



# Positive mental health in young people in care: Findings from a new measure

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# Outline



- Ontario Looking After Children Project
- Sample & Measures
- Results
- Conclusions & Implications
- Q & A



# Ontario Looking After Children (OnLAC) Project Sample



- Uses Second Canadian Adaptation of Assessment and Action Record (AAR-C2-2010)
- Mandated in Ontario to assess service needs and developmental outcomes of young people in care
- Participants:
  - $N = 3391$ , from OnLAC Year 10 (2010-2011)
  - 12-17 years old
  - 54.7% male, 45.3% female
  - 76.9% in foster care, including kinship care



## Measure of positive mental health: **Keyes' subjective well-being scale** (part of AAR-C2-2010)



- 14-item scale, reported by young person
- Higher score = more positive mental health
- Internal consistency ( $\alpha$ ) = .91
- Three subscales
  - Emotional well-being ( $\alpha$  = .84)
  - Social well-being ( $\alpha$  = .83)
  - Psychological well-being ( $\alpha$  = .83)
- Percentage in three mental health statuses:
  - Flourishing (37.2%)
  - Moderately mentally healthy (56.4%)
  - Languishing (6.4%)



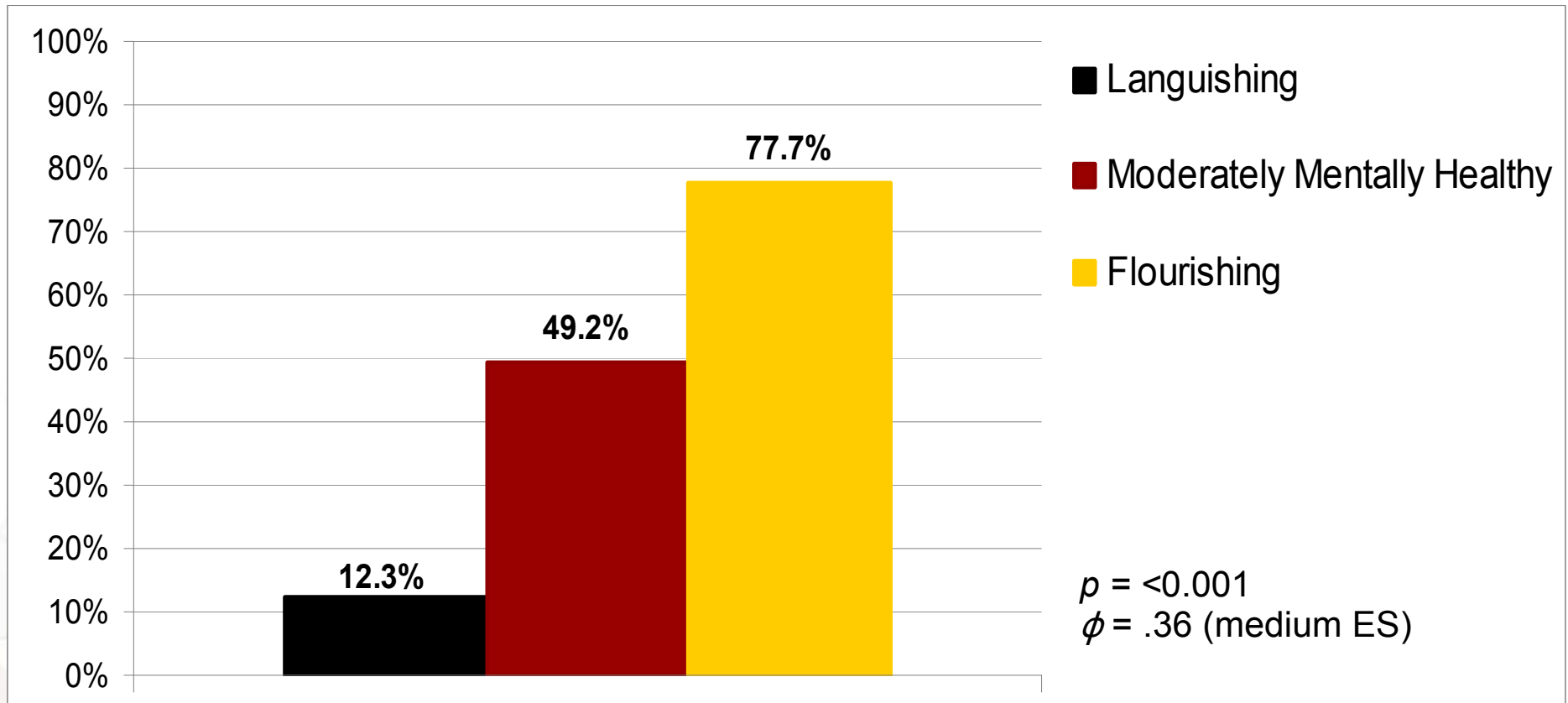
## Outcome measures with which Keyes' subjective well-being scale was correlated



