fostering CHANGE

2014 - 2015: Year in Review

Renewing Our Focus



FOREWORD:

Once in a while, it's good to take pause and reflect on where you've been and what you've learned, before you consider your next steps on the journey. The Fostering Change 2014-2015: Year in Review report was created in this spirit. We want to highlight some of the work we've done, the learnings we've shared, and acknowledge the many good people, organizations and efforts engaged in supporting young people as they transition from foster care to adulthood.

The past 12 months has seen lots of good energy and action, great ideas come forward, and new relationships grow. What impressed us most was people's willingness to look again with fresh eyes at what can sometimes feel like intransient issues or relationships. We were surprised how many people are ready for change, and are open to working with young people in new ways that will bring about real benefits.

Fostering Change, as you will discover through the following pages, is itself on a youthful journey. We've taken a few risks and occasionally stepped on some toes or ruffled a few feathers. But we are proud of the work, excited about the growing momentum we see, and optimistic about the road ahead.

With thanks,

The Fostering Change Team at Vancouver Foundation

Vancouver Foundation's mission is to build healthy, vibrant, and livable communities across British Columbia. We do this by connecting the generosity of donors with the energy, ideas and time of people in the community. Although Vancouver Foundation is a broad funder, we focus additional energy and resources on key initiatives that engage young people whose pathways to success are blocked by our existing system of public policies, practices and community connections.

FOSTERING CHANGE TEAM

Mark Gifford Director | mark.gifford@vancouverfoundation.ca

Natalie Ord Grant Administrator | natalie.ord@vancouverfoundation.ca

Kris Archie Manager | kris.archie@vancouverfoundation.ca
Trilby Smith Lead Evaluator | trilby.smith@vancouverfoundation.ca

Vancouver Foundation

Suite 200 – 475 West Georgia Street, Vancouver BC V6B 4M9 604-688-2204 | www.vancouverfoundation.ca

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Fostering Change is an initiative of Vancouver Foundation to improve policy, practice and community connections for young people transitioning from foster care to adulthood. We're working in collaboration with a growing set of partners to achieve our goal – that every young person leaving foster care has the opportunities and support needed to thrive as adults.

Fostering Change developed out of our long-standing interest in strategies to address youth homelessness. We figure the best way to end youth homelessness is to prevent it from happening in the first place. Given over 40% of homeless youth have been part of the child welfare system, Vancouver Foundation has committed to strengthening the support systems available to youth as they leave government care and transition into adulthood.

WHAT WE DO

There are four pillars to our work to support young people leaving foster care.

- 1. We invest in efforts that engage youth in planning and decision-making
- 2. We make grants to develop innovative community services
- 3. We support learning around promising policies and practices
- 4. We grow public and community will for resources and relationships that will ensure successful outcomes for young adults

Our work is only possible in partnership with young people and the organizations that support them every day. You will hear their inspiring voices throughout this report, and on our website at www.fosteringchange.ca.

HOW WE DO IT

We have developed a framework to guide our work. We focus on the outcomes we want to achieve, list the actions we will take, and remind ourselves of why all this matters.

VISION: Every young person leaving foster care will have the opportunities and support needed to thrive as adults

MISSION: To improve policy, practice and community connections for young people transitioning from foster care to adulthood

Outcomes We Work Towards	Why This Matters
A growing public constituency is aware and engaged in issues facing young people in transition from care to adulthood.	Research shows that systems change is enabled by public will which requires increased visibility of, and engagement with, the issue.
Young people have increased voice and influence in planning and decision-making.	All people have the right to be involved in decisions that affect them. Research shows that authentic youth engagement leads to better individual, programmatic and policy outcomes.
Community organizations have increased resources, knowledge and connections to better support young people.	Research shows that fragmented services lead to poor outcomes. Therefore, communities need to be supported to collaboratively surface and demonstrate programs and practices that enable better outcomes for young people.
Research, evaluation and learning expand knowledge and effectiveness.	Developing a collective understanding of what works in a BC context and what we still need to learn to support effective practice that can inform policy and system change.

