

## Introduction

### Research Question:

How does increased access to OT services enable foster youth to have better outcomes post-transition?

**Aim:** Allow OTPs to better understand how to approach working with clients in the foster care system & empower these youth to live fulfilling, independent lives.

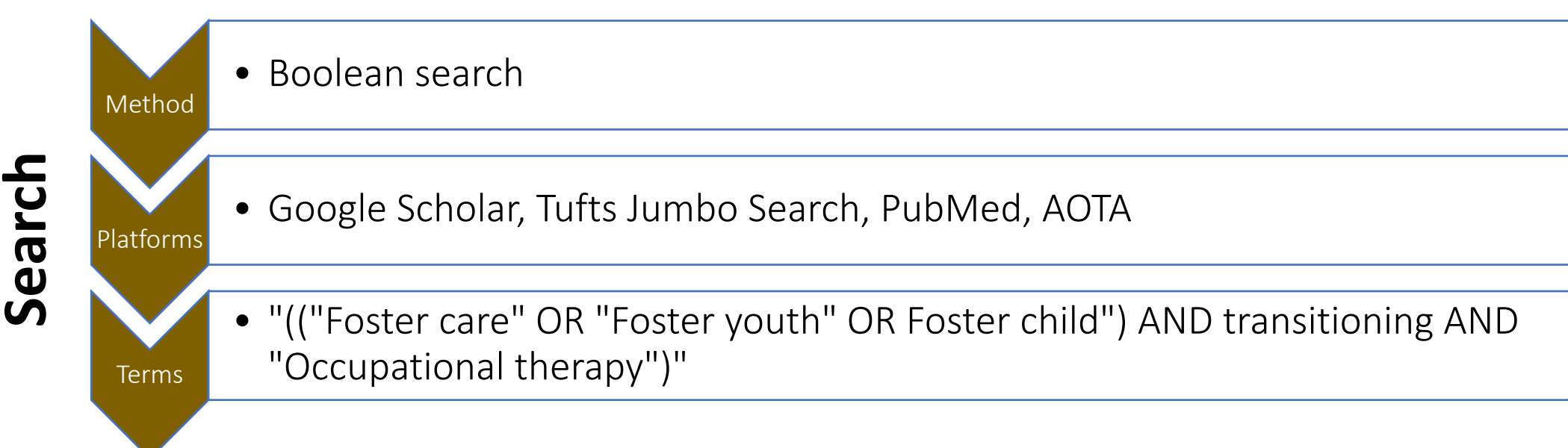
### The Gap:

- 20% of children aging out of foster care will become instantly homeless the day they turn 18<sup>3</sup>
- Approximately 1 in 4 former foster children will not obtain a high school diploma or GED, with less than 3% earning a college degree<sup>3</sup>

The intersection of poor transition outcomes combined with the instability & uncertainty of life after foster care greatly impacts an individual's ability to participate across occupations, from ADLs to education/work & health maintenance.

## Methods

Scoping review used to systematically assess current breadth of literature surrounding transition services available to foster care youth during transition out of foster care. Outcomes of interest included housing, education & employment. There was a *special interest in OT transition services*.



### Inclusion criteria:

- Study participants...
- Currently in foster care or had already transitioned out.
  - Experienced foster care in the United States.
- The study was...
- Conducted in the United States.
  - Written in English.

### Exclusion criteria:

- Study was...
- Not conducted in the United States
  - Not written in English
  - Conducted before 2010
  - A literature reviews

### Methodology data collected:

- Study type
- Study characteristics
- Intervention
- Design
- Frequency/Duration/ Follow-up
- Outcome Measures

### Extraction Procedure:

- Used premade extraction form (refer to QR code)
- 2 team members filled out form
- Codebook creation to streamline data

