



Transition



A Guide to Assist Adults in Supporting Foster Youth

Use this guide to help the Foster Youth in your life take inventory of their current assets, identify resources and plan for a bright future. Each domain lists assets and skills Youth need to develop and hone prior to entering adulthood. Your help in guiding them through this critical progression is invaluable!

Alaka'i "Leadership" Job & Career

- Current Employment
- Listing of Past Employment
- Resume
- Sample Application
- Employment Skills (interviews)
- Knowledge of Resources

Mākau ola "Wisdom/Life Skills" Life Skills

- Home Life Skills
- Legal Issues
- Recreation + Leisure
- Cooking
- Personal Hygiene
- Other Life Skills

Kuleana "Responsibility" Finances

- Bank Account
- Savings
- Source of Income
- Monthly Budget
- Money Management Skills
- Credit Checked
- Knowledge of Resources

Mālama Pono "Take Care" Self Care & Health

- Health Insurance/Mental Health Insurance
- Primary Doctor/Therapist
- Prescription Plan
- Dental Insurance
- Dental Provider
- Vision
- Health Education/Healthy Loving Relationships

Lōkahi "Harmony, Unity" Community

- Community Connections
- Spiritual Support/Church
- Peer Circle
- Registered to Vote

Kuha'o "Independence" Transportation

- Mode of Transportation
- Driver's License
- Insurance
- Knowledge of Public Transportation

Maopopo "Understanding Self" Identity

- www.shakatown.com
(Safe Personal Filing System)
- Birth Certificate
- Social Security Card
- Citizen Documents (if applicable)

'Imi Na'auao "Seek Knowledge" Education

- High School Diploma
- Higher Education/Training Plan
- Reading Skills
- Math Skills
- Writing Skills
- Knowledge of Resources

Palekana "Security" Housing

- Housing After Care
- Reference and/or Co-Signer
- Sample Rental Application
- Back-up Plan
- Knowledge of Resources

Kū Pono "To Stand in Righteousness" Permanence

- Permanent Family-like Relationship
- Supportive Adults
- Biological Family Connections

One of the most important things adults can do to help Foster Youth develop into caring, competent, and confident adults is to incorporate the following Protective Factors into their lives.

**A Sense of Purpose,
A Sense of Hope**

A sense of purpose and hope often comes from religion/spiritual association, faith, and culture. Identifying with a particular group or culture can instill a sense of pride. Believing that God (or whatever spiritual deity they have been exposed to) loves them, is a reminder that with the presence of hope and faith, they are never alone and can persevere through anything. Supportive adults (ministers, resource caregivers, Sunday school teachers, judges, social workers, etc.) who say positive things such as “you are great”, “we love you,” and “God loves you” are powerful messages for a child who may not hear them anywhere else.

**Relationships with Caring
and Supportive
People**

Every foster youth needs at least one supportive adult who provides steadfast encouragement and guidance. This caring adult presence plays a crucial role in determining the Foster Youth’s success. This person may be a family member, older sibling, teacher, coach, or other caring adult.

This person may be you!

Foster Youth given the opportunity to develop a strong work ethic, even in the face of adversity, have important tools to fall back on when things get tough. Youth given household responsibilities and/or are able to work outside of the home are more resilient because later in life they are able to persevere, even when things are difficult.

**Work and
Responsibilities**

Help instill a sense of self in Foster Youth preparing to age out by encouraging Youth to be active in dance, music, art, student government, clubs on campus, sports teams, etc. These are all meaningful ways for Youth to develop a sense of identity. Learning new skills will lead to greater self confidence, which will in turn help Youth make good life choices.

**Opportunities
to Participate in
Meaningful Activities**

When Foster Youth hear messages that they are lovable, worthy, valuable and that there is hope for a positive outcome in their lives, they need some kind of evidence to back up these words. Spending time with an adult who cares for them unconditionally, participating in activities that are meaningful to them, completing work and chores, and being a part of a community that teaches hope are just a few examples of ways in which foster youth may understand the breadth of their place in life. Think about how you can provide these opportunities for the Youth in your life and take action on them.

Support and ideas on how you can help the youth in your life is available through your Social Worker and from programs in the community. One such program is EPIC, Inc.’s *Youth Circle* (838-7752 from `Oahu or 1-866-636-1644 from Neighbor Islands). It brings together the supportive adults in a Youth’s life to assist Youth in developing & implementing a transition plan for their future independence. Find more supports in It Takes An `Ohana’s *Resources Available for Current and Former Foster Youth* at www.ittakesanohana.org.

Mahalo Piha for all you do to help Foster Youth!