COMMUNITY GRANTS

We fund work that increases resources, knowledge and connections to better support young people. In particular, projects led by young people that provide an opportunity for meaningful youth engagement; increase organizational and community capacity; provide direct support to young people making the transition from foster care; and promote collaborative learning.

YOUTH ENGAGEMENT

We support young people to participate in public engagement and communications activities, and involve young people in the development, implementation and evaluation of our decision-making. We also aim to expand the number and quality of tools and supports for young people, assist community organizations to deepen meaningful youth engagement, and train and support young people to advise on research, evaluation and learning.

SHARED LEARNING, EVALUATION AND RESEARCH

We engage in youth-led and directed research, release findings to increase public understanding of the issues, and support improved work practices with young people that creates a community of knowledge sharing experts. This includes ongoing measurement of young people's experience in key indicators, and collaborative improvements in the sector through practice and learning feedback processes.

PUBLIC ENGAGEMENT

We aim to increase broad public awareness of key issues, engage the public in developing possible solutions and actions, ensure the voice of young people and the expertise of youth leaders are amplified, and provide a platform for young people to directly interact with and influence decision-makers. We also build the credibility of organizations, highlight what is working and where there are gaps in the system, listen to communities, and provide community tested "asks" that can be taken forward by stakeholders to a broader public audience and other allies.

How We Care for Foster Care Youth in BC

THE AGE OF CUT-OFF IS TOO YOUNG, AND THE TRANSITION IS TOO ABRUPT.

8,169

CHILDREN
AND YOUTH
are in care*



700

YOUNG PEOPLE age out of foster care per year*



DETAIL FOR THE FIVE METRO-VANCOUVER SERVICE DELIVERY AREAS:

85
28
66
76
53

These numbers may seem big, but they're really not. They are numbers we can deal with.



the child welfare system**

50%
will apply for income assistance six months after leaving foster care*

FEWER
THAN HALF (47.4%)
OF 19 YEAR OLDS
LEAVING FOSTER CARE
have any kind of
high school credential*
(And only 27% have a Dogwood)

WE PROMISE PROTECTION AND SUPPORT.

TOGETHER, WE CAN DO BETTER THAN THIS.

(51.2%)

^{**}Smith, A., Saewyc, E., Albert, M., MacKay, L., Northcott, M., and The McCreary Centre Society (2007).

Against the Odds: A profile of marginalized and street-involved youth in BC. Vancouver, BC: The McCreary Centre Society.



 $^{{}^{\}star}\text{British Columbia Ministry of Children and Family Development. (March 2014)}. \textit{Performance Management Report.}$

^{**}Patterson, M.L., Moniruzzaman, A., and Somers, J., (2015). History of foster care among homeless adults with mental illness in Vancouver, British Columbia: a precursor to trajectories of risk. *BMC Psychiatry* 15:32

How We Care for Our Own Kids in BC

In Spring of 2013, Vancouver Foundation surveyed 1,820 British Columbians to gain a better understanding of public attitudes, values and perceptions about youth transitioning into adulthood and, more specifically, for youth aging out of government care in the province. The full report can be found at: www.fosteringchange.ca. Here are some things we learned about how BC residents care for their own kids.

HOW BC RESIDENTS THINK ABOUT THEIR OWN KIDS



OF PARENTS OF 19 TO 28 YEAR OLDS said they would worry about their children in the event they couldn't provide them with any support



OF BRITISH COLUMBIANS believe 19 year olds do not have the necessary skills and resources

to live away from home and support themselves



YEAR OLDS AT HOME provide groceries and free rent



OF PARENTS WHO HAVE 19 TO 28 YEAR OLDS LIVING AWAY FROM HOME provide them with financial

or other kinds of assistance

The survey found that the vast majority of British Columbians take supporting their own children between 19 and 28 years old as a given. We show up for our own kids!