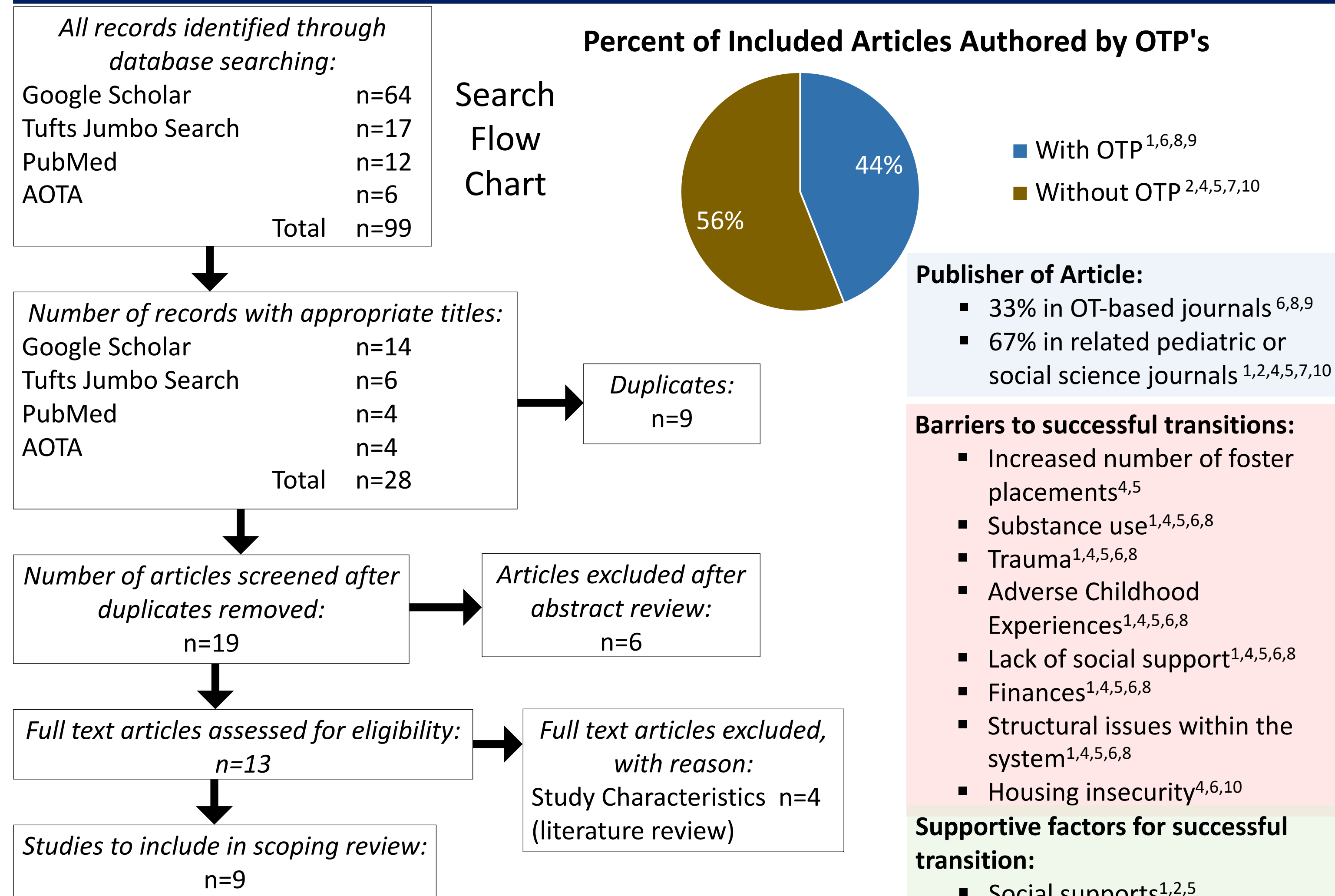
### Process Information:

- Was the author an OTP?
- Date & Location of publication
- Funding source
- Publisher

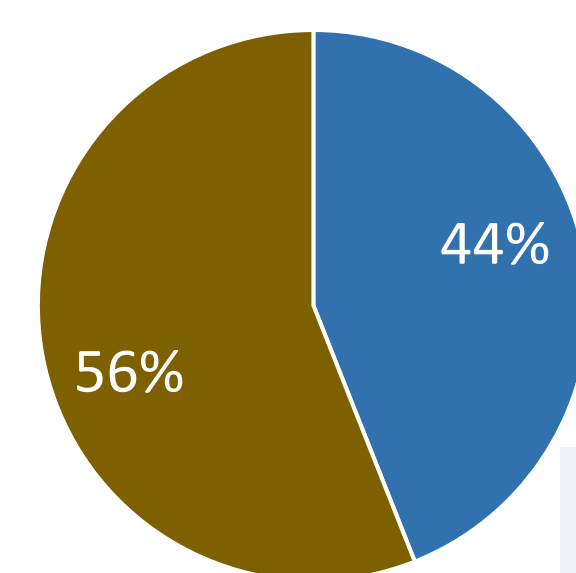
### Study Trustworthiness:

- Low trustworthiness** (seven or fewer of eleven criteria)
- Unclear trustworthiness** (eight out of eleven criteria)
- High trustworthiness** (nine or more of eleven criteria met)

