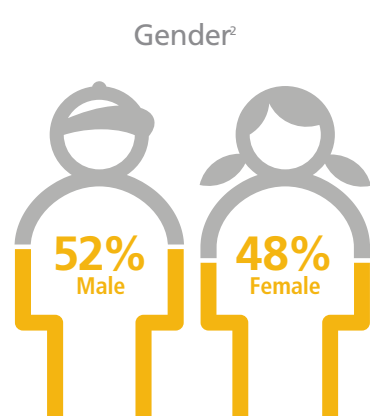
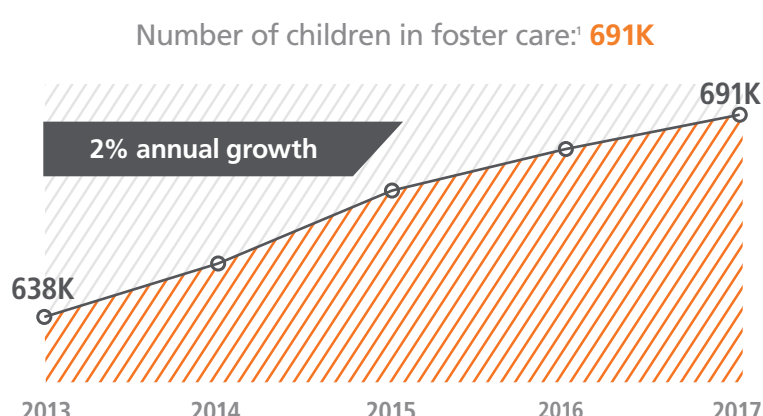


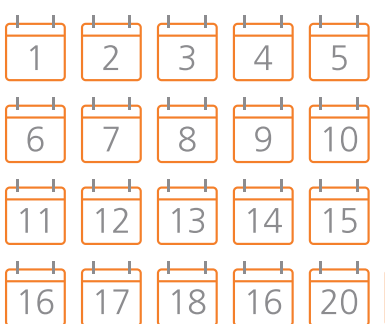
# Behavioral health issues among children in foster care

Children in foster care tend to have greater behavioral health needs than other American children. It is important that Medicaid programs that serve these children have systems and services in place to address these needs. This can help improve these children's overall health and well-being, as well as increase the chances of stable placement in a loving and supportive family.

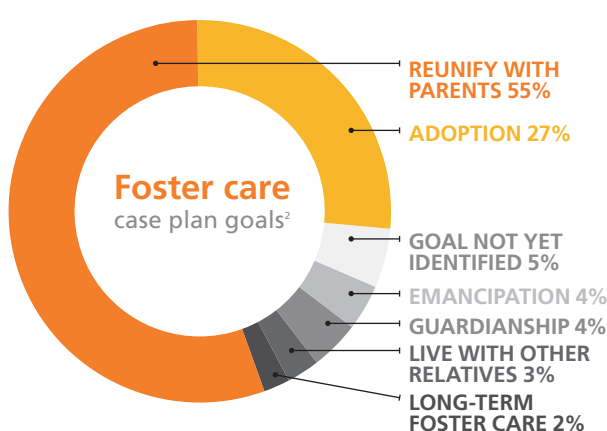
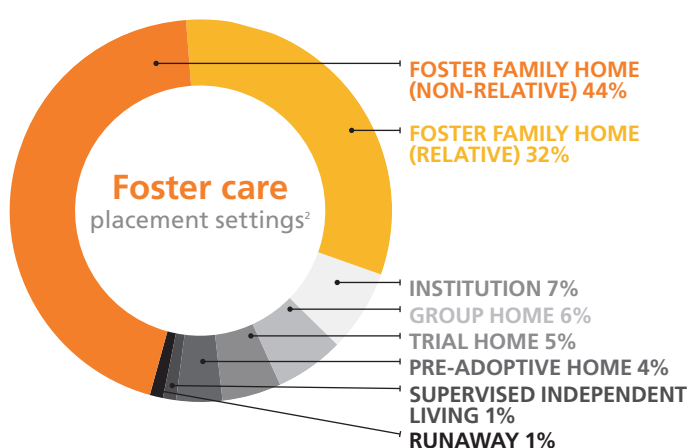
## FOSTER CARE POPULATION



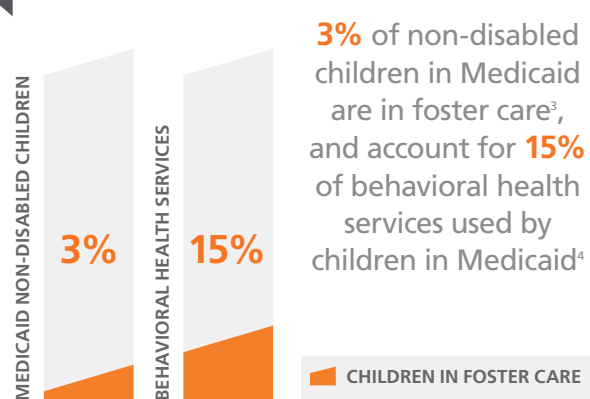
Average age of a child in foster care is **8.4 years old**<sup>2</sup>



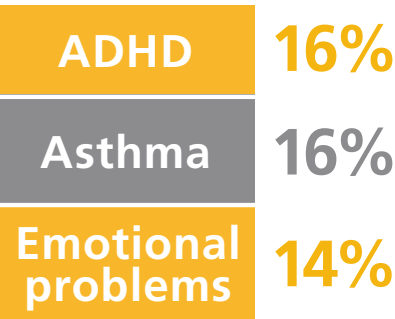
Average time a child is in foster care is **20.1 months**<sup>2</sup>