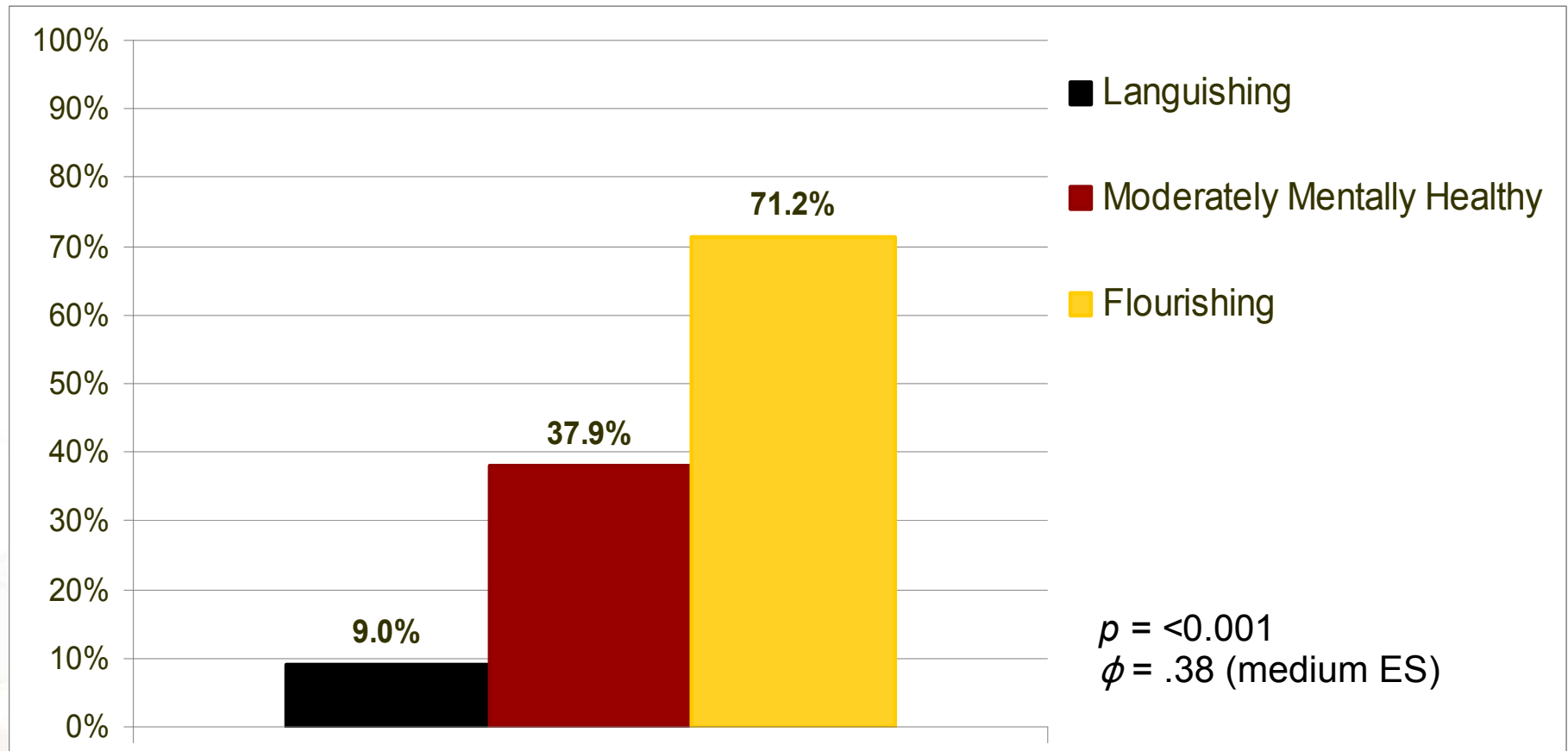
- Second Canadian adaptation of the Assessment and Action Record (AAR-C2-2010)
  - General Self-Esteem (young person)
  - Hope (young person)
  - Positive Life Experiences Index (young person)
  - Developmental Assets (worker)
  - Academic Achievement (caregiver)
  - Satisfaction With Care (young person)
  - Quality of Relationship with Female and Male Caregivers (young person)
  - Strengths and Difficulties Questionnaire (caregiver)