WHAT BC RESIDENTS KNOW ABOUT YOUTH IN CARE AND YOUTH AGING OUT OF GOVERNMENT CARE



COLUMBIANS underestimate the percentage of youth in foster care or a group home



are aware targeted government support is not generally available to young people after their 19th birthday



2 OUT OF 3

don't know if foster kids live in their neighbourhood or if there are group homes in their neighbourhood

For most British Columbians, youth in government care are largely invisible.

The survey data showed us that BC residents understand what their own kids need in order to make the lengthening transition into adulthood. We have also learned that most people, once they understand the situation for youth transitioning out of foster care, support investing in the success of these young people.

Youth Engagement

In our efforts to enable successful transitions to adulthood for former youth in care, we engage youth and young adults with lived experience to advise and provide their wisdom. Through our direct involvement with young people and through our community impact grant making we strive to support and enable projects and processes where young people have increased voice and influence in planning and decision-making. This matters because all people have the right to be involved in decisions that affect them.

Research shows that authentic youth engagement leads to better individual, program and policy outcomes. Ultimately, it leads to more engaged citizens, and better neighbourhoods and communities. Our Fostering Change Youth Advisory Circle is a diverse group of young people between 17-24 years old with lived experience of being in government care and being homeless. These youth are "subject matter experts" on experiences of transitioning from care to adulthood, who with the support of adult allies, make meaningful contributions to all facets of our work.

Through our work with young people, adult allies and partners, we developed three sets of principles to guide our approach.

We ensure meaningful participation by creating opportunities for people to participate to their fullest capacity while working to remove barriers that inhibit participation from diverse participants. We're clear about where participation is possible and when it's not, why that is, and work to increase youth engagement within local community based organizations.

We strengthen youth and adult partnerships

by making partnerships integral to our work and by inviting participation from strong adult allies who practice an anti-oppression framework and have skills in facilitation and youth engagement. We strive to acknowledge the contribution of time, energy and ideas from both young people and adult allies.

We support the development of skills and knowledge by making a commitment to enhancing the capacity of youth and adult allies in changemaking. We aim to identify research, best practices, and innovation in supporting successful transitions to adulthood. We strive to create time for reflection and knowledge sharing.

WHAT WE'VE LEARNED ALONG THE WAY

- Young people are interested in creating change in the world and positively impacting the lives of others
- Negative stereotypes of what young people are interested in and/or capable of can inhibit their participation
- Learning about and practicing meaningful youth engagement at an individual, programmatic, evaluative and systems change level requires different approaches, specific investments and organizational commitment
- Investments in communication, public engagement, facilitation, dialogue design and anti-oppression training enhanced our Youth Advisory Council's ability to engage more deeply with one another, our shared work and in various community spaces
- Connection to a well-known institution created more opportunities for public engagement and increased the social capital of the individuals involved
- The work of the Youth Advisory Circle has increased communities' and service providers' belief and desire for deeper youth engagement in policy, program and systems change





AMPLIFYING YOUTH VOICES

Creating opportunities for young people to be seen and heard on the issues that affect them not only brings important authenticity, it focuses minds among decision makers. When people come to understand an issue and develop a personal connection to the people impacted, they stay engaged. Through our public and youth engagement and community grants work, we've supported a variety of projects that involve amplifying youth voices to help inform the public and increase the appetite for change. Below are just two examples of this work.

National Summit on Authentic Youth Engagement

Two Youth Advisory Council members travelled to Chicago to give a presentation to a packed audience. Their topic was the importance of developing a new public narrative about youth in and from foster care and its importance in creating public will for systems change.

They shared examples of the creative ways that youth voices can be amplified to reach audiences to highlight systemic issues rather than reinforcing stereotypes through individual stories of triumph over adversity or down and out heartbreak. Their perspective greatly influenced our own approach to storytelling, and has also impacted the work of national and regional media titles.

The 19th Birthday Party – Housing Matters Media Project

In collaboration with young people, the artistic team from Housing Matters Media Project conceived and created a media art installation called *The 19th Birthday Party* – a series of digital narratives about former youth in care.

