: This report from the Child Welfare Initiative (CWI) presents a Best Practices Framework to improve outcomes for young people transitioning from OHC. The framework was developed by conducting a two-year assessment of housing and supportive services for youths transitioning from OHC. The CWI conducted a literature review of the available transition-focused literature and a jurisdictional scan of promising U.S. based programs. Document analysis along with site visits and staff interviews with service providers were conducted to assess program practices that impede case planning. Focus groups with over 80 transition-aged youths were also held to understand what services they feel are most useful. Finally, on three occasions the CWI brought together a range of child welfare stakeholders to share the CWI's ongoing work and to obtain feedback. The resulting best practices framework is comprised of five parts: 1) removing internal barriers that impede best practices for transition-age youths, 2) youths should drive case planning processes, 3) youths should receive individualized planning, 4) programs and services should be developmentally

appropriate and non-punitive, and 5) removing external barriers that impede best practices for transition-age youths.

Children's Bureau. (2018). Helping youth transition to adulthood: Guidance for foster parents. Washington, D.C.: Office on Child Abuse and Neglect, Children's Bureau. Retrieved from https://www.childwelfare.gov/pubPDFs/youth_transition.pdf

Summary: This fact sheet from the Children's Bureau contains information on how to support youths transitioning from OHC. The document contains information on the unique challenges for youths exiting care, adolescent brain development, federal laws and programs to support transition-aged youths, and how foster parents can support youths during the transition to adulthood.

Cohen, M. (2013). Protective factors for populations served by the administration on children, youth, and families: A literature review and theoretical framework. Washington, D.C.: Office on Child Abuse and Neglect, Children's Bureau. Retrieved from: https://dsgonline.com/acyf/DSG%20Protective%20Factors%20Literature%20Review%202013%20Exec%20Summary.pdf

Summary: This research report describes a qualitative study that examined the protective factors for children and youths served by child welfare systems, including youths in or transitioning out of foster care. The findings in the report arose from a literature review, review by an expert panel, and through consultations with practitioners and policymakers. Findings from the study show that protective factors at the individual, relationship, and community levels were found for youths transitioning out of care. Strong evidence (i.e., findings from one or more experimental or well-conducted quasi-experimental study) were found for protective factors relating to self-regulation skills, relational skills, parenting competencies, and living with family members. In addition, the study found that the availability of economic resources and opportunities are most salient for adolescent and young adults. The report concludes by offering suggestions for further research to move the field forward.

🇨🇦 **Coles, K. (24 Oct. 2018). B.C. youth aging out of foster care call for serious child welfare reform. Oak Bay, British Columbia: Oak Bay News. Retrieved from** https://www.oakbaynews.com/news/b-c-youth-aging-out-of-foster-care-call-for-serious-child-welfare-reform/

Summary: This news article reports on a youth-led advocacy campaign to urge for more comprehensive supports for youths transitioning from OHC in British Columbia.

Columbia Legal Services. (2014). Promising practices for preventing youth and young adult homelessness. Washington, D.C.: Columbia Legal Services. Retrieved from http://68.169.48.243/sites/default/files/14%200926%20MERGED%20%20Final%20 Promising%20Practices%20and%20Intro%20and%20TOC.pdf

Summary: This publication from Columbia Legal Services presents promising practices to help identify practices to serve foster youths who are, or are at risk of experiencing homelessness. Promising practices include: providing education advocacy; identifying and addressing youths at risk of running away from care; support special sub-populations (e.g., undocumented youths, indigenous youths, youths with developmental disabilities, LGBTQ youth) of dependent youths at risk; using protective factors as the basis for case planning; offering specialist services (e.g., anger management, substance abuse); support emotional well-being and community connections; offer transition planning and extended foster care; find housing for youths are aging out of care; providing training and assistance in how to find housing, financial literacy, life skills, education and employment planning, obtaining health and other public benefits, parenting, legal services, caring relationships; assist youths in obtaining relevant government documents (e.g., birth certificate, social security card). In addition to these practices, recommendations for courts and youth attorneys are provided. The publication concludes with specific actions which require systemic change (e.g., change to current legislation, agency protocols, or other barriers).

Conroy, E, & Williams, M. (2017). Homelessness at transition: An Evidence check rapid review brokered by the Sax Institute for the NSW Family and Community Services and FACSIAR. Sydney, New South Wales: Sax Institute, Western Sydney University. Retrieved from https:// www.saxinstitute.org.au/wp-content/uploads/Homeless-at-transition.pdf

Summary: This report from the Sax Institute presents findings from an integrative literature review that examined the risk factors for homelessness among young people leaving government funded services (young people leaving OHC, young people leaving juvenile detention, people leaving prison, people leaving hospitals, people leaving mental health facilities, people leaving social housing) and the interventions found to be effective in addressing the risk of becoming homeless. The literature review found there was insufficient evidence on homelessness risk factors for three transition pathways (juvenile justice, hospital, and mental health). The strength of evidence for the remaining three pathways (OHC, social housing, and prison) was considered to be low. For young people leaving care the most consistently reported risk factors was having a larger number of placement changes while in care. Other indicators of housing instability included emotional and behavioural problems, childhood trauma, and delinquency/criminal involvement. However, a number of inconsistent findings were also noted. The authors recommend further research is needed to determine what risk factors are associated with predicting homelessness for youths transitioning from OHC. The authors also discuss the level of evidence on effectiveness of interventions for youths transitioning from OHC (extending age of leaving care, mentoring, independent living programs, and transitional housing). While research included in the review reported positive results of extending the age of leaving care, the authors reported that the strength of evidence in support of the intervention was low. As a result, the authors argue for the Australian government to consider a trial period with an evaluation. The authors reported

that there was insufficient evidence for mentoring programs and further research is required before a recommendation is made. The review found mixed evidence regarding independent living and transitional housing programs, with evaluations (rated as low-level) reporting improved outcomes across some domains. As such, the authors report that the programs were worthwhile supporting for youths exiting OHC.

Council to Homeless Persons. (2016). Position paper on the Victorian Homelessness Action Plan Reform Project: A framework for ending homelessness. Victoria, British Columbia: Council to Homeless Persons. Retrieved from https://www.pc.gov.au/__data/assets/pdf_file/0020/214058/sub434-human-services-reform-attachment.pdf

Summary: This report from the Council to Homeless Persons (CHP) outlines a framework for guiding homelessness services in Victoria, Australia. The framework was developed by conducting a literature review as well consultations (N=115) with service providers, clients, and other stakeholders. The framework includes six service elements: 1) streamlined access, 2) targeted prevention, 3) crisis response, 4) rapid rehousing, 5) permanent supportive housing, and 6) mobilization of mainstream services. The report concludes with recommendations to implement the framework across the homelessness service system.

Courtney, M. E., Charles, P., Okpych, N. J., Napolitano, L., & Halsted, K. (2014). Findings from the California Youth Transitions to Adulthood Study (CalYOUTH): Conditions of foster youth at age 17. Chicago, Illinois: Chapin Hall at the University of Chicago. Retrieved from https://www.chapinhall.org/wp-content/uploads/CY_YT_RE1214-1.pdf

Summary: This report presents findings from the Baseline Youth Survey of the California Youth Transitions to Adulthood Study (CalYOUTH). CalYOUTH is a multi-year (2013-2017) evaluation of the impact of the California Fostering Connections to Success Act on transition related outcomes for youths exiting OHC. The study collected longitudinal data from youths through age 21, using in-person interviews at ages 16-17, 19, and 21. In addition, CalYOUTH conducted an on-line survey of 235 California child welfare workers in 2013 to obtain their perceptions of key characteristics of the service delivery context of extended foster. Government administrative data pertaining to several outcome areas (e.g., education, employment, receipt of government aid, health care, and criminal justice) were also analyzed to help understand the impact of extended care on the health and well-being of young adults. Results from the pre-transition survey of 727 youths are summarized in this report. The report includes information on youths' individual and family background prior to care; experiences during care; socioeconomic status; health and development; social support and community connection; children, parenting, and romantic relationships, service receipt and knowledge of extended care, and delinquency and justice system involvement. Findings from the study showed CalYOUTH participant were very diverse in terms of demographics and service needs which "clearly indicates the inappropriateness of a one-size-fits-all approach to extended foster care" and that extended care must be sensitive to culture and community. Most youths reported having social support networks they could rely on for advice, emotional, and tangible support. In addition, most youths also stated they saw the benefits of the extended care program and would continue to participate in extended care as they transition into

adulthood. Most youths reported being unaware of important aspects of the extended care program which negatively affected their ability to take advantage of the program. Finally, many youths conveyed receiving the least help and feeling least prepared regarding matters of housing, employment, and financial literacy. As such, the authors report that these areas warrant further attention.

Courtney, M.E., Dworsky, A., Lee, J.S., Raap, M. (2010). Midwest evaluation of the adult functioning of former foster youth: Outcomes at ages 23 and 24. Chicago, Illinois: Chapin Hall at the University of Chicago. Retrieved from https://rhyclearinghouse.acf.hhs.gov/sites/default/files/docs/18690-Midwest_Evaluation-Outcomes_at_Ages_23_and_24.pdf

Summary: [from background and overview] The Midwest Study is a collaborative effort among the public child welfare agencies in the three participating states (Illinois, Iowa, and Wisconsin). Youths were eligible to participate in the study if they were in the care of the public child welfare agency at age 17, if they had entered care prior to their 16th birthday, and if the primary reason for their placement was not delinquency. The final sample of 763 included all of the Iowa and Wisconsin youths as well as two-thirds of the Illinois youths who fit the study criteria. Baseline interviews were conducted with 732 or 96 percent of the eligible youths (63 from Iowa, 474 from Illinois, and 195 from Wisconsin) between May 2002 and March 2003. Three additional waves of survey data have since been collected. Eighty-two percent (n = 603) of the baseline sample were re-interviewed between March and December 2004 when most of the study participants were 19 years old and 81 percent (n = 590) were re-interviewed between March 2006 and January 2007 when nearly all of the study participants were age 21. Findings from the second and third waves of data collection were reported in Midwest Evaluation of the Adult Functioning of Former Foster Youth: Outcomes at Age 19 (Courtney et al., 2005) and Midwest Evaluation of the Adult Functioning of Former Foster Youth: Outcomes at Age 21 (Courtney et al., 2007). This report is based on the fourth wave of survey data. These data were collected from 82 percent (n = 602) of the baseline sample between July 2008 and April 2009. Study participants were 23 or 24 years old at the time. This report describes what was learned about how these young people were faring across a variety of domains, including living arrangements, relationships with family of origin, social support, education, employment, economic well-being, receipt of government benefits, physical and mental wellbeing, health and mental health service utilization, sexual behaviors, pregnancy, marriage and cohabitation, parenting, and criminal justice system involvement. Across a wide range of outcome measures, including postsecondary educational attainment, employment, housing stability, public assistance receipt and criminal justice system involvement, these former foster youths are faring poorly as a group. The findings raise questions about the adequacy of current efforts to help young people make a successful transition out of foster care.

Courtney, M. E., Dworsky, A., & Pollack, H. (2007). When should the state cease parenting? Evidence from the Midwest Study. Chicago, Illinois: Chapin Hall at the University of Chicago. Retrieved from http://thehomestretch.org.au/site/wp-content/uploads/2016/08/Dworsky2007WhenShouldTheStateStopParenting.pdf

Summary: This issue brief presents evidence from the Midwest Evaluation of Adult Functioning of Former Foster Youth. The Midwest Study followed over 700 young people from Illinois, Wisconsin, and Iowa as they aged out of care and transitioned into adulthood. Participants were surveyed at ages 17 or 18, 19, 21, 23 or 24, and 26 about their experiences with education, employment, housing, justice system involvement, and physical and mental health. In addition, the authors compared the outcomes of study participants from Illinois, where youths could remain in extended care until they reached the age of 21, to the outcomes of their peers in Wisconsin and Iowa, where extended care was not available. The authors report that Illinois youths who remained in extended foster care had increased rates of post-secondary enrollment and persistence, increased earning, delayed pregnancy, and increased rates in the receipt of transition support services. The authors conclude by suggesting that federal foster care assistance should be extended to states until age 21.

🇨🇦Courtney, M., Flynn, R. J., & Beaupré, J. (2013). Overview of out of home care in the USA and Canada. Psychosocial Intervention, 22(3), 163–173. http://doi.org/10.5093/in2013a20

Summary: This literature review portrays the American and Canadian child welfare systems across the following topics: child protection frameworks, foster care funding, statistics on the in-care population, review of research on OHC, and transitions from care.

Courtney, M.E., Pergamit, McDaniel, McDonald, Giesen, Okpych, & Zinn, A. (2017). Planning a next generation evaluation agenda for the John. H. Chafee Foster Care Independence Program. Washington, D.C.: Office of Planning. Research and Evaluation, Administration for Children and Families, U.S. Department of Health and Human Services. Retrieved from https://www.acf.hhs.gov/sites/default/files/opre/20180103_planning_a_next_generation_final508_newfinal2_b508.pdf

Summary: This report presents a conceptual framework that researchers can apply to understand the transition to adulthood. The conceptual framework is comprised of four components: 1) the characteristics and experiences that help or hinder a successful transition, 2) the primary mechanisms through which the child welfare system influences assistance to young people transitioning to adulthood, 3) the developmental assets that support successful transitions, and 4) the outcomes that reflect a successful transition. In addition to the conceptual framework, a typology of independent living programs is provided. Independent living programs can be categorized into the following categories: education services, employment services, mentoring, housing, behavioural health services, permanency enhancement, pregnancy prevention, parenting support, asset development, and multi-component services. The report concludes by offering a discussion on the gaps that remain in the research literature needed to inform development of transition-focused interventions.