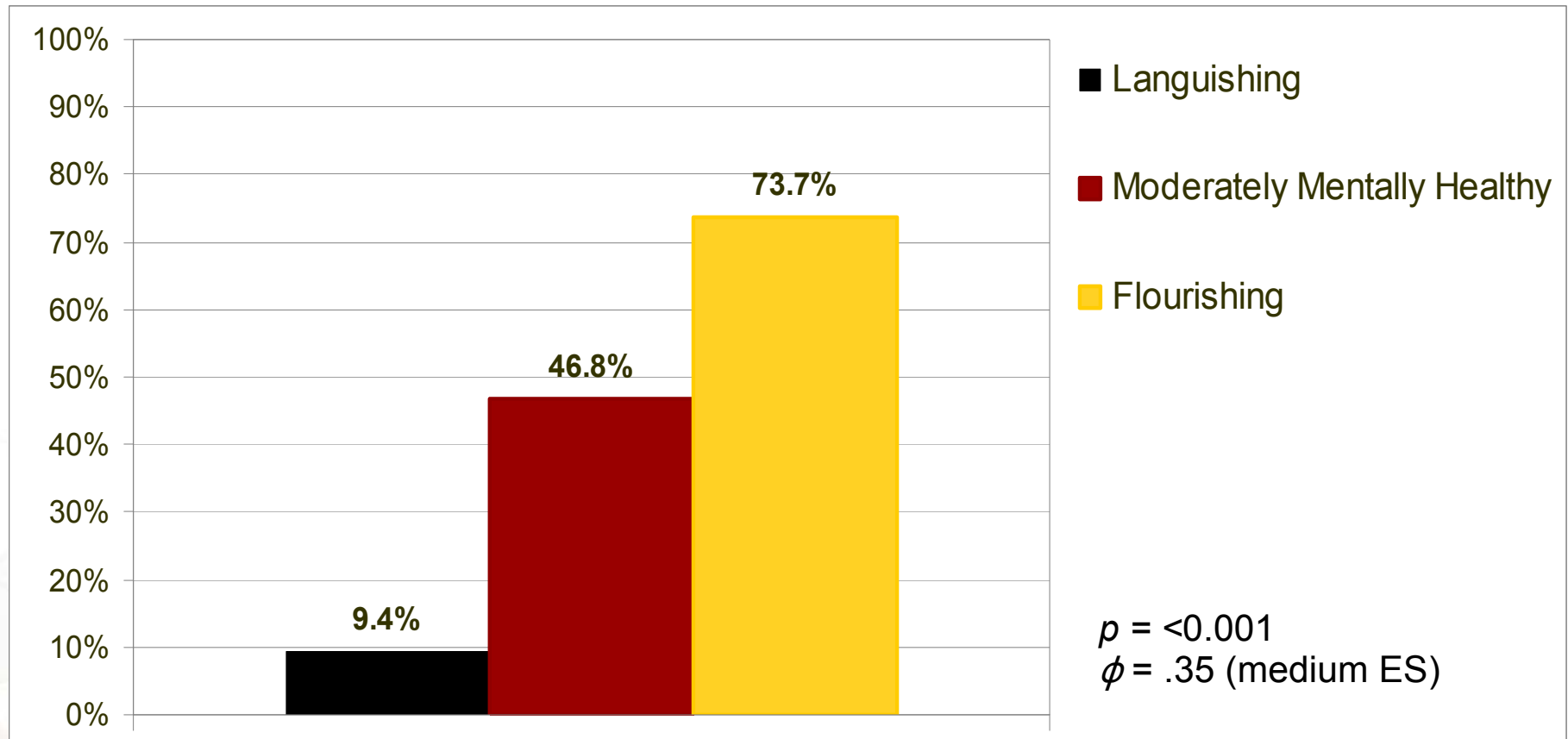
# Percentage of OnLAC sample with higher level of self esteem, by mental health status. $n=3356$



