

Supporting Young People's Transition from Government Care

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The overall goal for this project was to use a grass-roots and participatory process to identify and implement ways of improving young people's preparation for and experiences of leaving government care to live on their own. The project was designed to achieve this goal in two stages. In Stage 1, youth participants recounted their stories of leaving care and identified their support needs; interviews were also conducted with caregivers, government and community-based service providers. In Stage 2, we developed, pilot tested and evaluated a peer mentoring and life skills workshop series that was co-facilitated by two young adults from care who were members of the project team. This activity had been identified through our Stage 1 research as a strategy that could be implemented through the project in order to promote healthier transitions from care.