Courtney, M. E., Okpych, N. J., Charles, P., Mikell, D., Stevenson, B., Park, K., Kindle, B., Harty, J., & Feng, H. (2016). Findings from the California Youth Transitions to Adulthood Study (CalYOUTH): Conditions of foster youth at age 19. Chicago, Illinois: Chapin Hall at the University of Chicago. Retrieved from https://www.chapinhall.org/research/calyouth/

Summary: This report provides an overview of the California Youth Transitions to Adulthood Multi-Year (2012-2020) Study, which seeks to evaluate the impact of the California Fostering Connections to Success Act on youths' outcomes during the transition from foster care. Youths were interviewed at ages 17, 19, 21, and 23. In addition, child welfare workers were surveyed in 2013 and 2015 to obtain their perceptions of key characteristics of transition-age youths they serve and of the service delivery context of extended care. Finally, state administrative data of over 100,000 young people were linked to other data sources to assess the impact of extended care on youths' outcomes. Results from the CalYOUTH Wave 2 Youth Survey are summarized in this report. Eighty-four percent (N = 611) of the baseline respondents were re-interviewed 2015 when most of the study participants were 19 years old. This report describes what was learned about how these young people were faring across a variety of domains, including: individual characteristics and family background; household and living arrangement; experiences in care; perspectives on foster care in California; education, employment, and assets; economic hardship, food insecurity, and public program participation; physical and mental health, life skills preparedness and receipt of services; community connections and social support; and, sexuality, STDs, and pregnancy. Findings of the study showed CalYOUTH participant were very diverse in terms of demographics and service needs which "clearly indicates the inappropriateness of a one-size-fits-all approach to extended foster care" and that extended care must be sensitive to culture and community. Most youths reported having social support networks they could rely on for advice, emotional, and tangible support. Most youths also reported saw the benefits of the extended care program and would continue to participate in extended care as they transition into adulthood. Youths identified potential opportunities to improve California's approach to extended foster care. For example, youths who had left care early reported not being involved in developing their independent living plan and some reported not being informed about the benefits and requirements of remaining in care. Youths also reported receiving less help with regard to finding housing and learning how to manage personal finances. Finally, some youths reported being abused while in care and being denied developmentally appropriate services while in care.

Courtney, M. E., Zinn, A., Johnson, H., & Malm, K. E. (2011). Evaluation of the Massachusetts adolescent outreach program for youths in intensive foster care: Final report (OPRE Report# 2011-14). Washington, DC: Office of Planning. Research and Evaluation, Administration for Children and Families, US Department of Health and Human Services. Retrieved from https://www.acf.hhs.gov/opre/resource/evaluation-of-the-massachusetts-adolescent-outreach-program-for-youths-in

Summary: This research report presents the findings of a multi-site impact evaluation of the Massachusetts Adolescent Outreach Program. One-hundred and ninety-four (194) youths participated in the study. Youths were randomly assigned to either the Outreach program (treatment group) or to a control group who received foster care services as usual. Youths

were followed for two years and were interviewed once at entry to the study and once per year after that (for a total of three interviews). Additional educational data were acquired through the StudentTracker Service offered by the National Student Clearinghouse. Findings from the evaluation revealed mixed findings concerning the effectiveness of the Outreach Program. Youths participating in the Outreach Program were more likely to enroll and persist in college. Youths in the Outreach Program were also more likely to remain in foster care, and were more likely to receive support in some areas of educational assistance, employment assistance, money management, and financial support to obtain housing. However, the Outreach Program did not report better outcomes in employment, economic well-being, housing, delinquency, pregnancy, or self-reported preparedness for independence.

Crawford, B., Pharris, A.B., & Dorsett-Burrell, R. (2018). Risk of serious criminal involvement among former foster youth aging out of care. Children and Youth Services Review, 93(2018), 451–457. https://doi.org/10.1016/j.childyouth.2018.08.027

Summary: [from abstract] Prior research suggests there is a link between child maltreatment and out of home care and both adult crime and juvenile delinquency. Using a bevy of administrative data, this article investigates potential risk and protective factors of youths (n = 1420) who aged out of foster care without legal permanency in a southwestern state. Findings show that common correlates of crime such as gender, previous delinquency, mental illness and placement instability while in care significantly increase the odds of having a felony adjudication and criminal involvement. Results also suggest that the odds of a felony adjudication are lower among youths who access education training vouchers. This article contributes to previous research through its use of administrative data to support previous findings and by highlighting the negative influence of excessive placements while in care.

De Rosa, C. J., Montgomery, S. B., Kipke, M. D., Iverson, E., Ma, J. L., & Unger, J. B. (1999). Service utilization among homeless and runaway youth in Los Angeles, California: Rates and reasons. Journal of Adolescent Health, 24(3), 190–200.

Summary: This peer-reviewed journal article presents findings from a mixed-methods study that sought to describe the service utilization patters of homeless and runaway youths in Los Angeles, California. First, survey data were collected from a sample of 296 youths who were between the ages of 13 to 23. Second, interviews were conducted with 46 youths to gain more in-depth information about their used of and reaction to services. Results from the study indicated that drop-in centers were more likely to be accessed (70%) compared to emergency shelters (40%). More intensive supports such as medical service (28%), substance abuse treatment (10%), and mental health services (9%) were used less frequently. Restrictive rules were commonly reported as barriers to accessing services. In addition, youths requested the development of more targeted services, more long-term services, and better job training for service providers.

Development Services Group, Inc. (2014). Positive youth development: Literature review. Washington, D.C.: Office of Juvenile Justice and Delinquency Prevention. Retrieved from https://www.ojjdp.gov/mpg/litreviews/PositiveYouthDevelopment.pdf

Summary: This report from the Office of Juvenile Justice and Delinquency Prevention presents findings from a literature review on the theoretical foundations and outcome evidence in support of positive youth development programs. Additional resources on positive youth development are provided at the end of the review.

🇨🇦 Dewar, L. & Goodman, D. (2014). Literature review: Best practices in transitioning youth out of care. Toronto, Ontario: Child Welfare Institute, Children's Aid Society of Toronto. Retrieved from http://untilthelastchild.com/wp-content/uploads/2014/06/CWI-Best-Practices-Transition-Youth-Lit-Review-Mar-30-2014-FINAL.pdf

Summary: This report from the Child Welfare Institute presents findings from a literature review focused on (1) identifying areas that are barriers to youth achieving positive outcomes in their transition from care; and, (2) identifying existing evidence-informed/based approaches and successful programs that assisted youths to successfully transition. Findings from the review found four barriers to youths successfully transitioning from care: lack of supportive relationships, housing instability, educational challenges, and economic challenges. Promising practices to support youths transitioning out of care included: developing strong relationships with families, providing ongoing educational support, providing access to quality housing with financial assistance, and providing job skills, life skills, and financial management training.

Dion, M. R., Dworsky, A., Kauff, J., & Kleinman, R. (2014). Housing for youth aging out of foster care. Washington, DC: US Department of Housing and Urban Development. Retrieved from https://www.huduser.gov/portal/publications/youth_hsg_main_report.pdf

Summary: [from huduser.gov] The Family Unification Program (FUP) is the only federal program that explicitly provides housing assistance for youths aging out of foster care, but until this time, little was known about the extent to which communities are utilizing FUP to serve youths, and the challenges and benefits to doing so. The purpose of HUD's Study of Housing For Youth Aging Out of Foster Care was to: (1) explore and document the range of housing settings available to youths who age out of foster care; (2) conduct an in-depth review of communities who are utilizing FUP vouchers to serve youths aging out of foster care; and, (3) identify opportunities to mitigate the risk of homelessness for youths as they transition out of the foster care system; and suggest directions for future research and evaluation efforts related to housing for youths aging out of foster care. This research effort was led by Mathematica Policy Research in partnership with Chapin Hall, and the U.S. Department of Health & Human Services, Office of the Assistant Secretary for Planning & Evaluation (ASPE). This findings from this research were meant to inform concrete strategies to meeting the objective of "advancing health and housing stability for youths aging out of systems such as foster care and juvenile justice" within Opening Doors: Federal Strategic Plan to Prevent and End Homelessness, which set the goal of ending homelessness for youths (along with families and children) in 10 years.

Dworsky, A. & Courtney, M. E. (2010). Assessing the impact of extending care beyond age 18 on homelessness: Emerging findings from the Midwest Study. Chicago, Illinois: Chapin Hall at the University of Chicago. Retrieved from https://www.chapinhall.org/wp-content/uploads/Midwest_IB2_Homelessness.pdf

Summary: This report released by Chapin Hall presents evidence from the Midwest Evaluation of Adult Functioning of Former Foster Youth. The longitudinal followed a sample of 732 young people from Iowa (n=63), Wisconsin (195), and Iowa (474) as they aged out of care and transitioned into adulthood. Participants were surveyed at multiple time points about their experiences across a number of outcome domains. In addition, the authors compared the outcomes of study participants from Illinois, where youths could remain in extended care until they reached the age of 21, to the outcomes of their peers in Wisconsin and Iowa, where extended care was not available. In this report, the authors report that almost 30% of young people reported experiencing homelessness by the age of 23 or 24. Nearly two-thirds of youths reported becoming homeless within the first year after leaving care. Illinois youths who remained in extended foster care were significantly less likely to become homeless when they are 18 to 21 years old. However, no between-state differences were found between participants who had been homeless prior to their interview at age 23 or 24. As such, the authors report that extended care delays but does not prevent homelessness in young adults leaving care. The authors conclude by arguing for improved discharge planning with respect to housing.

Dworsky, A., & Courtney, M. E. (2009). Homelessness and the transition from foster care to adulthood. Child Welfare, 88(4), 23–56. http://doi.org/10.2105/AJPH.2013.301455

Summary: [from Homeless Hub website] Existing research indicates that homelessness is a serious problem among young people ageing out of foster care. However, these studies have not attempted to identify potential risk or protective factors that might affect the likelihood of becoming homeless during the transition to adulthood. This paper, using data from a longitudinal study, examined both the occurrence and predictors of homelessness among a sample of young people from three Midwestern states, Iowa, Wisconsin and Illinois, who recently aged out of foster care. Six hundred and three participants took part. Findings showed that 14% reported being homeless at some point after exiting care, of which 54% reported being homeless more than once. Two third of those reporting being homeless at some point were made homeless within the first six months of leaving care. Running away from care on more than one occasion was associated with an eight-fold increase in the likelihood of becoming homeless, and being in group care quadrupled the chances. There was also a correlation in homelessness with the number of delinquent behaviours the young people engaged in. However, those that stayed in care until the age of 19 experienced more positive, and fewer negative outcomes. With the introduction of the Fostering Connections to Success and increasing Adoptions Act (2008), funding will be available to states who keep young people in care for an addition three years, up to the age of 21, which, he author suggests, may reduce homelessness amongst this group

Dworsky, A., Napolitano, L., & Courtney, M. E. (2013). Homelessness during the transition from foster care to adulthood. American Journal of Public Health, 103(S2), S318–S323. doi:10.2105/AJPH.2013.301455

Summary: In this peer-reviewed journal article, the authors use data from a longitudinal study of former foster youths across three Midwestern states in order to predict the rate of homelessness among foster youths exiting the child welfare system. In addition, the authors examine the risk and protective factors which predict homelessness after 18-21. Between 31% and 46% of the study participants had been homeless at least once by age 26 years. Running away while in foster care, greater placement instability, being male, having a history of physical abuse, engaging in more delinquent behaviors, and having symptoms of a mental health disorder were associated with an increase in the relative risk of becoming homeless. The authors conclude with proposed program solutions to support this population. Proposed practices include providing comprehensive case planning, building financial awareness, providing financial support to secure housing, and providing specialized support to those youths who exhibit risk factors for homelessness.

Dworsky, A., Smithgall, C., & Courtney, M. E. (2014). Supporting youth transitioning out of foster care. Issue brief 1: Education programs. Administration of Children and Families, Office of Planning, Research, & Evaluation [OPRE] Report No. 2014-66. Washington, D.C.: Urban Institute. Retrieved from https://eric.ed.gov/?id=ED559304

Summary: [from acf.hhs.gov] Youths transitioning out of foster care and into adulthood need many supports to navigate the challenges they face. Over the past three decades, federal child welfare policy has significantly increased the availability of those supports. In 1999, the Foster Care Independence Act amended Title IV-E of the Social Security Act to create the Chafee Foster Care Independence Program (the Chafee Program). This amendment doubled the maximum amount of funds potentially available to states for independent living services and gave states greater discretion over how they use those funds. More recently, a provision in the Fostering Connections to Success and Increasing Adoptions Act of 2008 gave states an option to extend eligibility for Title IV-E foster care for youths beyond age 18 until age 21. In states that have taken this option, young people can receive an additional three years of foster care support to prepare for the transition into adulthood. ACF contracted with the Urban Institute and its partner Chapin Hall at the University of Chicago to plan for the next generation of evaluation activities funded by the Chafee Program. This brief focuses on educational programs. The brief reviews what is currently known about educational attainment of youth in foster care, considers the existing evidence on the effectiveness of educational programs, and concludes with issues for the field to consider as we move toward the next evaluation of the Chafee Program.

Economic Roundtable. (n.d.). Using the public's data to combat the public crisis of homelessness: Tools for smarter, faster, cheaper homeless interventions. Los Angeles, California: Economic Roundtable. Retrieved from https://economicrt.org/ert_homeless_research/

Summary: This publication by the Economic Roundtable describes the development and release of predictive screening tools to identify individuals who will become persistently homeless.

Economic Roundtable (19 Mar. 2019). **Early intervention to prevent persistent homelessness: Predictive models for identifying unemployed workers and young adults who become persistently homeless.** Los Angeles, California: Economic Roundtable. Retrieved from https://economicrt.org/publication/early-intervention-to-prevent-persistent-homelessness/

Summary: This publication by the Economic Roundtable describes the public costs associated with persistently homeless individuals and why using predictive analytic models can guide homeless interventions. In addition, the Economic Roundtable presents two validated predictive screening tools to identify individuals who will become persistently homeless. The first tool identifies the eight percent of low-wage workers that will become persistently homeless after losing their jobs. The second tool identifies the eight percent of youths receiving public assistance who will become persistently homeless during their first three years of adulthood.

🇨🇦 Evenson, J. (2009). **Youth homelessness in Canada: The road to solutions.** Toronto, Ontario: Raising the Roof. Retrieved from https://www.raisingtheroof.org/wp-content/uploads/2015/10/road2sols-FINAL.pdf

Summary: [from Homeless Hub website] In January 2006, Raising the Roof launched Youthworks – a national initiative aimed at breaking the cycle of homelessness among young Canadians, and supporting them to build a better future. Based on the need to better understand the issue of youth homelessness, we undertook a three-year research project to track and describe the experiences of 689 street-involved youths in three Canadian cities – Calgary, Toronto and St. John's. The project findings and considerable subsequent expert feedback on those findings have enabled us to develop a snapshot of youth homelessness in Canada today.