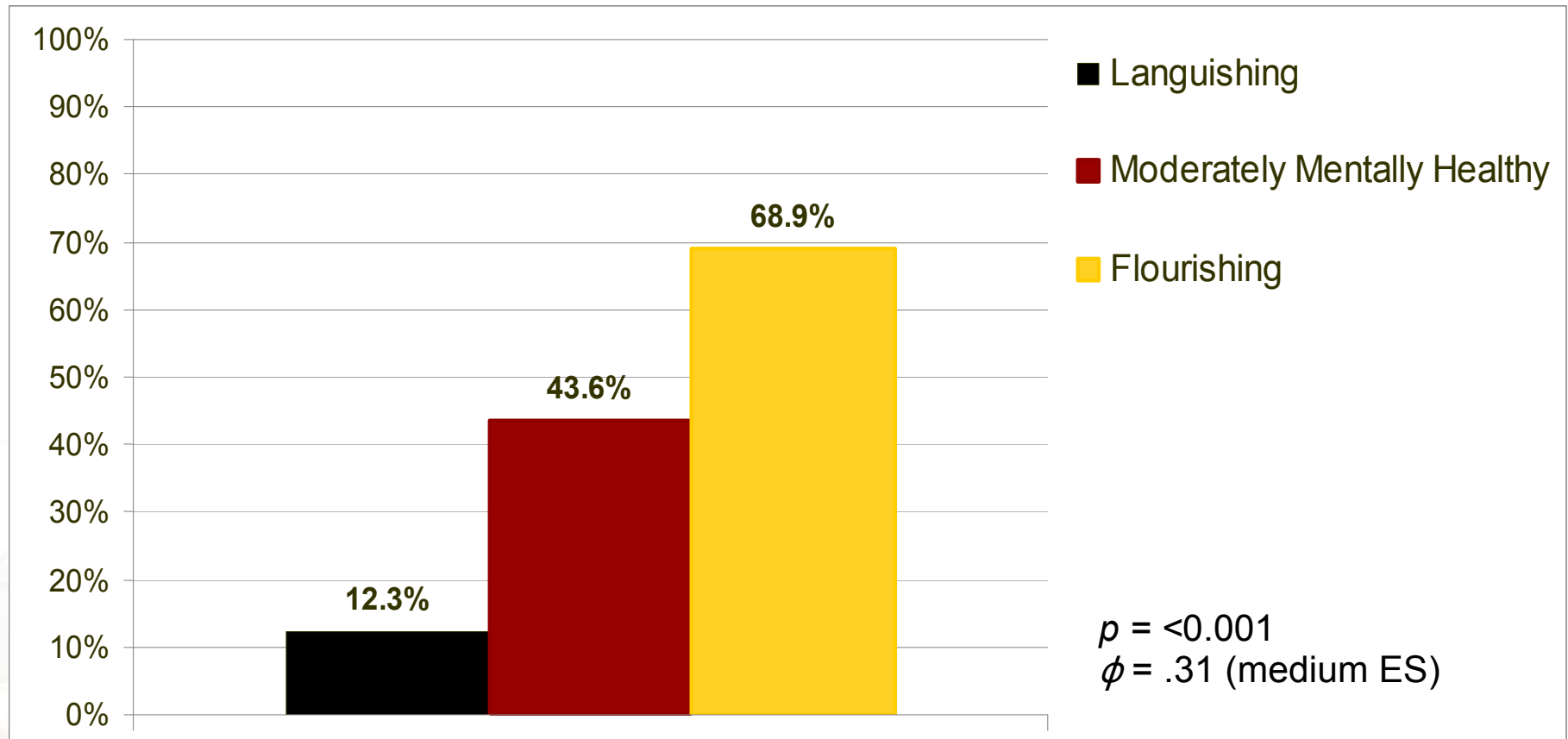
# Percentage of OnLAC sample with higher level of hope, by mental health status. *n*=3351



