



Keep Your Head in the Game

FosterClub and the Better Futures Project at Portland State University



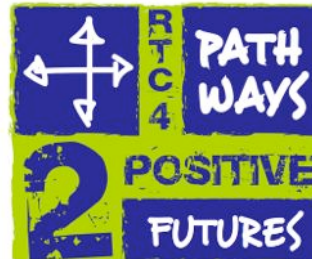
Introductions

FosterClub: the national network of young people in foster care



fosterclub
the national
network for
young people
in foster care

Better Futures
Project at Portland
State University



Better Futures tests a comprehensive intervention to assist young people in foster care with serious mental health conditions to prepare to participate in post-secondary education.

Becoming a Mastermind of your own Mental Health

The word ‘mastermind’ is defined in the dictionary as:

Noun:

A person with an outstanding intellect.

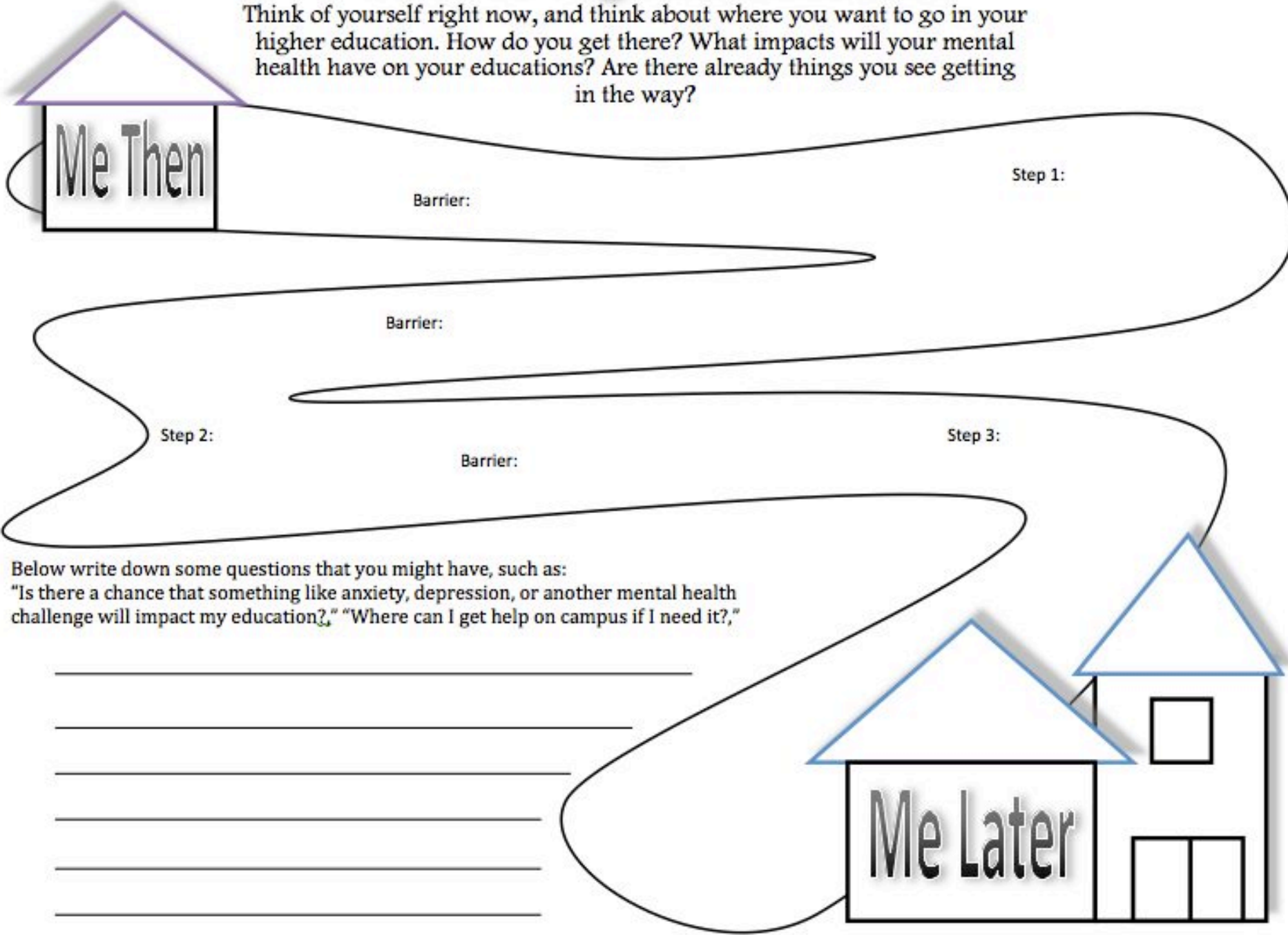
Verb:

Plan and direct (an ingenious and complex scheme or enterprise).

