



A Box of Youth COD Services Tools

Free Publications and Web Resources for Youth Services

More Publications

Transition Age Youth Subcommittee Resource Guide: Services, Promising Practices & Implementation Guidelines for California's Mental Health Services by the Children's System of Care/Adult System of Care Transition Age Youth Subcommittee of the California Mental Health Directors Association, First Edition (April 29, 2005)

Note: This is currently being substantially updated with additional information on evidence-based practices.

Details many common issues a young person faces as they grow towards adulthood. The Guide offers the administrator and provider with timely and current perspectives and recommendations for achieving realistic solutions to challenges and barriers.

(Page 1, Stephen Mayberg, Director, California Department of Mental Health).

<http://cmhda.org/go/Committees/ChildrensSystemofCareCommitteeCSOC/TransitionAgeYouthTAYSubcommittee/TAYResourceGuide.aspx>

Publications

Code Blue: Health Services for Children in Foster Care by Kate Karpilow, Linda Burden, and Terri Carbaugh; published by the Institute for Research on Women and Families, Center for California Studies (1998).

Through the California Foster Children's Health Project, more than 30 leaders in child welfare and health care met over a period of six months in 1997-98 to analyze issues and develop recommendations to improve health services for children in foster care. This book summarizes the recommendations and action plan developed by the child welfare and health professionals:

<http://www.ccrwf.org/publications/index.html>

A Roadmap to Mental Health Services for Transition Age Young Women: A Research Review by Lynne

Marsenich, LCSW, a publication of the California Women's Mental Health Policy Council in affiliation with The California Institute for Mental Health (2005).

There is clear evidence that transition age young women tend to fare more poorly than their male counterparts, with more sexual assaults, single parenthood, and homelessness, under employment and unemployment, and suicide attempts. Programs should focus on the risk factors most likely to impact girls and build on the protective factors most likely to promote resiliency.

http://www.cimh.org/downloads/TAY_Final_Report_4-21-05.pdf



Web Resources (including tools and publications)

The California Evidence-Based Clearinghouse for Child Welfare (CEBC)

Provides child welfare professionals with easy access to vital information about selected child welfare related programs. Each program is reviewed and rated utilizing the CEBC Scientific Rating scale to determine the level of research evidence for the program. The programs are also rated on a Relevance to Child Welfare Rating Scale.

Resources include a "Selection Guide for EBPs in Child Welfare":

<http://www.cachildwelfareclearinghouse.org/>

Articles on Women and the Criminal Justice System by Dr. Stephanie Covington

These address some of the most critical issues in women's and girls' lives – substance abuse, trauma, and relationships. These assorted free, downloadable journal articles and reports discuss issues in the field of women's treatment, especially women and trauma, criminal justice, and a gender-responsive approach.

<http://www.stephaniecovington.com/articles.asp>

A Box of COD Youth Services Tools (continued)

More Free Web Site-Based Resources (including tools and some publications)

California Student Aid Commission: California Chafee Grant for Foster Youth

Free money for foster youth for college or career training: "If you are or were in foster care and have financial need, you may qualify for up to \$5,000 a year for career and technical training or college."

<https://www.chafee.csac.ca.gov/default.aspx>

California Youth Connection (CYC)

Guided, focused and driven by current and former foster youth with the assistance of other committed community members. CYC promotes the participation of foster youth in [policy development](#) and [legislative change](#) to improve the foster care system, and strives to improve social work practice and child welfare policy.

<http://www.cal youthconn.org/site/cyc/>

The National Child Traumatic Stress Network (NCTSN)

Child traumatic stress occurs when children and adolescents are exposed to traumatic events or traumatic situations, and when this exposure overwhelms their ability to cope with what they experienced....While some children "bounce back" after adversity, traumatic experiences can result in a significant disruption of child or adolescent development and have profound long-term consequences.

The site addresses both chronic and acute traumatic stress and provides information and tools for professionals and the public:

http://www.nctsn.org/nccts/nav.do?pid=hom_main

Also note, **products developed by the NCTSN** are at http://www.nctsn.org/nccts/nav.do?pid=ctr_rschn_prod#q5

These products include such free, downloadable tools as "A Guide to Private Funding to Support Child Traumatic Stress and Other Trauma-Focused Initiatives":

http://www.nctsn.org/nctsn_assets/pdfs/Private_Funding_Guide_Final.pdf)

Center for Substance Abuse Treatment (CSAT) Adolescent Substance Abuse Treatment

Provides resources and information for addressing treatment gaps for adolescents in need, reducing the health and social costs to the public that result from substance abuse:

<http://www.mayatech.com/adolescent/index.cfm>



This site also features upcoming webinars as well as an archive of downloadable teleconference materials on topics such as *On the Web: Internet Outreach for Adolescents*: "Listen to an audio recording of previous conference calls or view PDF copies of the presentation and additional resources."

http://www.mayatech.com/adolescent/grantees_only/conf_calls.cfm

A Home Within – "A positive connection to a caring adult is vital to the healthy development of every child."

A Home Within (AHW) seeks to heal the chronic loss experienced by foster children by providing lasting and caring relationships to current and former foster youth.

AHW connects foster youth with volunteer therapists

through local chapters in communities across the country. AHW improves the lives of foster

"We know from the change literature that it takes 15 or more years for new practices to be incorporated into everyday settings. Although we are getting smarter about how to support adoption of evidence-based practices, the message here is to stay with it."

Sederer, Lloyd I., M.D., "Mental Health Policy and Services Five Years After the President's Commission Report: An Interview With Michael F. Hogan," *Psychiatric Services*, November 2008, Vol. 59. No. 11. Page 1243: (<http://ps.psychiatryonline.org/cgi/content/full/59/11/1242>)

youth through direct services, professional training, public awareness, and advocacy:

<http://www.ahomewithin.org/>