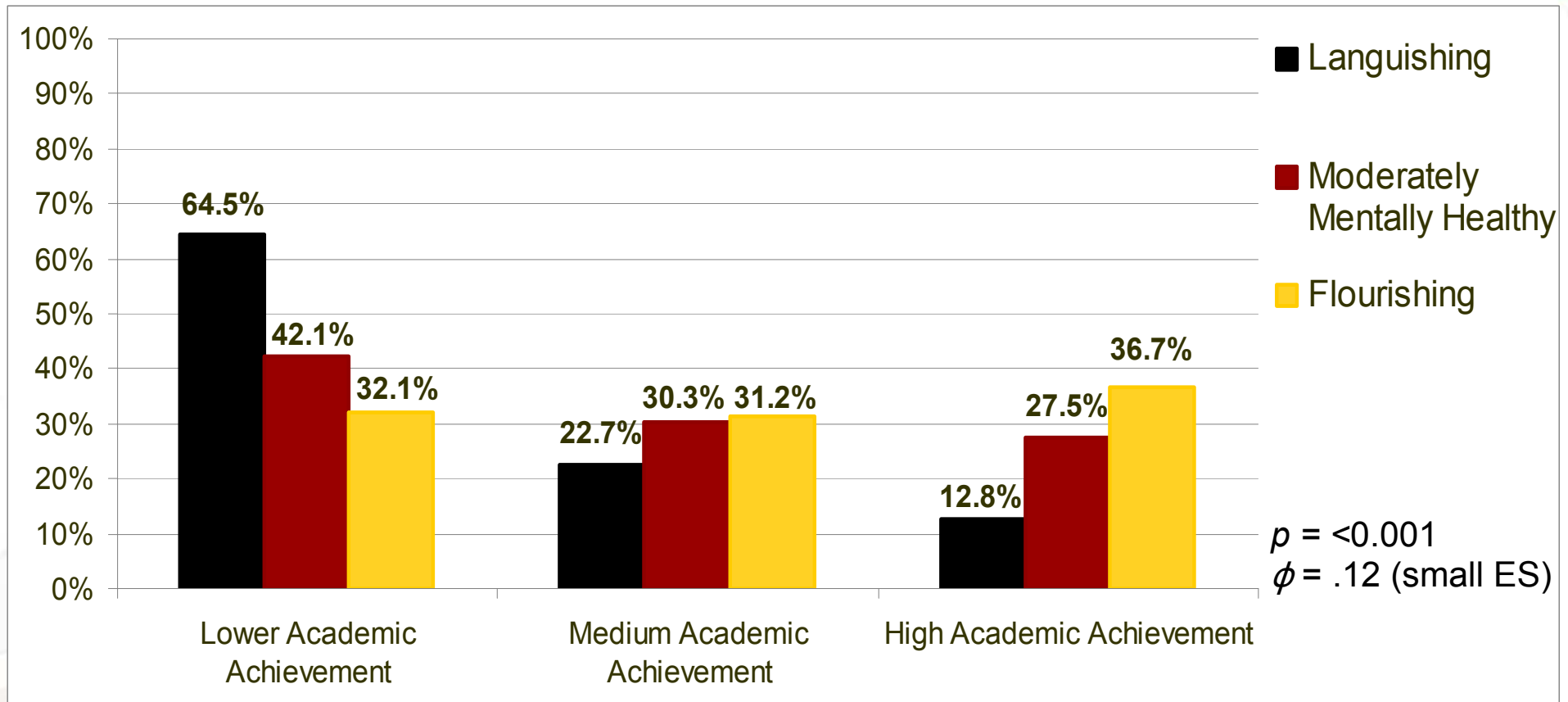
# Percentage of OnLAC sample reporting a higher number of positive life experiences, by mental health status. $n=3375$