Fairhurst, K., David, L., & Corrales, T. (2015). **Baby and me. Exploring the development of a residential care model for young pregnant women, and young women with babies, in out of home care.** Melbourne, Victoria: Anglicare. Retrieved from https://www.anglicarevic.org.au/wp-content/uploads/2017/03/488_BabyAndMe_v5.pdf

Summary: This research report for Anglicare describes the findings from a qualitative, exploratory study conducted to better understand the rate of early pregnancy and parenthood for young women involved with the child welfare system. Ten staff members from across eight support programs participated in-depth interviews. The results are presented in three sections. First, anecdotal information about the prevalence of early parenthood while in care is presented. Next, the strengths, challenges, and needs of young parents are described. The report concludes by highlighting the benefits of a residential model for young pregnant women and young women with babies. In addition, possible core components of a residential program are provided.

Fitzsimmons, C. (8 Sept. 2019). Uniting becomes first foster carer in NSW to extend care to age 21. Sydney, New South Wales: The Sydney Morning Herald. Retrieved from https://www.smh.com.au/politics/nsw/uniting-becomes-first-foster-carer-in-nsw-to-extend-care-to-age-21-20190905-p52oav.html

Summary: This news article reports that Uniting became the first Australian organization to privately fund extended care to all (N=320) children and young people they provide care for. To date, 60 young have agreed to participate in the extended care program.

🇨🇦 Flynn, R.J. & Tessier, N.G. (2011). Promotive and risk factors as concurrent predictors of educational outcomes in supported transitional living: Extended care and maintenance in Ontario, Canada. Children and Youth Services Review, 33(2011), 2498–2503. doi:10.1016/j.childyouth.2011.08.014

Summary: This peer reviewed journal article examines promotive and risk factors as concurrent predictors of education outcomes for foster youths living in a transitional living program in Ontario, Canada. Participants reported data on three variables of interest: (1) educational attainment, (2) educational aspirations, and (3) participation in education, employment, or training. Findings from the study showed that gender, age, developmental assets, and self-care skills were predictive of educational outcomes. Risk factors that were predictive of educational outcomes were cognitive impairments and soft-drug use. Findings also show that the educational outcomes of youths enrolled in the transitional living program were positive for the majority of participants. In addition, most participants were engaged in education, training, and employment. The paper ends with implications for policy and practice.

🇨🇦 Forchuk, C., Richardson, J., Laverty, K., Bryant, M., Csiernik, R., Edwards, B., & Kelly, C. (2013). Service preferences of homeless youth with mental Illness: Housing first, treatment first, or both together. In Gaetz, S., O'Grady, B., Buccieri, K., Karabanow, J., & Marsolais, A. (Eds.), Youth homelessness in Canada: Implications for policy and practice (pp. 95-109). Toronto, Ontario: Canadian Homelessness Research Network Press. Retrieved from https://www.homelesshub.ca/resource/youth-homelessness-canada-implications-policy-and-practice

Summary: [from homelesshub.ca] In this chapter, we present the initial findings from a large, ongoing, mixed-methods (i.e. combines statistical and narrative methods) study, called Youth Matters in London: Mental Health, Addiction and Homelessness, involving 187 homeless youths living with diagnosed or undiagnosed mental illness and/or an addiction. Participating youths are being followed over a period of time in order to gain insight into their preferences regarding housing and mental health treatment options. Specifically, the goal of the study is to provide participants with a choice between three treatment and service options: 1) housing first; 2) mental health and addiction treatment first; or, 3) both housing and mental health and addiction treatment at the same time, and then track the results. Our initial data show that getting housing is a very urgent concern for both female and male participants. This comes from the idea that housing provides stability, allowing youths to begin pursuing

other goals. It was also found that without the stability of housing, one is more likely to be influenced by environmental and psycho-social stresses – that is, stress associated with poor weather conditions, lack of safe places to sleep (especially in cities), as well as peer pressure to use drugs and alcohol. Participants indicated that a lack of housing can worsen mental health issues, or cause one to turn/return to substance use as way to cope with the stress of being involved in street life and/or experiencing homelessness.

Fowler, P.J., Marcal, K.E., Zhang, J., Day, O., & Landsverk, J. (2017). Homelessness and aging out of foster care: A national comparison of child welfare-involved adolescents. Children and Youth Services Review, 77(2017), 27–33. http://dx.doi.org/10.1016/j.childyouth.2017.03.017

Summary: This peer-reviewed article examines the prevalence of housing instability and homelessness through a large-scale, nationally representative sample of youths exiting from foster care. In addition, follow-up interviews were conducted with youths 18- and 36-months post survey. Results from the study suggest that youths who aged out of care experienced similar rates of homelessness and unstable housing as youths who had not been placed in OHC. Youths who reunified with families after foster care placement exhibited the lowest probability of homelessness. Findings also showed no evidence that independent living services and extended foster care prevented homelessness. The authors conclude by recommending implications for policy and practice.

Fowler PJ, Toro PA, Miles BW. (2009). Pathways to and from homelessness and associated psychosocial outcomes among adolescents leaving the foster care system. American Journal of Public Health, 99(2009), 1453–1458. doi: 10.2105/AJPH.2008.142547

Summary: This peer-reviewed article examines the prevalence of homelessness and the relationship between housing trajectories and psychosocial outcomes of a random sample of young people who had transitioned out of the child welfare system. The researchers developed life history calendars with participants. In addition, child welfare case records were collected and self-reported measures were used to collected information. Using latent class and general growth mixture modelling, the researchers evaluated housing trajectories for the first two years following a participants' exit from the child welfare system. Findings from the study showed that over half (57%) of participants had experienced stable housing since exiting care. However, 20% of youths experienced had chronic homelessness, while 23% had experienced housing instability. Housing instability was related to behavioural problems, physical and sexual victimization, criminal convictions, and high school dropout. The authors conclude by offering recommendations for policy and practice. These recommendations include extending foster care to the age of 21 and providing financial resources to youths as they transition from care.

Fryar, G., Jordan, E., & DeVooght, K. (2017). Supporting young people transitioning from foster care: Findings from a national survey. Washington, D.C.: Child Trends. Retrieved from https://www.childtrends.org/wp-content/uploads/2017/11/SYPTFC-Findings-from-a-National-Survey-11.29.17.pdf

Summary: This report from Child Trends reports on findings from a national survey of state independent living coordinators. Forty-seven of 52 states participated in the study. Findings from the survey revealed that while almost all states offer foster care services past the age of 18, many young people leave care before the maximum age is reached. Findings also showed that young people in care and those who have transitioned out of care are offered very similar services and supports from states. Moreover, most services and supports are terminated as soon as young people reach age 21. Independent Living Coordinators reported that they work in partnership with other state and community agencies to develop and deliver services which support transition-aged youths. Out of the 47 states that participated in the study, 11 reported using no evidence-informed or evidence-based programs and practices. Finally, 21 states reported that housing was a primary area in need of improvement.

🇨🇦 Fuchs, D., Burnside, L., Reinink, A., & Marchenski, S. (2010). Bound by the clock: The voices of Manitoba youth with FASD leaving care. Winnipeg, Manitoba: University of Manitoba. Retrieved from http://cwrp.ca/sites/default/files/publications/en/MB-Youth_with_FASD_Leaving_Care.pdf

Summary: [from CWRP] This study was conducted to add to the knowledge of the lived experience of youths with Fetal Alcohol Spectrum Disorder (FASD) transitioning to independence from the care of a child welfare agency. Few studies have heard the voices of youths with FASD as they are leaving care. A better understanding of the experiences of youths with FASD transitioning out of care is critical for the development of appropriate supports and services to meet their needs. While several studies have confirmed the risk of deleterious outcomes for this population, this study is unique in its effort to hear directly from the youths themselves – what they need to manage the transition to adulthood successfully. These insights can inform policy development and service delivery, as well as set the stage for future research.

🇨🇦 Gaetz, S. (2017). This is Housing First for youth: A program model guide. Toronto, Ontario: Canadian Observatory on Homelessness and A Way Home Canada. Retrieved from https://www.homelesshub.ca/HF4Y

Summary: In 2014 the Canadian Observatory on Homelessness (COH) released A Safe and Decent Place to Live which provided a workable framework for Housing First for Youth (HF4Y). In 2017 the COH released a more comprehensive HF4Y program model guide after conducting an extensive consultation process with national and international organizations and renowned research experts focused on addressing youth homelessness. The new program model guide for HF4Y includes: (a) revised and refined core principles, (b) expanded discussion of HF4Y as a program versus a philosophy, (c) deeper discussion of models of accommodation and support, (d) new sections on service delivery, data tracking and evaluation, and case studies.

🇨🇦 **Gaetz, S., & O'Grady, B. (2002). Making money: Exploring the economy of young homeless workers. Work, employment and Society, 16(3), 433-456.** https://doi.org/10.1177/095001702762217425

Summary: This peer-reviewed journal article presents findings on how 360 homeless youths earned money in Toronto, Canada. Participants reported holding on average 3.1 jobs in the previous 12 months, suggesting that maintaining suitable employment was a challenge. Many reported jobs were minimum wage, service-sector jobs where young people were often paid 'under the table'. Only 15% of surveyed youths were on social assistance (welfare). Similar percentages of youths participated in informal (i.e., panhandling and squeegeeing) and illegal (i.e., crime and sex trade) activities. Youths reported participating informal and illegal work was 'short-term' in order to provide 'cash-in-hand' and most youth reported being interested in finding paid employment.

🇨🇦 **Gaetz, S., O'Grady, S., Buccieri, B., Karabanow, K., Marsolais, J. (Eds.). (2013). Youth homelessness in Canada: Implications for policy and practice. Toronto, Ontario: Canadian Observatory on Homelessness Press. Retrieved from** https://www.homelesshub.ca/resource/youth-homelessness-canada-implications-policy-and-practice

Summary: [from Homeless Hub] Youth homelessness is a seemingly intractable problem in Canada. In communities across the country, people are increasingly aware of the sight of young people who are without a home, sleeping in parks, sitting on sidewalks or asking for money. What do we know about these young people, and what should we do? Youth Homelessness in Canada: Implications for Policy and Practice aims to fill a gap in the information available on this important issue by providing an easily accessible collection of the best Canadian research and policy analysis in the field.

🇨🇦 **Gaetz, S. O'Grady, B., Kidd, S., & Schwan, K. (2016). Without a Home: The National Youth Homelessness Survey. Toronto, Ontario: Canadian Observatory on Homelessness Press. Retrieved from** https://homelesshub.ca/sites/default/files/WithoutAHome-final.pdf

Summary: [from homelesshub.ca] Youth homelessness continues to be a seemingly intractable problem in Canada. We believe there are solutions, and that means leveraging the best knowledge we have to do things differently. The Without a Home Study is the first pan-Canadian study of young people who experience homelessness. With 1,103 respondents from 47 different communities across 10 provinces and territories, this study's sample size has enabled us to conduct detailed analyses and to draw important conclusions. Without a Home demonstrates that with respect to youth homelessness, we are waiting much too long to intervene. In many jurisdictions, services for young people who experience homelessness are not available until they are 16 or even 18. The evidence presented here suggests that by that time, a lot of damage has already occurred. In this report, we outline the need for a prevention-focused approach that prioritizes systems integration and Housing First for Youth (HF4Y). Our current systems tend to focus on the provision of supports downstream, when young people are much older. Rather than focusing on preventing the problem or reducing the negative outcomes of youth homelessness, we are more likely to wait for a major rupture

or crisis, or when the problems facing the youths become much more acute. This report vividly demonstrates the suffering caused by this approach: housing precarity, violence, marginalization, health challenges, and social exclusion. By failing to implement more effective strategies to address youth homelessness, we are undermining the human rights of these youths. If we really want better outcomes for young people, we must do better. This survey provides policy makers, service providers, researchers, and the general public with some important baseline information about youth homelessness in Canada. The challenge we face now is mobilizing this knowledge to ensure that each and every young person has access to housing, safety, education, and supports.

Geenen, S., & Powers, L.E. (2007). "Tomorrow is another problem": The experiences of youth in foster care during their transition into adulthood. Children and Youth Services Review, 29(8), 1085–1101. https://doi.org/10.1016/j.childyouth.2007.04.008

Summary: This peer-reviewed article describes a qualitative study that explored the experiences of youths exiting OHC. Focus groups were used to elicit perspectives of youths in care, young adults who have exited care, foster parents, child welfare professionals, education professionals, and independent living program staff. Findings of key themes included: (a) self-determination; (b) coordination/collaboration (c) importance of relationships; (d) importance of family; (e) normalizing the foster care experience; (f) the Independent Living Program and (g) issues related to disability. The authors conclude by suggesting practices to support a young person's transition from care. These include: youths involvement in transition planning, youth participation in education and extra-curricular activities, support for youth participation in post-secondary education, youth-centered career planning and community work, instruction in independent living and self-advocacy skills, mentorship, family involvement in transition planning, and interagency collaboration.

Geenen, S., Powers, L. E., Phillips, L. A., Nelson, M., McKenna, J., Winges-Yanez, N., ... & Swank, P. (2015). Better Futures: A randomized field test of a model for supporting young people in foster care with mental health challenges to participate in higher education. The journal of behavioral health services & research, 42(2), 150-171. https://doi.org/10.1007/s11414-014-9451-6

Summary: This peer-reviewed journal article presents findings from a preliminary efficacy evaluation of the Better Futures model. The model is focused on supporting young people in OHC with mental health challenges to participate in higher education through taking part in individual peer coaching, mentoring workshops, and participation in an experiential learning opportunity where young people were able to attend a post-secondary setting. Sixty-seven youths were randomized to either the intervention or to a control group. Findings indicated that compared to the control group, the intervention group had significant gains on measures of postsecondary participation, postsecondary transition preparation, hope, self-determination, and mental health empowerment.

