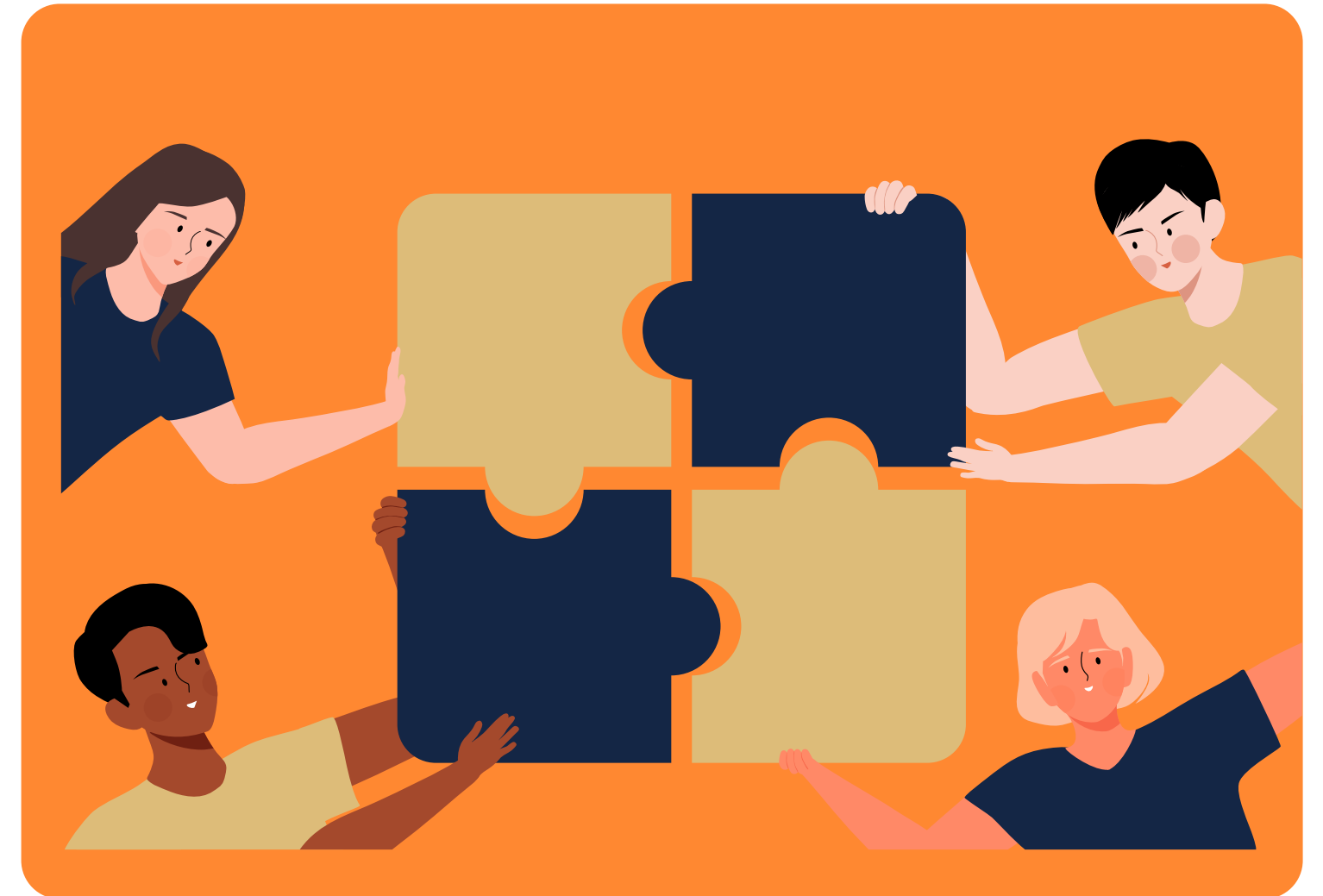


Dialogue Forum

From Independence to Interdependence

Mary-anne Hodd



The Discussion

- **Transitions pathway**
- **The challenges young people face**
- **Concepts of independence and interdependence**
- **What the research says**
- **Implications**



The Transitions Journey

Ages 16+

Preparing for adulthood

Pathway Planning

A focus on "leaving" care.

