Prevention and Foster Youth:
References and Resources, including abstracts.

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Handouts, Articles and Broadcasts from the Field

- Lucile Packard Foundation for Children's Health. (2012). *Foster Care.* Retrieved from http://www.kidsdata.org/data/topic/dashboard.aspx?cat=4

- Community Prevention Initiative. (2012). *Prevention: A Key to Permanency for Foster Youth* [Recorded webinar]. Retrieved from https://emt.ilinc.com/perl/ilinc/lms/vc_launch.pl?ref=event&activity_id=vwjzcvy&pp=cpiwebinarARC@cars-rp.org on http://www.ca-cpi.org/training/webinars_past.php

- The Annie E. Casey Foundation Family to Family (F2F) Initiative. *Youth Permanency and Transition*, Sacramento County Child Protective Services and California Permanency for Youth Project, 2006. http://www.f2f.ca.gov/YouthPermanency.htm

  o *There's No Place Like Home, A Guide to Permanency Options for Foster Youth*. http://www.f2f.ca.gov/YouthPermanency.htm

  o *Youth Involvement in Case Plans, Court Hearings and Administrative Reviews* http://www.f2f.ca.gov/YouthPermanency.htm

- Race Matters Consortium 2001, Reclaiming Futures. Addressing Disproportionality in Child Welfare and Juvenile Justice, Parts 1 & 2. http://blog.reclaimingfutures.org/?q=juvenile-justice-reform-child-welfare-DMC2, http://blog.reclaimingfutures.org/?q=juvenile-justice-reform-child-welfare-DMC1

- The National Campaign to Prevent Teen and Unplanned Pregnancy. State and Community Efforts to Prevent Teen Pregnancy Among Foster Care Youth: fact sheet [PDF file]. Retrieved from http://www.thenationalcampaign.org/fostercare/PDF/StateCom_efforts.pdf. Available from http://www.thenationalcampaign.org/fostercare/resources.aspx

- The California Report. San Francisco, CA: KQED. http://www.californiareport.org/

  Korry, E (Reporter). (2009, October 26). *Changing the Odds of Foster Care* [Radio news broadcast[. In The California Report. San Francisco, CA: KQED. Available at http://www.californiareport.org/archive/R910260850/a

  Note: Searching the Audio Archives at http://www.californiareport.org/search/archives.jsp?sbmt=1&wsvc=1 for "foster" produces a list of many news reports available for listening on the topic of foster care.

Government Resources and Reports

- The Adoption and Foster Care Reporting and Analysis System (AFCARS)
  http://www.acf.hhs.gov/programs/cb/stats_research/index.htm#afcars

- California Department of Education. 2010 Report to the Legislature and the Governor for the Foster Youth Services Program. (Microsoft Word document). Retrieved from
  www.cde.ca.gov/ls/pf/fy/documents/legreport2010.doc

- California Department of Social Services, California Blue Ribbon Commission on Children in Foster Care 8/15/08. Retrieved from
  http://www.chhs.ca.gov/initiatives/CAChildWelfareCouncil/Pages/BlueRibbonCommission onChildrenandFosterCare.aspx

- For information about the Blue Ribbon Commission on Children and Foster Care, please visit:
  http://www.courtinfo.ca.gov/jc/tflists/bluerib.htm

    BRC Operational Framework
    BRC Facts at a Glance
    BRC Commission Overview
    BRC Backgrounder
    BRC Blue Ribbon Commission Resolution
    BRC Members

- The Center for Social Services Research, School of Social Welfare, U.C. Berkeley.
  http://cssr.berkeley.edu/

- CWS/CMS Dynamic Reporting System. (2009). http://cssr.berkeley.edu/ucb_childwelfare/

- Fresno County Department of Children and Family Services California Permanency for Youth Project (CPYP) Initiative. Finding Permanency for Youth Resource Handbook. (PDF File). Retrieved from
  http://www.co.fresno.ca.us/uploadedFiles/Departments/Children_and_Family_Services/YouthPermanencyHandbook.pdf

- Little Hoover Commission. (2003) http://www.lhc.ca.gov

- National Survey on Drug Use and Health (NSDUH) Substance Abuse and Mental Health Services Administration (SAMHSA). (2005). The NSDUH Report: Substance Use and Need for Treatment Among Youths Who Have Been in Foster Care. Retrieved from
  http://www.oas.samhsa.gov/2k5/fostercare/fostercare.cfm

- San Francisco Unified School District (SFUSD). Foster Youth Services – Student Support

