

## Resilience and Young People Leaving Residential Care: A Research Perspective

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## Presentation Outline

- Young people's journey through care
- Living in residential care
- Leaving residential care
- After leaving care
- How do we promote resilience during this journey?

## What is Resilience?

*'Resilience is about overcoming the odds, coping and recovery.'*

*'the quality that enables young people to find fulfilment despite their disadvantaged backgrounds.'*

*'Care it's given me great opportunities, I know where I am going.'*

## Resilience and Residential Care, the Challenge?

- Impact of institutional regimes and cultures
- Dependency, poor self-image
- Decision-making processes
- Diminished identity

## Living in Residential Care

- Needs Assessment and Pathway Planning
- Individualised care, stability, consistency
- Positive identity, knowing and understanding
- Positive educational experience
- Opportunities to plan, participate, be in control

## Living in Residential Care

- Holistic preparation and empowerment
- Budgeting skills – using money
- Negotiating skills – managing personal encounters
- Domestic skills – cooking, cleaning
- Self-care – health and well-being

## Leaving Residential Care

- Assessment and pathway planning
- Prepared and ready to leave
- Gradual Transitions, not accelerated and compressed
- Supported process

## After Leaving Care

- Advice, information, individual support
- Assistance in accessing housing, health, finance, education and careers
- Help with on-going problems
- Review pathway plans

## After Leaving Care, Models of Support

- Specialist community leaving care teams
- Individual and group support
- Develop inter-agency resources and access
- Staff training, monitoring and evaluation

## After Leaving Care, Models of Support

- Young person's social worker
- Former residential carers
- Continuity in caring
- Voluntary mentoring schemes, ex-care young people

## After Leaving Care, Models of Support

- Family and friends
- Build on positive and developed links
- Careful assessment and planning
- Negative returns to family

## How do Young People get on?

- Young people *Moving on*
- Young people *Surviving*
- Young People *Struggling*

## Young People Moving On

*'I think I am special, I tried and finished college.'*

- Good quality care
- Settled in education, work, accommodation
- Welcome challenge of independent living
- Post-care or institutional identity

## Young People Surviving

*'I've become more tough, I know more about the world.'*

- Instability and disruption in care
- Problems settling, detachment coping
- Support made a big difference

## Young People Struggling

*'being lonely, no family, no friends, I couldn't handle it.'*

- Very damaging family lives
- Care unable to compensate
- Unemployed, homeless, mental health problems
- Ongoing support into adulthood

## Promoting Resilience during the Journey

- Journey through care
- Policies before care, during, leaving and after-care
- Promoting and empowering
- Identify Quality Indicators for best practice
- Monitoring and evaluation system

## Common Journey

*'Care has done a lot for me. It's helped me out. Helped me realise what life is all about and how to look after myself.'*