



## WEEKLY NEWSLETTER



### ***The Need for Foster Care Allies***

**Esther Porcenat**

Did you know that foster care and homeless youth face developmental changes with more pressure than peers of their age in the general population? The constant disruptions of frequent placements can be damaging to children. Young children who are going through a developmental stage in which they need to form secure attachments are most at risk because disruptions during their psychosocial development can influence their skills to form healthy relationships as they get older (Kimberlin, Anthony, & Austin, 2008). Youth in transition out of the foster care system are at an increased risk for teen pregnancy, drug and alcohol abuse, mental health or physical problems, incarceration, unemployment, and homelessness (Senteio et al., 2009). Counseling services such as substance use and addictions therapy, crisis/trauma, family, and individual therapy will help the youth deal with the mental health and behavioral issues that cannot be addressed or solved through mentorship and permanent placement.

Previous research suggests that foster care youth who have had a natural mentor relationship: non-parent adults that they connect with naturally for more than one year, have experienced positive outcomes in health, education, and behavior (Spencer et al., 2010). This means that as an adult, one can get involved in programs that cater to foster or homeless youth and provide the support and community that these adolescents need to thrive despite their circumstances. Not only does this have a positive impact on the youth, but also a positive impact to those responsible and willing to take action. Learning to care for others in one's community can increase a sense of self-worth and compassion toward oneself and others. Some local resources for getting involved in the foster care community (i.e., mentorship, adoption, temporary placements, volunteer opportunities) are:

- Foster Family Alliance of NC ([ffa-nc.org](http://ffa-nc.org))
- NC DHHS: Independent Living Services for Foster Children
- Adoption and Foster Care | NCDHHS
- About – Children's Home Society of North Carolina ([chsnc.org](http://chsnc.org))

Krippa Family Psychological & Wellness Services offers individual and family therapy within the RTP area. If you are interested or know someone facing issues involving foster care, adoption, developmental challenges, or family reunification, call [919-893-9444](tel:919-893-9444) or visit the website <https://ncpsychologist.com> to get in touch with a therapist that can provide support and guidance during these difficult transitions and life situations.

#### References

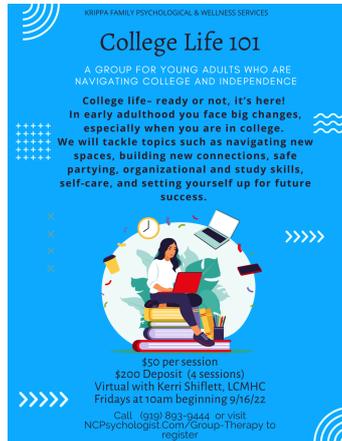
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- Retrieved from <https://doi.org/10.1093/sw/55...>

- Krippa Family Psychological & Wellness Services has an Intensive Outpatient Program for ages 11-18 years in our newest office space at 104 Fountain Brook Circle A, Cary, NC. This program runs 5 days a week. For more information please contact us. Phone # [919-893-9444](tel:919-893-9444), option 1.

#### **GROUP THERAPY:**

- We are currently offering numerous Groups for children, teens, and adults, including:
  - Anxiety & Depression Group for tweens (11-13)
  - Teen Anxiety & Depression Group (14-15)

- Teen Anxiety & Depression Group (16-18)
- Teen Empowerment & Growth Group
- Teen Social Club
- Parenting Teens Support Group
- College Life 101
- Social Skills Group for (8-12) (Thursdays 6pm)



To learn more about any of our Groups and to enroll please call us at 919-893-8444 or email us at [info@ncpsychologist.com](mailto:info@ncpsychologist.com). Visit us at [www.ncpsychologist.com](http://www.ncpsychologist.com) and our Facebook and Instagram pages: Krippa Family Psychological & Wellness Services.

[Website](http://www.ncpsychologist.com)

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