Services Department. http://www.healthiersf.org/FYS/index.cfm

- San Mateo County Alcohol, Tobacco and Other Drug (ATOD) Prevention Task Force. (2006). Roadmap for Alcohol, Tobacco and Other Drug Prevention: A Guide to Community Action [PDF file]. Retrieved from http://www.co.sanmateo.ca.us/vgn/images/portal/cit_609/28/52/701888455roadmap_for_atod_prevention_062006.pdf.
  Available from http://www.co.sanmateo.ca.us/portal/site/health/menuitem.f44138fe5f6ec63d74452b31d17332a0/?vgnextoid=0c365069590a0210VgnVCM1000001d37230aRCRD&cpsextcurrchannel=1

- United States Government Accountability Office, Report to the Chairman, Committee on Ways and Means, House of Representatives. (2007). African American Children in Foster Care: Additional HHS Assistance Needed to Help States Reduce Proportion in Care. Retrieved from http://www.gao.gov/products/GAO-07-816

- U.S. Department of Health and Human Services. Administration for Children & Families. Child Welfare Information Gateway. http://www.childwelfare.gov

- U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration (SAMHSA), Office of Applied Studies. National Survey on Drug Use and Health. (2005) http://www.oas.samhsa.gov/nsduh/2k5nsduh/2k5results.htm

- California Legislative Analyst's Office. Education of Foster Youth in California. (2009) Powerpoint presentation or PDF available at http://www.lao.ca.gov/laoapp/PubDetails.aspx?id=2069

  Summary: Seventy-five percent of California foster youth perform below grade level standards, and by third grade 83 percent of foster youth have had to repeat a grade. We believe the state and local programs must reprioritize the way existing funds are spent in order to improve educational opportunities for foster youth. We recommend changing guidelines to provide certain services to all current and recent foster youth, expanding programs to include academic counseling and completion of education passports, and consolidating programs at County Offices of Educations. We also suggest convening a workgroup to address the transportation needs of K-12 and postsecondary foster youth.

Reports by Service Providers and Advocacy Groups

- Ocasio, Kerrie; Staats, Adam; & Van Alst, Donna (2009). Brief Report: Keys to Achieving Resilient Transitions, July 2009: Keys to Achieving Resilient Transitions: A Program to Reduce Substance Use and Promote Resiliency in Youth Aging-Out of Foster Care [PDF file]. Retrieved from: http://socialwork.rutgers.edu/InstituteForFamilies/AboutIFF/reports.aspx. Available from:

http://socialwork.rutgers.edu/Libraries/IFF_Docs/Brief_Report_on_Keys_to_Achieving_Resiliant_Transitions.sflb.ashx

- Child Welfare League of America. State Fact Sheets for 2010.
  https://www.cwla.org/advocacy/statefactsheets/statefactsheets10.htm

    ### 2010 National Fact Sheet

    [PDF] 2010 National Factsheet (PDF)

    ### 2010 State Fact Sheets
    The State Fact Sheets provide descriptive information on the condition of vulnerable children in all fifty states and the District of Columbia, using indicators of child protection, health, child care, education, and income support.

- Omni Youth Programs. Omni Youth Programs: Drug and Gang Prevention
  http://www.omniyouth.net/

- National Center for Lesbian Rights. http://www.nclrights.org
  Has some information about GBTLQ youth in foster care.

- National Center for the Prevention of Youth Suicide. (2012). *Preventing Suicidal Behavior among youth in foster care.* Retrieved from
  http://www.suicidology.org/c/document_library/get_file?folderId=261&name=DLFE-557.pdf

- Boonstra, H. (2011). *Teen Pregnancy Among Young Women In Foster Care: A Primer.*
  Retrieved from http://www.guttmacher.org/pubs/gpr/14/2/gpr140208.html

- SPRC: Suicide Prevention Resource Center. (2010). *The role of foster parents in preventing suicide.* Retrieved from http://www.sprc.org/sites/sprc.org/files/FosterParents.pdf

Scholarly Articles
with abstracts when available

1. Botvin, Gilbert J.; Schinke, Steven P.; Epstein, Jennifer A.; Diaz, Tracy; & Botvin, Elizabeth M. Effectiveness of culturally focused and generic skills training approaches to alcohol and drug abuse prevention among minority adolescents: Two-year follow-up results. Psychology of Addictive Behaviors, Vol 9(3), Sep 1995, 183-194. doi: 10.1037/0893-164X.9.3.183

Abstract
Two-year follow-up data (from inner-city, minority adolescents) were collected to test the effectiveness of 2 skills-based substance abuse prevention programs and were compared both with a control condition and with each other. Students were originally recruited from 6 New York City public schools while in 7th grade. Schools were matched and assigned to receive a generic skills

training prevention approach, a culturally focused prevention approach, or an information-only control. Students in both prevention approaches had less current alcohol use and had lower intentions to engage in future alcohol use relative to students in the control group. Students in the culturally focused group also engaged less in current alcohol behavior and had lower intentions to drink beer or wine than those in the generic skills group. Both prevention programs influenced several mediating variables in a direction consistent with nondrug use, and these variables also mediated alcohol use.