Gradaille, R., Montserrat, C. & Ballester, L. (2018). Transition to adulthood from foster care in Spain: A biographical approach. Children and Youth Services Review, 89(2018), 54–61. https://doi.org/10.1016/j.childyouth.2018.04.020

Summary: [from abstract] The goal of the article is to analyze the characteristics and experiences of youths when they leave care and their first years in transition from foster care to adulthood. The study design was based in in-depth face-to-face interviews in two sessions to collect life stories and content analysis. Participants were thirty-two young people who left care in 4 Autonomous Communities in Spain (Balearic Islands, Catalonia, Madrid and Galicia). The results highlight that socio-biographic profile of the young people shows formative and life pathways marked by instability, situations of abuse and neglect within the family and later entering foster care. The second block of results refers to their life history within foster care, where their relationship with their family of origin is a key influencing factor and peer groups are highlighted as a protective factor and contributor to building resilience. The severity of rules often appears as highly criticized and, social labeling is interpreted as greatly hindering their social, formative and work integration. The third set of results, centered on the socio-educational intervention of the social educators in foster care centers, stands as a key aspect for overcoming victimization and for strengthening empowerment. The final block of results refers to the process of transition to adulthood from foster care, which will depend both on the work done before the age of 18 in foster care centers and on the resources that support them after.

Graham, K.E., Schellinger, A.R., & Vaughn, L.M. (2015). Developing strategies for positive change: Transitioning foster youth to adulthood. Children and Youth Services Review, 54(2015), 71–79. http://dx.doi.org/10.1016/j.childyouth.2015.04.014

Summary: This peer-reviewed article reports on the barriers and contextual factors which impact youths transitioning out of care in Hamilton County, Ohio. This study used Group-Level Assessment (GLA) to collect data. Five themes emerged from the GLA process: 1) education (low high school graduation rates, poor post-secondary graduation rates), 2) employment (difficulty finding and maintaining jobs, desperate means used to earn money, transportation problems), 3) housing (limited subsidized housing is unsafe and inflexible, periods of homelessness), 4) foster care system/continuum of care (not enough personal and financial support, inconsistent/incorrect case information), and 5) individual needs of foster youths (not enough caring adults, stigma and negative stereotypes, not prepared for many life skills). The article concludes by highlighting the actions taken by the community to address the issues that arose from the study. These actions include developing community action groups which have advanced targeted efforts to support youths.

🇨🇦 Guibord, M., Bell, T., Romano, E., & Louise, R. (2011). Risk and protective factors for depression and substance use in adolescent child welfare sample. Children and Youth Services Review, 33(11), 2127–2137. https://doi.org/10.1016/j.childyouth.2011.06.019

Summary: [from abstract] This peer-reviewed journal article reports on an empirical study of mental health concerns among 122 adolescents (between 12 to 15 years). Using logistic

regressions, the authors found that females were at higher risk of experiencing depression than males, and increasing age was associated with increased risk for substance use. Turning to protective factors, results indicated that the greater the perceived quality of the youth–caregiver relationship, the lower the risk for mental health difficulties (i.e., depression, substance use). Moreover, participation in extracurricular activities appeared to protect youths against depression or substance use.

Greeson, J.K.P., Garcia, A.R., Kim, M., Thompson, A.E., & Courtney, M.E. (2015). Development & maintenance of social support among aged out foster youth who received independent living services: Results from the Multi-Site Evaluation of Foster Youth Programs. Children and Youth Services Review, 53(2015), 1–9. http://dx.doi.org/10.1016/j.childyouth.2015.03.016

Summary: [from abstract] This study uses secondary data from the Multi-Site Evaluation of Foster Youth Programs, a randomized controlled trial of four independent living programs for youths in foster care. The subject of this investigation is the Life Skills Training Program (LST) of Los Angeles County, CA. We had three interrelated aims: (1) Evaluate the effectiveness of the LST program as compared to services as usual on the change in social support over time; (2) Examine the differences over time in social support by race and ethnicity among LST participants; and (3) Investigate the explanatory value of prosocial activities, educational involvement, current living arrangement, employment, victimization experiences, placement instability, and behavioral health symptomology on changes in social support over time among LST participants. We employed multilevel longitudinal modeling to estimate growth in social support over three time points (baseline, first follow-up, and second follow-up) among 482 youths (n =234 LST; n= 248 control). We found a significant reduction in social support across the three time points. But, there was no difference in the social support trajectory between the LST and control groups. In addition, no racial/ethnic difference in the social support trajectory was detected. Results underscore the need to critically examine how independent living programming is intended to increase social support and whether modifying these practices can improve promotion and maintenance of social support for youths who age out of foster care.

Her Majesty's Government (2013). "Staying Put": Arrangements for Care Leavers aged 18 and above to stay on with their former foster carers. London, England: Her Majesty's Government. Retrieved from https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/201015/Staying_Put_Guidance.pdf

Summary: [from aim] The aim of this guidance is to set out the different frameworks for Staying Put and context (i.e. arrangements where-by young people aged eighteen and older) who were previously looked after remain living with their former foster carer/s (who may also remain a foster carer for younger children). The guidance sets out the Department for Education (DfE) context, followed by the Department for Work and Pensions (DWP) benefit related issues for both Foster/Staying Put carers and young people, and finally sets out the Her Majesty's Revenue and Customs (HMRC), Income Tax and National Insurance Framework.

Hobson, B. (22 Feb. 2019). 'Just kind of felt like I was existing': Life after aging out of care. Winnipeg, Manitoba: APTN National News. Retrieved from https://aptnnews.ca/2019/02/22/just-kind-of-felt-like-i-was-existing-life-after-aging-out-of-care/

Summary: This news article reports on the experience of one Manitoban transition-age youth whose case worker referred her to a homeless shelter when she was 19.

Höjer, I., & Sjöblom, Y. (2014). Voices of 65 young people leaving care in Sweden: "There is so much I need to know!". Australian Social Work, 67(1), 71–87. http://dx.doi.org/10.1080/0312407X.2013.863957

Summary: [from abstract] The purpose of this study is to examine young care leavers' experiences of supportive and non-supportive factors after leaving care. Telephone interviews were conducted with 65 young people, between 18 and 26 years old, who had left care in Sweden within the previous 3 months to 3 years. The care-leaving process was in many cases described by the young people as badly planned and compressed. Some interviewees received support from the formal network (social services, foster carers, residential homes, and contact persons) for housing (37) and financial matters (36), but few received support from the formal network concerning employment (14) and education (11). Emotional support was mainly provided by partners and friends. Altogether, the results suggest that access to support is a helpful factor for young people leaving care, but also that many of our interviewees had no such access, from neither formal nor informal networks.

Holtschneider, C. (2016). A part of something: The importance of transitional living programs within a Housing First framework for youth experiencing homelessness. Children and Youth Services Review, 65(2016), 204-215. https://doi.org/10.1016/j.childyouth.2016.04.009

Summary: This peer-reviewed article reports on findings from a phenomenological study which was conducted to better understand the perceived impact of housing and support services by a congregate-style transitional living program operated by a non-profit agency serving homeless youths in Chicago, Illinois. Interview data were collected from 32 young people who had been previously (but no longer) involved with the program. In addition, participants completed a questionnaire which inquired about the participants' demographic characteristics, length of stay in the program, reason for exit from the program, types of services received, and selected outcome indicators. The researchers asked participants for consent to review their case files for the purposes of verifying the information provided in the self-report questionnaire. Four themes arose from the analyses: 1) creating family-like connections, 2) individual connections, 3) community, and 4) preparedness. The paper concludes with a discussion of whether a transitional living model of congregate livings has a place within a Housing First framework.

Hook, J. L., & Courtney, M. E. (2013). Former foster youth as fathers: Risk and protective factors predicting father–child contact. Family Relations, 62(4), 571-583. https://doi.org/10.1111/fare.12031

Summary: [from abstract] This study uses longitudinal data from the Midwest Evaluation of the Adult Functioning of Former Foster Youth to examine father–child contact between fathers who aged out of foster care and their children (N = 287 children of 150 fathers). The authors examine the effect of remaining in foster care after age 18 and find that it is positively associated with father–child contact when fathers are age 26. Some of this relationship is explained by positive associations between remaining in care, employment, and men's co-residence with the child's mother, and a negative association with criminal conviction. Even among involved fathers, however, criminal convictions and unemployment are common. Findings suggest that extending care from age 18 to 21 benefits young men, and their children, when they become fathers. Child welfare policies and practice should attend to the needs of young men who become fathers, before and after they exit care.

House of Commons Education Committee. (2017). Fostering: First report of session 2017-19. London: Education Committee, House of Commons. Retrieved from https://bettercarenetwork.org/library/the-continuum-of-care/foster-care/fostering-first-report-of-session-2017–19

Summary: [from introduction] This legislative report highlights the current foster care system in England. Over 100 pieces of written evidence were received and five oral evidence sessions were held over 2017 with testimony from major fostering and children's organizations, local child welfare agencies, researchers, foster carers, and young people with experience in the care system. The inquiry examines the recruitment and retention of foster carers, and the capacity of the fostering system; stability of foster care placements, including the impact of the Staying Put Initiative since its introduction; the foster care market, including the costs of commissioning of services, financial incentives in the recruitment of foster carers; the sufficiency of current recognition, support and recompense given to carers; foster care for young people with specific or challenging needs, and its relationship with residential care; the involvement of young people in their care, including their role in decision making, and; what the government should consider in its stock take of foster care.

Jim Casey Youth Opportunities Initiative. (2011). The adolescent brain: New research and its implications for young people transitioning from foster care. St. Louis, Missouri: Jim Casey Youth Opportunities Initiative. Retrieved from https://www.aecf.org/resources/the-adolescent-brain-foster-care/

Summary: This report by the Jim Casey Youth Opportunities Initiative provides an overview of the negative life outcome that are typical of young people transitioning from foster care. It then outlines the latest science on adolescent brain development and the implications for young people aging out of care.

🇨🇦 Jones, A., Sinha, V., & Trocmé, N. (2015). Children and youth in out-of-home care in the Canadian provinces. Canadian Child Welfare Research Portal Information Sheet, 167E. Retrieved from https://cwrp.ca/sites/default/files/publications/en/167e.pdf

Summary: [from CWRP] This information sheet estimates the number of children in care in Canada. It updates the 1992-2007 national estimates produced by Mulcahy and Trocmé (2010), combining their estimates with data, for 2008 to 2013, compiled from provincial child welfare systems.

Katz, C.C., & Courtney, M.E. (2015). Evaluating the self-expressed unmet needs of emancipated foster youth over time. Children and Youth Services Review, 57(2015), 9–18. http://dx.doi.org/10.1016/j.childyouth.2015.07.016

Summary: [from abstract] This study explores the self-reported unmet need for independent living services of young people making the transition to adulthood from foster care after the creation of the Chafee Foster Care Independence Program. We find that 34.5% of youths indicated that they had an independent living service need that went unmet at age 17, 27.9% at age 21 and 35.5% at age 23, with the largest percentage indicating they lacked preparation in the area of finance. Some of these youths expressed unmet need consistently while others' expression of unmet need fluctuated over time. Youths who indicated that they had mental health issues were significantly more likely to report unmet need at baseline and wave 3. Youths who indicated that they received more social support and independent living services were less likely to report unmet need at baseline and wave 3. These youths' perspectives could lead to the enhancement of existing independent living skill provision as states prepare to extend the age of foster care benefits, ultimately making them more timely and effective

🇨🇦 Kovarikova, J. (2018). Review of policy and practice for youth leaving care. London, Ontario: Department of Political Science, Western University. Retrieved from http://docs.wixstatic.com/ugd/6548f4_7ba391d9a4b54e7a972c1314de2cefca.pdf

Summary: This report presents findings from a literature review of program and policy responses to youths transitioning from OHC. Ten key findings were reported: 1) there is an increasing pressure for evidence-based and outcomes focused child protection, 2) despite policies and programs for youths in transition, there has been no significant improvement in life outcomes over time, 3) the pervasive lack of impact measurement makes it impossible to discover best practices, 4) policy involves unrealistic expectations of youths from care far outside of societal norms for same age peers, 5) though the point of aging-out is codified in law, youths often leave care in unplanned or disorganized ways, 6) there is an inequitable distribution of resources in the sector because the most vulnerable youths are often least served, 7) services can also have negative effects on life outcomes, 8) youths-in-care are not a homogenous population; yet specialized programming is rare, 9) programming is more often based on clinical and rehabilitative services rather than social or relational supports, 10) programming should support creating and building resiliency.

🇨🇦 Kovarikova, J. (2017). Exploring youth outcomes after aging out of care. Toronto, Ontario: Provincial Advocate for Children and Youth. Retrieved from https://www.homelesshub.ca/sites/default/files/attachments/Exploring%20Youth%20Outcomes%20After%20Aging-Out%20of%20Care%20.pdf

Summary: [from abstract] This exploratory research was undertaken to review outcomes for youths who have transitioned or "aged-out" of the child protection system in Ontario. The purpose is to better understand the lasting impact of growing up in the child protection system. The analysis sought to synthesize data from selected academic and "gray literature" (media stories or articles written by professionals in the field) and supplement it with information obtained from 17 informal interviews with staff at Ontario stakeholder organizations serving youths in care. The data overwhelmingly show compromised life outcomes for youths who age-out of care compared to peers who were not involved in care. Typical outcomes for youths who age out of care include: low academic achievement; unemployment or underemployment; homelessness and housing insecurity; criminal justice system involvement; early parenthood; poor physical and mental health; and loneliness.

🇨🇦 Kozloff, N., Adair, C. E., Lazgare, L. I. P., Poremski, D., Cheung, A. H., Sandu, R., & Stergiopoulos, V. (2016). "Housing first" for homeless youth with mental illness. Pediatrics, 138(4), e20161514. Retrieved from https://pediatrics.aappublications.org/content/138/4/e20161514

Summary: This peer-reviewed journal article presents findings of a randomized control study to test whether a Housing First model increases housing stability for youths with mental illness. Researchers examined 156 homeless youths, of which 87 received the Housing First intervention and 69 received treatment as usual. The authors followed the treatment and control groups over 24 months, assessing housing stability every three months and secondary outcomes (i.e., quality of life, community functioning, psychological distress, problem substance use, health service use, arrests in homeless youths) every six months. Findings from the study showed that youths who participated in the Housing First intervention were more likely to be stably housed compared to their peers in the control group. However, the authors did not find differences between youths who received Housing First and the control group in other secondary outcomes. The authors suggest that future research should explore whether adaptations of the Housing First model are needed to better support youths.

