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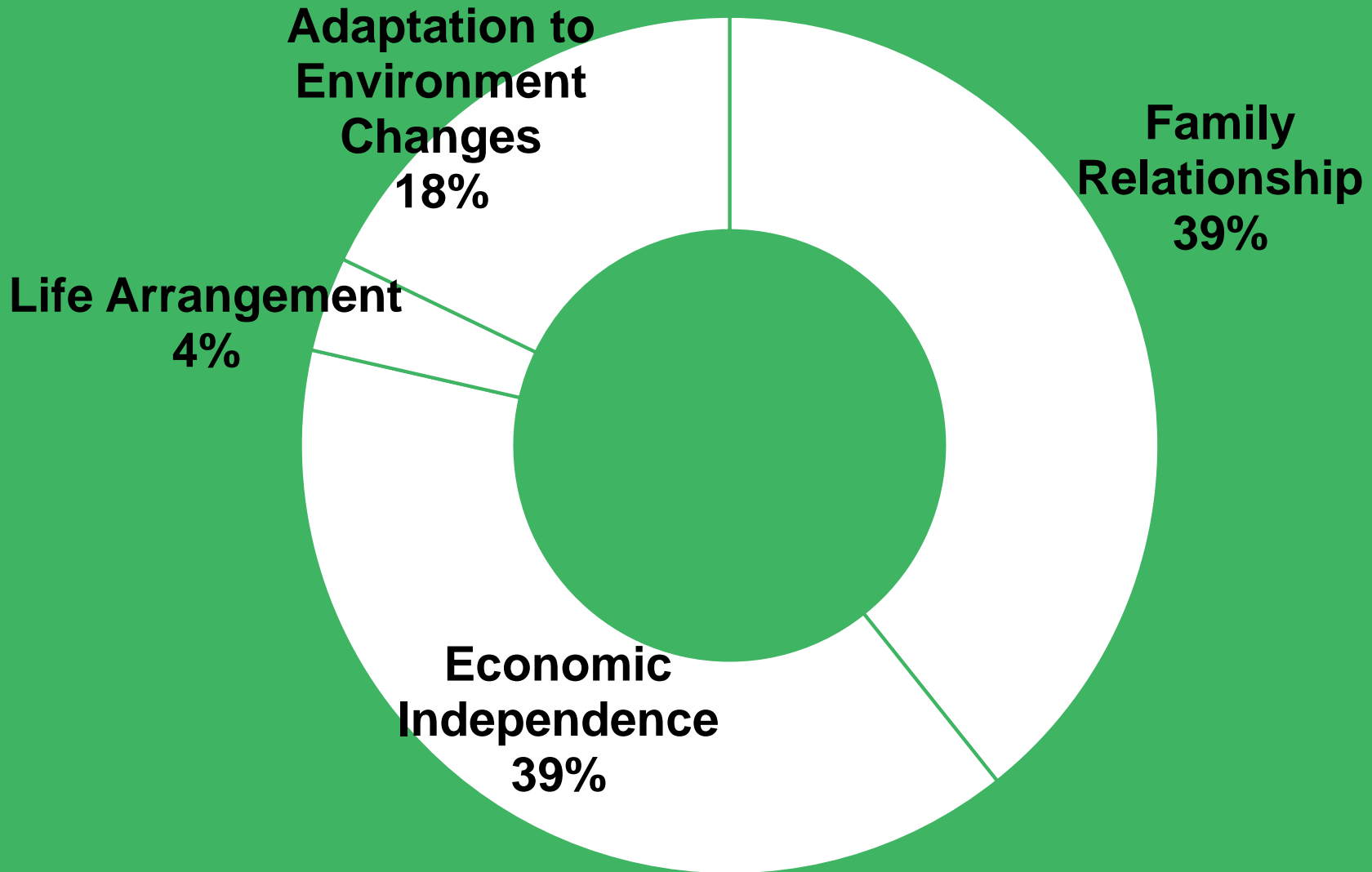
# Growing up Overnight: Exploration of Transition for Young Girls in the Preparation of Leaving Care

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# ISSUES YOUNG FEMALE CARE LEAVERS FIRST FACE AFTER LEAVING CARE SYSTEM





# Frame of Capabilities of Care Leavers

## Resilience Therapeutic Environment

### Life Skills

- Basic skills, for example, cooking, housekeeping

### Social Competencies

- Interaction and Communication skills
- Schooling and Employment
- Construction of social capitals

### Psychological Competencies

- Emotion Management
- Stress-coping
- Self Awareness





# Information about Practice Research

## **Purpose:**

To explore how young girls interpret experiences in the care system and the impact of transition to adulthood.

## **Research Method and Subject:**

Using in-depth interview from life course perspective to interview a young girl who is about to leave the care system.



## Born

She entered the foster family at 2 months old.

**Life Event No.1:**  
She moved into the residential home at age 11.

- The loss of love and connection
- Strong emotional expression

**Life Event No. 2:**  
Age 11 to Age 15  
Adjustment to Lives in the Institution

**Coping strategies:**

- Establishing attachment to workers
- Through arranging her schedule, she obtained control of her world.

**Capabilities Empowerment:**

- Autonomy and Self-discipline

## **Life Event No.3:**

**Age 15**

### **Interpersonal Relationship Challenge**

- Company and support from workers, church, and classmates
- Service intervention

### **Capabilities Empowerment:**

- Abilities of self emotion awareness
- Understanding herself

## **Life Event No.4:**

**Age 16**

### **Working Holiday**

- Micro Independent Living
- An opportunity to perform her capabilities of independence



# Conclusion and Limitations

## Conclusion:

- The key of capabilities of care leavers is to develop care leavers' resilience.
- To smooth the transition to adulthood, the construction of social network is critical, since that this network could support care leavers through various challenges.

## Limitations:

- Young care leavers have different life trajectories after leaving the care system. It is better to interview more young girls in the future study.





**Thanks for your Attention.**