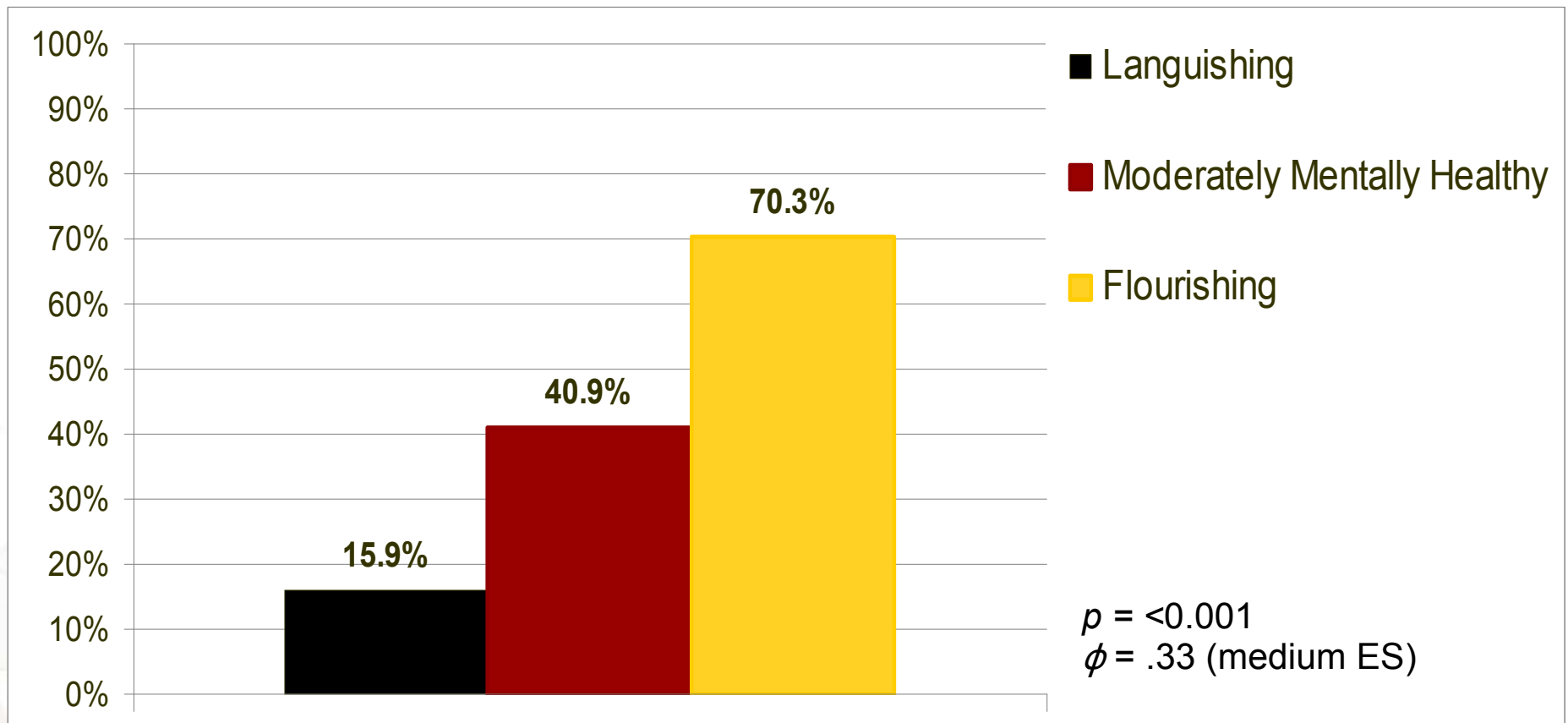
# Percentage of OnLAC sample with a higher number of Developmental Assets, by mental health status. $n=3354$