Activity: Society Mime

Path To Higher Education

Think of yourself right now, and think about where you want to go in your higher education. How do you get there? What impacts will your mental health have on your educations? Are there already things you see getting in the way?



Me Then

Barrier:

Step 1:

Barrier:

Step 2:

Barrier:

Step 3:

Below write down some questions that you might have, such as:
"Is there a chance that something like anxiety, depression, or another mental health challenge will impact my education?" "Where can I get help on campus if I need it?"

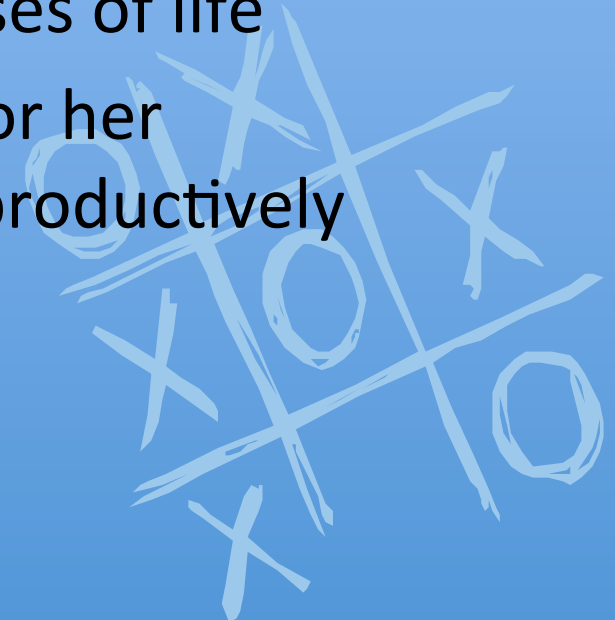
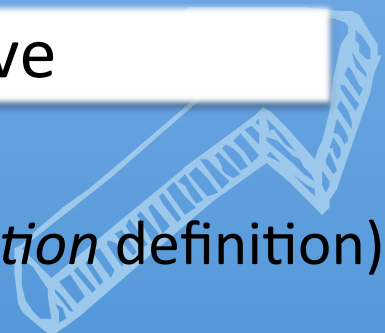
Me Later

Team Trivia

Team Trivia – Round 1

1. Someone who has a positive mental health has the ability to:
 - a. recognize their own abilities
 - b. cope with the normal stresses of life
 - c. make a contribution to his or her community, and can work productively
 - d. all of the above

(World Health Organization definition)



