

Learning Activity: Youth and Foster Care as a Social Determinant of Health

Description of Activity:	Students will listen to a podcast episode featuring an interview with Dr. Sharrica Miller, a pediatric nurse practitioner, advocate, and foster care survivor. Dr. Miller shares parts of her own experience as a youth in foster care, discusses the structure of the child welfare system in the United States, explores the system's shortcomings and the structural violence it perpetuates, and empowers nurses to use their advocacy skills to reach far beyond the bedside. Prompts can be used as an initial forum post or in-class discussion.					
Keywords:	Advocacy, child welfare, foster care, pediatric, population health, social determinants of health					
Type of activity	<input checked="" type="checkbox"/> Didactic <input type="checkbox"/> Simulation <input type="checkbox"/> Clinical	Recommendation on when introduced in curriculum?	<input checked="" type="checkbox"/> Early <input checked="" type="checkbox"/> Mid <input type="checkbox"/> End	Suggested Course:	<input type="checkbox"/> Health Promotion /Assessment/ Fundamentals <input type="checkbox"/> Acute care <input type="checkbox"/> Chronic care <input type="checkbox"/> Pharmacology	<input checked="" type="checkbox"/> Population/ Community health <input checked="" type="checkbox"/> Leadership <input type="checkbox"/> Other:
Competency addressed:	<input type="checkbox"/> 1. Provide respectful, compassionate, person-centered care for people experiencing homelessness (PEH) <input checked="" type="checkbox"/> 2. Evaluate clients for social determinants of health needs, including housing status and related aspects of safety, access to food, social support and other relevant domains <input type="checkbox"/> 3. Collaborate with client and appropriate Interprofessional community members to optimize health in PEH <input checked="" type="checkbox"/> 4. Advocate for improved health for PEH					
Learning goals:	<ul style="list-style-type: none"> Identify service gaps and barriers to care for foster youth at risk for homelessness (Fink – application) Examine the impact of the child welfare system on foster youth at risk for homelessness (Fink – integration and human dimension) Advocate for the unique needs of youth in foster care (Fink – human dimension) Identify the interaction between structural violence and the risk of homelessness for youth in foster care (Fink – integration) 					

<p>Learning Activity:</p>	<p>Relevant facts about youth in foster care and their future health outcomes:</p> <ul style="list-style-type: none"> • An estimated 20% of youth in foster care become homeless instantly upon emancipation at age 18 (National Foster Youth Institute, n.d.) • About 50% of people experiencing homelessness in the United States have spent time in foster care (National Youth Foster Institute, n.d.) • Young adults transitioning out of foster care are twice as likely as war veterans to develop chronic health conditions, substance use disorder, and mental illness – especially PTSD (Annie E. Casey Foundation, 2017) <p>Listen</p> <ul style="list-style-type: none"> • See You Now [podcast] by Johnson & Johnson and the American Nurses Association (2024) <ul style="list-style-type: none"> ○ Episode #105: Fostering Kids Fostering Families (60 mins) ○ Available on Apple Podcasts, Spotify, and online at https://www.nursingworld.org/content-hub/resources/workplace/episode-105-fostering-kids-fostering-families/ <p>*Accessibility note: episode transcript not currently available but has been requested from ANA</p> <p>Initial forum post and/or discussion prompts.</p> <ol style="list-style-type: none"> 1. Select a child welfare policy or procedure, as discussed in the episode, and explore the ways in which it may contribute to an increased risk of experiencing mental illness, substance use disorder and/or homelessness. Describe 2 ways nurses can advocate for foster youth with as they are impacted by this policy or procedure, either on an individual or systemic level. 2. Refer to Maslow's hierarchy of needs* and describe 3 commonly unmet needs among youth in foster care, noting their positions within the hierarchy. Recalling that needs lower on the hierarchy must be met before individuals can attend to higher level needs, reflect on ways these unmet needs may impact health outcomes for this population. Consider the strengths of this population and describe 2 ways nurses can empower foster youth in navigating the child welfare system. <p>*For a quick reference with diagram of Maslow's Hierarchy of Needs, review this article by McLeod (2025): https://www.simplypsychology.org/maslow.html; Maslow's original work, published in 1943, is owned by the American Psychological association and can be found at: https://psycnet.apa.org/doi/10.1037/h0054346</p> <p>Forum response posts Respond to 2 of your peers and advance the discussion using evidence. Respond to at least 1 peer who answered the prompt you did NOT choose for your initial post.</p>
<p>Time Required:</p>	<p>60 minutes podcast; 30-60 mins initial forum post; 30 mins forum responses and/or discussion</p>

Preparation of the student:	<p>Listen to the following See You Now audio podcast episode produced by Johnson & Johnson and the American Nurses Association:</p> <p><i>See You Now</i>. Episode #105: Fostering Kids Fostering Families (60 mins)</p> <p>Available on Apple Podcasts, Spotify, and at https://www.nursingworld.org/content-hub/resources/workplace/episode-105-fostering-kids-fostering-families/</p> <p>*Accessibility note: episode transcript not currently available but has been requested from ANA</p>
Resources:	<p>Annie E. Casey Foundation. (2017). <i>The Road to Adulthood: Aligning Child Welfare Practice with Adolescent Brain Development</i>. Jim Casey Youth Opportunities Initiative. https://www.aecf.org/resources/the-road-to-adulthood</p> <p>Butler, S. (Host). (2024, May 1). Fostering kids fostering families (No. 105) [Audio podcast episode]. In <i>See You Now</i>. Johnson & Johnson and the American Nurses Association. https://www.nursingworld.org/content-hub/resources/workplace/episode-105-fostering-kids-fostering-families/</p> <p>Maslow, A. H. (1943). A theory of human motivation. <i>Psychological Review</i>, 50(4), 370-396. https://doi.org/10.1037/h0054346</p> <p>McLeod, S. (2025). Maslow's hierarchy of needs. https://www.simplypsychology.org/maslow.html</p> <p>National Foster Youth Institute. (n.d.). <i>Housing & Homelessness</i>. https://nfyi.org/issues/homelessness-2/</p>
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