Lawler, M. J., Sayfan, L., Goodman, G. S., Narr, R., & Cordon, I. M. (2014). Comprehensive residential education: A promising model for emerging adults in foster care. Children and Youth Services Review, 38(2014), 10-19. https://doi.org/10.1016/j.childyouth.2014.01.003

Summary: This peer-reviewed article describes the evaluation of a comprehensive residential education program for high school foster youths as a potential program model for transition-aged youths. More specifically, the study sought to answer two research questions: 1) does the program provided safety, significant relationships with adults, and well-being for students, and 2) does the program produce educational well-being outcome for its students

that exceed standards? Secondary analyses were conducted on outcome data for 478 individuals who attended the program between 2001 and 2011. In addition, some primary data were collected from youths and program staff through interviews. Linear regression models were used to analyze the data. Findings from the evaluation indicate that the residential education program is associated with positive outcomes for youths. In the linear regression models, housing safety, significant relationships with adults, and well-being outcome indicators (i.e., employment, health care, secondary education, and higher education) were significantly predicted by attending the program and by the amount of time spent at the program.

Lee, J.S., Courtney, M.E., Tajima, E. (2014). Extended foster care support during the transition to adulthood: Effect on the risk of arrest. Children and Youth Services Review, 42(2014), 34-42. https://doi.org/10.1016/j.childyouth.2014.03.018

Summary: [from abstract] Youths aging out of the foster care system are at high risk for adult arrests, but providing extended foster care support during the early years of their transition from adolescence to independent adulthood may reduce this risk. This study used survey data from the Midwest Evaluation of the Adult Functioning of Former Foster Youth (N = 732) matched with official arrest data to estimate the potential benefit of providing extended foster care support in reducing the risk of arrest in the early transition period. In addition, other factors related to the risk of arrest for these former foster youths were explored. Event history modeling techniques were used to estimate the impact of extended care on the risk of a first adult arrest. Models were estimated for men and women separately, and for all non-procedural arrests and violent arrests only. Extended care is associated with a lower risk of arrest in the first year, but appears to have a declining effect over time.

Logan, D. E., & Marlatt, G. A. (2010). Harm reduction therapy: a practice-friendly review of research. Journal of Clinical Psychology, 66(2), 201-214. doi: 10.1002/jclp.20669

Summary: This peer-reviewed journal article provides a review of the empirical research on a variety of harm reduction approaches, including: alcohol interventions for youths, college students, and adults; nicotine replacement and opioid substitution, and; needle exchanges and safe injection sites. Upon examining "dozens" of randomized control studies the authors found that harm reduction programs are demonstrably effective for alcohol and substance abuse in many settings and for many populations. They were also found to be effective in recruiting and reaching a larger number of clients, including homeless populations

Louisiana Department of Children and Family Services. (2016). Final report. Louisiana: Task Force on Youth Aging Out of Foster Care. Baton Rouge Louisiana: Task Force on Youth Aging Out of Foster Care, Louisiana Department of Children and Family Services. Retrieved from http://www.dcfs.louisiana.gov/assets/docs/searchable/Child%20Welfare/PlansReports/1.23.2017%20Final%20Report.pdf

Summary: This report by the Task Force on Youth Aging Out of Foster Care contains a

framework on how Louisiana can more adequately serve youth aging out of care. The framework was developed through consultation with child welfare stakeholders and by conducting a U.S.-focused jurisdictional scan. The framework begins by highlighting the core outcomes and needs of youths aging out of foster care. Next, the core needs of a comprehensive transition system are described and compared to current Louisiana practices. The report concludes with policy and practice recommendations to advance Louisiana's child welfare system.

Mayock, P., Parker, S., & Murphy, A. (2014). Young people, homelessness, and housing exclusion. Dublin: Focus Ireland. Retrieved from https://www.focusireland.ie/wp-content/uploads/2016/04/Mayock-Parker-and-Murphy-2014-Young-People-Homelessness-and-Housing-Exclusion-FULL-BOOK.pdf

Summary: This report describes the findings of a qualitative study that sought to develop a better understanding of the life experiences of homeless young people in Dublin and Cork, Ireland. Forty young people from across 15 services participated in biographical interviews. In-depth interviews were also conducted with a family member of 10 of the participating young people. Key findings from the study were grouped into six themes: 1) young peoples' paths 'out of home', 2) young peoples' homeless 'journeys' and service integration, 3) criminal justice contact, substance use, and mental health, 4) young peoples' families and relationships, 5) experiences of intergenerational and intra-generational homelessness, and 6) barriers to housing stability. The recommendations arising from the findings of the study address the following issues: prevention, early intervention, crisis intervention, education and training, supporting the family relationships of homeless young people, and housing and housing supports for young people.

🇨🇦 **McEwan-Morris, A. (2012). Strengthening our youth: Their journey to competence and independence. A progress report on youth leaving Manitoba's child welfare system. Winnipeg, Manitoba: Manitoba Office of the Children's Advocate. Retrieved from** https://digitalcollection.gov.mb.ca/awweb/pdfopener?smd=1&did=20935&md=1

Summary: [from purpose and background] This report provides an update and progress review on the recommendations in the Strengthening Our Youth, Their Journey to Competence and Independence report released by the Office of the Children's Advocate (OCA) in November 2006. The report contained 45 recommendations to the Department of Family Services and Labour (DFSL) and the four Child and Family Service Authorities; the Southern First Nations Network of Care, the Metis Child and Family Services Authority, the First Nations of Northern Manitoba Authority and the General Child and Family Services Authority calling for an improved system of legislating, developing and implementing appropriate programs and services to adequately prepare youths for transitioning out of care into adult living, including post care services until they are ready to live independently.

Melkman, E.P., & Benbenishty, R. (2018). Social support networks of care leavers: Mediating between childhood adversity and adult functioning. Child and Youth Services Review, 86(2018), 176–187. https://doi.org/10.1016/j.childyouth.2018.01.040

Summary: This peer-reviewed journal article investigates the social support networks of 345 Israeli youths formally involved in residential or foster care. Self-report questionnaires were administered to participants to explore the relationship between adverse childhood events and adult functioning, and the mediating role of various social support attributes (i.e., network size, adequacy, and support type). Findings from the study indicated that childhood adversity predicted youths' functioning outcomes. However, social support mediated the relationship between adverse childhood experiences and the current economic well-being of participants. In addition, network size and network adequacy were the most important predictors of functioning. Finally, while emotional, informational, and guidance supports significantly contributed to youths' future economic well-being, only practical support was related to increased housing stability. The paper concludes with recommendations for policy and practice.

Melz, H., Morrison, C., & Ingoldsby, E. (2019). Review of trauma-informed initiatives at the systems level. Washington, D.C.: Office of the Assistant Secretary for Planning and Evaluation [ASPE], U.S. Department of Health and Human Services. Retrieved from https://aspe.hhs.gov/system/files/pdf/262051/TI_Approaches_Research_Review.pdf

Summary: [from aspe.hhs.gov] This report released by the Office of the Assistant Secretary for Planning and Evaluation provides a review of current knowledge on trauma-informed initiatives at the systems level and summaries common program activities, targeted outcomes, and evidence of progress toward those outcomes.

Natalier, K., & Johnson, G. (2012). Housing pathways of young people who have left out-of-home state care. Housing, Theory and Society, 29(1), 75-91.

Summary: This peer-reviewed journal article reports on the findings of a qualitative study that explored the housing pathways of 77 transition-age youths through semi-structured interviews. Youths were classified into two different housing pathways: smooth and volatile. Youths with smooth pathways had more positive experiences while in care and were more likely to have reliable and secure attachments with at least one person. Youths with smooth housing transitions were also more likely to leave care at a later age, be involved in developing a transition plan, and felt prepared to leave care. Youths with smooth housing pathways were successfully housed upon immediately exiting care, experience few moves, and had supportive social networks they could rely on to provide resources to successfully maintain housing if issues occurred. On the other hand, youths with volatile housing pathways experienced unstable placements while in care, left care at an earlier age, found unsatisfactory housing upon exiting care, lacked professional support, had small or non-existent support networks, and has substance use and mental health problems. The authors conclude by suggesting that future interventions to address the housing pathways of youths exiting care should include developing youths' social networks.

Neal, D. (2017). Academic resilience and caring adults: The experiences of former foster youth. Children and Youth Services Review, 79(2017), 242–248. http://dx.doi.org/10.1016/j.childyouth.2017.06.005

Summary: [from abstract] As a result of being removed from their homes and moving between different placements and schools, foster youths can experience high levels of stress and challenges as they struggle to cope with such extreme emotional turbulence. The experience of trauma and instability in turn, can have consequences on foster students' academic progress. As it is seemingly uncommon for foster youths to matriculate to postsecondary education, this study examines how successful foster youths transitioned out of care and furthered their education at an academically rigorous institution. From high-achieving former foster students, this study uncovers their experiences while in OHC that helped them enroll in a university, including how adult supporters provided guidance, emotional support, and stability, which allowed students to move out of their negative past experiences. Adults' willingness to assist youths and be a part of their lives provided students with a transformative academic and social emotional environment, furthering their ability to persist through high school and gain acceptance to a top-tier university.

Nesmith, A. (2017). Coping with change: Using the Bridge's Transition Framework with foster youth. Children and Youth Services Review, 78(2017), 41–47. http://dx.doi.org/10.1016/j.childyouth.2017.05.009

Summary: [from p.43] The purpose of this study was to assess the utility and short-term impact of using the Transitions Framework with foster youths. In particular, the study examined changes in youths' perceptions of their ability to cope with change, six to nine months post-training. This project was implemented by a non-profit foster care agency, Family Alternatives, Inc. (heretofore "the agency") that emphasized services and well-being for older youths in care. The agency received funding from the Andrus Family Fund to integrate the Bridges Transitions Framework into their work with foster youths and foster parents, with a particular focus on older youths who were facing discharge from foster care in the near future.

Nesmith, A. & Christophersen, K. (2014). Smoothing the transition to adulthood: Creating ongoing supportive relationships among foster youth. Children and Youth Services Review, 37(2014), 1–8. http://dx.doi.org/10.1016/j.childyouth.2013.11.028

Summary: This peer-reviewed article reports on an evaluation of CORE, a foster care program model designed to help youths develop supportive ongoing relationships with adults to help them transition out of care. The evaluation used a pretest-posttest non-equivalent comparison group design, where 58 youths aged 14 to 19 were exposed to the CORE model and 30 received traditional foster care services (i.e., belonged to the comparison group). Youths participated in two in-person interviews which included two self-report scales, the Relationship Competency Assessment and the Quality Youth Relationship Assessment. T-tests were used to compare mean post-test scores for quality of relationships and relationship competency. Results from the evaluation suggest that the CORE model may help

youth in care to develop relationship-building skills as well as identify and nurture long-term, natural relationships with supportive adults.

NYC Administration for Children's Services. (2018). Report of the interagency foster care task force. New York, New York: NYC Administration for Children's Services. Retrieved from https://www1.nyc.gov/assets/acs/pdf/testimony/2018/TaskForceReport.pdf

Summary: This report by the Interagency Foster Care Task Force outlines key recommendations to improve services and outcomes for youths in and aging out of foster care. Recommendations were developed from reviewing data and program information relating to permanency, health and mental health, education, employment, post-secondary education, and housing for foster youths in New York State. Of the 16 recommendations, six target youths transitioning out of the foster care system. One recommendation is for New York State to ensure transition-aged youths with complex needs are provided Medicaid coverage. Another recommendation is to establish education, employment, and housing support for all transition-aged youths. The final four recommendations focus on increasing access to housing and improving housing options for transition-aged youths.

Office of Disease Prevention and Health Promotion. (n.d.) Housing Instability. Retrieved from https://www.healthypeople.gov/2020/topics-objectives/topic/social-determinants-health/interventions-resources/housing-instability

Summary: [from webpage] Housing instability has no standard definition. It encompasses a number of challenges, such as having trouble paying rent, overcrowding, moving frequently, staying with relatives, or spending the bulk of household income on housing.

Okpych, N. J., & Courtney, M. E. (2017). Who goes to college? Social capital and other predictors of college enrollment for foster-care youth. Journal of the Society for Social Work and Research, 8(4), 563–593. http://doi.org/10.1086/694897

Summary: This peer-reviewed journal article reports on a study which examined the relationship between social capital and college enrollment of youths in foster care. California-based foster youths between the ages of 16 to 18 were sampled using a stratified random design. Data collection included interviews and college enrollment data. Logistic regressions were used to predict college enrollment. Findings revealed that the number of supportive adults that provide tangible support, resources, guidance, and encouragement increase the likelihood that youths in care will enroll in college.

Okpych, N.J., Park, S., & Courtney, M.E. (2019). Memo from CalYOUTH: Early findings on the impact of extended foster care on foster youths' postsecondary education enrollment and persistence. Chicago, Illinois: Chapin Hall at the University of Chicago. Retrieved from https://www.chapinhall.org/wp-content/uploads/CalYouth-College-Enrollment-and-Persistence.pdf

Summary: This report from Chapin Hall presents findings from an evaluation of California's extended foster care law. Specifically, the report details the impact of California's extended care law on postsecondary enrollment, persistence and number of semesters completed by age 21. The authors drew a sample of 17,222 youths in child welfare placements. Child welfare records were then linked to data from the National Student Clearinghouse to assess the three outcomes. The authors found a statistically significant impact for enrollment but not for persistence or number of semesters completed. The authors suggest that while extended care may help youths enroll in postsecondary education by reducing the pressure to meet one's basic living needs, youths may be academically unprepared to complete postsecondary education or may encounter other issues while attending school. As such, they argue for increased statewide efforts to support youths once they have been accepted into postsecondary education and for further evaluations of college support programs targeted towards foster youths.

