Supporting Youth to Achieve Success with Higher Education Goals

2015 Child Protection Summit
Advanced Training Workshop
Training Overview

- Supporting Success: Overview of Campus-Based Programs for Youth Aging out of Foster Care
- Mentoring for Educational Success: A Partnership between Children’s Network of SWFL and Florida Gulf Coast University
- Foster Care Youth & Navigating the Higher Education Pipeline
Foster Youth and Postsecondary Education

- FFY lag behind counterparts not in care
  - More than 1/3 of FFY do not have a HS diploma by age 19
  - > 20% enrolled in college
  - > 3% graduate from college

- FFY report high aspirations for college!!
Supporting Success: Overview of Campus-Based Programs for Youth Aging out of Foster Care

Presented by:
Dr. Heather Farineau, LCSW
Director, Child Welfare Institute
Florida Atlantic University School of Social Work &
Dr. Karen Randolph
Agnes Flaherty Stoops Professor in Child Welfare
Florida State University College of Social Work
Overview of Research Studies

- Needs Assessments
- Experiences of Coordinators
- Descriptive Studies
- Few Program Evaluations
## List of Evaluated Programs

<table>
<thead>
<tr>
<th>California State Programs</th>
<th>Washington State</th>
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<tbody>
<tr>
<td>Renaissance Scholars</td>
<td>Governor’s Scholarship</td>
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<tr>
<td>Guardian Scholars</td>
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<tr>
<td>Pathways to College</td>
<td></td>
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<tr>
<td>Western Michigan University</td>
<td>Texas State University</td>
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<tr>
<td>Seita Scholars</td>
<td>FACES</td>
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</table>
Components of Successful Programs

- **Institutional Support**
  - University Point Person
  - Advisory Committee

- **Financial Services**
  - Tuition support
  - Educational expenses support

- **Academic Support**
  - Academic Advisor
  - Tutoring
  - Summer bridge programs
Components of Successful Programs

Social/Emotional Services
- Counseling services
- Mentoring
- Participant network of support

Physical Health Services
- Referrals
- Housing services
- Year-round housing
What Do Youth Say??

- Importance of Relationships
  - Other Former Foster Youth (FFY)
  - Program staff

- Academic Advisement is very important
  - Choosing courses and a major

- Financial assistance is critical
  - Educational expenses
  - Housing expenses
One’s Youth Perspective...

- Navigating the requirements for programs can be difficult
- Follow-up and mentoring should occur biweekly
  - Takes time to develop trusting relationship
  - Programs should be individualized
- Challenges: Procrastination, Avoidance coping, Poor time management, Educational disruptions prior to college


Mentoring for Educational Success: A Partnership between Children’s Network of SWFL and Florida Gulf Coast University

Presented by:
Michelle Farquharson, QM Director, Children’s Network of SWFL
Dr. Belinda Bruster, Ph.D., LCSW
Florida Gulf Coast University
Objectives

- History
- Community and University Collaboration
- Project Development
- Programmatic Structure
- Lessons Learned
- Program Evaluation
Fewer than 50% of Florida’s foster kids graduate from High School…
30% of Former Foster Kids are Likely to Be Substance Abusers…
Up to 85% of Youth in Foster Care Have Mental Health Issues…
40% of Former Foster Care Youth Become Parents Within 2 Years of Leaving Foster Care…
25% of Former Foster Care Kids Will be Homeless within ONE Year…
75% of Former Foster Care Kids Experience Unemployment…
1 in 4 Former Foster Care BOYS and 1 in 10 GIRLS End up in Prison
Partnership Collaboration

CNSWFL and FGCU Leadership addressed the opportunities for partnership.

