# think of us

Driving change for youth to heal, develop & thrive.















#### YOUTH, SUPPORTERS AND PROFESSIONALS IN ONE PLACE



Provide workers, youth and supportive adults the first ever data driven life coaching platform for youth ageing out of foster care









### Think of Us 1.0

Tech nonprofit that focused on delivering a software product





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### Think of Us 2.0

The R+D Lab for Child Welfare - transforming the system to center lived experience.

We take on strategic - and opportunistic - projects with the goal of causing "good trouble" and, ultimately, driving concrete, structural changes in policy, practice, resource flows, power dynamics, relationships and mental models.

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We are living in the most unique moment for system transformation



1 Spark	2 Support	3 Co-Drive
Breakthrough solutions in technology and policy.	Lived Experience Led Research & Data.	Large Scale Systemic Initiatives.
#HackFosterCare	The Center of Lived Experience Flagship Projects	
Sparking new ideas by bringing folks with a myriad of backgrounds and experiences to develop breakthrough solutions in technology and policy.	Supporting projects beyond TOU by leveraging qualitative and quantitative evidence to promote system design centered around real world experiences of youth in foster care	Driving and co-driving large-scale, sometimes multi-year projects that have the potential to fundamentally change the foster care system.
Sample Projects: • LA Quarantine Housing • Micro-Cash Grants • FYI Housing Connections • Hack-a-thons	<ul> <li>Sample Projects:</li> <li>Office of Adolescence (State of WA)</li> <li>Binti: Youth Centered Case Management Model</li> <li>End Congregate Care (Away from Home)</li> </ul>	Sample Projects: • Digital Wraparound - Virtual Support Services • California • Greater Boston Area • Washington DC

#### What have we learned?

**Our Command Center has shown** us that Foster Youth and Alumni need a resource that is easy to use and helps them navigate available resources

- Accessing services and tangible 1. resources is complex
- 2. **Emergent needs are** overwhelming frontline staff
- 3. Youth navigational support is needed
- Youth in need want community 4.
- 5. We cannot upgrade foster care ecosystem fast enough

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Center

RESOURCES

Foster Youth

Agencies

19

GET INVOLVED

Share an Obstacle

Share a Solution

LEARN MORE

About This Site

Think Of Us

Support Foster Families and

Child Welfare COVID-19 Command

#### **Foster Youth**

These are resources that might be helpful if you're a youth in foster care or in extended care.

#### What do you need support with?

Find up-to-date resources most closely aligned with your situation(s). This content is updated consistently, so please keep coming back as we post more information.

#### Money

- I lost some or all of my work due to coronavirus
- I'm not sure if I qualify to receive the stimulus check
- I am a student who was impacted by coronavirus
- · I am unable to meet my basic needs
- I want to find a job

#### Housing

- I am unable to afford rent
- I am experiencing homelessness or at risk of being homeless
- · I'm a student who was recently displaced
- I live in a group home or with roommates

#### Technology

- My school switched to remote learning but I don't have a laptop
- · I cannot afford to buy access to the internet

#### Health

- I have important medical needs
- I need to stay active
- I'm feeling anxious about coronavirus
- I am no longer able to access therapy
- I deal with substance abuse issues
- I'm gueer and/or trans living in a non-supportive environment

#### "I am so busy I am just trying to fit things in any free moment I can." - Former Foster Youth

"We spend more time managing crises than we would like, so that purposely sitting down and working on your goals and making steps towards them can be hard when you're just trying to save the kid's placement all the time."

Case manager

Export as PDF CONTENTS What do you need support wi... Money Housing Technology Health Family Legal Aid Anything else?

Q Search.



### VVS - WEBSITE (v3) FIGMA SCREENS













Uno de los asistentes personales le enviará un correo electrónico en **las próximas 24 a 72 horas** para dar seguimiento a sus solicitudes de apoyo con:

- Comida

- Alojamiento

- Finanzas

- Findinze

Se envió una copia de su solicitud a su texto como confirmación, y puede responder a ese texto si desea agregar algo.