## Results



### Percent of Included Articles Authored by OTP's



### Publisher of Article:

- 33% in OT-based journals<sup>6,8,9</sup>
- 67% in related pediatric or social science journals<sup>1,2,4,5,7,10</sup>

### Barriers to successful transitions:

- Increased number of foster placements<sup>4,5</sup>
- Substance use<sup>1,4,5,6,8</sup>
- Trauma<sup>1,4,5,6,8</sup>
- Adverse Childhood Experiences<sup>1,4,5,6,8</sup>
- Lack of social support<sup>1,4,5,6,8</sup>
- Finances<sup>1,4,5,6,8</sup>
- Structural issues within the system<sup>1,4,5,6,8</sup>
- Housing insecurity<sup>4,6,10</sup>

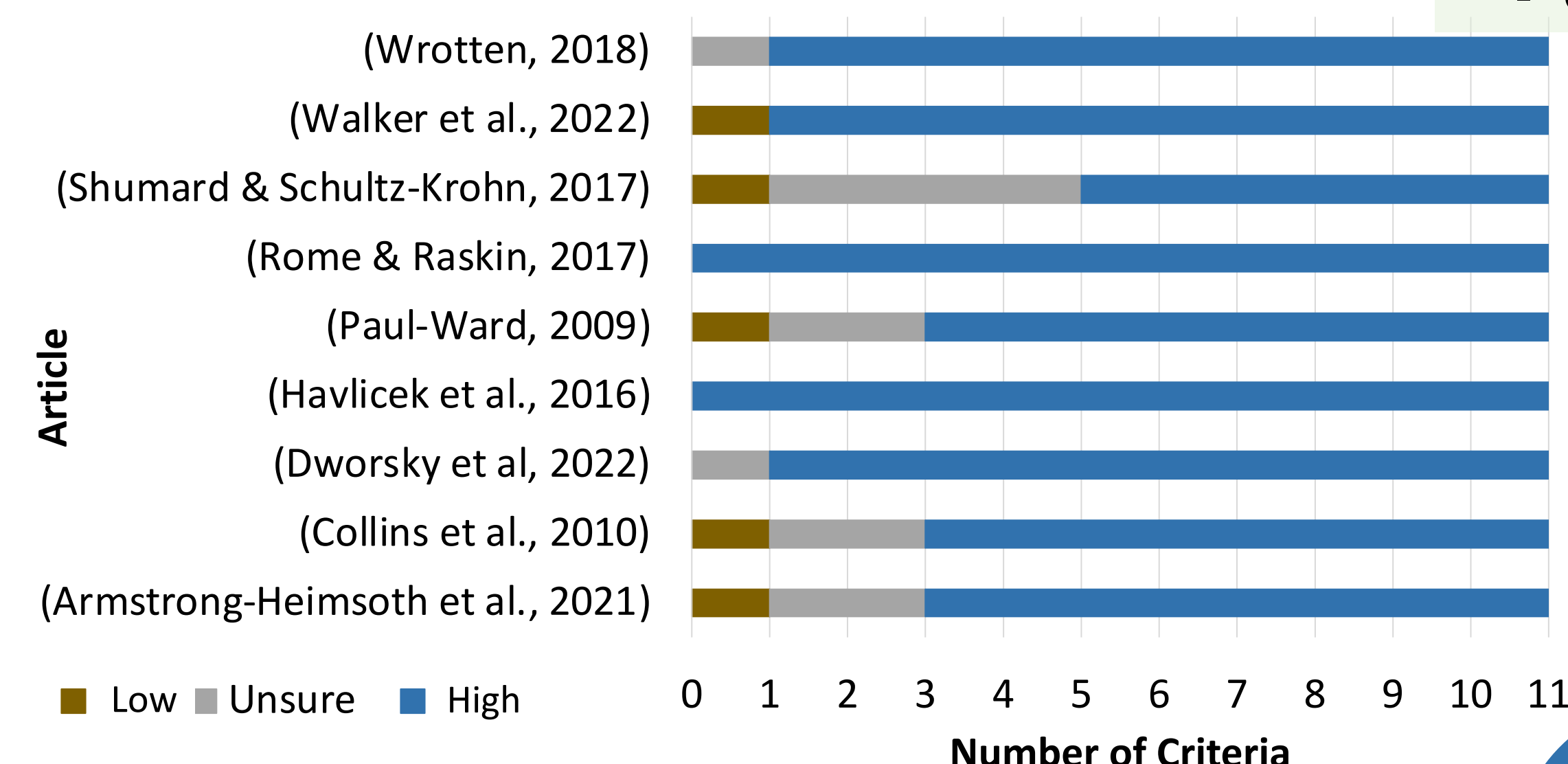
### Supportive factors for successful transition:

- Social supports<sup>1,2,5</sup>
- Self-advocacy skills<sup>1,2,5</sup>
- Persistence<sup>1,2,5</sup>
- Consistent communication<sup>1,2,5</sup>

### Study Designs:

- 6 various interview structures<sup>1,2,5-8</sup>
- 3 focus groups<sup>1,5,6</sup>
- 2 surveys<sup>2,10</sup>
- 1 database search<sup>4</sup>
- 1 observation<sup>6</sup>
- 1 intervention<sup>9</sup>

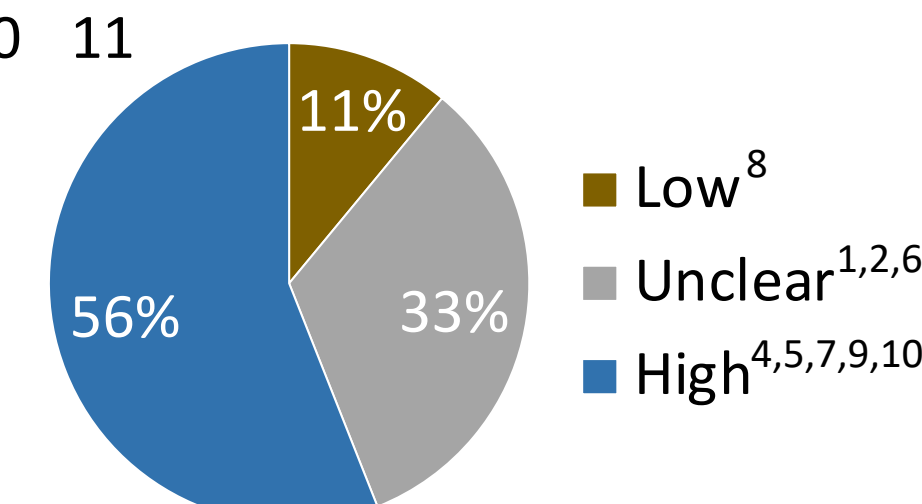
### Trustworthiness of Articles Determined by Pre-existing Criteria



### Trustworthiness Criteria<sup>11</sup>

- Eligibility criteria specified
- Subjects recruited with unbiased mix suitable for study purpose
- Participants described in adequate detail
- Reliable/accurate recording/transcription procedures used
- Interview/focus-group/observation guides valid & comprehensive for research question
- Thematic analysis process unbiased –used triangulation/member checking –adequately explained process
- Role/relationship of researcher/interviewer/focus group leader with participants unbiased
- Context of study sufficient/appropriate for understanding whole picture & did not influence findings
- Researcher included relevant information about participants/unique characteristics of key informants to help explain why they were credible, were selected & provided relevant input to the subject
- Themes were consistent with & reflective of data
- Study's theoretical import & implications for future work were explained

### Overall Trustworthiness of Included Articles



## Discussion

### Analysis of literature:

- Broad service gap for transition-age foster youth
- Lack of supportive factors leading to negative outcomes
- Potential impact of OT for transitioning foster youth
  - Extremely limited research

Advocates for much needed research to establish if OT would increase positive long-term outcomes for transition-age foster youth. Role of OT in foster youth transition services has scarcely been addressed in the literature, highlighting this is an emerging practice area.

### Clinical utility:

- Call to action for advocacy
- Need for OTPs to fill gap in transition services for foster youth to generate positive long-term outcomes

This scoping review **cannot fully support** the theory that OT services would benefit foster youth during their transition out of care. Not enough data to make conclusions. Studies with experimental designs, larger sample sizes, & clear outcome measures would greatly strengthen the state of research in this area.

### Strengths:

- One study<sup>9</sup> used an intervention, but case study
- Recentness of publications
- Cross-scoring of critical appraisal grids

### Limitations:

- Unclear trustworthiness of Scoping Review due to limited breadth of research
- Trustworthiness & data extraction inconsistencies
- Lack of focus on all occupations

## Future Implications

- OTPs are uniquely positioned to address gap in foster care.
  - Lack of availability of OT-focused research & employment in settings where well-equipped to succeed.
- OTPs can prevent occupational deprivation & cultivate occupational balance as well as support positive outcomes relevant to ADLs, education/work, & health maintenance.
- Need for additional research on OTPs in foster youth transition services.
  - Proof needed for state, school, & community-based programs to fund OTPs working with transition-age foster youth.

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### References/ Additional Resources:

