



Fostering Teens



“This year, more than 20,000 young people will leave foster care without a family. Many of them will not have anyone they can call for help, for advice, for a ride when their car breaks down. It’s disturbing, but probably not surprising, that outcomes for youth who age out of foster care are often poor. Studies show that they are at increased risk for homelessness, young parenthood, low educational attainment, high unemployment rates, and other adverse adult outcomes” (Teens need Families, adoptuskids.org).

While children of all ages enter foster care, youth are often the ones who are overlooked or left out. The idea of fostering teens or young adults can seem a little intimidating to foster parents, but it does not have to be.

This month navigators would like to provide you with a focus on fostering teens. Maybe you already have fostered a teen, or you are possibly considering it in the future. Either way we hope you find these resources beneficial in your fostering journey.

Fostering Older Youth:

<https://wifostercareandadoption.org/cms/assets/uploads/2020/01/fosteringolderyouth.pdf>

A foster parent's perspective on fostering teens: <https://fosteringperspectives.org/fpv13n2/minds.htm>

Perspectives from youth formerly in foster care :

<https://www.childwelfare.gov/topics/adoption/nam/youthvoices/narratives/>

Voices of Youth Videos: <https://www.childwelfare.gov/topics/adoption/nam/youthvoices/videos/>

Getting to know a Teen: <https://blog.adoptuskids.org/7-tips-for-getting-to-know-a-teen-you-are-fostering-or-adopting/>

Older Youth Need Families: <https://adoptuskids.org/meet-the-children/children-in-foster-care/older-youth-need-families>

Teen Parents:

Perspectives of Teen parents in foster care: <https://www.maac4kids.org/supporting-teen-parents-in-foster-care/>

Supporting Teen Parents: https://www.scanva.org/wp-content/uploads/2015/11/FactSheet_TeenParents.pdf

Resources for Parents:

Adolescent development:

<https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/adolescence2.html>

Brain Development and Trauma recovery: <https://www.nacac.org/resource/the-teen-years-brain-development-and-trauma-recovery/>

Trauma informed practice: <https://www.aecf.org/resources/trauma-informed-practice-with-young-people-in-foster-care/>

Conversational tools for parents: <https://opa.hhs.gov/adolescent-health?resources-and-publications/info/parents/conversation-tools/>

Communicating with your Teen: <https://www.healthychildren.org/English/family-life/family-dynamics/communication-discipline/Pages/How-to-Communicate-with-a-Teenager.aspx>

Resources for Teens and parents:

Supportive LGBTQ youth resources: <https://www.childwelfare.gov/topics/systemwide/diverse-populations/lgbtq/lgbtq-youth/>

Educational assistance: <https://www.childwelfare.gov/topics/adoption/adopt-people/assistance/>

Financial literacy: <https://www.childwelfare.gov/topics/outofhome/independent/support/financial-literacy/>

Teen depression: <https://www.helpguide.org/articles/depression/parents-guide-to-teen-depression.htm>

If you are looking for more resources or have questions about fostering teens please reach out to your navigator!

If you don't currently have a navigator and are interested in services please call 1-855-MICKIDS(642-4543)