## Voices from CA Kinship Caregivers: Total Per County



### **Voices from CA Kinship Caregivers**

### CA Caregivers' Needs

	State
Selection1	CA
Childcare	317
Clothing/Supplies	650
Education	162
Employment	52
Food	172
Healing from trauma	150
Housing	222
Legal	47
Managing family relations	51
Mental health	67
Physical health	26
Respite/breaks	135
Support/Connection with	61
Transportation	116

### think of B Virtual Support Services: 1:1 Assistance

### 1:1 Virtual Assistance for Caregivers + Youth



### Community Responders with Lived

### **Experience Offer Virtual Assistance**

- 1. Referring traditional and non-traditional resources
- 2. Do the research for you
- 3. Call places on your behalf and/or three way
- 4. Helps you organize your to do list
- 5. Identify potential funding sources and/or Partner Collaborative resources
- 6. Complete the paperwork

#### Traits



### What does the tangible help look like? (Not a hotline, hands on keyboard support)



### Highlighting Kinship Caregivers' Experiences with VSS

Regarding our current housing situation, 1 am currently fostering 4 grandchildren ages 2, 4, 6, and 8 so it is just the 4 kids along with myself living together in a 3 bedroom home in Los Angeles. We receive funding for Foster care from the county, approximately \$4000 mo. however, it is just barely enough to cover the the rent and utilities. This leaves me very little, if any extra money for food and clothing . I have depleted much of my savings To maintain their needs.

#### Assisted in applying to:

- One Simple Wish
- The Low-Income Home Energy Assistance Program (LIHEAP)
- Family Sources in Mid-City
- LADWP Low-Income Discount Program
  - KCMCG

	July 2021 Totals	Key Details
Inbound		
Kinship Caregiver Microcash Grant Applications	2,273	• 2,273 CA Kin Caregivers submitted their application
Referrals (Total July)	91	<ul> <li>91 incoming referrals for the month of July</li> <li>90% (82/91) were solved by CR team</li> </ul>
Website Visitors	152	<ul> <li>152 visitors on VSS website</li> <li>Spike on 7/12, which correlates with the KCMCG outreach</li> </ul>
Outbound		
Kinship Caregiver Microcash Grant	19,536	Outreach to Kinship Caregivers
One Simple Wish	16	<ul> <li>14 caregivers + 2 young people were referred to One Simple Wish (Digital Collaborative Partner)</li> <li>Due to clothing + supplies being the top need across Kin Caregivers in CA, we increased referrals to OSW</li> </ul>
TOTAL	22,068	Inbound - 2,516 Outbound - 19,552



Optimizing and expanding the feedback loop between US Children's Bureau leadership and people with lived experience is the foundation to the success of the next four years - and beyond.

The foundation has been established - and what has come to be known as a best practice is now, without question, integral, yet few are leveraging this moment well.

Think of Us is a national leader in this work - leveraging technology and our relationships, will include the following workstreams:

- 1. Offer a <u>tech-based community tool</u> to facilitate consistent communication between lived experience experts and Children's Bureau
- 2. Organize <u>monthly virtual meetings</u> for the Associate Commissioner to engage the ecosystem of lived experience
- 3. Host quarterly Town Hall events to shift the mental models
- 4. Conduct a Discovery Sprint on what are the inequitable experiences

### **SNAPSHOT: Tech Based Community Tool**







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### Connecting current & former foster youth with pandemic relief funds

Most states are providing between \$500 - \$2,000 for current & former foster youth. Sign up to find out what your state is doing!



**SIGN UP** 



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Away from Home Youth's Experiences of Institutional Placements in Foster Care

By Sarah Fathallah & Sarah Sullivan

Researched and written by Think Of Us, with the generous support of the Annie E. Casey Foundation and Casey Family Programs.

#### **Detailed Findings**

And in some instances, chores were performed without any monetary compensation.

"I did chores, whatever they wanted, whenever they wanted, and I did it for free. Kind of like slave labor." (MP-MT-CA-02)

"We had to do lots of chores and were rewarded with only drives."

#### Finding 2.6.

Youth appreciated the predictable structure that their institutional placements provided, but their schedule was highly policed.

Many youth reported that institutions had a strict, regimented daily schedule. Some youth said that they thrived on the schedule and discipline of living in an institutional placement, as it gave them structure and a sense of stability.

