

YOUTH TRANSITIONING OUT OF CARE IN BC

McCreary Centre Society's Youth Research Academy is surveying BC youth before they transition out of government care (including from a Youth Agreement or a Delegated Agency), and at six-month intervals until their 24th birthday. The aim of the study is to better support young people as they transition out of care.

For more details or to join the study please visit: mcs.bc.ca/youth_transitioning_out_of_care_study.
To view the March 2022 report, visit mcs.bc.ca/pdf/youth_transitioning_out_of_care_2022_update.pdf.

This poster shares some findings from ...

222

surveys collected to date from

150

youth with government care experience, ranging in age from 18–21.

Youth participants represent the diversity of youth in BC. For example:

37%

were a sexual minority

6%

were non-binary

38%

were Indigenous

11%

were newcomers to Canada

Most youth approaching their 19th birthday felt prepared to live independently. However, among those who had transitioned out of care, less than a third (29%) felt they had actually been quite or very prepared.



Youth who had recently transitioned out of care reported experiencing barriers to their healthy development, including:

FINANCIAL PROBLEMS

52%

were currently in debt, including credit card debt (42%), owing money to others (31%), unpaid bills (31%), and student loans (19%).



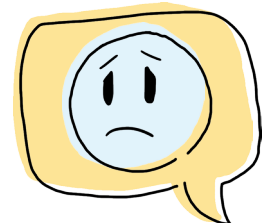
MENTAL HEALTH CHALLENGES

64%

often or always felt stressed and

48%

often or always felt anxious.



DIFFICULTY ACCESSING HOUSING

86%

had struggled to find housing in the past 6 months.



BARRIERS TO ACCESSING HEALTH CARE

66%

missed out on needed mental health care.



Despite these challenges, most youth who had recently transitioned out of care:

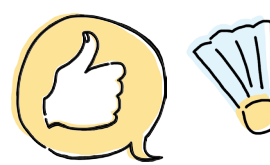
- Could name something they were good at (80%).



- Had an adult in their life who cared about them (86%).



- Reported good or excellent physical health (66%).



- Were currently enrolled in school (74%).



Youth transitioning out of care reported better well-being and stability in their life when they:

- Had their basic needs met.
- Had access to helpful professionals.
- Had supportive friends and adults.
- Felt connected to their community.



Suggestions from survey participants on how to better support youth transitioning out of care:

- Ensure all youth have an individualized transition plan.
- Ensure youth have access to a range of mental health and community supports after they turn 19.
- Provide youth with sufficient financial resources to live independently.
- Provide a platform for youth with care experience to connect with and support one another.



YOUTH RESEARCH ACADEMY