Team Trivia – Round 1

2. Mental illness does not respect any boundaries of race, class or geography.

a. True

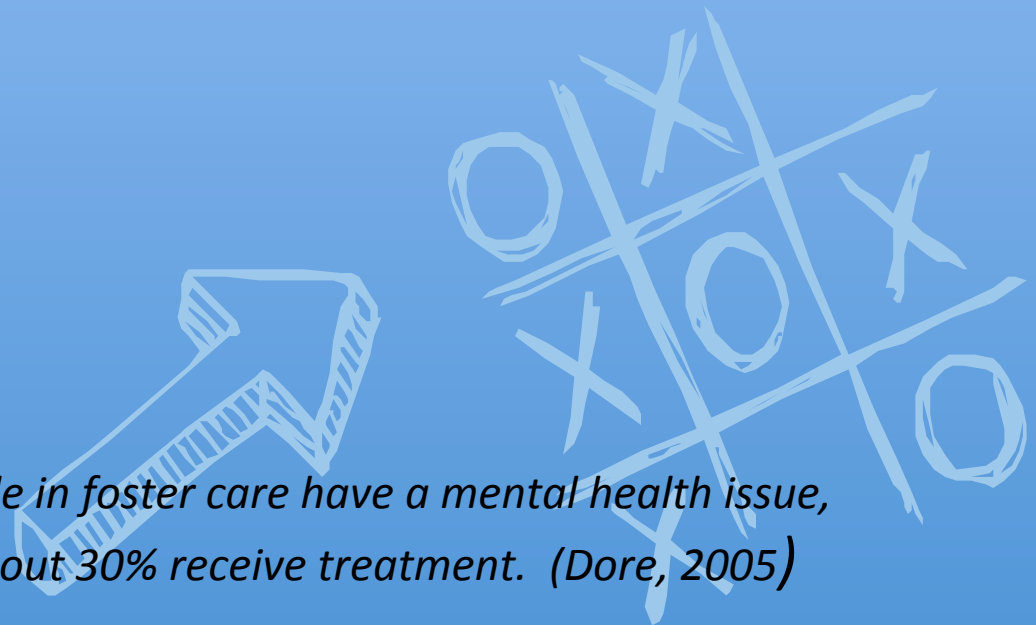
b. False



Team Trivia – Round 1

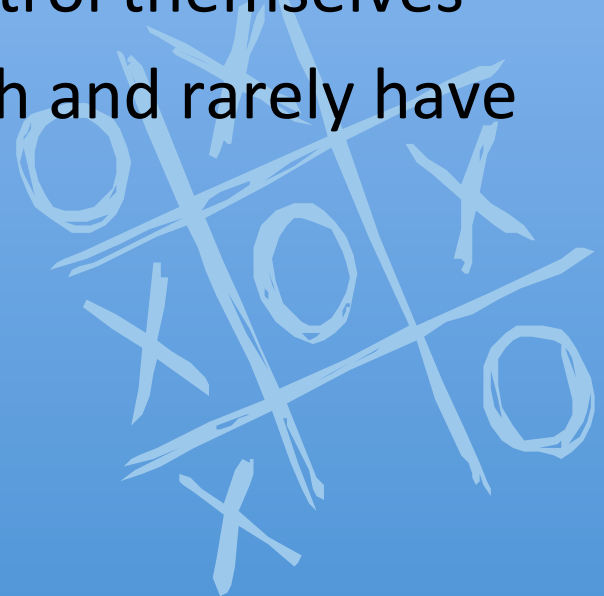
3. According to recent studies, the percentage of young people in foster care who have mental health issues is:
- a. Less than 5%
 - b. 20%
 - c. 32%
 - d. Up to 80%

While up to 80% of young people in foster care have a mental health issue, research shows that only about 30% receive treatment. (Dore, 2005)



Team Trivia – Round 1

4. People who access mental health services
 - a. suffer from mental illness the rest of their life
 - b. can be intelligent, strong, and capable
 - c. are weak and unable to control themselves
 - d. are difficult to get along with and rarely have friends



Team Trivia – Round 1

5. Short-term distress is the same thing as mental illness.

a. True

b. False

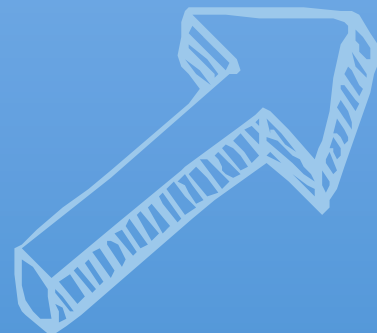


Team Trivia – Round 1

6. Environmental factors can play a part in the development of mental disorders.

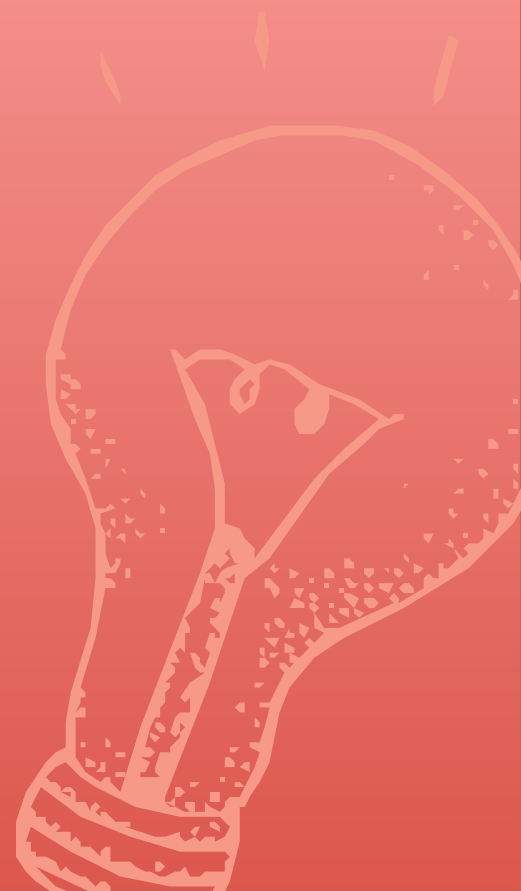
a. True

b. False



Team Trivia – Round 2

1. Trauma could be caused by:
 - a. Physical abuse
 - b. Sexual abuse
 - c. Neglect
 - d. Witnessing domestic violence
 - e. All of the above
 - f. Only some of the above