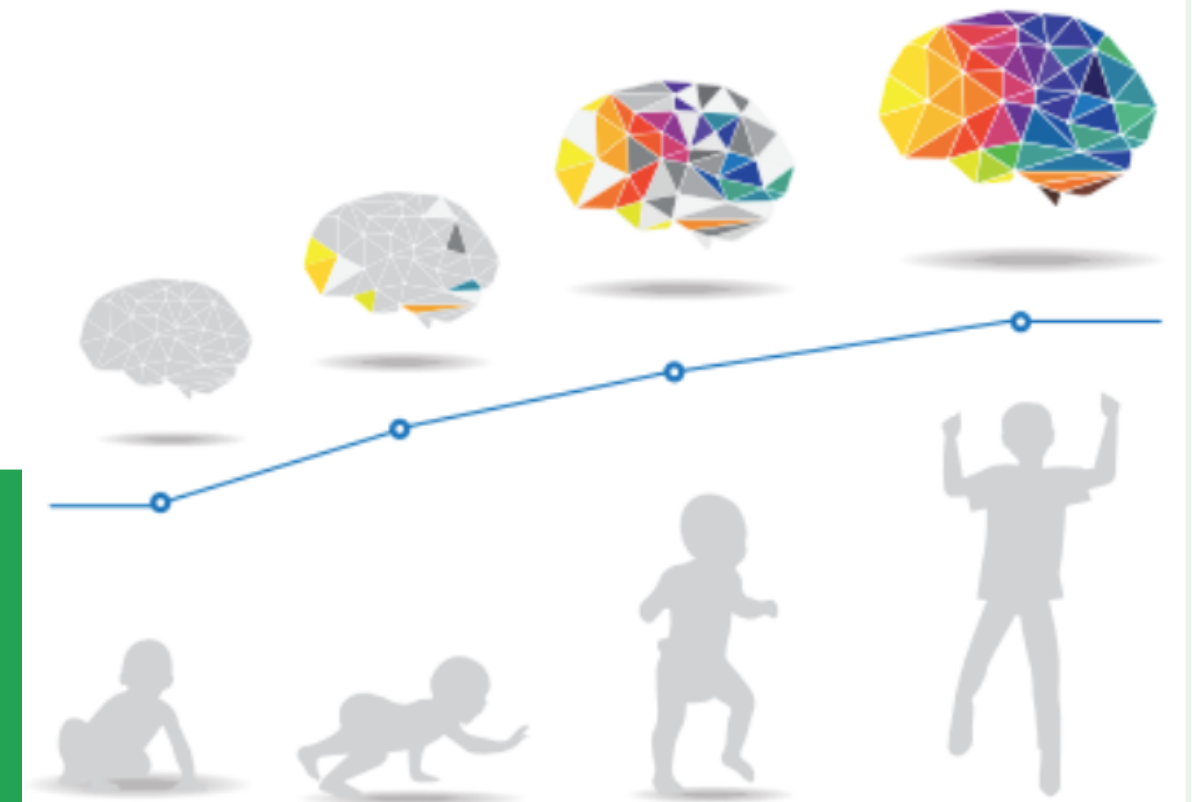
Challenges



Being a teenager!

