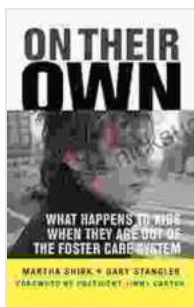


What Happens to Kids When They Age Out of the Foster Care System?

Foster care is a temporary placement for children who have been removed from their homes due to abuse, neglect, or other circumstances. The goal of foster care is to provide a safe and stable environment for children while their parents work to resolve the issues that led to their removal. However, when children reach the age of 18, they are no longer eligible for foster care and must find a way to live independently.

Aging out of the foster care system can be a difficult and challenging experience for young people. They may not have the skills or resources they need to live independently, and they may be at risk for homelessness, unemployment, and other problems. In addition, many former foster youth have experienced trauma and abuse, which can make it difficult for them to trust others and form healthy relationships.

Former foster youth face a number of challenges as they transition to adulthood. These challenges include:



On Their Own: What Happens to Kids When They Age Out of the Foster Care System by Martha Shirk

★★★★☆ 4.2 out of 5

Language : English
File size : 2477 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 393 pages



- **Homelessness:** Former foster youth are more likely to experience homelessness than their peers. A study by the National Coalition for the Homeless found that 20% of homeless youth have spent time in foster care.
- **Unemployment:** Former foster youth are also more likely to be unemployed than their peers. A study by the Annie E. Casey Foundation found that 25% of former foster youth are unemployed, compared to 10% of their peers.
- **Mental health problems:** Former foster youth are more likely to experience mental health problems than their peers. A study by the University of California, Berkeley found that 50% of former foster youth have a mental health diagnosis, compared to 10% of their peers.
- **Substance abuse:** Former foster youth are more likely to abuse drugs and alcohol than their peers. A study by the National Survey on Drug Use and Health found that 25% of former foster youth have used drugs in the past year, compared to 10% of their peers.

Post-foster care services are designed to help former foster youth make a successful transition to adulthood. These services can include:

- **Housing:** Housing assistance can help former foster youth find and maintain safe and stable housing.
- **Education:** Education assistance can help former foster youth complete their education and find a job.

- **Mental health services:** Mental health services can help former foster youth cope with the trauma they have experienced and develop healthy coping mechanisms.
- **Substance abuse treatment:** Substance abuse treatment can help former foster youth overcome their addiction and live a healthy life.

There are a number of things that can be done to help former foster youth make a successful transition to adulthood. These include:

- **Providing housing assistance:** Housing assistance can help former foster youth find and maintain safe and stable housing. This assistance can come in the form of vouchers, rent subsidies, or other programs.
- **Offering education assistance:** Education assistance can help former foster youth complete their education and find a job. This assistance can come in the form of scholarships, tutoring, or other programs.
- **Providing mental health services:** Mental health services can help former foster youth cope with the trauma they have experienced and develop healthy coping mechanisms. This assistance can come in the form of therapy, counseling, or other programs.
- **Offering substance abuse treatment:** Substance abuse treatment can help former foster youth overcome their addiction and live a healthy life. This assistance can come in the form of rehab, counseling, or other programs.
- **Mentoring:** Mentoring can help former foster youth build relationships with positive role models who can provide them with guidance and support.

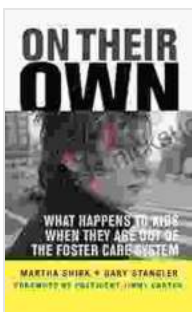
Aging out of the foster care system can be a difficult and challenging experience for young people. However, with the right support, former foster youth can make a successful transition to adulthood. Post-foster care services can help former foster youth find housing, education, mental health services, and other resources they need to succeed. In addition, mentoring and other support services can help former foster youth build relationships with positive role models and develop the skills they need to live independently.

By providing former foster youth with the support they need, we can help them reach their full potential and live happy and healthy lives.

- [National Coalition for the Homeless](#)
- [Annie E. Casey Foundation](#)
- [University of California, Berkeley](#)
- [National Survey on Drug Use and Health](#)

A young woman sits on a bench in a park, looking thoughtful. She is wearing a backpack and her head is down.

What Happens to Kids When They Age Out of the Foster Care System: The Challenges and How to Help



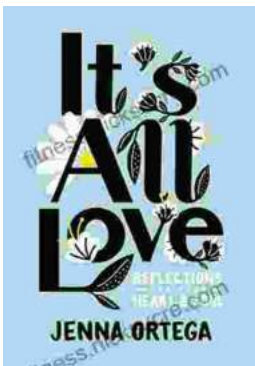
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