Okpych, N.J., Park, S., & Courtney, M.E. (2017). Memo from CalYouth: Factors Associated with Youth Remaining in Foster Care as Young Adults. Chicago, Illinois: Chapin Hall at the University of Chicago. Retrieved from https://www.chapinhall.org/wp-content/uploads/CY_FA_IB0417.pdf

Summary: This report from Chapin Hall presents findings from an evaluation of California's extended foster care law. Specifically, the report details the impact of California's extended care law on the average length of time youths spend in foster care after age 18 and the individual and system-level factors associated with length of stay in care. The authors drew on two data sources: administrative data on 26,901 foster youths from California's state child welfare agency and data collected from a longitudinal sample of 708 California state foster youths. Findings from the study revealed that the average amount of time transition-age youths spent in care increased significantly with the implementation of extended foster care. Analysis of youth- and system-level predictors of length of stay in care revealed that youths who had been incarcerated were estimated to spend approximately 2 months less in care after their 18th birthday than their peers in care who had not been incarcerated. Youths who lived in congregate-style settings prior to turning 18 spent between 2 to 4 months less in care than their peers who lived in family-style settings. Youths who spent a longer time in care before age 18 and youths with more placement changes prior to turning 18 were more likely to remain in extended care. In addition, the county responsible for the youths; care was strongly associated with how long young people remained in extended care. The authors conclude by suggesting that child welfare administrators and practitioners examine whether current policies and practices might discourage harder-to-serve youths. In addition, the authors suggest that administrators and practitioners examine the potential effects of county-level variations in extended care services.

🇨🇦 Ontario Association of Children's Aid Societies. (14 Apr. 2016). Seven things you should know about the recently released child welfare performance indicators. Toronto, Ontario: Ontario Association of Children's Aid Societies. Retrieved from http://www.oacas.org/2016/04/seven-things-you-should-know-about-the-recently-released-child-welfare-performance-indicators/

Summary: This publication from the Ontario Association of Children's Aid Societies provides information about Ontario's child welfare performance indicator results on the safety, permanency, and well-being of Ontario children. The performance indicators for safety look at the recurrence of child protection concerns. Safety performance indicators for 2016 showed that recurrence of child protection concerns remained the same over a four-year period. The performance indicators for permanency measure where children are placed and how long it takes them to be discharged from a child welfare agency. Results show that nearly 80% of youths are placed in family-style homes and 85% of children are discharged from care within three years. The performance indicator for well-being measures how children and youths perceive their relationship with their caregivers. Youths between the ages of 10 to 15 reported more positive caregiver relationships than youths between the ages of 16 and 17.

🇨🇦 Ontario Provincial Advocate for Children and Youth. (2012). 25 is the 21: The costs and benefits of providing extended care and maintenance to Ontario youth-in-care until age 25. Toronto: Provincial Advocate for Children and Youth. Retrieved from www.ontla.on.ca/library/repository/mon/26003/315914.pdf

Summary: This report by the Ontario Provincial Advocate for Children and Youth presents findings of a cost-benefit analysis to estimate the cost of extending the Extended Care and Maintenance (ECM) Program from 21 to 25 in Ontario. The analysis found that for every $1.00 the province would on the ECM and supports to age 25, Ontario and Canada will save or earn an estimated 1.36 over the working lifetime of that person.

🇨🇦 Patterson, M.L., Moniruzzaman, A., & Somers, J.M. (2015). History of foster care among homeless adults with mental illness in Vancouver, British Columbia: A precursor to trajectories of risk. BMC Psychiatry, 15(12), 1-11. Retrieved from https://bmcpsychiatry.biomedcentral.com/articles/10.1186/s12888-015-0411-3

Summary: [from abstract] It is well documented that a disproportionate number of homeless adults have childhood histories of foster care placement(s). This study examines the relationship between foster care placement as a predictor of adult substance use disorders (including frequency, severity and type), mental illness, vocational functioning, service use and duration of homelessness among a sample of homeless adults with mental illness. We hypothesize that a history of foster care predicts earlier, more severe and more frequent substance use, multiple mental disorder diagnoses, discontinuous work history, and longer durations of homelessness. This study was conducted using baseline data from two randomized controlled trials in Vancouver, British Columbia for participants who responded to a series of questions pertaining to OHC at 12 months follow-up (n = 442). Primary outcomes included current mental disorders; substance use including type, frequency and

severity; physical health; duration of homelessness; vocational functioning; and service use. In multivariable regression models, a history of foster care placement independently predicted incomplete high school, duration of homelessness, discontinuous work history, less severe types of mental illness, multiple mental disorders, early initiation of drug and/or alcohol use, and daily drug use. This is the first Canadian study to investigate the relationship between a history of foster care and current substance use among homeless adults with mental illness, controlling for several other potential confounding factors. It is important to screen homeless youths who exit foster care for substance use, and to provide integrated treatment for concurrent disorders to homeless youths and adults who have both psychiatric and substance use problems.

Peters, C. M., Dworsky, A., Courtney, M. E., & Pollack, H. (2009). Extending foster care to age 21: Weighing the costs to government against the benefits to youth. Chicago, Illinois: Chapin Hall at the University of Chicago. Retrieved from https://www.aecf.org/resources/extending-foster-care-to-age-21/

Summary: This issue brief from Chapin Hall provides preliminary estimates of the costs and benefits of extending foster care beyond age 18. Using data from the Midwest Evaluation of the Adult Functioning of Former Foster Youth, the Illinois Department of Children and Family Services, and the 1988 National Education Longitudinal Study, and the U.S. Census Bureau, the authors conducted analyses which found that the yearly cost of supporting a young person in extended foster care was approximately $37,000. The authors then focused analyses on the increase in postsecondary educational attainment associated with allowing youths to remain in care until the age of 21 and the resulting increase in lifetime earnings associated with receiving a postsecondary degree. The researchers estimated a benefit-to-cost ration of $2 in increased earnings due to higher rates of postsecondary completion for every $1 spent on extended foster care services.

Pergamit, M., Gelatt, J., Stratford, B., Beckwith, S., & Martin, M. C. (2016). Family interventions for youth experiencing or at risk of homelessness. Washington, D.C.: Urban Institute & Child Trends. Retrieved from https://www.researchgate.net/profile/Brandon_Stratford/publication/311470422_Family_Interventions_for_Youth_at_Risk_of_Experiencing_Homelessness/links/58482fe608ae95e1d16653b5/Family-Interventions-for-Youth-at-Risk-of-Experiencing-Homelessness.pdf

Summary: [from executive summary] This report summarizes existing evidence on family intervention strategies for youths experiencing or at risk of homelessness gathered through a literature review and conversations with a small set of key informants. It also includes a summary of common elements of effective interventions and a discussion of gaps in the evidence base. We conclude that research has uncovered a few effective family intervention strategies that provide insight into what makes these strategies successful, but more research is needed to evaluate those targeted specifically to youths experiencing or at risk of homelessness. More research is also needed on how to target family interventions to key subgroups, such as youths who are racial and ethnic minorities and/or lesbian, gay, bisexual, transgender, or questioning (LGBTQ).

Powers, L. E., Fullerton, A., Schmidt, J., Geenen, S., Oberweiser-Kennedy, M., Dohn, J., … Blakeslee, M. (2018). Perspectives of youth in foster care on essential ingredients for promoting self-determination and successful transition to adult life: My Life Model. Children and Youth Services Review, 86(2018), 277–286. http://doi.org/http://dx.doi.org/10.1016/j.childyouth.2018.02.007

Summary: This peer-reviewed journal article describes a qualitative study that explored the coaching and mentoring elements of the My Life Intervention. Perceptions of the intervention processes from 10 youths who completed the program were collected from in-depth interviews. Youths reported that self-direction, experiential activities, self-determination skill development, and peer-mentoring experiences were important program processes which support youths' success. Implications for practice include a) hiring coaches that have previous experience in providing youth-directed coaching, b) seeking out applicants with lived experience in foster care, disability or other characteristics or perspectives most relevant to the targeted youths, and c) providing new and existing staff with ongoing training and supervision to bolster and maintain their skills.

Powers, L. E., Geenen, S., Powers, J., Pommier-Satya, S., Turner, A., Dalton, L. D., … & Swank, P. (2012). My Life: Effects of a longitudinal, randomized study of self-determination enhancement on the transition outcomes of youth in foster care and special education. Children and Youth Services Review, 34(11), 2179–2187. https://doi.org/10.1016/j.childyouth.2012.07.018

Summary: This peer-reviewed journal article presents findings from an efficacy evaluation of the My Life model. The My Life model is focused on supporting and improving the transition outcomes for at-risk youths who are in both foster care and special education. The My Life model included taking part in individual peer coaching and participation in mentoring workshops. Sixty-nine youths were randomized to either the intervention or to a control group. Findings indicated that compared to the control group, the intervention group had significant gains on measures of self-determination, quality of life, and utilization of community transition services. Youths in the intervention also completed high school, were employed, and carried out independent living activities at higher rates than the comparison group.

Rebbe, R., Nurius, P. S., Ahrens, K. R., & Courtney, M. E. (2017). Adverse childhood experiences among youth aging out of foster care: A latent class analysis. Children and Youth Services Review, 74(2017), 108–116. http://doi.org/10.1016/j.childyouth.2017.02.004

Summary: [from abstract] Research has demonstrated that youths who age out, or emancipate, from foster care face deleterious outcomes across a variety of domains in early adulthood. This article builds on this knowledge base by investigating the role of adverse childhood experience accumulation and composition on these outcomes. A latent class analysis was performed to identify three subgroups: complex adversity, environmental adversity, and lower adversity. Differences are found among the classes in terms of young adult outcomes in terms of socio-economic outcomes, psychosocial problems, and criminal

behaviors. The results indicate that not only does the accumulation of adversity matter, but so does the composition of the adversity. These results have implications for policymakers, the numerous service providers and systems that interact with foster youths, and for future research.

🇨🇦 **Reid, C., & Dudding, P. (2006). Building a future together: Issues and outcomes for transition-aged youth. Ottawa, Ontario: Centre of Excellence for Child Welfare. Retrieved from https://cwrp.ca/publications/building-future-together-issues-and-outcomes-transition-aged-youth**

Summary: [from introduction] This paper outlines the eight areas where youths need support to ensure a smoother transition to adulthood: relationships, education, housing, life skills, identity, youth engagement, emotional healing, and financial support. The first seven areas are referred to as pillars while the final area, financial support, is considered to be the foundation on which all of those pillars are built. Each of these areas are interrelated and work together to create the necessary supports for a successful transition to adulthood. National and international examples are used to illustrate innovative programs and policies that are making the difference for youths. A national survey was conducted of each province and territory's youth transitions programs, with the findings included throughout. This paper brings together the current research, experience of the authors and the voices of youths themselves, to provide a solid knowledge base that can help build stronger policies and practices for youths exiting child welfare systems across Canada and the world.

Reilly, T. (2003). Transition from care: status and outcomes of youth who age out of foster care. Child Welfare, 82(6), 727–746. Retrieved from https://www.researchgate.net/profile/Thom_Reilly/publication/8909219_Transition_from_care_Status_and_outcomes_of_youth_who_age_out_of_foster_care/links/54ad9010cf2828b29fcad4e.pdf

Summary: This peer-reviewed journal article presents findings on the status and outcomes of youths who age out of foster care in Nevada. Using state administrative data in conjunction with semi-structured interviews with 100 youths, the researchers analyzed: demographic information, living arrangements, education, and employment; health and substance use; support systems; foster care experiences and legal issues, and; factors associated with negative experiences since leaving care. Findings revealed that while most youths reported being employed, many stated they did not have enough money to cover basic living expenses. Some youths also reported participating in illegal activities (e.g., dealing drugs) to earn money. Fifty percent of youths reported leaving care without a high school diploma. Thirty-six percent of youths noted instances of housing instability or homelessness since leaving care. Thirty-two percent of youths formally in OHC reported not being able to obtain health care and 55% had no health insurance. Forty-five percent of youths reported involvement with the criminal justice system. While most youths reported receiving independent living training while in care, few youths received tangible assistance or service to support independence upon discharge. Most youths described having social support networks they could rely on when they encountered problems. Multiple placements while in care and smaller support networks were linked to negative outcomes, including an increased likelihood of becoming homeless.

Rosenberg, R., & Abbott, S. (2019). Supporting older youth beyond age 18: Examining data and trends in extended foster care. Bethesda, Maryland: Child Trends. Retrieved from https://www.childtrends.org/publications/supporting-older-youth-beyond-age-18-examining-data-and-trends-in-extended-foster-care

Summary: This report looks at the relationship between extended foster care and young adult outcomes. The researchers drew on data from three national datasets (i.e., the Adoption and Foster Care Analysis and Reporting System [AFCARS] Foster Care File, the National Youth in Transition Database [NYTD] Services File, and the NYTD Outcomes File) to examine foster care history, young adult outcomes, and independent living services. The authors also examined the relationship between extended foster care and life outcomes. The authors found that extended foster care is associated with better young adult outcomes and receipt of independent living services. The authors conclude by highlighting that despite the low rates of utilization in many states, extended foster care appears to benefit young people as they transition to adulthood.

🇨🇦 **Rutman, D., & Hubberstey, C. (2016). Is anybody there? Informal supports accessed and sought by youth from foster care. Children and Youth Services Review, 63(2016), 21-27.** https://doi.org/10.1016/j.childyouth.2016.02.007

Summary: This peer-reviewed journal article presents findings from a qualitative study which sought to explore youths' perspectives on their informal supports, how these supports have helped them during their transition, and what supports they would find useful during their transition to adulthood. Semi-structured interviews were held with 43 former foster youths who were between the ages of 19 to 26. Findings revealed that former youths in care have limited social support networks. While youths reported family members served as 'emotional' support, many noted that they did not have family members they could rely on for practical and financial support. Youths described having unmet support needs in relation to education, employment, income, housing, legal advocacy, and access to physical and mental health care. The authors conclude by offering implications for programming, practice, and policy.