- Brain development
- Autonomy and sense of self
- Social norms and expectations

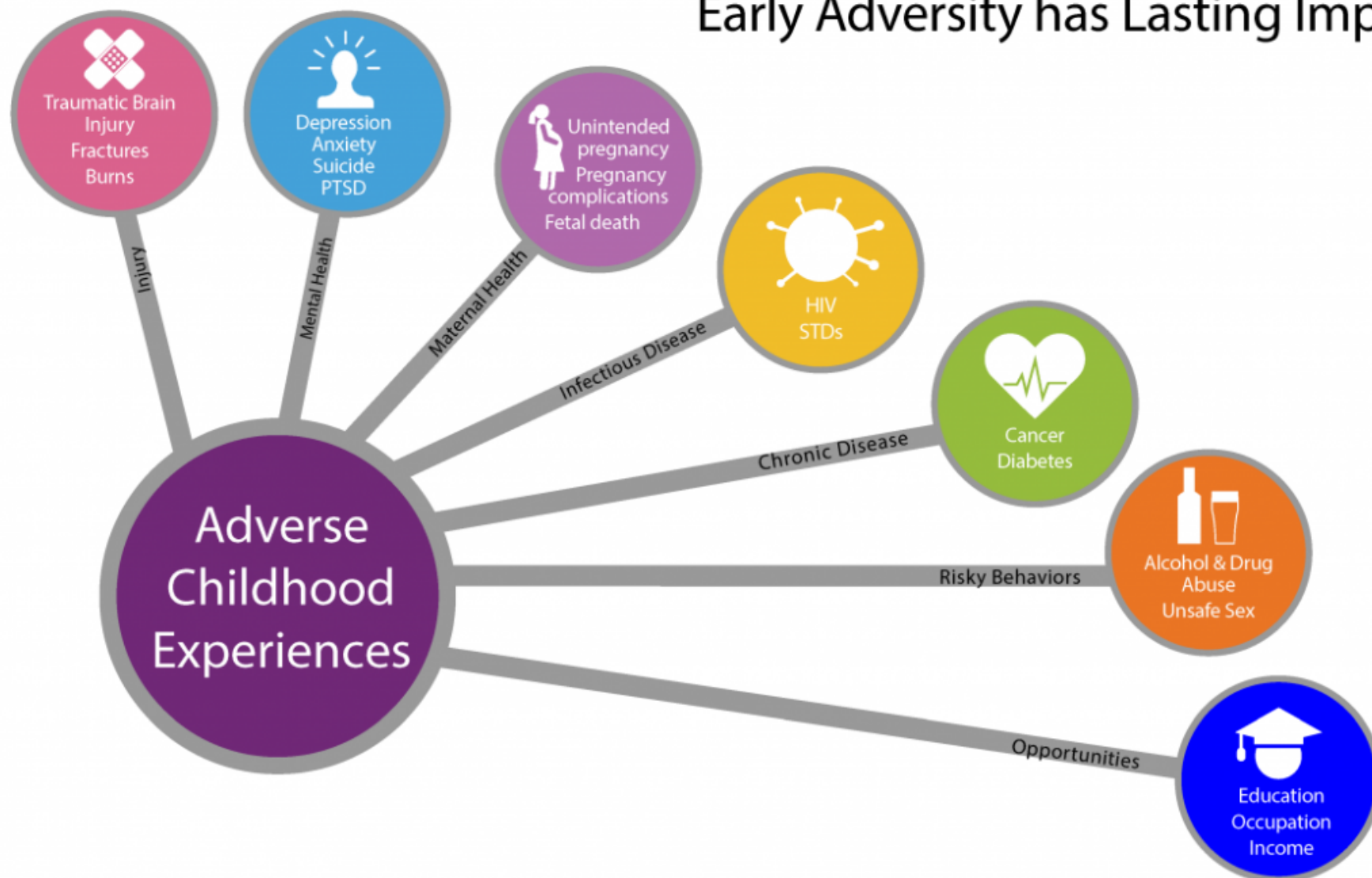
This is before we consider early childhood adversity and trauma.



Trauma and Adversity



Early Adversity has Lasting Impacts



A brief dive into the impact of early childhood adversity.

- ACES Study
- Impact on brain development
- Potential adverse effects and how they may present themselves in young people.

It's a luxury to process and retain new info: survival mode.

Pathway Planning

- The Pathway Planning process, leads us to focus on independence.

A focus on:

Independent living skills

The practical elements: finances;
employment/education; housing....