Team Trivia – Round 2


2. Depression rarely runs in families.

a. True

b. False



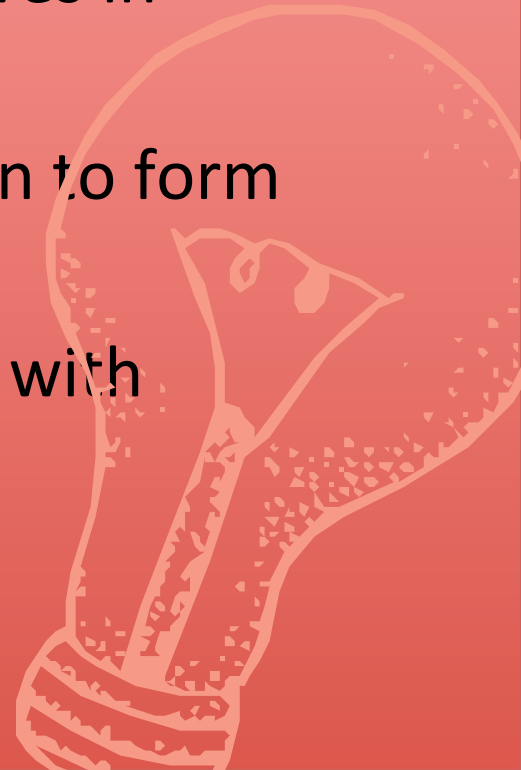
Team Trivia – Round 2

3. A person with Attention Deficit Hyperactivity Disorder (ADHD) may
- a. dislike the taste of certain foods because of the disorder
 - b. have difficulty paying attention or staying focused on a task or activity
 - c. not be allowed to drive
 - d. all of the above
- 

Team Trivia – Round 2

4. Reactive Attachment Disorder (RAD)

- a. can be caused by significant disruptions in caregivers (such as multiple moves in foster care)
- b. may make it difficult for a person to form relationships
- c. is a condition that may improve with treatment
- d. all of the above



Team Trivia – Round 2

5. Post Traumatic Stress Disorder is twice as common among foster children as U.S. war veterans.

- a. True
- b. False



Team Trivia – Round 2

7. The most common mental health condition among all age groups is

- a. Anxiety disorders
- b. Schizophrenia
- c. Bi-polar disorder
- d. Post traumatic stress disorder



Celebrity Mental Health Match Game

A Look In the Life of a Foster Youth
with Mental Health Challenges:

Stacey's Story

Stacey: background

1. Stacey has a team of multiple providers that includes Developmental Disabilities, Department of Human Services and Special Education
2. Her team's over-protectiveness limits her goals and creates barriers of furthering and normalizing her education
3. Stacey's end goal is to convince her team she is capable of going to college

Stacey: questions

1. Is college (in a public setting) a realistic goal with disabilities? If so, what would be some of your concerns?
2. How can she convince her team that she is capable of pursuing college and what skills and tools does she need to help her team be on her side?
3. Connect this to your own personal life, what are some barriers you face going to college or pursuing higher education? What do those stressors or anxieties look like and how do you cope?

Stacey: the plan

1. Stacey has one ally, her mentor/coach.
2. Besides schooling she also wants to have more freedom to do school activities and to be with friends.
3. She and her mentor presents these goals to her team.

Stacey: support team

1. How can Stacey's one ally support her?
2. How would you approach the team if you were in Stacey's position?
3. What are the TYPICAL responses you would expect to hear from the team?

The Devil's Advocate

Stacey: troubleshooting

1. Stacey's team isn't supportive at all.
2. Stacey works with her mentor to make an action plan to convince her team that she can handle the responsibility and to achieve her goal of greater educational freedom.
3. Stacey decides to take one college course to see if she can deal.
4. Stacey does very well.

Stacey: review

1. How would you convince your team that you were able to handle college level responsibilities?
2. What types of barriers or roadblocks do you see Stacey facing (keeping in mind her mental health challenges) while in college?
3. What types of supports or accommodations will she need? Do you think that the supports will be successful in helping her cope with her Mental Health while in college?

The Devil's Advocate

Thank you

For more information,
contact FosterClub:

www.fosterclub.com
503-717-1552