**Task 3: Annotated Bibliography**

Deannah Myers

Human Services, Old Dominion University

HMSV 440W: Program Development, Implementation and Funding

Dr. Sharon Silverberg

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Bossett, S. J. (2016). Foster Care Independent Living Program and adolescent success. *CSUSB*

*ScholarWorks*. <https://scholarworks.lib.csusb.edu/etd/363/>

In the journal article, *Foster Care Independent Living Program and adolescent success*, Sherisse Jurvon Bosset researches the topic of independent living programs within the state of California concerning the foster care system.

She wanted to know what the experiences were of youths who participated in the programs, as well as how they faired independently once they grew out of foster care. The independence being evaluated included the youth’s housing situation, education status, financial status, and the presence of emotional or social support; the youths who were questioned ranged in gender and age, but participants who qualified for the project started from age 18 and up. This study was conducted using a survey, which concluded that those who used the independent living program’s services that was provided by their county were more likely to succeed in acquiring their own housing, obtaining education or a source of income, and a social support system. However, a majority of those who were surveyed were not living alone, so Bosset believes more research should be done on why these youths are still depending on others for help with payment for housing.

This research journal shows me how useful independent living programs can be for at-risk youths, which is a service that Intercept Health offers this population. I would use this information to see if Intercept Health focuses on these criteria as a way to assess the efficacy of their program’s long-term goals for clients.

Dryfoos, J. G. (1990). Youth at risk: Prevention cannot wait. *Health Affairs*, *9*(2), 227–230.

<https://doi.org/10.1377/hlthaff.9.2.227>

In the article, *Youth at Risk: Prevention Cannot Wait*, Joy G. Dryfoos gives a rundown of how we as a society define at-risk youths: adolescence who partake in risky behavior like drug use, children who come from dysfunctional households, or those who live in dangerous environments. Other contributing factors could include activity or characteristics that decrease life expectancy or gets in the way of being a functional member of society. The focus is on reducing high-risk behavior and options for preventative measures; this information was gathered using other resources that studied young people at risk. They found that the family unit, availability of education, and the accessibility within the job market all impact disadvantaged youth heavily; in addition, they looked into federal interventions like welfare and youth employment programs that addressed these gaps, but evidence shows that this problem has only grown. It is recommended that more research be done on prevention programs because not enough is known how to stop teenage pregnancies, drunk driving, or dropping out of school.

I believe this article could help me understand what defines an at-risk youth and what struggles they face in our society. For my evaluation, I plan on evaluating Intercept Health’s programs for at-risk youth clients, so it would be good to be more well-versed in this population.

Doucet, M. M., Greeson, J. K., & Eldeeb, N. (2022). Independent living programs and services

for youth'aging out'of care in Canada and the US: A systematic review. *Children and Youth Services Review*, 106630.

In comparison to Bosset’s research journal, Melanie M. Doucet and Co.’s journal also goes into how adolescents who have aged out of the foster care system are affected by programs that aid in independent living; although, where Bosset limited her range to the state of California, Doucet and Co. widen their studies to the entirety of the United States and Canada. The reasoning behind the journal’s focus is due to evidence that children who leave the foster care system are more at-risk for difficulties with homelessness, poverty, unemployment, early pregnancy, substance abuse and mental health issues. Their information was gathered from 50 other peer reviewed studies and data collected from foster care agencies. Unfortunately, they found that independent living programs were not achieving their intended outcomes; the wellbeing of youths who leave foster care were not impacted positively. Moreover, this specific group was severely lacking in social supports. Researchers believe this is due to the programs not incorporating the opinions of those in their care: children who are entering adulthood suggest that they need emotional support and mentoring for this transition, which does not tend to be the program’s concern. More research is recommended to find evidence-based practices that will attend to this issue.

This article helped me see where other programs that help at-risk youths are failing. I would most likely apply this information to Intercept Health’s ability to take their clients’ perspectives into account, as well as check if their programs provide emotional support and mentoring.

Frankford E. R. (2007). Changing Service Systems for High-Risk Youth Using State-Level

Strategies. *American journal of public health*, 97(4), 594–599. <https://doi.org/10.2105/AJPH.2006.096347>

In this next journal, Evelyn R. Frankford researches different ways government funded or voluntary youth services should meet the challenges associated with at-risk youths and their social environments. Findings were gathered using other researched materials on the topic; the conclusion was that funds were being given to ineffectual youth programs that only focused interventions on certain problems or behaviors. It is suggested that programs need to have universal, selective, and indicated preventative interventions; in other words, problems of the general public, issues of individuals, and highly specific symptoms of a bigger problem should be focused on. New strategies would include more widespread accessibility of prevention interventions, like in schools or health care settings. More needs to be done in making sure federal and state funding is being allocated to effective programs.

