

TRANSITIONAL SUPPORTS AND SUCCESS: THE VITAL APPROACH

ACTIVATING POTENTIAL IN YOUNG ADULTS TO BUILD SUCCESS, JUSTICE, AND LEAD CHANGE.

CHALLENGES

- Well-documented concerning outcomes for youth who leave foster care without permanency
- Insufficient focus on relationships of older teens
- Challenges engaging the population
- Adolescent stage of development has inherent challenges: higher risk activities, impulsivity, peer influence, etc.
- Long term impact of trauma on development
- Emergencies are routine for older youth in foster care
- Biases about youth of color (overrepresented in this cohort)
- Biases about youth who identify as LGBTQIA+, particularly for youth of color who identify as LGBTQIA+ (intersectionality)
- Youth are often unaware of benefits and resources

OPPORTUNITY AREAS

- Excellent training resources available in state
- Financial resources available to support youth through federal and state budgets
- Impactful young leaders
- Flexible practice guide materials and policies
- Committed/experienced team of adolescent specialists in TSS

COMPLEMENTARY INITIATIVES AND EFFORTS

- ABCD Safety Model
- Quality Parenting Initiative
- Department's commitment to racial justice
- Federal level: Time limited infusions
- Youth Arts Collaborative
- Restorative Justice

LEVERS OF CHANGE

- Center actions around youth voice (at an individual level and a system level)
- Build positive developmental environments by:
 - Provide physical and psychological safety
 - Using a trauma-informed approach
 - Provide appropriate structure
 - Ensure supportive relationships
 - Find opportunities to belong and matter
 - Build efficacy
- Help equip families to respond to trauma in teens
- Enhance community partnerships
- High quality and adaptable training on this specialized population
- Standardize processes that ensure all youth have access to resources and opportunities
- Leverage information in the VITAL practice guide. VITAL materials encourage:
 - Give young adults more control over planning
 - Value the voices of those with lived experience
 - Positive youth development (5-C model)
 - Focus on both concrete and soft skills
 - Rigorous (relentless) engagement
- Apply core practices with TAY
 - Engage and exchange information
 - Assess and understand strengths
 - Fortify and support youth
 - Reflect and adjust planning

SHORT AND LONG TERM OUTCOMES

- Improved rates of post-secondary education completion, securing employment, maintaining stable housing
- Lower rates of incarceration one year post discharge
- Improved rates of college graduation
- Heightened financial literacy among TAY
- Higher rates of participation in community and school activities
- Youth master skills and competencies needed to thrive as adults
- Youth live in environments that support their assets, access to opportunity, and strengthen their ability to stay safe and protected
- Individualized services that meet the needs of youth and their families
- All youth feel respected and understood--no matter their cultural, racial, sexual identity and regardless of their abilities
- TAY of color are represented, visible, and heard in all leadership spaces
- TAY are productive, confident, and engaged

Essential practice principles: shared power, trauma responsive, anti-racist, urgency, safety and security, relationships, belonging, self-confidence