🇨🇦 **Rutman, D., Hubberstey, C., & Feduniw, A. (2007) When youth age out of care – Where to from there? Final report: Based on a three year longitudinal study. Victoria, British Columbia: School of Social Work, University of Victoria. Retrieved from** https://www.researchgate.net/profile/Deb_Rutman/publication/237645263_Promoting_Positive_Outcomes_for_Youth_From_Care/links/54ad6f3a0cf24aca1c6f5167.pdf

Summary: [from abstract] The Promoting Positive Outcomes for Youth From Care Project was a prospective, British Columbia study designed to examine what happened to youths following their exit from government care. The project followed 37 youths over a 2.5-year period between 2003 and 2006; data were collected through a series of four face-to-face interviews, scheduled 6-9 months apart, using both an open-ended and fixed choice interview format. As another aspect of the research, the project provided "peer support" to the youths. This paper reports on the life circumstances of the participants from Time 1 to Time 4. As with the two previous reports (Baseline Report on Findings; Bulletin of Time

2 Findings), findings presented in this final report continue to present a disquieting picture of youths' life circumstances. Not unlike existing North American literature on youths from care, youths from this study were found to: have a lower level of education; be more likely to rely on income assistance as their main source of income; have a more fragile social support network; experience considerable transience and housing instability; and be parenting. In relation to criminal activities, youths' involvement with the criminal justice system declined over time. However, subsequent to leaving care, they continued to be victimized in various ways. A striking finding was the relationship between mental health issues and parenting — the majority of participants who were parents also reported mental health concerns such as depression and anxiety; similarly, the majority of participants who had mental health issues were parents. As well, in stark contrast to recently released census data highlighting the growing trend for young people to reside in the parental home well into their 20s, the majority of youths in this study did not live with their parents or other family members. Moreover, once these youths turned 19 they no longer had their "state parent" for support. In sum, study findings led to the conclusion that what is needed is a rethinking of existing government policies, programs, and priorities, along with the role of communities and families in supporting youths from care. Central to this rethinking is our key message and primary recommendation: —that youths from care need to have as gradual and extended a transition process to adulthood as youths in the general population.

Sawyer, S. M., Azzopardi, P. S., Wickremarathne, D., & Patton, G. C. (2018). The age of adolescence. The Lancet Child & Adolescent Health, 2(3), 223-228. https://doi.org/10.1016/S2352-4642(18)30022-1

Summary: [from abstract] An expanded and more inclusive definition of adolescence is essential for developmentally appropriate framing of laws, social policies, and service systems. Rather than age 10-19 years, a definition of 10-24 years corresponds more closely to adolescent growth and popular understandings of this life phase and would facilitate extended investments across a broader range of settings.

Schelbe, L. (2018). Struggles, successes, and setbacks: Youth aging out of child welfare in a subsidized housing program. Children and Youth Services Review, 89(2018), 298–308. http://doi.org/10.1016/j.childyouth.2018.05.005

Summary: This peer-reviewed journal article describes an ethnographic study which examined a transitional living program for youths aging out of care. Findings from the study revealed that structural barriers, such as housing quality, location of apartments, and access to transportation compromised the well-being and stability of youths who participated in the program. In addition, participation in the transitional housing program did not eliminate youths' struggles with employment, education, and mental health. Furthermore, as the program required youths to be employed or in education to receive services, setbacks in one domain were shown to interfere with youths' abilities to maintain housing. The author concludes by suggesting programs critically assess their policies to ensure that policies do not create obstacles for youths.

Scottish Government. (14 Nov. 2018). Continuing Care (Scotland) Amendment Order 2019: consultation. Edinburgh, Scotland: Scottish Government. Retrieved from https://www.gov.scot/publications/consultation-continuing-care-scotland-amendment-order-2019/pages/1/

Summary: This report from the Scottish Government presents the draft version of the Continuing Care 2019 Amendment which would increase extended care services for youths from 20 to age 21.

🇨🇦 Serge, L., Eberle, M., Goldberg, M., Sullivan, S., & Dudding, P. (2002). Pilot study: The child welfare system and homelessness among Canadian youth. Ottawa, Ontario: National Homelessness Initiative. Retrieved from https://www.homelesshub.ca/sites/default/files/attachments/Pilot_Study_The_Child_Welfare_System_and_Homelessness.pdf

Summary: This pilot study aimed to contribute to a more thorough understanding of the relationship between youths who have lived in OHC and youth homelessness in Canada. This research project had two broad objectives: to identify the factors that lead to homelessness for some, while others, who may be in an equally vulnerable situation (i.e. in care) do not become homeless, and to assess the need for a broader study using the same or a modified research methodology. The study was undertaken in three parts: 1) a literature review; 2) key informant interviews with experts from across research, policy, and practice, and; 3) qualitative interviews with youths in Vancouver, Winnipeg, Toronto, and Montreal. Findings from the study revealed that youths who left care earlier were less successful in avoiding homelessness. In addition, experiences with initial maltreatment and increased placement changes while in care were found to be predictors of homelessness in former foster youths. Likewise, youths with more positive experiences while in care were less likely to become homeless. Some youths reported not receiving transition related supports or preparation prior to exiting care. Other youths did not perceive transition planning and preparation supports having a significant impact on their transition. Youths lacked education, social supports, and skills for employment. The authors conclude by offering suggestions for further research.

🇨🇦 Shaffer, M. & Anderson, L. (2016). Opportunities in transition: An economic analysis of investing in youth aging out of foster care in their 20s, Report 2 of 3: The costs of the adverse outcomes. Vancouver, British Columbia: Fostering Change. Retrieved from https://exchange.youthrex.com/report/opportunities-transition-economic-analysis-investing-youth-aging-out-foster-care-report-2-3

Summary: This report released by Fostering Change presents findings from a cost analysis associated with the adverse life outcomes for youths aging out of care. The total estimated costs amount to $222-$267 million dollars, or an average of $222,000 to $267,000 per youth aging out of care each year.

Shah, M. F., Liu, Q., Mark Eddy, J., Barkan, S., Marshall, D., Mancuso, D., … & Huber, A. (2017). Predicting homelessness among emerging adults aging out of foster care. American Journal of Community Psychology, 60(1-2), 33-43. https://doi.org/10.1002/ajcp.12098

Summary: This peer-reviewed journal article describes the findings from a study which sought to identify potential risk and protective factors associated with experiencing homelessness during the transition to adulthood. Using data on 1,202 youths from a state-level database, the researchers conducted bivariate and stepwise regression models, which identified15 predictive factors. Predictive factors included being placed with a relative while in care and having a high grade point average. Conversely, experiencing disrupted adoptions, having multiple foster care placements, being involved in the juvenile justice system, being a young parent, experiencing housing instability, and being African American were identified as risk factors that predicted homelessness. .

🇨🇦 Shewchuk, S. (2019). Evidence-informed policy development and enactment: a policy content evaluation of a provincial policy for improving the educational outcomes of youth in out-of-home care in Ontario (Doctoral dissertation). Retrieved from https://qspace.library.queensu.ca/handle/1974/26068

Summary: This doctoral dissertation explored a large scale initiative to build partnerships between child welfare and education sectors in Ontario, Canada. In 2015, the Ontario Ministry of Education and Ontario Ministry of Children and Family Services released the Joint Protocol for Student Achievement (JPSA) template designed to support child welfare agencies and school districts in developing regional protocols to maximize coordination of educational supports for Kindergarten to Grade 12 students who are in foster care. First, the education data of 4,109 students were analyzed to understand the educational experiences of students living in foster care throughout Ontario during the year (2015–2016) the initiative was released. Second, a scoping review of scholarly and grey literature (N=69) was conducted to uncover the common components that support partnership working between youth-serving organizations. Third, a jurisdictional scan was completed to identify and compare partnership working agreements between education and child welfare sectors located across Canada. Finally, semi-structured interviews (N=21) were performed with Ontario-based education and child welfare partners in order to understand the perspectives and experiences of developing and implementing partnerships across the province. Results generated from the study were meant to inform the partnership's continued improvement and bridge the gap between the production of evidence and the capacity of policymakers to translate findings into policy improvements.

Shpiegel, S., & Simmel, C. (2016). Functional outcomes among sexual minority youth emancipating from the child welfare system. Children and Youth Services Review, 61(2016), 101–108. https://doi.org/10.1016/j.childyouth.2015.12.012

Summary: This peer-reviewed journal article presents findings from a study which examined functional outcomes of LGBTQI youths exiting OHC, as compared to their heterosexual peers. Using data from the Multi Site Evaluation of Foster Youth Programs (MSEYP), the authors

examined data on 405 youths across four areas: 1) demographics and sexual orientation, 2) victimization histories, 3) child welfare experiences, and 4) functional outcomes. Analyses performed included univariate, bivariate, and binary logistic regressions. Bivariate findings indicated that LGBTQI youths demonstrated significantly poorer functioning in education, employment, homelessness, and financial stability. The authors found that sexual orientation was associated with poorer outcomes, even when controlling for demographics and child welfare history. The authors conclude the article by presenting implications for policy and practice.

Singer, E.R., Berzin, S.C., & Hokanson, K. (2013). Voices of former foster youth: Supportive relationships in the transition to adulthood. Children and Youth Services Review, 35(12), 2110–2117. https://doi.org/10.1016/j.childyouth.2013.10.019

Summary: This peer-reviewed journal article describes a qualitative study that explored how transition-aged youths utilize their social support networks and the quality of their support system. Findings from 20 in-depth interviews with young people revealed that youths identified a wide network of formal and informal supports. However, appraisal and instrumental supports were noted as often lacking. Analyses also suggest that poor outcomes may not be due to a lack of supportive relationships, but rather because of the youths use and quality of supportive relationships. The paper concludes with recommendations for future research.

Slesnick, N., Dashora, P., Letcher, A., Erdem, G., & Serovich, J. (2009). A review of services and interventions for runaway and homeless youth: Moving forward. Children and Youth Services Review, 31(7), 732–742. Retrieved from https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2699020/

Summary:[from abstract] Research focused on the impact of community-based services and treatment interventions designed to intervene in the lives of runaway and homeless youths has increased in the last two decades in the U.S. and internationally. In light of the tremendous need for identifying effective strategies to end homelessness and its associated problems among youth, this paper summarizes and critiques the findings of the extant literature including U.S., international, and qualitative studies. Thirty-two papers met criteria for inclusion in the review. Among the conclusions are that comprehensive interventions which target the varied and interconnected needs of these youths and families may be worthy of more study than studies that isolate the intervention focus on one problem. Also, more research incorporating design strategies that increase the reliability and validity of study findings is needed. Other preliminary conclusions and future directions are offered.

Slesnick, N., Feng, X., Guo, X., Brakenhoff, B., Carmona, J., Murnan, A., ... & McRee, A. L. (2016). A test of outreach and drop-in linkage versus shelter linkage for connecting homeless youth to services. Prevention Science, 17(4), 450–460.

Summary: This peer-reviewed journal article presents findings from a preliminary efficacy

evaluation of a strengths-based outreach and advocacy intervention. Seventy-nine youths were randomly assigned to receive six months of advocacy that focused on linking youths to a drop-in center (N=40) or to an emergency shelter (N=39). All youths were assessed at baseline and at three, six, and 9-months post baseline. Findings indicated that youths preferred drop-in center services to the shelter. In addition, youths assigned to the drop-in center were more likely to be linked to services and have better HIV and alcohol outcomes. The authors conclude by suggesting that drop-in centers may be a more appropriate service option for re-engaging homeless youths.

Slesnick, N., Kang, M. J., Bonomi, A. E., & Prestopnik, J. L. (2008). Six-and twelve-month outcomes among homeless youth accessing therapy and case management services through an urban drop-in center. Health Services Research, 43(1p1), 211–229. doi: 10.1111/j.1475-6773.2007.00755.x

Summary: This peer-reviewed journal article describes findings from a mixed-methods, repeated measures study, which sought to evaluate the impact of case management and individual therapy offered through a drop-in center for homeless youths. Semi-structured interviews and self-report questionnaires of youths (N=172) were used to examine youths' outcomes related to substance use, mental health, housing, education, employment, and use of medical care services. Youths were assessed at baseline, 6 months, and 12 months' post-baseline. Findings revealed statistically significant improvements in substance abuse, mental health, and percent days housed up to 12 months' post-baseline. However, most youths did not obtain permanent housing, and education, employment, and medical service utilization did not change over time. The authors conclude by offering recommendations for practice and policy.

Taussig, H. & Weiler, L. (2017). Mentoring for youth in foster care. Boston, Massachusetts: National Mentoring Partnership. Retrieved from http://nationalmentoringresourcecenter. org/images/PDF/Mentoring_for_Youth_in_Foster_Care_Population_Review.pdf

Summary: This report published by the National Mentoring Resource Center provides a review of the research literature on mentoring youths living in OHC. Findings from the review revealed four items for consideration [taken from page 15-1]: 1) both natural and program-based mentoring appear to appeal to and engage youths who are diverse in socio-demographic and behavioral/emotional functioning, although mentoring programs often have difficulty retaining foster youths; 2) studies have not examined whether adherence to a given program model predicts better outcomes for youths, although alignment of program goals and outcomes is reported to be important by program developers and participants; 3) although there are many conceptual reasons why mentoring is an excellent fit for youths in foster care, there are pragmatic challenges, both logistical and financial, that make widespread implementation difficult and no studies have been conducted that examine program expansion or adaptation, and; 4) because of the high potential for adverse outcomes among this vulnerable population, great care and coordination is required for implementing mentoring programs and supporting natural mentoring relationships for youths in foster care; if done well, however, the benefits of mentoring appear to outweigh the risks

and foster youths may experience positive outcomes across a range of domains. The authors conclude the review by offering recommendations for practice.

🇨🇦 **Tessier, N. G., O'Higgins, A., & Flynn, R. J. (2018). Neglect, educational success, and young people in out-of-home care: Cross-sectional and longitudinal analyses. Child Abuse & Neglect, 75, 115-129. DOI: 10.1016/j.chiabu.2017.06.005**

Summary: This peer-reviewed journal article presents findings from a cross-sectional hierarchical regression analysis of Ontario foster youths in order to test which risk and protective factors were predictors of educational success. The regression analysis found being female, youths' educational aspirations, caregivers' educational aspirations for youths, time with current caregiver, internal developmental assets, and positive mental health were associated with better educational success. Neglect, grade retention, special educational needs, ethnic minority status, behavioural problems, and soft-drug use were associated with poorer educational outcomes. The authors conclude the paper by suggesting implications for policy and practice.

Thompson, A. E., Greeson, J. K., & Brunsink, A. M. (2016). Natural mentoring among older youth in and aging out of foster care: A systematic review. Children and Youth Services Review, 61(2016), 40-50. https://doi.org/10.1016/j.childyouth.2015.12.006

Summary: This peer-reviewed journal article reports on a systematic literature review of the theoretical underpinnings and evaluative evidence in support of 'natural' mentoring among adolescent youths in OHC. Thirty-eight documents were included for review. Findings from the review revealed that research on natural mentoring is still in its infancy, with half of the included documents published between 2013 and 2016. In addition, most articles included in the review were conceptual in nature or were qualitative, exploratory studies. Quantitative studies included in the review were limited by small sample sizes and cross-sectional data. However, empirical studies on natural mentoring programs continue to confirm positive correlations between improved well-being outcomes and the presence of a natural mentor. The authors conclude by offering implications for research and practice.

