

**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

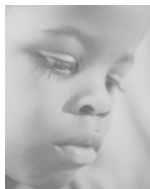


First Painful and Traumatic Experience

Not seeing my mother

Siblings

Many schools attended



Life in Care

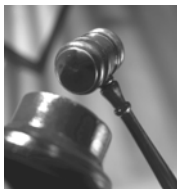
Yearned for my mother

...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