The installation situates the viewer at the table of a birthday party where each offering is a digital story produced by one of the youth involved in the project. The installation challenges the viewer to reflect on the realities of what aging out of care at age 19 would feel like, supporting greater public understanding for the need to extend supports for young adults in their transition to adulthood.

Public Engagement

We believe that increased visibility and public engagement with an issue is essential to support meaningful and long-term change. But we also believe it makes sense to start with the young people, community members, and service providers already involved in the issues. The scope of our public engagement work includes meeting people face-to-face, hosting our own events, attending conferences, and creating online resources for gathering, sharing and increasing awareness and action. Here are a few highlights of our recent work in this area.

Fostering Change Forum Winter 2014

In early December we hosted a 1.5 day capacity-building event focused on supporting the ability of young people and organizations to shape communications and public engagement strategies. The first half-day was a youth and adult-ally afternoon facilitated by Youth Advisory Circle members. It provided training on youth engagement, opportunities for networking, and a chance to share their wisdom on how their leadership, commitment and knowledge could inform our work moving forward.

The second day focused on sharing tools and resources that increase the effectiveness of communications and advocacy efforts. Presentations and workshops included a

focus on storytelling, social media, print media partnerships, and the use of culturally appropriate images and metaphors to engage new audiences. Our hope was for participants to leave the day with new connections and resources to increase their comfort and involvement in communications and public engagement efforts. We also used it as an opportunity to inform our own website development in order to make it a useful platform for sharing stories and highlighting the issues to a public audience.

Website launch Spring 2015

We launched the Fostering Change website

- www.fosteringchange.ca - in Spring 2015. The site
is a platform to share stories of success, mobilize
knowledge and resources, and connect people and
organizations that care about the issue and want
to show support for improving policy and practices
that impact youth from foster care. The site will
continue to grow, and act as a base for the digital
organizing efforts of the Fostering Change team.











STANDING UP AND SPEAKING OUT

We've had the privilege of many opportunities to share our work and learnings with a wide variety of people, organizations and institutions. Whenever possible, we've accepted the invitation to meet and share knowledge with others, and have been impressed by the number and diversity of people and places committed to learning and open to change.

Some of the organizations who welcomed us at their events and conferences include: Canadian Alliance to End Homelessness; First Call BC; Representative for Children and Youth; Hycroft Manor with the University Women's Club; UBC Alumni dialogue on Child Poverty; Jim Casey Youth Opportunities Initiative; Trevor Linden Foundation; City of Vancouver; Canadian Congress on Housing and Homelessness. There were others, and please know that we appreciate you all.

It takes significant time and effort to participate in events and conferences, but the results are always rewarding. Please get in touch if you have an idea for an upcoming project that you'd like to speak to us about.



Community Conversations Summer 2015

In May and June 2015, Vancouver Foundation alongside a group of partners, convened five community conversations, involving more than 300 participants. They were hosted within each of the five community service delivery areas of the Ministry of Children and Family Development and were designed to increase connection, surface assets, and identify challenges to supporting youth in their transition from foster care to adulthood. We wanted to ensure that the wisdom that exists in communities would have an opportunity to inform our planning and public engagement strategy going forward.

We invited participants to listen deeply, be curious, suspend judgment and be generous with one another. Our hope was that a sincere invitation would remind us all that we're in this together, that we're all focused on ensuring that young people have better outcomes, and could create opportunities for connections that can positively impact our communities.

Our five partners in this work were the Federation of BC Youth in Care Network, the First Call BC Child and Youth Advocacy Coalition, McCreary Centre Society, Public Guardian and Trustee of BC and the Representative for Children and Youth. Each organization provided printed resources for young people, service providers, and invited participation by their networks. All five continue to be key leadership partners in helping to enable successful transitions to adulthood for young people through support, direct service, advocacy and research.

A summary of each Community Conversation, and an overall report for the region, can be found online at: www.fosteringchange.ca





Our funding provides grants for community-based strategies taking place across the Lower Mainland that demonstrate the potential to revitalize systems and practices that support better outcomes for youth in their transition from foster care to adulthood. We made grants within three streams:

YOUTH PARTNERSHIP GRANTS

Amplify the voices and engagement of young people.

Adoptive Families Association of BC – Speak-out Youth is a youth-led group of emerging leaders between 13-24 years old in and from government care. The program engages and empowers youth to share their stories, build networks, create resources, gain valuable skills, and advocate for systemic change. They create films, a youth blog, and an annual newsletter as well as give workshops on planning permanency with teens to young people, social workers and other community members.

COMMUNITY PLANNING AND ENGAGEMENT GRANTS

Support strategies that build capacity and common ground for shared action and learning by community stakeholders.

The Network for Inner City Community Services Society (NICCSS) and community partners are working to develop and implement The Circle of the Rights for Child and Youth Strategy, a child/youth-centered approach to planning for a child/youth's future. The Strategy builds and reinforces a circle around a child of all relevant family, social, and community networks to identify and work with the strengths of all partners in supporting the child to reach their full potential.



I have learned about how the power of one-to-one-mentoring relationships effects meaningful change. I believe that youth are the experts in their own lives, regardless of where they are in their journey. By believing in the youth I support and helping them navigate adult services, I hope to make them advocates in their own lives.

– Res Knoppers, Youth Development Worker – Pathways Program, PLEA Community Services



MULTI-YEAR STRATEGIES

Support the implementation of multi-year community impact strategies that align with the priorities and principles of Fostering Change, and help us to achieve our outcomes.

Abbotsford Community Services – Bridges is a program for young adults aged 18.5 – 24 who have previously been in Foster Care, on a Youth Agreement, or on Independent Living with the Ministry of Children and Family Development or Fraser Valley Aboriginal Child and Family Services Society. Bridges offers ongoing individual support to assist with a variety of needs and goals, determined by each young adult. Another major component of Bridges is bringing awareness to the community of Abbotsford about the needs of youth who are aging out of care through activities such as meeting with the Mayor, landlord forums, and community canvassing.

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Our eyes have been opened to the extreme vulnerability of youth aging out of care as well as the complexity of their needs **t** and the lack of supports and services available to this population.

 Pamela Jones and Brandy Sundstrom, Bridges Program, Abbotsford Community Services





YOUTH AND ADULT ADVISORY COMMITTEE MEMBERS

Chief Justice Robert Bauman (Advisory Committee Chair)

Renata Aebi

Grant Charles

Jennifer Charlesworth

Ashley Crossan

Shawnee Gaffney

Puneet Grewal

Diana Guenther

John Harvey

Kate Hodgson

Mark Holmes

Chrystal Kell

Kaitlyn Robinson

Kali Sedgemore

Vicky Shearer

Katherine Spark

Chris Tait

Rob Turnbull

Amett Vanderwall

Robert Wilmot

Jules Wilson

We would like to thank our amazing volunteer advisors for sharing their time, expertise and networks.

FOSTERING CHANGE: 2014-2015 GRANTS

Youth Partnership Grants

Adoptive Families Association of British Columbia	Speak-Out Youth Group	\$15,000
Leave Out Violence "LOVE"	Unpacking Home – Mobile Exhibit	\$23,500
Association of Neighbourhood Houses of British Columbia	Frames Film Project: Increasing Community Connectedness for Youth in Care	\$25,000
Art Starts in Schools Society	YoungStarters	\$15,000
Hollyburn Family Services Society	Youth Unedited	\$25,000