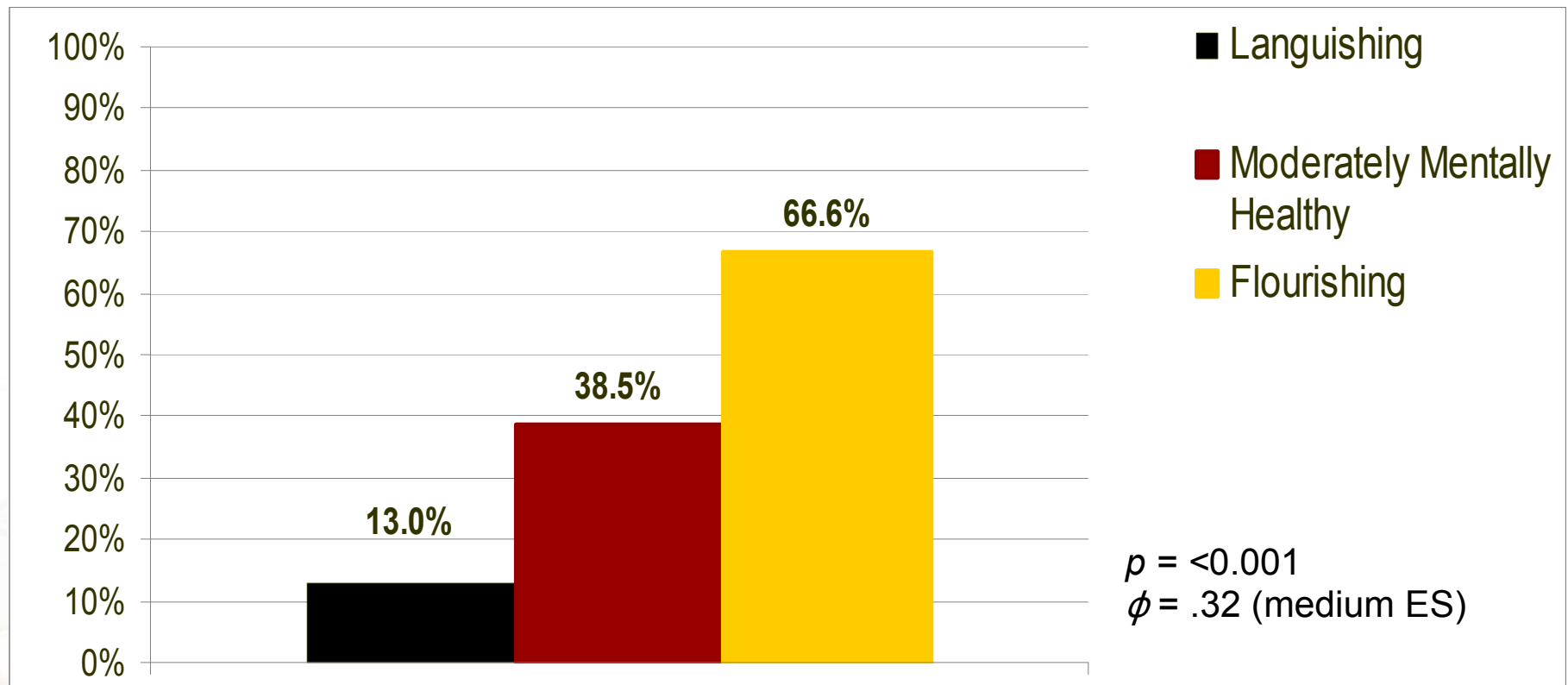
# Percentage of OnLAC Sample reporting lower, medium and higher academic achievement, by mental health status. $n=3220$



