Adolfo Transitional Housing Program for Former Foster Youth

Presents:

The Power of Un-Fostering Youth
Shelter From the Storm - The Adolfo Program
Demographics - Race

Race Demographic of Sample

- Hispanic: 5.08%
- Native American: 1.69%
- Asian: 11.86%
- Black: 5.08%
- White: 18.64%
- Unknown: 57.63%
Demographics-Gender

- Male: 52.54%
- Female: 44.07%
- Unknown: 3.39%
AGENDA

1. Background Information on Population / Awareness about the risks associated with exiting foster care
2. Partnering with your community & establishing continuous support
3. Career Training Program “Volunteer Incentive Program”
4. Being Your Own Change Agent
5. Strive for a Better Program
6. Rob’s Story
Key Words

Assembly Bill 12  Biopsychosocial-Spiritual  Emancipated Foster Youth

Housing Program  Macro/Mezzo/Micro  Survival Mode

Self-Sufficiency  Self-Actualization  Un-fostering Youth
The ideology of using effective practices in order to explore a youth’s intrinsic and extrinsic motivations to be self-sufficient; the ultimate objective is to decrease the youth’s perception of having to rely on various forms of temporary government assistance by providing adequate resources that increase the capability for each youth to attain self-actualization.
Theoretical Framework

- Conflict Theory
- Social Bonding Theory
- Attachment Theory
- Psychosocial Theory
The Risks of Exiting Foster Care

Underlying Trauma

Costs to individual and costs to society

Biological, Psychological, Sociological and Spiritual Risks

Level of resilience (survival mode)

Permanent form of support from a caring adult + Consistency
Biological Needs: Risks

Risks

- Medical Providers
- Earlier Experiences
- Physiological strains
- Mortality- Involved in “risky behavior”
- Chemical dependency
Psychological Needs

Risks

- Mental Health Illnesses
- PTSD, Bipolar, ADHD
- Developmental Delays
- Misdiagnosis
- Medication and/or Therapy
- New Assessments
Social needs

Risks

Permanent Form of Connection
Support System
Perceptions of Providers
Educational Deficits
Employment Relationships/Experiences
Spiritual/Religious Needs

- Taboo Topic
- Inconsistencies with community families
- Relationship (if any) with religion, spirituality, meaning of life
Holistic View

In order for a worker to respond holistically to a client’s issues, they need to:

- Appreciate the complexity of the person’s situation
- Understand how this issue/situation affects the client in all aspects of their functioning
- Establish an effective and trusting relationship
- Collaboration

Partnering with Your Community

- Assess Your Client’s Needs
- Connect With Local Agencies
- Create a Resource Binder or Sheet with Established Partners/Supporters
- Utilize Technology and Social Media
### August 2015

**Adolfo Transitional Housing Program for Former Foster Youth**

<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
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<tr>
<td>Store Run</td>
<td>4:30 pm - ONE VOICE</td>
<td>11 am - Finding Balance 12 pm – It's all about me</td>
<td>11 am - Breaking the Cycle 1:30 pm – Job Talk</td>
<td>11 am – Mo’s Group</td>
<td>1:00 pm – Health</td>
<td>Recycle Run  Store Run</td>
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<tr>
<td>7 pm – Fun Time with Holly</td>
<td>4:30 pm – Film 101 6 pm - Success with Berry</td>
<td>6 pm - Store Run</td>
<td>12:30AM-Movie/Game Night</td>
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<td>Store Run</td>
<td>1:30pm - Job Talk</td>
<td>11 am - Finding Balance 12 pm – It's all about me</td>
<td>5:30 pm - Store Run</td>
<td>5:30 pm - Store Run</td>
<td>1-2 pm Life Interactions</td>
<td>Recycle Run  Store Run</td>
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<tr>
<td>7 pm – Fun Time with Holly</td>
<td>7 pm - Housing Matters</td>
<td>6 pm - Success with Berry</td>
<td>5:30 pm - Store Run</td>
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<tr>
<td>Store Run</td>
<td>10:00 am – Momma Monday</td>
<td>11 am - Finding Balance 12 pm – It's all about me</td>
<td>12 – 1pm Budget 101</td>
<td>11 am – Mo’s Group</td>
<td>12-1 pm Budget 101 1-2 pm Life Interactions</td>
<td>9:00 – 1 pm - Men’s Conference</td>
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<td>7 pm – Fun Time with Holly</td>
<td>12:1 pm Budget 101 1:30pm - Job Talk 7pm - Housing Matters</td>
<td>1:30pm - Job Talk 7pm - Housing Matters</td>
<td>2:00 pm - Safe Sleep Baby</td>
<td>5:30 pm - Store Run</td>
<td>6 pm - Paint Nite</td>
<td>Recycle Run  Store Run 12:30AM-Movie/Game Night</td>
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<td>11 am - Breaking the Cycle 5:30pm - Store Run</td>
<td>11 am – Mo’s Group</td>
<td>1-2 pm Life Interactions</td>
<td>12:00 – 1 p.m. Poetry</td>
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<td>6 pm - Success with Berry</td>
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**Impact of Volunteers/Facilitators**
Breaking the Cycle