CNSWFL:
- Met with Case Management Organizations
- Met with Independent Living Service Providers

FGCU:
- Met with students to discuss the project, answer questions and concerns
Research states teens aging out have a 32% poverty rate in order for the cycle to end they must complete one of the following:

1) Graduate HS
2) Complete a vocational program
3) Complete postsecondary educational program
Focus on Data

2010 Nearly 18,700 youths in out-of-home care in Florida. 47% were in licensed care.

Circuit 20

<table>
<thead>
<tr>
<th></th>
<th>July 1, 2010</th>
<th>July 1, 2015</th>
<th>Variance</th>
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<tbody>
<tr>
<td>Total Population served</td>
<td>1455</td>
<td>1903</td>
<td>30.79%</td>
</tr>
<tr>
<td>Total out of home care</td>
<td>877 (60%)</td>
<td>1240</td>
<td>41.39%</td>
</tr>
<tr>
<td>Total number in licensed</td>
<td>461 (32%)</td>
<td>621</td>
<td>34.7%</td>
</tr>
<tr>
<td>care</td>
<td></td>
<td></td>
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<tr>
<td>Total number of youths ages</td>
<td>191 (13%)</td>
<td>135</td>
<td>29.31%</td>
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<td>13-17</td>
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Mission Statement

The mission is to provide enrichment opportunities to at risk youths in foster care beginning at 7th grade.

Goals:
- COLLEGE is not a myth! Real life immersion
- Exposure to education, college life, careers
- Academic Achievement
- Leadership
- Citizenship
- Service Excellence
Project Development

Phase I CNSWFL:
- Allocate staff
- Develop calendar
- Identify funding sources
- Coordinate logistics
- Duration of this phase

Phase I FGCU:
- Develop survey instruments
- Develop calendar
- Research grants
- Duration of this phase
Phase I: FGCU: Mentor Selection

- Child Welfare course Undergrad / Graduate students
- Outline Program requirements
- Service Learning
- Orientation
Phase I: CNSWFL: Mentee Selection

- Program Brochures / Literature
- Engage stakeholders
- Identification of youth
- Follow up telephone calls / in person contact
Project Development

Phase II: CNSWFL
- Program overview for selected youths and caregivers
- Obtained releases
- Engaged youth’s supports (GAL, Mentor)
- Weekly debrief with youth
- It is the goal of this Phase to assure the youth and mentor are provided the adequate resources and support to promote full participation in the program

Phase II: FGCU
- Match BSW student and foster care youth
- Rapport building
- Administer Survey
Phase III: CNSWFL
- Group and Individual Debrief
- Program Evaluation
- Monitor outcomes for youths

Phase III: FGCU
- Administer Mentor and Mentee survey
- Data Collection and Analysis.
Programmatic Structure

- 9 weeks (standing day)
- Mentors and mentees met once per week typically from 4:30 pm to 6:30 pm on the FGCU campus
- Dinner (Visa debit card)
- Engagement
- Review agenda of activities
Activities

- Campus tour
- Student housing
- Campus beach
- Observe a collegiate athletic activity
- Attend a Theatre / Art production
- Observe a class (discipline varies according to availability)
- Academic Advisor
  - Educational opportunities
  - Local state college
- Exposure to career opportunities
  - WGCU (radio and television)
  - Eco Farm
- Off campus event
  - ROPES course
Final Week

- Graduation Event
- Highlight Talents
- Photo / Video recording
- Complete survey
- Certificates
- Dignitary and supports
Program Highlights
### Educational Status of participants

<table>
<thead>
<tr>
<th>Mentee Graduates 2010 – Spring 2015</th>
<th></th>
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<tbody>
<tr>
<td>Middle School</td>
<td>1</td>
</tr>
<tr>
<td>High School</td>
<td>38</td>
</tr>
<tr>
<td>GED</td>
<td>3</td>
</tr>
<tr>
<td>Vocational Program</td>
<td>1</td>
</tr>
<tr>
<td>College</td>
<td>11</td>
</tr>
<tr>
<td>Total</td>
<td>54</td>
</tr>
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## Post Secondary Status

<table>
<thead>
<tr>
<th>Mentee Graduates 2010 – Spring 2015</th>
<th></th>
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<tbody>
<tr>
<td>Completed High School</td>
<td>14</td>
</tr>
<tr>
<td>Attending College</td>
<td>11</td>
</tr>
<tr>
<td>Some College</td>
<td>2</td>
</tr>
<tr>
<td>Vocational Program</td>
<td>1</td>
</tr>
</tbody>
</table>
Success can be achieved!