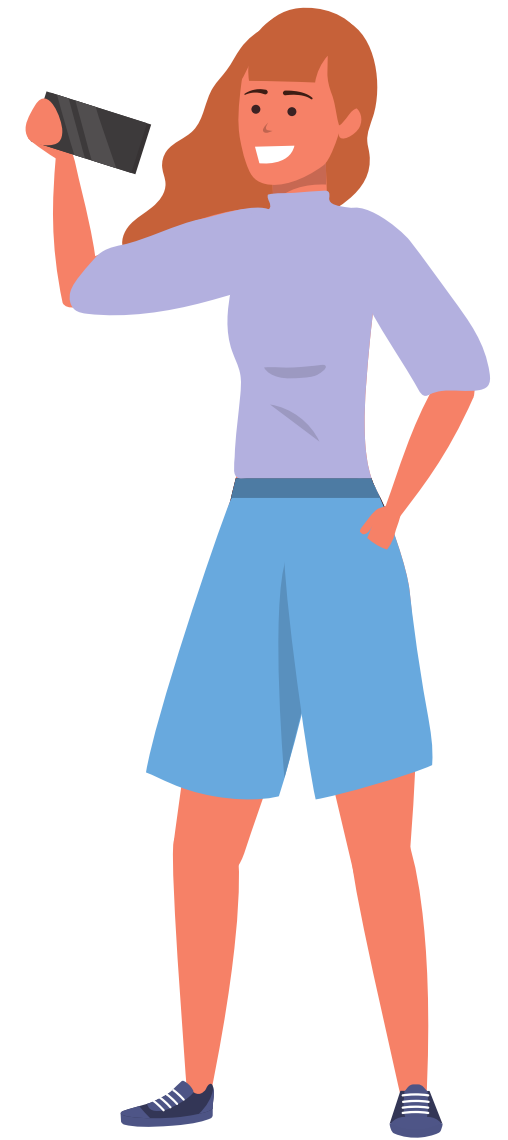


Social and emotional skill development often take a back seat.

Independence

What does this look like?

- Young people expected to be self-sufficient
- Relying on ones-self
- Links to perceptions of what a successful transition looks like