Interacting with Child Protective Services

Domestic Violence

Sex Work

Criminalized Behaviors

AOD issues

Managing Mental Health Issues

Anger Management

Unhealthy Coping Mechanisms
Strategies Utilized to Enhance the Adolfo Program

Motivational Interviewing Techniques
Harm-Reduction Strategies
Environmental Psychology

Ethic of Care Framework
Strengths-Based Perspective
Rapport-Building

Trainings/Support new ideas (Narrative Therapy)
Empowerment
Individualized Plans (Client-Directed)
Volunteer Incentive Program

Objective: To increase job skills and job knowledge while building confidence in order to support self-efficacy and self-sufficiency.

1. Choose an agency with Youth Advocate
2. Provide information on Agency and Direct Supervisor
3. Record up to 80 hours a month at one or multiple agencies
4. Submit Timecard each month
5. Receive Stipend
Employment Services

- Partnerships
- New Legislation
- Retention
- Soft Skills
- Resume Building
- Clothes Closet
- Vocational Assessments
- On the job training in Maintenance/Landscaping Program
Continuous Support

Family Finding

Support within community, volunteers and mentors

Aftercare Services

“MAY YOUR CHOICES REFLECT YOUR HOPES, NOT YOUR FEARS”

- Nelson Mandela
Being Your Own Change Agent

Resident

- Voice Concerns
- Utilize Services
- Avoid violent behavior or other types of abuse
- Set personal goals
- Develop health relationships/alliances

Adolfo

- Listen
- Consistencies/Structure
- Promote healthy activities
- Develop Individualized TILP Plans
- Honor and Respect the resident and their background
Housing Services

- 2-3 year transitional living
- Unit and Furniture provided
- 30% or subsidized rent
- Overcoming barriers (criminal background, Credit repair, budgeting, eviction, Ready to Rent workshop)
- Emergency Placements When Exited Prematurely
- Scattered Site
- Smooth Transition
Rob’s Story

Experience in foster care

Criminal Justice system

Limited Support

Inadequate services

Resiliency

Adolfo Program

Career goals

Educational goals

How do you keep moving forward? What is your inspiration?
### Engaging Youth

<table>
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<tr>
<th>Do.......</th>
<th>Do Not.....</th>
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<tbody>
<tr>
<td>Give them time to speak or express themselves</td>
<td>Push your agenda, values or beliefs</td>
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<tr>
<td>Be careful of terminology/language</td>
<td>Bring your personal life to work</td>
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<tr>
<td>Be professional (friendly but not friends)</td>
<td>Ignore barriers</td>
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<tr>
<td>Use motivational interviewing techniques (intrinsic motivation)</td>
<td>React</td>
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<tr>
<td>Cool, calm and collective</td>
<td>Dehumanize using language, attitude, ignoring, threats or undertone</td>
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<tr>
<td>Respond</td>
<td>Take things personal, hold grudges, or withhold services</td>
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<tr>
<td>Be aware of biases, facial expressions, posture, tone, passive aggressiveness and sarcasm</td>
<td>Don’t pressure them to disclose</td>
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Therapeutic Alliance

You and Your Resident Have Become a Team, But They are the Team Captain

- Establish rapport
- Consistency
- Trust
- Accountability
- Attentiveness
- Express "some feeling"
- Authenticity
- Safe environment
# How to be a better Social Worker

<table>
<thead>
<tr>
<th>Practice Self-care</th>
<th>Learn about your population</th>
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<tbody>
<tr>
<td>Develop healthy coping strategies</td>
<td>Discuss solutions with coworkers (find a common ground)</td>
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<tr>
<td>Attend trainings/further education</td>
<td>Disservices to residents</td>
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<tr>
<td>Self-evaluation</td>
<td>Let go of expected outcome</td>
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<tr>
<td>EAP Services</td>
<td>Strong back/Soft Front</td>
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The Power of Un-fostering Youth

Summary

Emancipated Foster Youth

Partnering with Your Community

Setting up a Career Training Program

Change Agent

Providing Quality Service

Be the change that you wish to see in the world.

Mahatma Gandhi