

## NCTSN External Resources National Foster Care Month

The National Child Traumatic Stress Network (NCTSN) is proud to observe National Foster Care month, and offers this list of resources developed by outside partners and organizations to help educators, mental health and child welfare professionals, parents and caregivers, and youth.

### For Foster Families

#### National Foster Parent Association

- Supports foster parents in achieving safety, permanence and well-being for the children and youth in their care.

#### Child Welfare Information Gateway

- [Supports for Foster Families](#)  
Provides resources that support foster parents during what can be a challenging process.
- [Building Relationships with Foster Parents](#) (2009)  
Presents a complete issue of Rise magazine, which is written by and for parents involved in child welfare. This issue explores the obstacles to positive relationships and the actions and attitudes that help parents and children connect.

#### Foster Family-based Treatment Association

- [Implementing Evidence-based Practice in Treatment Foster Care: A Resource Guide](#) (2008)  
Identifies models, interventions, and tools that Treatment Foster Care (TFC) providers can use to deliver effective services to the children, youth, and families in their care. Provides how-to information to help TFC providers successfully implement desired evidence-based practices into their programs.

#### Foster Parent College

- Helps foster parents understand behavior, recognize behavior triggers, and discover fresh ideas for coping.

#### North American Council on Adoptable Children

- Ensures children in care have a permanent, loving family and that families have the support they need to care for children who have experienced abuse, neglect, and trauma.

### For Birth Parents

#### Rise [Stories by and for Parents Affected by the Child Welfare System]

- Works to combat negative stereotypes of families in the child welfare system. Trains parents to write about their experiences with the child welfare system, with the goals of: 1) supporting parents and parent advocacy, and 2) guiding child welfare practitioners and policy makers to become more responsive to the families and communities they serve. Publishes *Rise Magazine* (online and print), which reaches 15,000 parents and child welfare practitioners nationwide; workbooks designed for parent support groups; and related Spanish-language materials. Website includes advocacy resource materials.

### Concerned United Birth Parents

- Provides support for all family members separated by adoption; resources to help prevent unnecessary family separations; education about the life-long impact on all who are affected by adoption; and advocates for fair and ethical adoption laws, policies, and practices.

### For Child Welfare Professionals

#### Annie E. Casey Foundation

- [\*How Public Agencies Can Transform Foster Parenting\*](#)  
Explores how public agencies can enlist more individuals and families to become foster parents and encourage those who now serve to continue their extraordinary commitment

#### Casey Family Programs

- Works to provide and improve—and ultimately prevent the need for—foster care in the United States.

#### Child Welfare Information Gateway

- [\*Human Trafficking and Child Welfare: A Guide for Caseworkers\*](#) (2017)  
Explores how caseworkers can identify and support children who are victims of human trafficking as well as children who are at greater risk for future victimization. It provides background information about the issue, strategies caseworkers can use to identify and support victims and potential victims, and tools and resources that can assist caseworkers.
- [\*Human Trafficking and Child Welfare: A Guide for Child Welfare Agencies\*](#) (2017)  
Explores how child welfare agencies can support children who are victims of human trafficking, as well as children who are at greater risk for future victimization. It provides background information about the issue, including its scope and relevant Federal legislation and initiatives, and strategies that agencies can implement to address the trafficking of children. State and local policy and program examples also are provided.
- [\*Promoting Protective Factors for Children and Youth in Foster Care: A Guide for Practitioners\*](#) (2015)  
Presents information from a review of current research linking protective factors to well-being for children and youth in and transitioning out of foster care.

#### National Court Appointed Special Advocate (CASA) Association

- [\*Educational Advocacy Resources\*](#)  
Provides lists of publications and links to websites. The resources will help educators understand and address the needs of foster children in the foster care system.

#### National Resource Center for Permanency and Family Connections

- [\*Handbooks and Resources for Children and Youth in Foster Care\*](#)  
Provides information to help young people in foster care become aware of their rights and responsibilities, and thus become more empowered.

#### The Chadwick Center for Children and Families

- Provides hospital based child advocacy and trauma treatment centers in the nation, is staffed with more than 75 professionals in the field of medicine, social work, psychology, psychiatry, child development, nursing and education technology. They are committed to family-centered care and a multidisciplinary approach to child abuse and family violence.

## For Educators

### Legal Center for Foster Care and Education

- [Fostering Success in Education: National Factsheet on the Educational Outcomes of Children in Foster Care](#) (2014)  
Provides statistical and demographic data on the education of children in foster care in the United States.

### National Resource Center for Mental Health Promotion and Youth Violence Prevention

- [Transitioning from High School into Adulthood: Schools Helping Youth in Foster Care Achieve Success](#) (2010)  
Presents best practices on preparing high school age youth to transition out of the child welfare system.

## For Mental Health Professionals

### Casey Family Programs

- [Mental Health, Ethnicity, Sexuality and Spirituality Among Youth in Foster Care](#) (2007)  
Surveys youth in foster care about mental health, spirituality, ethnic identity, gender identity, and sexual orientation.
- [What is the Impact of Substance Abuse on Child Welfare?](#) (2018)  
Contextualizes the opioid epidemic with statistical information, provides a selection of resources that underscore the key safety and permanency considerations in addressing substance abuse, highlights tools and frameworks that facilitate the collaborative action required for successful intervention, and describes some innovations and jurisdictional implementations.

## For Policy Makers

### National Governors Association

- [The Transition to Adulthood: How States Can Support Older Youth in Foster Care](#) (2010)  
Highlights effective state strategies and promising approaches aimed at improving outcomes for foster youth.

## For Youth

### Casey Family Programs

- [Casey Life Skills](#)  
Assesses independent living skills and provides results instantly.” Contains tools for assessing the types of behaviors and competencies youth need to acquire in order to achieve their long-term goals. Includes customized learning plans to help adolescents in foster care prepare for adulthood, and develop healthy and productive lives.

### Foster Club

- [Transition Toolkit](#)  
Helps youth and their team of adult supporters take inventory of your current assets, identify your resources, and map out a plan for the challenges after foster care.

### Foster Care to Success

- Annually, approximately 5,000 turn to Foster Care to Success (FC2S) for the support they cannot get from a parent or guardian – like financial backing for college in the form of scholarships and grants, care packages and family-like encouragement, academic and personal mentoring, and help with internships and employment readiness skills.

### Foster Youth in Action

- Believes in the power of the foster youth voice. We organize a grassroots network of foster youth-led groups through training, leadership opportunities, shared learning and advocacy. With 16 foster youth-driven partners in 17 states, FYA is the only national organization raising up and connecting independent, grassroots groups fighting to secure rights and opportunities that current and former foster youth deserve.

### A Home Within

- Works solely to meeting the emotional needs of foster youth.