#### "I still wake up every day at 8am and I make my bed every morning or before I go somewhere."

However, some institutional placements ultimately dictated every aspect of a youth's day. These schedules determined when youth went to sleep, when they woke up, when they could eat, when they could go to the bathroom, and when they had to do their chores. One participant reported that every minute of the day was scheduled. This meant that some youth did not have enough time for self care in the shower or enough time to eat until they were full. This lock of freedom can also make it difficult for youth to learn basic. necessary time management skills. "Staff didn't care... They gave us 45 minutes to eat, clean up, and complete our chores." (MP-LT-OH-01)

Finding 2.7. Youth in institutional placements were in survival mode.

(GH-5T-AZ-0) living in survival mode. They were concerned about getting their basic needs met while dealing with trauma, navigating complex relationships with staff and other youth, and knowing neither how long they would be in the institutional placement nor where they would live next.

> "I felt like I didn't have as much of a say and that I was trapped until I turned 18 and had to survive until then."

> > (GH-ST-CA-01)

"My own focus was to do what I needed to do to survive."

(MP-MT-KS-01)

and This stressful context was the backdrop in before which youth operated. In this survival state, getting an education or anything beyond (MP-LT-LA-0) getting basic needs met can feel like a luxury.

> "We're supposed to reach for the sky but I don't have my basic needs".

> > (MP-LT-CA-01)

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"I didn't really get the school experience. My focus was never on school. I never really even finished high school. I was constantly in survival mode, I wasn't paying attention to math or anything like that. That's something I'm really disappointed in." (MP=MT-CA-02)

26

## What is a Discovery Sprint?

- A discovery sprint is a fast-paced, human centered design activity, that is useful when trying to understand human attitudes, mental models, and experiences with a technology product, service, system, or a policy.
- This qualitative method is frequently used in technology design, service design, and increasingly in policy design to generate insights that can inform the design of a technology product, the design of a service, or the design of a policy.
- While the methods used in this discovery sprint draw from social science disciplines, such as ethnography and anthropology, this study is not considered to be academic or scholarly research.
- Rather than seeing these stories as anecdotes, this report is as an effort to center the voices of the people who survived these placements and the family regulation system and emphasize direct quotes and visual artefacts that highlight their voices, words, and testimonies. This is about uncovering how youth themselves think, talk about, and experience institutional placements.



## **Away From Home: Discovery Sprint Overview**

- This Discovery Sprint kicked-off in September 2020. The purpose of the project was to understand the experiences, mental models, and opinions of young people with recent experience living in institutional placements in foster care in the U.S.
- Think Of Us led a team of 7 people who conducted this study, which included teammates from Think Of Us, Annie E. Casey Foundation, and Casey Family Programs. Two of the teammates had experienced living in institutional placements while in foster care themselves.
- This project was a qualitative research study using human-centered design methodologies. Over the course of the study, the team conducted 37 virtual interviews with youth and conducted 56 cultural probe activities.
- This project culminated with the Away From Home report, authored by Think Of Us, which has 4 key sections: Seeing the Big Picture, Recommendations and Alternatives, Detailed Findings, and the Appendices (including Terminology, Methodology, and References).



## Methodology Qualitative methods

We used two qualitative research methods:

- Individual, semi-structured, in-depth interviews with current and former foster youth, held remotely, each lasting from 60 to 90 minutes, to get a full picture of their experiences pre-, during, and post-institutional placements, as well as their perspective on and attitudes towards said placements.
- **Digital cultural probes** with current and former foster youth, including open ended prompts and participatory activities given to participants to respond to asynchronously, using a variety of formats (visual, oral, written, and electronically mediated).





## Methodology In-depth interviews

Interviews covered topics such as:

- The physical environment in institutional placements;
- The staff working in institutional placements;
- The relationships that youth had before, during, and after institutional placements;
- Youth's educational attainment;
- Punishment and discipline in institutional placements;
- Youth's access to basic necessities and services;
- The perceived impact that their experience in institutional placements has had on their life.





## **Methodology** Digital cultural probes

Youth were invited to:

- Take a picture of an object in their possession that reminds them of their time in institutional placements.
- Imagine that they were invited to an open mic performance, and say a poem, spoken words, rap, or short song about their time in institutional placements.
- Make a list of all the people in their life while they were in institutional placements.
- Contribute a piece of art to a hypothetical museum exhibit about what life in institutional placements looks like.
- Imagine and draw a world in which institutional placements no longer exist.





