



FACTSHEET: YOUTH PREPARING TO LEAVE GOVERNMENT CARE

DOES YOUR TRANSITIONING PATIENT REQUIRE PRIMARY CARE SERVICES?

Pathways

Pathways is an online tool used by specialists and family physicians to find community resources, and to refer patients to an appropriate specialist. Many Divisions include information on family physicians accepting new patients in their Pathways database.

- ▶ To learn more about Pathways, please [click here](#) to find your local Division of Family Practice, or enter this link into your browser bit.ly/bcpsdivoffp

Foundry Centres

Foundry centres offer integrated services to young people ages 12-24 in 8 BC communities; future sites are anticipated. Primary care, counselling, and peer support services are offered on a walk-in basis. If you have a patient you would like to refer, please contact your local centre prior to the referral to support the young person's transition of care.

- ▶ Please [click here](#) to find the most recent information on Foundry centre locations and hours of service, or enter this link into your browser bit.ly/bcpsfoundry

DOES YOUR TRANSITIONING PATIENT REQUIRE MENTAL HEALTH SERVICES?

- ▶ Please [click here](#) for information on adult mental health services in BC communities.

YOUTH IN GOVERNMENT CARE ARE PARTICULARLY VULNERABLE DURING TRANSITION IN TO ADULT CARE

- ▶ There are no recent British Columbia statistics on rates of mental illness and substance use in BC youth in care, but US stats show 40-60% of foster children and youth have at least one psychiatric disorder and the prevalence of depression and post-traumatic stress disorder is about twice the rate of non-foster youth.¹ They also appear to have earlier and higher levels of substance use.²
- ▶ When we look at youth age 20-33, one study shows 54.5% of the sample report mental health problems, most commonly post-traumatic stress disorder, depression, and social phobia (6 times higher than the general population).³ Suicide rates are also higher in this population.
- ▶ Transition from care is a high-risk period for youth: young people leaving government care died at 5 times the rate of the general population of young people in British Columbia.⁴
- ▶ "Improved transition planning prior to the age of emancipation from care is necessary for all youth aging out of care, and especially for those with existing mental health needs..."⁵
- ▶ Access to consistent, trauma-informed, and culturally appropriate mental health care is an ongoing challenge for this population (and transition age youth in general).

1 *We Don't Know What To Do With You: Changing the Way We Support the Mental Health of Youth in and from Care.* CMHA BC Division, April 2019.

2 *Ibid.*

3 *Opportunities in Transition: An Economic Analysis of Investing in Youth aging out of Foster Care in Their 20s: Report 1 of 3: Educational, Economic, Social, and Wellness Outcomes.* SFU School of Public Policy, Fostering Change, Vancouver Foundation.

4 *BC Coroners Service Death Review Panel (2018): Review of MCFD Involved Youth Transitioning to Independence January 1, 2011 to December 31 2016.*

5 *We Don't Know What to Do with You, p. 17.*

The information in this document is drawn from a variety of sources and was accurate at the time of publication. BCPS acknowledges that this information may be subject to change.



DOES YOUR TRANSITIONING PATIENT REQUIRE SUBSTANCE USE TREATMENT?

Treatment Access BC (Addictions Treatment)

Treatment Access BC is a free patient-matching service for British Columbians seeking care, designed to help them find the most appropriate care and services available for their needs. Addiction service seekers navigate to the site and answer several basic questions about their condition – no identifying information is requested or kept. Service seekers then receive a listing of the licensed or approved services that match their needs.

- ▶ Please [click here](#) for more information, or enter this link into your browser <https://treatmentaccess.ca>

WHAT RESOURCES ARE THERE TO SUPPORT YOUTH AGING OUT OF GOVERNMENT CARE

Agreements with Young Adults: Eligible: Age 19-26

If you've been in foster care or had a Youth Agreement, you may qualify for an Agreement with a Young Adult – to help cover the cost of things like housing, child care, tuition, and health care while you go back to school, or attend a rehabilitation program.

To apply for an agreement: must be at least 19, and on your 19th birthday you were in one of the following care arrangements:

- The custody of a director or permanent custody of the Superintendent
 - The guardianship of a director of adoption
 - The guardianship of a director under the Family Relations Act
 - A Youth Agreement
- ▶ Please [click here](#) for more information, or enter this link into your browser bit.ly/bcpsagreement

MCFD Aging Out of Foster Care Website

This website contains information on issues of importance to youth aging out of foster care, including transition planning, education, health and wellness, finding a place to live, getting ID, employment and money, and personal life.

- ▶ Please [click here](#) for more information, or enter this link into your browser bit.ly/bcpsageout

IS YOUR FIRST NATIONS PATIENT HAVING DIFFICULTY ACCESSING NEEDED SUPPORTS AND SERVICES?

Jordan's Principle is a federal program to ensure all First Nations children can access the products, services, and supports they need, when they need them. It can help with a wide range of health, social, and educational needs. This program applies to supports and services for First Nations youth age 19 or younger.

For more information, [click here](#) or enter this link into your browser bit.ly/bcpsjordan

The information in this document is drawn from a variety of sources and was accurate at the time of publication. BCPS acknowledges that this information may be subject to change.



Aged Out website

AgedOut.com is an up-to-date warehouse of information on resources and services available to young adults, and a learning tool to help you feel empowered as you leave care. It is intended for young adults who were in government care in BC.

- ▶ Please [click here](#) for more information, or enter this link into your browser bit.ly/bcpsagedout

Free Cellphone through the TELUS' Mobility for Good Program

In partnership with Ministry of Children and Family Development (MCFD) and the Children's Aid Foundation of Canada, TELUS is offering eligible young adults between the ages of 19-26 a free phone and 2-year data plan.

- ▶ Please [click here](#) for more information, or enter this link into your browser bit.ly/bcpstelus

Aunt Leah's Place

Aunt Leah's Place is a New Westminster, BC based non-profit organization that provides a range of supports to youth aging out of foster care including guidance, supported housing, job training, and coaching on essential life skills.

- ▶ Please [click here](#) for more information, or enter this link into your browser bit.ly/bcpsauntleahs

Federation of BC Youth in Care Networks

The Federation of BC Youth in Care Networks is a youth-driven, provincial, non-profit organization dedicated to improving the lives of young people in and from care in BC between the ages of 14 and 24 years.

- ▶ Please [click here](#) for more information, or enter this link into your browser bit.ly/bcpsfed