After reading through this article, it helped show me how important evaluations are, because it helps to reveal programs that might need more funding rather than others or vice versa. I would use this information to check what type of preventative intervention Intercept Health provides. I also want to see how integrated they are in other facilities like schools or health care settings to help spread awareness and education about at-risk youth problems, or how they are making their services known to their client population.

Heppen, J. B., Zeiser, K., Holtzman, D. J., O'Cummings, M., Christenson, S., & Pohl, A. (2018).

Efficacy of the Check & Connect mentoring program for at-risk general education high school students. *Journal of Research on Educational Effectiveness*, *11*(1), 56-82.

Hikman, G., & Anderson, S. (2019). The Perceived Impact of Educational Management

Organization Mentors among Former High School Dropouts Who Subsequently Graduated High School. *ERIC*. <https://files.eric.ed.gov/fulltext/EJ1218305.pdf>

Jeste, D. V., Glorioso, D., Lee, E. E., Daly, R., Graham, S., Liu, J., Paredes, A. M., Nebeker, C.,

Tu, X. M., Twamley, E. W., Van Patten, R., Yamada, Y., Depp, C., & Kim, H. C. (2019). Study of Independent Living Residents of a Continuing Care Senior Housing Community: Sociodemographic and Clinical Associations of Cognitive, Physical, and Mental Health. *The American journal of geriatric psychiatry: official journal of the American Association for Geriatric Psychiatry*, *27*(9), 895–907. <https://doi.org/10.1016/j.jagp.2019.04.002>

The purpose of this research was to see what correlations could be found between sociodemographic and clinical factors with the wellbeing of independent living. A cross-sectional study was used to gather data. Though this was not done on youths, it still concerns independent living and the impact program help can have. They studied if clinical help affected resilience, loneliness, and social support; the results concluded that there was a positive correlation. Supportive housing seems to help in independent living. It is suggested that more research be done in finding other ways to promote this type of help to increase overall well-being.

I think this journal helps in showing me how independent living programs can help populations of different ages. Intercept Health offers their housing programs to more than just at-risk youth, so it could be worth noting how well they cater to other groups.

Raposa, E. B., Rhodes, J., Stams, G. J. J., Card, N., Burton, S., Schwartz, S., ... & Hussain, S.

(2019). The effects of youth mentoring programs: A meta-analysis of outcome studies. *Journal of youth and adolescence*, *48*, 423-443.

Within this article, the topic of how mentoring programs improve the lives of youths is researched, because it is seen that having caring, non-parental mentors can aid in positive youth development; Elizabeth B. Raposa and Co. wanted to assess just how effective these programs are. They used a comprehensive meta-analysis to create their findings. They concluded that mentorship had a significant effect on youths; programs that served larger male youth groups, employed more male mentors, and required shorter meetings had the best outcomes. They believe more research needs to be done to highlight how effective mentoring programs are in improving quality of life in youths.

I think this information has helped me see how important mentoring is for youths in need. I will apply this to my evaluation of Intercept Health to see what kind of mentoring is available at their agency, as it is proven to be very useful.

Schofield, G. (2021, October 5). NOTICE OF INTENT TO AWARD RFP #002-0-2022GS

Therapeutic Day Treatment Services. *NNPS procurement services.* <https://sbo.nn.k12.va.us/purchasing/>

This was an article that talked about how well Intercept Health has done in providing its services. It has helped show me past evidence of Intercept Health’s effectiveness, which I will use to compare notes during my evaluation.

U.S. Department of Justice. (2020, September 10). At-risk youth in schools: A wraparound

delinquency prevention program produces disappointing results. *National Institute of Justice*. <https://nij.ojp.gov/topics/articles/risk-youth-schools-wraparound-delinquency-prevention-program-produces-disappointing>

This article talks about at-risk youths and what programs are available in helping to prevent delinquent behavior; specifically, accountability, rehabilitation, and tailored services for at-risk youths were all looked into. This source gathered information from the evaluations of programs that cater to youths and helping create positive behaviors. It was found that a lot of programs fell short in providing a wide-scale impact in preventing these behaviors. It is suggested that more research is done on intervention methods to help keep children out of trouble past the time of care given.

This article showed me that a majority of services geared towards helping at-youths are failing in being well designed or sufficiently supported. I will have to look into Intercept Health’s ability to combat these issues.