But HOW?
Lessons Learned

- Collaboration
- Open line of communication
- Funding
- Engagement
- Rapport building
- Active listening
- Interviewing
- Flexibility
- Unconditional positive regard
- Setting boundaries
- Peer supervision
- Professional supervision
- Clarification
- Setting realistic goals
- Education
- Critical thinking
- Networking
- Validating
- Self reflection
Challenges

 Funding
 Interdepartmental administrative support
 Time allocation
 Trauma impacted youth (mild to moderate behavioral concerns)
Q&A

- How is this program promoted within the community?
- What is the main funding source?
- How do you effectively engage youth who have experienced trauma?
- What’s the sustainability plan?
References (partial list)


References

- Dworsky, A., Perez, A. (2009). Helping Former Foster Youth Graduate From College
  Chapin Hall at the University of Chicago.
- Florida Safe Families Network, Children Active Receiving Services, 6/30/2010
Foster Care Youth & Navigating the Higher Education Pipeline

Prepared by:
Lisa Jackson, MSW,
Unconquered Scholars Program Coordinator,
Florida State University
David Kenton, J.D.,
Assistant Dean of Minority Education,
Massachusetts Institute of Technology
Unconquered Scholars
The Higher Education Pipeline

- Installation of Hope
- Enrichment Opportunities
- Plan & Prepare
- Transition
- Campus Support
- Student Success
Installation of Hope

- Critical component
- Simple conversations
- Offers a sense of possibility
- Builds confidence
- Can produce motivation to achieve academically
Enrichment Opportunities

- Campus exposure
  - Tours
  - Summer camps
  - Workshops
  - Exposure to college life
- Career familiarity
  - Contact
  - Internships
  - Professional mentoring
Plan & Prepare

- Academics
  - College readiness programs
  - ACT/SAT preparation
- College Admission
  - Requirements
  - Deadlines
- Free Application for Federal Student Aid
Congratulations, you are admitted!
...Now what?
Transition Through Collaboration

Student

CBC
Campus Coordinator
Transition Elements

- Transcripts
- Institutional paperwork
- Housing arrangements
- Move to campus
- Fees
- Meal planning
- Financial preparation
- Continued contact with CBC
Campus Support

- Dedicated Program Professional(s)
- Student Driven Program
- Strengths-based Approach
- One-on-One Meetings
- Student Engagement Programming
- Summer Bridge Program
- Financial Aid Assistance
- Academic Advising
- Housing Assistance
- Counseling Services
- Student Disability Services
- Meal Plan Assistance
- Tutoring
- Health Services
- Advocacy
- Campus Ally Development
- Service Opportunities
- Leadership Development
- Trauma Informed Practice

For more information about the Unconquered Scholars Program contact lisa.a.jackson@fsu.edu.
In their own words...

https://www.youtube.com/watch?v=89aiEnH8xyQ&feature=youtu.be
First Cohort Graduates in May 2016

Early Data

<table>
<thead>
<tr>
<th>Unconquered Scholars Program</th>
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<tbody>
<tr>
<td>Retention at FSU</td>
<td>95.5%</td>
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<tr>
<td>Retention at University Level</td>
<td>97.5%</td>
</tr>
<tr>
<td>Cumulative GPA of Scholars at FSU</td>
<td>2.97</td>
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Student Success

- Reach youth early in education
- Instill hope
- Nurture academic motivation and preparation
- Access to college and career experiences
- Multi-level support
Q&A
References