

Fall 12-9-2021

Supporting Foster Care Transition into Adulthood and Independent Living

Victoria Bui

University of St. Augustine for Health Sciences, v.bui@usa.edu

Karen Park

University of St. Augustine for Health Sciences, kpark@usa.edu

Susan MacDermott

University of St. Augustine for Health Sciences, skmacdermott@gmail.com

Becki Cohill

University of St. Augustine for Health Sciences, bcohill@usa.edu

Follow this and additional works at: <https://soar.usa.edu/otdcapstonesfall2021>



Part of the [Occupational Therapy Commons](#)

Recommended Citation

Bui, V., Park, K., MacDermott, S., & Cohill, B. (2021, December 9). Supporting Foster Care Transition into Adulthood and Independent Living. Poster presented at the Virtual OTD Capstone Symposium, University of St Augustine for Health Sciences. Retrieved from <https://soar.usa.edu/otdcapstonesfall2021/3>

This Poster/presentation is brought to you for free and open access by the OTD Capstone Symposia at SOAR @ USA. It has been accepted for inclusion in Virtual OTD Capstone Symposium, Fall 2021 by an authorized administrator of SOAR @ USA. For more information, please contact soar@usa.edu, erobinson@usa.edu.

Supporting Foster Care Transition into Adulthood and Independent Living

Victoria Bui, OTS; Karen Park, OTD, OTR/L, Susan MacDermott, OTD, OTR/L, and Becki Cohill, OTD, OTR/L

Background

Foster youth age out of the system without the sufficient skills and support networks needed for independent living (Foundation for Foster Children, n.d., p.1.). There is a needed role for OTs to address occupational performance barriers in community-based foster youth programs

Problem

Independent living skills (ILS) services that are not designed to be client-centered and holistic face barriers to engagement and participation, which impacts foster youths' successful transition into independent living leading to poor health outcomes.

Purpose

To enhance foster youth programs with OT strategies to increase engagement and participation in life skills development.

Outcome Objectives

- Conduct a needs assessment for stakeholders to identify gaps in occupational engagement and participation of foster care youth.
- Design and recommend client-centered resilience strategies and occupation-based activities to address gaps in ILS services.
- Identify a role for OT in community-based settings to support foster care transition.

Needs Assessment

Theoretical Framework

Person-Environment-Occupation-Performance (PEOP) model

Setting: Urban Surf 4 Kids: Urban Surfology Program

Population: Foster youth 10-17 years

Components:

- Semi-structured interviews with providers and participants
- On-site observations
- Program SWOT Analysis
- Adolescent occupation questionnaire

Results

Needs Assessment Themes

- Self-regulation's impact on occupational performance
- Low inclination toward participation in undesired activity
- Foster youth's goals prioritized self-improvement (e.g., controlling anger issues) and skill-achievement (e.g., finishing education)
- Self-described strengths and struggles pertained to personal traits and occupational performance

Program Enhancements

Manual Objectives

Program providers will:

- Understand the general scope of OT and its role in foster care and childhood trauma.
- Describe the theoretical base supporting suggested program enhancements.
- Understand site-specific areas of need based on the results of a needs assessment.
- Utilize suggested programming strategies to better engage foster youth in program participation.
- Recognize OT's role in a multidisciplinary team supporting foster youth with implications of potential partnership.

OT Interventions

- Self-regulation tools
- Mindfulness education & exercises
- Executive function education
- Occupation-based activities
 - Sleep hygiene
 - Meal preparation
 - Schoolwork organization
- Life skills development
 - Community integration
 - Foster youth-led fundraising



Discussion

Findings from the needs assessment revealed a role for OT to address occupational performance barriers inhibiting program engagement and participation, which impacts life skills development. Based on the program providers' satisfaction survey results, overall receptiveness to enhancement suggestions and OT collaboration indicate a potentially strong partnership to support foster youth in community-based practice.

Next Steps

Program Development

- Staff training to effectively implement proposed recommendations
- Grant-funded OT staff to ensure stability
- Program development to provide more in-depth interventions
- Enhancement of other foster youth outreach programs