Mental Health Outcomes from the Perspective of an Alumni of Care

The SAMHSA State/Tribal/Adolescents at Risk Suicide Prevention Grantee Technical Assistance Meeting

Delilah Bruskas, RN, MN
December 14, 2006

Social Setting of Foster Care

 Entered at 5 years old

“Aged Out” at 18 years old

Neglect

How it affected my mental health

Prior to Foster Care

Unaware of Problems
Sense of Security
Basket full of burritos
First Painful and Traumatic Experience

Not seeing my mother
Siblings
Many schools attended

Life in Care

Yearned for my mother
...my heart leaped!
Did not experience freedom of....
Ten years later...
Missed hugs and kisses...

Mental and Developmental Health

Struggled...
Risk Factors
Competence & belonging
Too many youth...
Adverse Childhood Experience Dr. Robert Anda