## Methodology Participant sampling and recruiting

Using purposive sampling, participants were selected based on:

• Type of institutional placement;

think plament(s).

- Combined duration of time in institutional placements;
- Number of different institutional placements;
- Standing in foster care (current or former foster youth);
- Placement location (variety of states; urban, suburban, and rural locations; out-of-state vs. in-state placements);
- Demographic background (age; gender identity; sexual orientation; race and ethnicity);
- Interaction with other systems (parental experience; juvenile justice interaction);
- Perceived experience with their institutional

#### Are you a current or former foster youth? T Gende Sexual orien Race / ethnicity 19 I'm a current foster youth or in extended fo straight Snanish & italian I don't have children Prefer not to shar AZ 8 I'm a former foster youth Straight Pacific islander 23 I'm a former foster yout Female Straight Native I'm currently expectin Ye P I'm a current factor youth or Eamala Straight White Native Ame I have oblides Hetero Alaska nativo I have childre Straight Aiddle Eastern 21 I'm a former foster youth heterosexua I don't have children Ne 9 I'm a current foster youth or in extended ter Female Boys Black have childre 19 I'm a former foster youth female Straight Asian I have oblided Hetero Multiracia TransFemm Pansexua Prefer not to say rmer foster yout 20 I'm a current foster youth or in extended t r Male/Transman Straight Latino don't have children No 21 I'm a current foster youth or in extended foster Male Straight Black I don't have children N Lantinx Straight Bi Multiracial 25 I'm a former foster yout Female I don't have o 19 I'm a former foster youth Female Straight Hispanic I have children 23 I'm a former foster youth Straight Black/Afriacan American don't have children Ye heterosex Caucasia Bisexual 24 I'm a former foster yout Latinx don't have 24 I'm a former foster youth Female Heterosexu White For currently expectic Ye 21 I'm a former foster vout Female Straight Hispani I don't have children No 23 I'm a former foster youth Lesbian Black Heterosexuz **Bi**-racial 24 I'm a former foster youth Female 24 I'm a former foster youth Female Bisexual Latina Pansexua Black 25 I'm a former foster youth I don't have children Ve Hetero 21 I'm a former foster youth Straight 18 I'm a current foster youth or in extended foster Male Straight Latino I don't have children Ne 24 I'm a former foster youth Female Straight Caucasian I don't have children No 20 I'm a former foster youth Pansexu North African Indigenous and West Asian (Middle Eas I have oblided 24 I'm a former foster your hetero 21 I'm a former foster youth White don't have children Ye 24 I'm a former foster youth Female Hisnani I have children 20 I'm a former foster youth Female Straight White I have children 23 I'm a former foster yout don't have children N

## Methodology Youth-centered and trauma-informed process

The research process itself sought to give real opportunities for participants to make choices for themselves, so they can feel empowered and promote their own wellness. This included:

- Organizing an open call for participation;
- Providing a transparency memo around the participant recruiting process;
- Framing the informed consent process as a Bill of Rights;
- Checking in with participants before, on the day of, during, and after the research;
- Offering choice in activities and modes of connecting;
- Providing compensation and a meal stipend;
- Having referral paths to life affirming services through a
- think resident clinical supervisor (MA, LCMHC, CRC).



## Methodology **Research participants**

We engaged with 78 youth in total: 22 in interviews alone, 41 in cultural probes alone, and 15 in both. Youth hailed from 30+ states, and had varied experiences with different institutional placements.



## Methodology Participants' demographics

The sampling criteria aimed to ensure that the study included a wide range of varied backgrounds and experiences.





## **Methodology** Data synthesis

Synthesis was conducted a grounded theory approach, a social sciences inductive reasoning methodology where collected primary research data is analyzed for repeated themes. These themes were then grouped into categories which became the basis for constructing new insights.







## **Big Picture Conclusions**

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# Institutional placements...





## Recommendations

### Eliminate institutions

Ask youth where they want to live and do everything possible to make that a reality

### 3

Avoid entering foster care when possible by focusing on prevention

### 4

Make foster family placements more stable and culturally appropriate

5

Ask youth where they want to live and do everything possible to make that a reality 6

2

Expand the definition of kin and improve licensing and support for kinship placements

### 7

As institutional placements are being phased out, accommodate youths' preferences

### 8

Center lived experience in the research, design, and implementation of policy changes