🇨🇦 **Trocmé, N., Fallon, B., MacLaurin, B., Sinha, V., Black, T., Fast, E....Holroyd, J. (2010). Canadian incidence study of reported child abuse and neglect, 2008: Major findings. Ottawa, Ontario: Public Health Agency of Canada. Retrieved from https://cwrp.ca/publications/canadian-incidence-study-reported-child-abuse-and-neglect-2008-cis-2008-major-findings**

Summary: [from cwrp.ca] The Canadian Incidence Study of Reported Child Abuse and Neglect-2008 (CIS-2008) is the third nation-wide study to examine the incidence of reported child maltreatment and the characteristics of the children and families investigated by child welfare. The CIS-2008 tracked 15,980 child maltreatment investigations conducted in a representative sample of 112 child welfare service organizations across Canada in the fall of 2008.

🇨🇦 Trocmé, N., Fallon, B., MacLaurin, B., Daciuk, J., Felstiner, C., Black, T., … & Cloutier, R. (2005). Canadian incidence study of reported child abuse and neglect 2003: Major findings. Ottawa, Ontario: Minister of Public Works and Government Services. Retrieved from: https://cwrp.ca/publications/canadian-incidence-study-reported-child-abuse-and-neglect-2003-cis-2003-major-findings

Summary: [from cwrp.ca] The Canadian Incidence Study of Reported Child Abuse and Neglect - 2003 (CIS-2003) is the second nation-wide study to examine the incidence of reported child maltreatment and the characteristics of the children and families investigated by Canadian child welfare services. The CIS-2003 tracked 14,200 child maltreatment investigations conducted in a representative sample of 63 child welfare service areas across Canada in the fall of 2003. In all jurisdictions excluding Quebec, child welfare workers completed a three-page standardized data collection form; in Quebec, information was extracted directly from an administrative information system. Weighted national annual estimate were derived based on these investigations.

🇨🇦 Trocmé, N., MacLaurin, B., Fallon, B., Daciuk, J., Billingsley, D., Tourigny, M., … & Hornick, J. (2001). Canadian incidence study of reported child abuse and neglect, 1998: Final report. Ottawa, Ontario: Minister of Public Works and Government Services Canada. Retrieved from https://www.ncjrs.gov/App/Publications/abstract.aspx?ID=235901

Summary: [from cwrp.ca] The Canadian Incidence Study of Reported Child Abuse and Neglect (CIS) is the first nation-wide study to examine the incidence of reported child maltreatment and the characteristics of children and families investigated by Canadian child welfare services. The primary objective of the CIS is to provide reliable estimates of the scope and characteristics of child abuse and neglect investigated by child welfare services across Canada. The study includes substantiated, suspected, and unsubstantiated child welfare investigations, but does not include reports that were screened out before investigation or cases that were investigated only by police. The CIS is not designed to document unreported cases.

🇨🇦 Turpel-Lafond, M. E. (2014). On their own: Examining the needs of B.C. youth as they leave government care. Victoria, British Columbia: Representative for Children and Youth. Retrieved from https://www.rcybc.ca/sites/default/files/documents/pdf/reports_publications/rcy_on_their_own.pdf

Summary: [from introduction] This report provides a description of the issues and financial supports for young people in OHC transitioning to adulthood in B.C. It examines the transitional process of young people who have been in care compared to their peers who have not. Estimates are presented of what it costs, in dollar terms, to transition from adolescence to adulthood, and an overview is given of government financial supports that are in place for young people transitioning out of care. Finally, recommendations are made about how to better support young people as they leave care.

🇨🇦 Tweddle, A. (2007). Youth leaving care: How do they fare?. New Directions for Youth Development, 2007(113), 15-31. Retrieved from https://europepmc.org/abstract/med/17523520

Summary: In this book chapter, the author summarizes Canadian and international research on the outcomes for youths after they age out of the child welfare system. Research has shown that former youths in care have inadequate social support networks, have limited financial resources, often lack life skills, and have low levels of academic achievement. Once youths exit care, they are at an increased risk of relying on social assistance, becoming homeless, engaging in substance abuse, becoming single parents, experiencing mental health problems, or coming into contact with the criminal justice system. Youths who successfully transition to adulthood are more likely to have completed high school, have increased social support networks, have access to postsecondary opportunities, refrain from alcohol or drug use, and obtain life skills and independent living training. The author reports that Canada does not have a national (or in many cases provincial) data tracking system to monitor the outcomes of youths after they leave care. The chapter concludes with recommendations for policy and practice.

Tyler, K. A., & Schmitz, R. M. (2013). Family histories and multiple transitions among homeless young adults: Pathways to homelessness. Children and Youth Services Review, 35(10), 1719-1726. doi: 10.1016/j.childyouth.2013.07.014

Summary: This peer-reviewed journal article describes a qualitative study which explored the family histories, the type and number of transitions experienced, and pathways into homelessness of 40 youths between the ages of 19 to 21. Findings showed that youths often reported exposure to family substance abuse. In addition, a majority of participants reported experiencing physical or sexual abuse. Young people reported leaving home between the ages of 12 to15 due to abuse/physical violence or a conflict. Some reported they were told to leave home due to their problematic behavior, while others stated they were removed by child welfare workers. Findings illustrated that youths experienced instable living arrangements which affected their ability to develop social support systems to support transition to adulthood.

Unger, J. B., Simon, T. R., Newman, T. L., Montgomery, S. B., Kipke, M. D., & Albomoz, M. (1998). Early adolescent street youth: An overlooked population with unique problems and service needs. The Journal of Early Adolescence, 18(4), 325-348. https://doi.org/10.1177/0272431698018004001

Summary: This peer-reviewed journal article reports on the demographic and lifestyle characteristics, peer group identification, history of homelessness, sources of shelter and money, and perceived health status of 245 homeless youths in California. Youth participants were a subgroup of a larger sample of homeless youths obtained for the AIDS Evaluation of Street Outreach Project (AESOP). Findings from the study revealed that homeless youths had higher incidence rates of a variety of mental health symptoms including depression and attention deficit hyperactivity disorder. Homeless youths also exhibited a higher risk for suicidal ideation and suicide attempts.

U.S. Department of Education. (2016). Foster care transition toolkit. Washington, D.C.: U.S. Department of Education. Retrieved from http://www2.ed.gov/about/inits/ed/foster-care/youth-transition-toolkit.pdf

Summary: The U.S. Department of Education developed a toolkit to support youths transitioning from care. Topics include: transition planning, accessing educational opportunities, finding employment and career support, financial planning, obtaining essential documents, building support networks, securing housing, and physical and mental well-being.

Villegas, S., Rosenthal, J., O'Brien, K., & Pecora, P. J. (2014). Educational outcomes for adults formerly in foster care: The role of ethnicity. Children and Youth Services Review, 36(2014), 42-52. https://doi.org/10.1016/j.childyouth.2013.11.005

Summary: Using data from the Casey National Foster Care Alumni Study, this peer-review journal article explored whether ethnicity (with a focus on Hispanic youths) was predictor of educational outcomes. Regression models indicated that educational outcomes did not vary by ethnicity. However, physical and learning disabilities, placement in care due to abuse, instability while in care, and less preparation for transitioning from care all predicted lower educational attainment. The paper concludes with implications for policy and practice.

🇨🇦 Wall-Wieler, E., Brownell, M., Singal, D., Nickel, N., & Roos, L. L. (2018). The cycle of child protection services involvement: a cohort study of adolescent mothers. Pediatrics, 141(6), e20173119. Retrieved from https://pediatrics.aappublications.org/content/141/6/e20173119

Summary: This peer-reviewed journal article examined the intergenerational involvement of child welfare services among adolescent mothers. Using administrative data on 5942 adolescent mothers from the Population Data Research Repository at the Manitoba Centre for Health Policy, the authors found that adolescent mothers in OHC were more likely to have their child taken into care before the child's second birthday. The authors conclude by offering suggestions for policy and practice.

🇨🇦 Warburton, W. P., Warburton, R. N., Sweetman, A. and Hertzman, C. (2014), The impact of placing adolescent males into foster care on education, income assistance, and convictions. Canadian Journal of Economics/Revue Canadienne d'Économique, 47: 35-69. doi:10.1111/caje.12064

Summary: [from abstract] This paper arose from work undertaken during a project initiated under the Child and Youth Officer Act and the Representative for Children and Youth Act. The views expressed in this paper are solely those of the authors. This paper is not to be understood as a report under either of these acts, and no representation is made that it expresses the views of the former Child and Youth Officer, the Representative for Children and Youth, the Ministry for Children and Family Development, the Government of British Columbia or the MSFHR. Neither does it necessarily reflect the views of the government of Ontario. The authors thank the Michael Smith Foundation for Health Research and the Stauffer-Dunning Chair at Queen's University for financial support, and they acknowledge

Watson, D. P., Shuman, V., Kowalsky, J., Golembiewski, E., & Brown, M. (2017). Housing first and harm reduction: a rapid review and document analysis of the US and Canadian open-access literature. Harm Reduction Journal, 14(30), 1-13. https://dx.doi.org/10.1186/s12954-017-0158-x

Summary: [from abstract] Housing First is an evidence-based practice intended to serve chronically homeless individuals with co-occurring serious mental illness and substance use disorders. Despite housing active substance users, harm reduction is an often-overlooked element during the Housing First implementation process in real-world settings. In this paper, the representation of the Housing First model was explored within the open-access scholarly literature as a potential contributing factor for this oversight. A rapid review of the US and Canadian open-access Housing First literature was conducted. A document analysis approach was followed to form an interpretation of the articles' content related to the primary research questions. A total of 55 articles on Housing First were included in the final analysis. Only 21 of these articles (38.1%) included explicit mention of harm reduction. Of the 34 articles that did not discuss harm reduction, 22 provided a description of the Housing First model indicating it does not require abstinence from substance use; however, descriptions did not all clearly indicate abstinence was not required beyond program entry. Additional Housing First descriptions focused on the low-barrier entry criteria and/or the intervention's client-centeredness. The review demonstrated a lack of both explicit mention and informed discussion of harm reduction in the Housing First literature, which is likely contributing to the Housing First research-practice gap to some degree. Future Housing First literature should accurately explain the role of harm reduction when discussing it in the context of Housing First programming, and public agencies promoting Housing First uptake should provide resources for proper implementation and monitor program fidelity to prevent model drift.

Welsh Government. (2013) When I am Ready: Good Practice Guide. Cardiff, Wales: Welsh Government. Retrieved from https://gweddill.gov.wales/docs/dhss/publications/160307guidanceen.pdf

Summary: The aim of this guide is to set out good practice and suggested approaches for implementing When I am Ready for young people exiting care. In addition, the document sets out guidance in regards to supporting young people and their carers who enter into extended care agreements.

Whalen, A. (2015). Provision for young care leavers at risk of homelessness. Wales, United Kingdom: Public Policy Institute for Wales. Retrieved from https://sites.cardiff.ac.uk/ppiw/files/2015/10/Report-Provision-for-young-care-leavers-at-risk-of-homelessness-FINAL.pdf

Summary: [from abstract] The report outlines the extent of homelessness amongst care leavers in Wales; looks at the reasons why homelessness and housing instability continue to be so prevalent; and discusses what works in improving outcomes. The report draws on existing information and research, a short survey sent to Housing and Children' Services Authorities, a small discussion group of local authorities, and the authors experience of working in youth homelessness and leaving care settings. Recommendations include: reducing the variation of provision and supporting joint planning of services between Children's Services and housing; improving accommodation and support arrangements; and improving the supply and affordability housing for care leavers and other vulnerable groups of young people. Examples of good practice in supporting care leavers at risk of homelessness into independence are included.

🇨🇦 **Winnipeg Street Census. (2018). Winnipeg Street Census 2018: We matter. We count. Winnipeg, Manitoba: City of Winnipeg. Retrieved from** streetcensuswpg.ca/wp-content/uploads/2018/10/2018_FinalReport_Web.pdf

Summary: This report presents the findings from the 2018 Winnipeg Street Census. Approximately 1519 individuals experiencing homelessness were surveyed over a 24-hour period during the spring of 2018. Findings from the study revealed that 38% were in absolute homelessness (i.e., unsheltered youths and those living in emergency shelters) while 60% were provisionally accommodated (i.e., living with family, friends, or strangers; living in transitional housing; or, staying in an institutional setting). Three-hundred and sixty-seven youths were under the age of 29 and 94 were children under 18. Almost 19% of youths identified as part of the LGBTQI community and 80% of youth were Indigenous.

🇨🇦 **Woodgate, R.L., Morakinyo, O., & Martin, K.M. (2017). Interventions for youth aging out of care: A scoping review. Children and Youth Services Review, 82(2017), 280–300.** http://dx.doi.org/10.1016/j.childyouth.2017.09.031

Summary: [from abstract] Youths aging out the child welfare system are being transitioned out of the child welfare system with few interventions in place to support their move to independence. In developed countries, compared to their peers, youths aging out of care face poorer outcomes when it comes to education, employment, and housing. A better understanding of the effectiveness of the existing interventions that support youths in care is warranted. This paper presents a critical scoping review of the available evidence on interventions available to youths who are aging out of the child welfare system and identifies gaps for future research. Arksey and O'Malley's framework for scoping reviews shaped the process of this review. A total of thirteen databases were searched resulting in the retrieval of 1978 articles. Of the 1978 retrieved, only 68 met the review's criteria. Studies included were in English, described an intervention that was implemented and evaluated in developed countries, and published within the last 20 years. Interventions were categorized as: housing,

employment, education, mentorship, independent living, and health. The majority of studies fell under the independent living category which provide cohesive resources to improve education, housing, and employment. Studies evaluating these programs generally reported positive outcomes on youths' abilities to complete their education and attain part- or full-time employment. Methods of evaluations were found to be methodologically weak with respect to determining the effectiveness of interventions in ensuring youths' successful transitions to independence. Future research should look at longitudinal outcomes of youths and cost-benefit analysis of supporting youths transitioning out of the child welfare system. Recommendations also include policy changes extending the age of eligibility for youths transitioning out of the child welfare system.