Community Planning and Engagement Grants

Aunt Leah's Independent Lifeskills Society	The Friendly Landlord Network	\$41,322
Arts in Action Society	Enterprising Youth	\$30,000
Fraser Region Aboriginal Friendship Centre Association	Urban Rights of Passage Project	\$25,000
Vancouver Coastal Health Authority	Downtown Vancouver Youth Housing and Health Services Collaboratory	\$23,500
Lower Mainland Purpose Society for Youth and Families	Fostering Change: Strengthening Connections for Youth Aging Out of Foster Care	\$25,000
Federation of Aboriginal Foster Parents	Our Spirits Are Strong Inside, Youth Program	\$35,000
DIVERSEcity Community Resources Society	Finding Balance: Understanding the cultural needs of youth exiting care	\$25,000
Network of Inner City Community Services Society	The Circle of the Rights for Child and Youth Strategy	\$49,800
Ready to Rent BC	Peers for Housing Stability	\$16,940
Family Services of Greater Vancouver	Changing Outcomes for Youth In Care – A Collective Impact Approach	\$47,107
Arts in Action Society	The Housing Matters Media Project – The Renovation	\$50,000

Multi-Year Strategies*

Hollyburn Family Services Society	Life Success – The 4 R's (Residence-Resources-Relationships-Resiliency)	\$95,000
First Funds Society	Aboriginal Youth Mentorship & Housing program	\$80,000
Family Services of Greater Vancouver	Directions Safehouse Navigators	\$85,000
Abbotsford Community Services	Bridges to Adulthood	\$55,000
SOS Children's Village British Columbia	Transition to Adulthood	\$47,000
Aunt Leah's Independent Lifeskills Society	The Link	\$100,000
PLEA Community Services Society of BC	Pathways	\$56,000
TOTAL PROJECTS ACTIVE AND APPROVED: 23		Total Grants:

^{*} Multi-year strategy grants are paid out over 2-3 years. Amounts shown represent payments Sept 1, 2014 – Aug 31, 2015.









POPULARZ







COMMUNITY ACTION # 1 PHINUMMO Action: # 2 CANVASSING DOWN Housing Forum A Model FOR INNNA SERVICE + ORBANIZING

MAKE THE ROAD NYC

WHAT'S DIFFERENTIA



FORCE to FO ASK PEOPL WHAT HEY

JOWN A WEEKLY COMMITTEE THAT SEEKS to POLICY



and bigger coalitions. 2013: SCHOOL BILL OF RIGHTS!

Shared Learning, Evaluation and Research

Expanding knowledge in the field through shared learning, evaluation and research is important as we work towards developing a collective understanding of what works in a BC context, as well as what we still need to learn. One of the key mechanisms for this work is the Shared Learning and Evaluation working group, composed of frontline staff and managers from our grantee agencies, as well as young people and Vancouver Foundation staff.

The work of this group began with the development of a learning agenda; a set of questions that grantee staff have about their work in areas such as practice, mental health, housing, etc. We prioritized the questions and began to work our way through them, collecting data and exploring the answers together. Our approach is grounded in developmental evaluation, and the belief that expertise lies with those doing the work.

What have we been learning?

One of our earliest conversations focused on the desire of staff to capture data related to the process of working with young people. Typically, data collection has focused on achievement of outcomes, often driven primarily by the interests of funders who want to see quantifiable results in certain areas. This approach fails to capture the robust body of work that frontline workers engage in with young people around trauma, mental health, formation of trusting relationships, and meeting basic needs, all of which often come before traditionally measured domains such as housing and education can be addressed.

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We need to just listen! We need to be mindful of the time and place that our youth are in. We need to meet the youth where they are at and be non-judgmental.
We need to accept that life happens and that our jobs are not about stats, our jobs are to connect on a level that will allow our youth to flourish without any fear of failure.

Sheldon Martin, Youth Mentor,
 Lu'ma Native Housing Society



Reflective Tool

In response, we developed a Qualitative Reflective Tool. The reflection is intended to be built into current practice for frontline staff, offering an opportunity to step back, redefine success, consider set-backs and challenges, and share reflections and learning with other staff. Reflective practice

is also a recognized method of self-care. In the entries completed to date, the following themes have emerged:

- Mental well-being was the most frequently mentioned factor in young peoples' lives that contributed to both daily successes and setbacks or challenges.
- Building stable relationships by spending time, and offering support, empathy, guidance and encouragement contributes significantly to the day-to-day success of young people. Many of these same practices were highlighted as helpful for young people overcoming set-backs or challenges.
- Support for youth navigating complex systems and the need for individualized assistance was highlighted by staff as something that would inform their work going forward.

