

## **Workshop Title: Exit Plans**

*2024 Leadership and Life Skills Summit for Foster Youth*

**Workshop Duration:** 50 minutes

**Learning Description:** Caseworkers and foster parents have a vital role to play when it comes to their ability to help emancipating foster youth locate resources and support. This includes knowing about resources to support transitional youth regarding housing, employment, healthcare and post-secondary education. When drafting a teen's plan for entering into young adulthood, it is also important to identify supportive adults in their life who might be willing to support them during this transition.

### **Learning Outcomes:**

Increase participants awareness of:

- Federal requirements regarding essential elements to be covered in the development of a 90-day transition plan as outlined in the Fostering Connections to Success and Increasing Adoptions Act of 2008.
- Federal, state, regional and local resources to support the success of foster care teens and young adults related to health, higher education, employment and legal needs, including Chafee funds, WIA funds, and existing state/local initiatives.
- FosterClub's Permanency Pact as a tool to help young people identify supportive connections.

### **Diversity Issues Addressed:**

- Foster youth experience a lack of *family privilege*, and this can negatively impact their outcomes in young adulthood.

### **Handouts:**

- [Essential Elements of Interdependence](#)
- [Permanency Pact](#)

### **Visuals: (included on the final pages of this document)**

- Cartoon: "Parental Exit Exam"
- FCAA Postcard: "I will beat the odds."
- Diagram: Points of Transition Between Youth and Adult Systems
- Diagram: Essential Elements to Include in An Exit Plan

### **Agenda:**

- 1.) Introduction
- 2.) What Is An Exit Plan?
- 3.) Importance of Resource Awareness

- 4.) Permanency Pacts
- 5.) Question and Answer Portion

## **Training Outline:**

### **1.) Introduction**

- Trainer shares the purpose of this workshop, and invites participants to think about one challenge that they experienced when they first moved out on their own (*i.e. first apartment, first quarter in college...*)
- Trainer shares two visuals: the Parent Exit Exam, and then the “I Will Beat the Odds” postcard from Foster Care Alumni of America’s “Culture of Foster Care” Postcard Project. Foster youth experience lack of family privilege, and this can undermine their outcomes in young adulthood. Planning ahead and creating exit plans --- and being willing to revise them if necessary – can help.

### **2.) What Is an Exit Plan?**

- Trainer: What is An Exit Plan? Federal and state legislation dictates that, 90 days prior to the youth’s emancipation from the agency’s custody, the PCSA or PCPA shall work with the youth to develop a final transition plan, and that this plan shall be youth-driven and as detailed as the youth chooses. The goal of an exit plan is to identify anticipated service needs for older youth who are in the process of transitioning out of foster care. Youth who have a comprehensive transition plan are better equipped to transition successfully from foster care to self-sufficiency.
- Transfer of Learning Exercise: Life as A Juggling Act: Five participants volunteer to attempt to juggle eight balloons. The balloons are labeled with things that young adults need to juggle, such as: car, gas, car insurance, rent, food, etc. Trainer facilitates group discussion afterward.

### **3.) Importance of Resource Awareness**

- Experiential exercise: B-E-G-I-N: A version of the game “B-I-N-G-O” that tests participants’ knowledge of resources to support foster care youth in their transition to adulthood.
- Handout: Resources by Category

### **4.) Permanency Pacts**

- Handout: Permanency Pact
- Trainer: Permanency Pacts are a tool to provide guidance and direction regarding the specific parameters and expectations of ongoing relationships that a young person has with adult supporters after “aging out” of foster care.

Examples:

- *A former foster parent commits to allow the young person to stay at their home during college breaks.*

- *A former teacher commits to be available for phone calls when the young person needs advice.*
- *A friend from church commits to allow the young person to come by twice a month and do laundry in his/her home.*

▪ Trainer: It's best to under-promise and over-deliver. Caring adults should not check every box on the Permanency Pact, because that can lead to false promises, resentment and failing to follow through.

