

# Creating Connections

Creating Mental Health Connections for Children and Youth in Foster Care



## Purpose



Improve the social and emotional wellbeing, safety, and permanency of children and youth in out-of-home care by helping them get their mental health needs identified and met.

Implement effective strategies to connect children/youth/families with the most appropriate and highest quality research-based mental health services (i.e., evidence-based practices; EBPs).

Improve the consistency of communication and information-sharing between social workers, mental health providers, and the systems they work in so that children and youth in out-of-home care with emotional or behavioral health concerns are identified, referred, and engaged in the best available services to help them function at their greatest.



## Collaborative Partners



Children's Administration | University of Washington  
Division of Behavioral Health and Recovery | Health Care Authority  
Youth Alumni Partners | Harborview Center for Sexual Assault and Traumatic Stress  
Veteran/Foster Parents of the Child Welfare System | Department of Health | Children's Bureau

### Case Planning

Create a common language between child welfare, mental health, and families to enhance engagement in effective services

### Referral for Mental Health Treatment

Increase confidence in identifying mental health behavior problems for child welfare involved children, youth and parents

### Screening

Embed tools that screen for trauma into existing screening processes

## Strategies

### Progress Monitoring

Screen children and youth for mental health needs at regular intervals after entering out-of-home care and track their progress

### Service Array Reconfiguration

Increase use of data to support system level planning that aligns EBP capacity building with the mental health needs of children and youth in care

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