Knowledge Exchange Forum

Learning from the data collected through this tool led to conversations about the wealth of activities and practices frontline staff are currently using to support young peoples' mental wellness. To share this knowledge, we developed "Supporting Wellness Through Transitions: A Knowledge Exchange Forum," held on June 5th, 2015. The purpose of the forum was supporting wellness for young people transitioning out of foster care by bringing together frontline staff working with young people to share their knowledge, expertise



and questions. Using a highly participatory peer knowledge exchange methodology, participants shared the practices they use to support wellness.

Social Capital Research

In order to grow the evidence base of what we know, we worked with McCreary Centre Society to produce a report highlighting the importance of social capital (networks and relationships) for young people who are in the care of the BC government. "We all have a role: Building social capital among youth in care" was released in June 2015.

Using data from the 2013 BC Adolescent Health Survey completed by over 1,000 youth previously or currently in government care, the report discusses both the barriers to building and maintaining social capital, as well as the positive associations that can occur when youth have healthy relationships and supports within their family, school, community and with peers. Some of the key findings from the report included:

- Family. Family connectedness was linked to better mental health, lower rates of risky substance abuse and having post-secondary education plans.
- Community. 56% of youth in care could identify an adult in their community who really cared about them, most commonly a teacher.
 Over 1/3 of youth in care felt a part of their community, and importantly those that did felt they had better mental health.
- **School.** There was a cumulative effect associated with the three main types of school-related social capital: feeling safe, having positive relationships with school staff, and having positive relationships with peers. The more types of school social capital youth reported, the better their mental health.
- Peers. Having three or more close friends was associated with youth feeling good about themselves, and having positive hopes for their future. There were also lower rates of some of the most significant negative mental health outcomes.

Overall, the report found that social capital attained from relationships with friends and family, at school and in community were all important. Youth who had just one type of social capital reported better health than those without such relationships. However, the cumulative effect of having multiple types of social capital showed us that everyone has a role to play in improving connections and outcomes for youth in care.



We have learned that there is a tremendous amount of motivation and momentum to work collaboratively to changes outcomes for our youth. Timely communication between organizations continues to be the key to facilitating access to resources and services.

 Amanda Pollicino, Director of Community Programs, Network for Inner City Community Services (NICCSS)

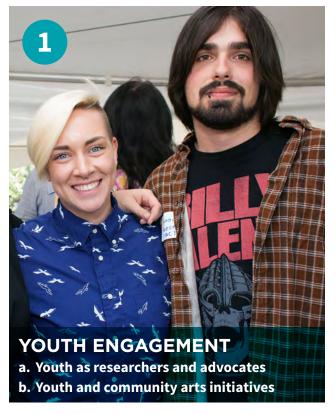


OUR **TOP TEN** PRACTICES FOR SUPPORTING WELLNESS

- 1. Practice active listening
- 2. Be present
- 3. Remain non-judgmental
- **4. Reframe situations**Help young person see things through different perspectives.
- **5. Change the setting**Go outdoors. Get active.
- **6. Act as an ally**Walk alongside young people.
- 7. Honour ceremony
 Connect through spiritual and cultural traditions and practice.
- 8. Support youth as experts
- Feed people Share a meal together.
- **10. Spend time with animals** Bring a dog along.

These are some of the practices in use across metro-Vancouver by staff who work directly with young people transitioning out of foster care. These professionals are experts at working with young people, and these practices could be replicated to enhance wellness in other contexts involving youth.

What's Next









Six Things You Can do Today

Sign up as a supporter on www.fosteringchange.ca

Highlight a youth or community champion on social media

Attend one of our events

Come up with a partnership idea and get in touch

Read the results of your local community conversation

Connect with local organizations to find out how you can support young people in your community



SHOW UP FOR BC'S YOUTH IN CARE

fosteringchange.ca

TWITTER: @FosterChangeBC | #fosteringchangebc