

—

QPI: Growing Resilience for Teens in Foster Care



—

Teenagers are special.





Requires both stimulating experiences and protection from harm.

Adolescence is a unique stage of development that presents amazing opportunities for growth, connection, and cultivation of resiliency for youth in foster care.

– **Goal: to equip youth to be able to handle change and rebound from adversity now and throughout their life.**

—

**How can our system
policies and
practices support
resilience for youth?**



Healthy adolescent development will challenge our child welfare and probation systems to improve and become youth focused.

Adolescent development forces us to consider our:

tolerance of risk and conflict

acceptance of increasing independence and control

comfort levels with addressing sensitive issues

confidence we can support youth
——and families.

—

How can our systems constantly identify and create opportunities to strengthen healthy relationships and make new connections for youth?



First and most urgent goal for teens in foster care is that they are parented: secure, loved, and respected.

The single most important factor for youth resiliency is whether important adults believe in them, love them unconditionally and to hold them to high expectations.

—

**How can our
systems help youth
experience REAL
success?**



Many of the “negative” behaviors youth engage in are actually coping skills that can be replaced with healthier behaviors with healthy parenting

Cultivating resiliency requires focusing on youths’ strengths, NOT on what they are doing wrong.

In fact, mistakes and failures are necessary to build youth’s competence and confidence.

–
**How can our
systems adapt to
support the
developmental
needs of youth and
their families?**



How can we model the patience, consideration for others, the commitment to honoring relationships, the continual learning, and taking a stand/advocacy we want to develop in our youth's character in our interactions with youth and families?