## CHILDREN IN FOSTER CARE TEND TO HAVE GREATER BEHAVIORAL HEALTH NEEDS AND SPEND



Behavioral conditions are in the **top 3** common health conditions among children in foster care<sup>3</sup>



Children in foster care, compared to other children, are:<sup>5</sup>

**2x** as likely to have learning disabilities and developmental delays

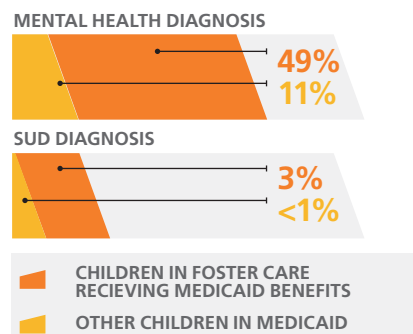
**3x** as likely to have ADD/ADHD

**5x** as likely to have anxiety

**6x** as likely to have behavioral issues

**7x** as likely to have depression

Children in foster care receiving Medicaid:<sup>3</sup>



Children in foster care are **4x** more likely to use psychotropic medications than other children in Medicaid<sup>4</sup>

In fact, these children represent **13%** of ALL Medicaid enrollees receiving psychotropic medications<sup>4</sup>

**2.6x**

higher behavioral health costs for the foster care population compared to the TANF (Temporary Assistance for Needy Families)<sup>6</sup>

Behavioral health issues later in life

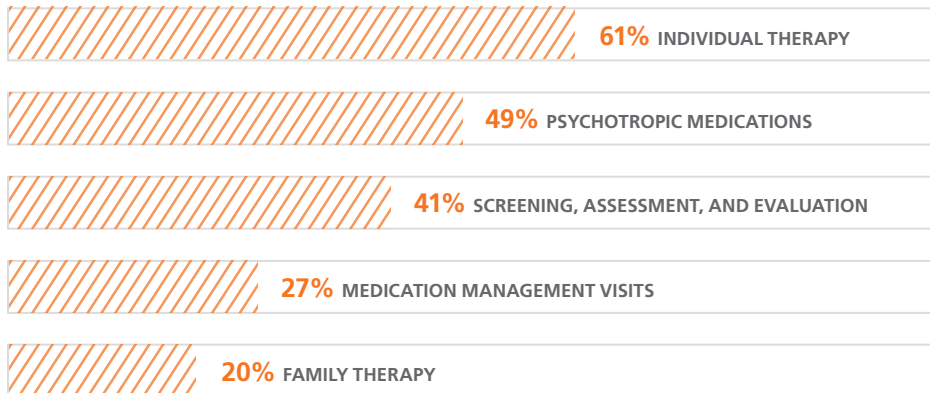
Individuals formerly in foster care, compared to the broader population, are:<sup>7</sup>

**5x** as likely to develop PTSD

**2x** as likely to have alcohol use disorder

**7x** as likely to have a substance use disorder

Most common behavioral health services used by children in foster care (2005):<sup>3</sup>



Percentage of the total number of children in foster care receiving Medicaid benefits who used behavioral health services of some type in 2005; children may have used more than one type of service



**11% to 36%** of the youth who age out of foster care become homeless during the transition to adulthood<sup>8</sup>

Children in foster care are part of a specialty population, with higher service needs and spend, thereby requiring a unique approach to clinical coordination. Optum can help you design a solution to meet the specific needs of children in foster care within your Medicaid population. Simply contact **1-800-765-6092** or email **innovate@optum.com**.

1. Based on number of individuals served by the foster care system in FY 2017. U.S. Department of Health and Human Services, Administration for Children and Families, Children's Bureau. (2018). The AFCARS report: Preliminary FY 2017 estimates as of August 10, 2018 (25). [www.acf.hhs.gov/sites/default/files/cb/afcarsreport25.pdf](http://www.acf.hhs.gov/sites/default/files/cb/afcarsreport25.pdf).  
 2. Based on a snapshot of the 443K individuals reported in foster care on September 30, 2017. U.S. Department of Health and Human Services, Administration for Children and Families, Children's Bureau. (2018). The AFCARS report: Preliminary FY 2017 estimates as of August 10, 2018 (25). <https://www.acf.hhs.gov/sites/default/files/cb/afcarsreport25.pdf>.  
 3. MACPAC Report to Congress on Medicaid and CHIP, June 2015.  
 4. Allen KD, Hendricks T. Medicaid and Children in Foster Care: State Policy Advocacy and Reform Center. Hamilton, NJ: Center for Health Care Strategies, 2013.  
 5. Turney K, Wildeman, C. Mental and Physical Health of Children in Foster Care. *Pediatrics* 138 (5), November 2016.  
 6. Center for Health Care Strategies (2014). Medicaid behavioral health care use among children in foster care. [www.chcs.org/media/Medicaid-BH-Care-Use-for-Children-in-Foster-Care\\_Fact-Sheet.pdf](http://www.chcs.org/media/Medicaid-BH-Care-Use-for-Children-in-Foster-Care_Fact-Sheet.pdf). Accessed April 15, 2019.  
 7. Assessing the Effects of Foster Care: Mental Health Outcomes from the Casey National Alumni Study. *The Foster Care Alumni Studies*, 2004.  
 8. Dworsky A, Napolitano L, Courtney M. Homelessness during the transition from foster care to adulthood. *Am J Public Health*. 2013;103(suppl 2):S318-S323.