### **5.) Question and Answer Portion**

a. What is one resource that you learned about today that you didn't know before attending this workshop?

b. What is one action that you plan to take in response to today's workshop?

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## Parental Exit Exam

1. Is your child over 18?

YES

NO

2. Is your child in jail?

3. On drugs?

4. Pregnant?

5. Do you have a basement?

6. Is your child living in it?



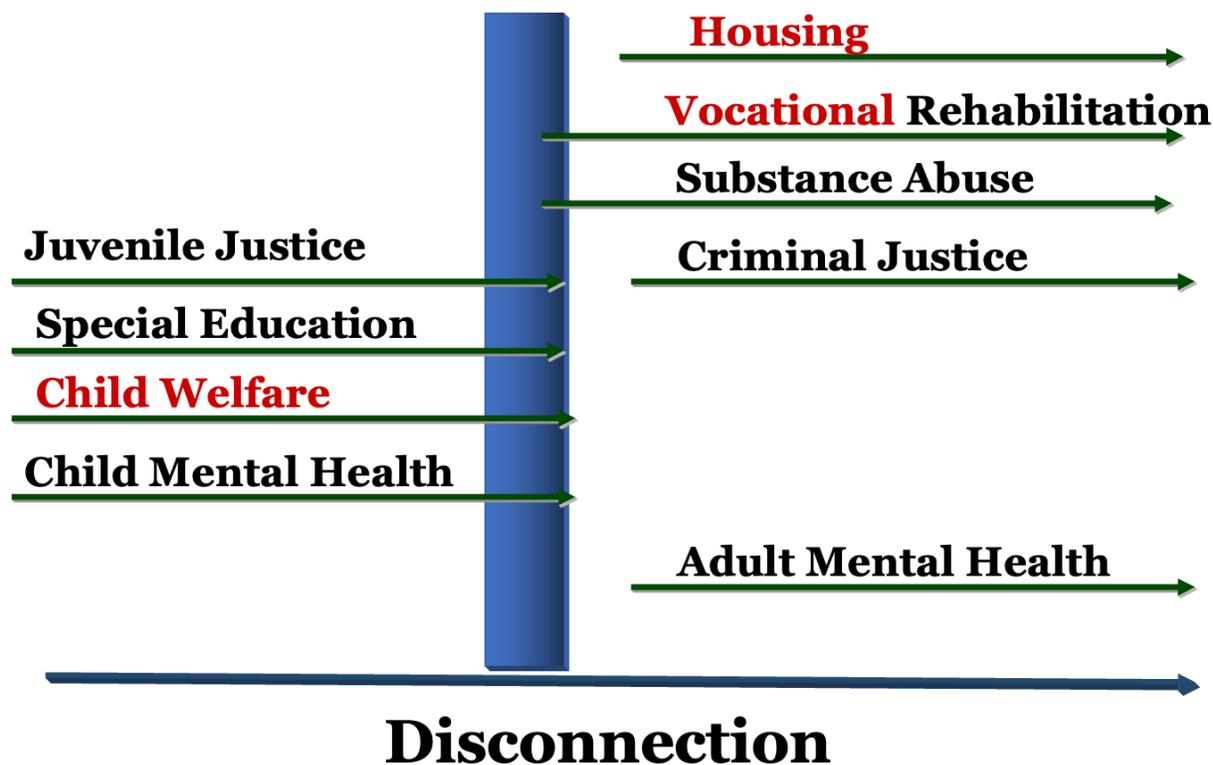
WILL

BEAT

The

odds

## Point of Transition: Child Vs. Adult Systems



## Essential Elements:

- **Post-Emancipation Services** (if available)
- **Healthcare**; insurance, power of attorney
- **Higher Ed**; secondary, post-secondary
- **Housing**; obtaining, paying for
- **Budgeting**; credit report
- **Selective Services** (males must register)
- **Existing Court Fees** (preexisting)
- **Existing Benefits**; i.e. Social Security

