

Possible selves as contributors to the resilience of young people leaving care: The role of the child and youth care community

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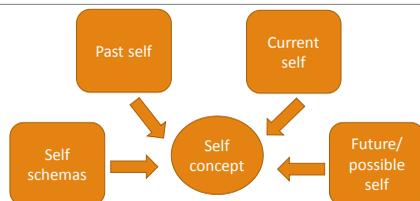


Introduction

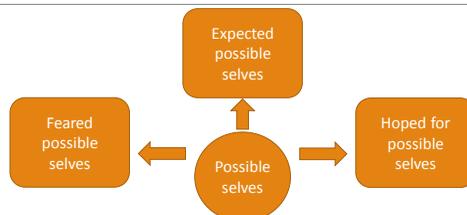


- ❖ Overview of possible selves theory
- ❖ Methodology
- ❖ Resilience and possible selves
- ❖ Possible selves as contributors to resilience
- ❖ Social workers (SWs) and Child and Youth Care Workers (CYCWs) understanding of resilience
- ❖ Role of Child and Youth Care community in promoting resilience/possible selves
- ❖ Conclusion
- ❖ References

Self concept



Possible selves



Methodology



- ❖ Qualitative approach using phenomenological design
- ❖ Four Child and Youth Care Centers (CYCCs) in the Eastern Cape
- ❖ Three populations: Young People in Care (YPIC), Social Workers (SWs) and Child and Youth Care workers (CYCWs)
- ❖ YPIC: minimum of two years in the CYCC and ageing out of the statutory system
- ❖ SWs & CYCWs: minimum five years in field of CYC and two years at current CYCC

Data collection and analysis



- ❖ **Data collection**
- ❖ YPIC
- ❖ Two interviews: one life map and one possible me tree
- ❖ SWs and CYCWs = one focus group each
- ❖ **Data analysis**
- ❖ Thematic analysis (Braun & Clarke, 2006)

Resilience and possible selves:
Denise



Extramural activities

Possible self as competent

“With the youth group thing, I never thought, listen here I will become the chairperson”
“Running the whole group every Saturday”
“Thinking of stuff we need and bringing up new ideas”
“I had to get sponsors for whichever event we had”

Resilience and possible selves:
Andrew



Turning point people

“There was this pilot guy that really inspired me when I was about 11 or 12”
“Also, there was this group who came here [CYCC] with helicopters”

Hoped for possible self as an air technician

Resilience and possible selves:
Jade



Role models

“he is a nice coach”

Hoped for possible self as soccer coach in his community

“I wanna see the children who always get into trouble. I want to help them and see what they can do with their talent”

Future focus and resilience



Positive future orientation as a contributor to resilience and positive outcomes for CLs

“very bright, because I am already doing things that are going to make me better”
“my future might be good, actually”

Content of future focus seldom explored

Content of YPs possible selves & resilience: Denise



Hoped for possible self
Teacher, strong & independent young lady

Feared possible self
Unemployed and losing her children

“I wouldn't like my kids to be ending up in a children's home”...“I think that will help me like be focused, and you know, try my best and finishing [her education]”

Content of YP's possible selves & resilience: Denise



Commitment to her education
Planning
Problem solving
Self-efficacy
Navigation and negotiation to resources

“I go to every extra class that I can go to. But now people want us to pay for the extra classes, so I decided I am just going to ask friends that have been there, so that they can explain the way that it was explained to them”

Content of YP's possible selves & resilience: Andrew



Hoped for possible self
Air technician

"because we lead a rough life [speaking of gangs and drugs]. There is no life there [in community]; just sitting down [being unemployed]"

Feared possible self
Unemployed and living in community of origin

Content of YP's possible selves & resilience: Andrew



Educational commitment
Positive coping strategies to resist pressure to become involved in drug/gang activity
Navigation and negotiation to resources
Self-efficacy

"I already have a vision and a mission. A vision where I see myself and a mission will be to take the steps toward my future"

"When they would compete in the gangs and stuff, I would go to the soccer team and play there"

Content of possible selves & resilience: Jade



Hoped for possible self as a father
"I will be the best father for them"... "I will give them a hug and a kiss and tell them you are my best children; I love you so much"

Feared possible self as father
"I won't beat them"... "they will have a mother and a father"

"I just hold [the anger] for myself and I said 'I can do better'"

Development of possible selves



"I don't know"
One week later
"a doctor"
Three weeks later
"I thought I might consider educate"

"there's so many things I want to do in life"
One week later
"a designer" "a business woman"
Three weeks later
"I'm going to register for business management"

SWs and CYCWs

"A resilient care leaver for me, it is a young person who is able to withstand setbacks and disappointments that they will face and bounce back"

"you can see it in their behaviour"
"you can see that some of the children just have that inner motivation in them"

"they [CLs] need to be strong inside, to be able to realize that if I don't do anything now, nothing is going to happen"

Role of CYCC community



Strengthen resilience while YP are in care



Explore content of future focus
Promote and develop possible selves

Move away from deficit frame of reference



Recognize relational possible selves

Conclusion



Resilience factors can contribute to the development of possible selves

Possible selves can enhance resilience

Social workers and child and youth care workers in this study showed one dimensional and dated understanding of resilience

The child and youth care community has a role to play in developing resilience and possible selves which may help to improve service provision (targeted interventions implemented early in the placement) and improve outcomes for care leavers

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Life map and possible me tree: Denise



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