2. Griffin Ph.D., M.P.H., Kenneth W.; Botvin Ph.D., Gilbert J.; Nichols Ph.D., Tracy R.; & Doyle M.P.H., Margaret M. (2003). Effectiveness of a Universal Drug Abuse Prevention Approach for Youth at High Risk for Substance Use Initiation. Preventive Medicine
Volume 36, Issue 1, January 2003, 1-7. doi:10.1006/pmed.2002.1133.

Abstract
BACKGROUND: Universal school-based prevention programs for alcohol, tobacco, and other drug use are typically designed for all students within a particular school setting. However, it is unclear whether such broad-based programs are effective for youth at high risk for substance use initiation. METHOD: The effectiveness of a universal drug abuse preventive intervention was examined among youth from 29 inner-city middle schools participating in a randomized, controlled prevention trial. A subsample of youth (21% of full sample) was identified as being at high risk for substance use initiation based on exposure to substance-using peers and poor academic performance in school. The prevention program taught drug refusal skills, antidrug norms, personal self-management skills, and general social skills. RESULTS: Findings indicated that youth at high risk who received the program (n = 426) reported less smoking, drinking, inhalant use, and polydrug use at the one-year follow-up assessment compared to youth at high risk in the control condition that did not receive the intervention (n = 332). Results indicate that a universal drug abuse prevention program is effective for minority, economically disadvantaged, inner-city youth who are at higher than average risk for substance use initiation. CONCLUSIONS: Findings suggest that universal prevention programs can be effective for a range of youth along a continuum of risk.

3. Helm, Susana; Okamoto, Scott K.; Medeiros, Howard; Chin, Coralee I. H.; Po`a-Kekuawela, Ka`ohinani; Kawano, K. Nahe; Nebre, LaRisa H.; & Sele, F. Petelo (2008). Participatory Drug Prevention Research in Rural Hawai`i With Native Hawaiian Middle School Students. Progress in Community Health Partnerships: Research, Education, and Action - Volume 2, Issue 4, Winter 2008, 307-313. doi: 10.1353/cpr.0.0042. Retrieved from
http://muse.jhu.edu/journals/progress_in_community_health_partnerships_research_education_and_action/v002/2.4.helm.pdf

Abstract:
Background/Objectives: This paper describes a prevention study focused on the drug use scenarios encountered by Native Hawaiian youth. Priorities from communities on the Big Island of Hawai`i helped to shape the qualitative data collection and analysis of middle school students participating in the study.
Methods: Forty-seven youth from five different schools were interviewed in small, gender-specific focus groups during lunch hour or after school.
Results: The findings indicated that youth were exposed to drug offers that were direct–relational or indirect–contextual in nature. Direct–relational offers were didactic exchanges where drugs or

alcohol were offered from one individual to another (e.g., "Do you want some beer?"). Indirect– contextual offers reflected complex exchanges among individuals, where drugs or alcohol were involved, but not offered directly (e.g., "Do you want to hang out with us?").
Conclusions: Implications are discussed regarding drug prevention research and programs that highlight indirect– contextual drug offers that are place based and culturally grounded.

4. Johnson, C. Anderson; Pentz, Mary Ann; Weber, Mark D.; Dwyer, James H.; Baer, Neal; MacKinnon, David P.; Hansen, William B.; Flay, Brian R. (1990). Relative effectiveness of comprehensive community programming for drug abuse prevention with high-risk and low-risk adolescents. Journal of Consulting and Clinical Psychology, Vol 58(4), Aug 1990, 447-456. doi: 10.1037/0022-006X.58.4.447
http://www.public.asu.edu/~davidpm/classes/publications/1990JournalofConsultingandClinicalPsychology.pdf

Abstract
This article reviews major risk factors for cigarette smoking, alcohol, and other drug abuse and promising community-based approaches to primary prevention. In a longitudinal experimental study, 8 representative Kansas City communities were assigned randomly to program (school, parent, mass media, and community organization) and control (mass media and community organization only) conditions. Programs were delivered at either 6th or 7th grade, and panels were followed through Grade 9 or 10. The primary findings were (a) significant reductions at 3 years in tobacco and marijuana use and (b) equivalent reductions for youth at different levels of risk. This study provides evidence that a comprehensive community program-based approach can prevent the onset of substance abuse and that the benefits are experienced equally by youth at high and low risk.