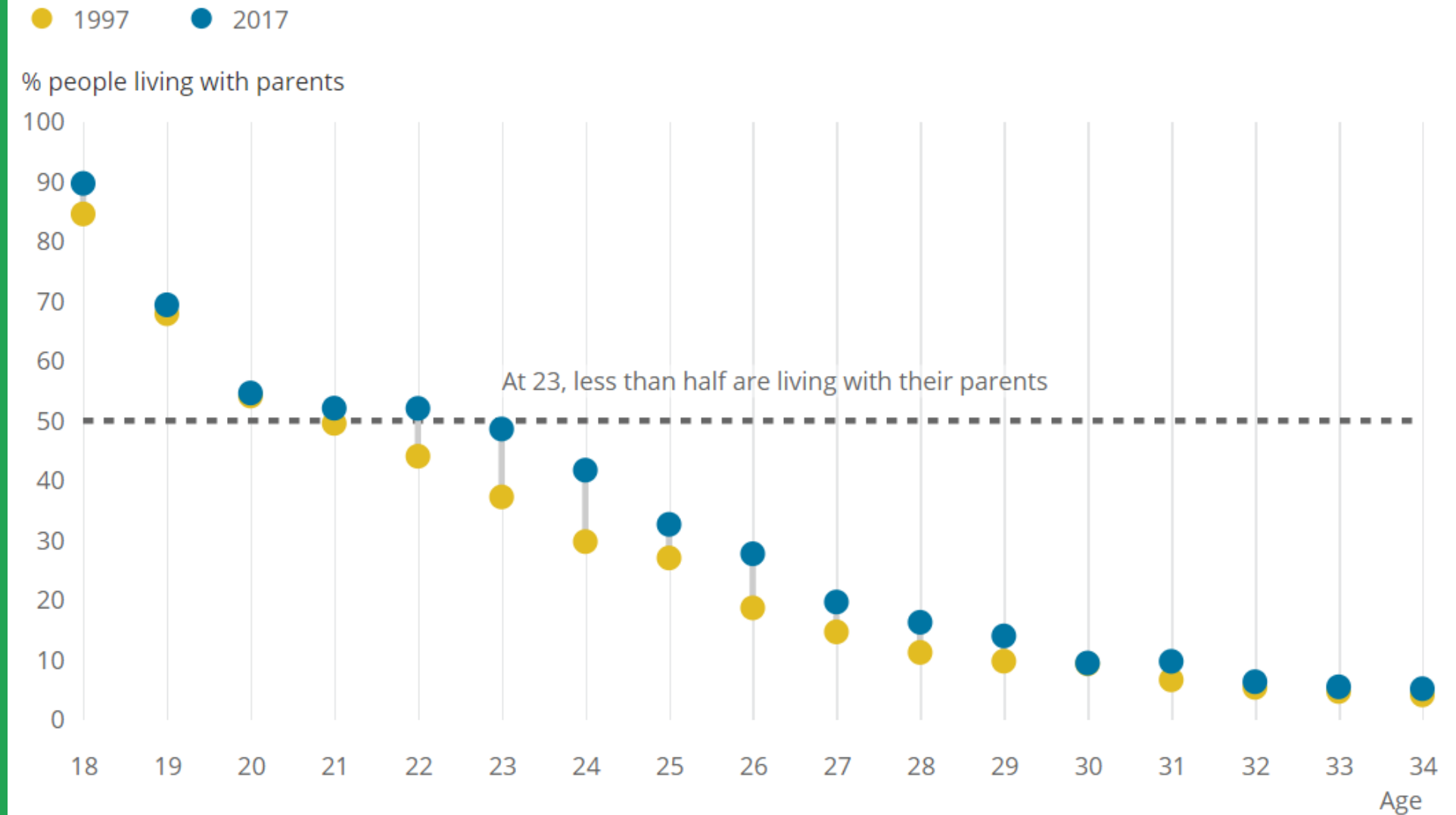


Let's Compare

With the general population:

- Boomerang Generation
- Leaving home at a later age
- Dropping off washing- ongoing 'small' gestures of support
- Room to fall or falter

Percentage of people living with parents by age, UK, 1997 and 2017



Source: Office for National Statistics – Young adults living with their parents

Let's Compare

With Young People in Care....

- Instant adulthood
- No room to fall or falter
- From no control, to all control: reflected in safeguarding legislation
- Managing with the potential impact of adversity
- Preparations do not amount to feelings of being wanted or cared about unconditionally.

Which leads us to...

Research on independence

- "We don't leave care, care leaves us".
- "I remember thinking, why isn't there someone here to help me"...
- ...(Young Peoples) belief that the support they received from their care givers was based on a contractual relationship, rather than born out of a sense of personal investment- Rogers, 2011.
- According to Rauktis, Kerman, and Phillips (2013, 108) young people 'do not achieve 'instant independence', but gradually take on adult roles as they navigate through their twenties'. This need for emotional and practical support at that time in their lives re-echoes what the young people reported to Iglehart (1994).

The Question

Is Independence where it's really at?

Do we know more now than we ever have? About healthy development and good outcomes.

Is there a better way?



Interdependence

- What we know brings us to ask how we can do it better.
- How can we better support young people to develop skills that support their success in adulthood- what do these skills look like?
- Brings us to the concept of interdependence: where two or more people act in a reciprocal relationship in each others lives.

Research on Interdependence

- Transitions are experienced as an ongoing process, with personalisation, flexibility and maintained support with adults who genuinely care (Hyde, 2018).
- "The concept of interdependence more visually points to some form of action, and this action is put in play between people. The concept suggests that people may support each other in the very act of relating to each other"- Storo 2018
- "The more healthy relationships a child has, the more likely he will be to recover from trauma and thrive. Relationships are the agents of change and the most powerful therapy is human love."- Bruce Perry

Independence VS Interdependence

Standing alone

Being self-sufficient

Practical skill development

Instant adulthood



Standing together

Harmonious, reciprocal
relationships:

Social and emotional skill
development

Ongoing, unconditional networks
of support

More aligned with the general
population

Implications

Is this even possible?!

HOW?

What now?



**WHERE'S OUR
BOOMERANG?**