5. Narendorf, Sarah Carter & McMillen, J. Curtis (2009). Substance use and substance abuse disorders as foster youth transition to adulthood [PDF file Copyright © 2010 Elsevier Ltd. All rights reserved.] Retrieved from www.sciencedirect.com.

Abstract
Little research has previously examined substance use and substance use disorders as youth age out of foster care. This study examined rates of getting drunk, marijuana use, and substance use disorders over time for a cohort of 325 older youth in foster care in Missouri. Rates of past month marijuana use increased from 9% at age 17 to 20% at age 19. Rates of getting drunk in past year increased from 18% at age 18 to 31% at age 19. Compared to the general population, older foster youth had lower rates of substance use but higher rates of substance use disorders (SUD), with 15% of youth meeting criteria for a SUD at age 19. Youth who had left the custody of the state had significantly higher rates of alcohol and marijuana use at ages 18 and 19. Transitions out of residential care and into independent living situations were associated with use of substances at age 18. Different risk factors were associated with substance use at ages 18 and age 19 while risk factors for SUDs were more stable over time. Findings highlight the need to screen and provide treatment for SUDs before youth leave state custody and to consider substance abuse treatment in decisions to extend care beyond age 18.

6. Brown, S. & Wilderson, D. (2010). *Homelessness prevention for former foster youth: Utilization of transitional housing programs.* Retrieved from
http://www.sciencedirect.com/science/article/pii/S0190740910001969

Abstract: This article compares two groups of foster care alumni residing in transitional living programs in San Francisco, California. One group of youth was served in programs geared specifically towards youth aging out of foster care who were referred through a transition planning process. A second group of youth was served in similar transitional housing programs that were not exclusively for foster care alumni but instead served homeless youth in general. Comparisons between these two groups reveal that youth in the population-specific programs have less acute initial presentations than foster care alumni in homelessness intervention programs, who had faced more unemployment, school attrition, substance use, and mental health concerns prior to program admission than their peers in the programs specifically for foster care alumni. The research also shows that youth in the homelessness intervention programs had faced more instability during their years in foster care when compared to youth in the population-specific programs for foster care alumni. The research highlights the need for better understanding of the referral process for youth aging out of foster care so that transitional housing programs for young adult foster care alumni can better serve a diversity of youth with different service needs.

7. Hudson, AL. (2012). *Where do youth in foster care receive information about preventing unplanned pregnancy and sexually transmitted infections?* Retrieved from
http://www.ncbi.nlm.nih.gov/pubmed/22209096

Abstract: Adolescents in foster care are at risk for unplanned pregnancy and sexually transmitted infections, including HIV infection. A study using a qualitative method was conducted to describe how and where foster youth receive reproductive health and risk reduction information to prevent pregnancy and sexually transmitted infections. Participants also were asked to describe their relationship with their primary health care provider while they were in foster care. Nineteen young adults, recently emancipated from foster care, participated in individual interviews. Using grounded theory as the method of analysis, three thematic categories were generated: discomfort visiting and disclosing, receiving and not receiving the bare essentials, and learning prevention from community others. Recommendations include primary health care providers providing a confidential space for foster youth to disclose sexual activity and more opportunities for foster youth to receive reproductive and risk prevention information in the school setting.

8. Courtney, M.; Dworsky, A.; Hook, J.; Brown, A.; Cary, C.; et al. (2011). *Midwest Evaluation of the Adult Functioning of Former Foster Youth.* Retrieved from
http://www.chapinhall.org/research/report/midwest-evaluation-adult-functioning-former-foster-youth

Excerpt: The Midwest Evaluation of the Adult Functioning of Former Foster Youth (Midwest Study) is a longitudinal study that has been following a sample of young people from Iowa, Wisconsin, and Illinois as they transition out of foster care into adulthood. It is a collaborative effort involving Chapin Hall at the University of Chicago; the University of Wisconsin Survey Center; and the public child welfare agencies in Illinois, Iowa, and Wisconsin.

The Midwest Study provides a comprehensive picture of how foster youth are faring during this transition since the Foster Care Independence Act of 1999 became law. Foster youth in Iowa, Wisconsin, and Illinois were eligible to participate in the study if they had entered care before their 16th birthday, were still in care at age 17, and had been removed from home for reasons other than delinquency. Baseline survey data were collected from 732 study participants when they were 17 or 18 years old. Study participants were re-interviewed at ages 19 (n = 603), 21 (n = 591), 23 or 24 (n = 602), and 26 (n = 596).