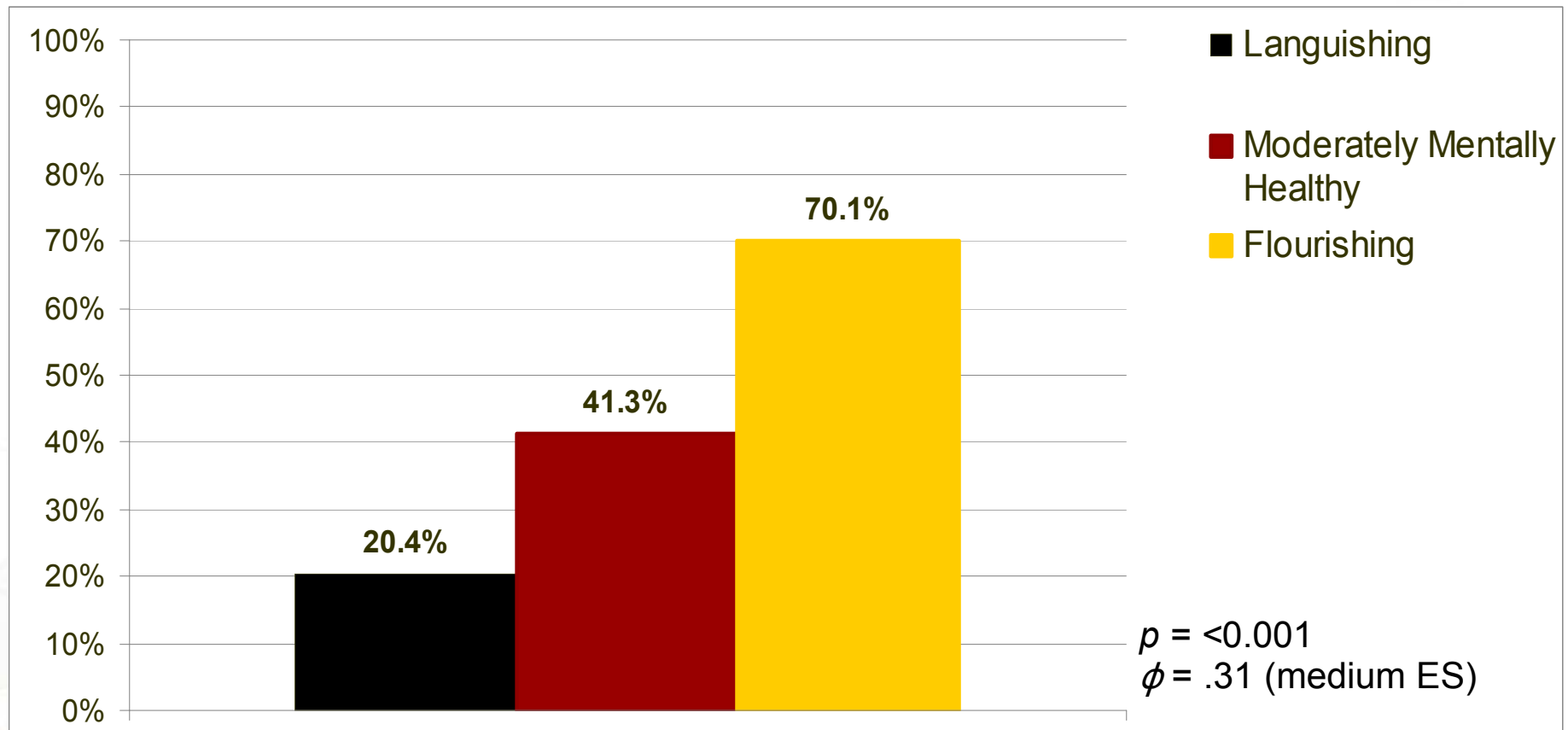
# Percentage of OnLAC sample reporting a higher level of satisfaction with care, by mental health status. $n=3356$



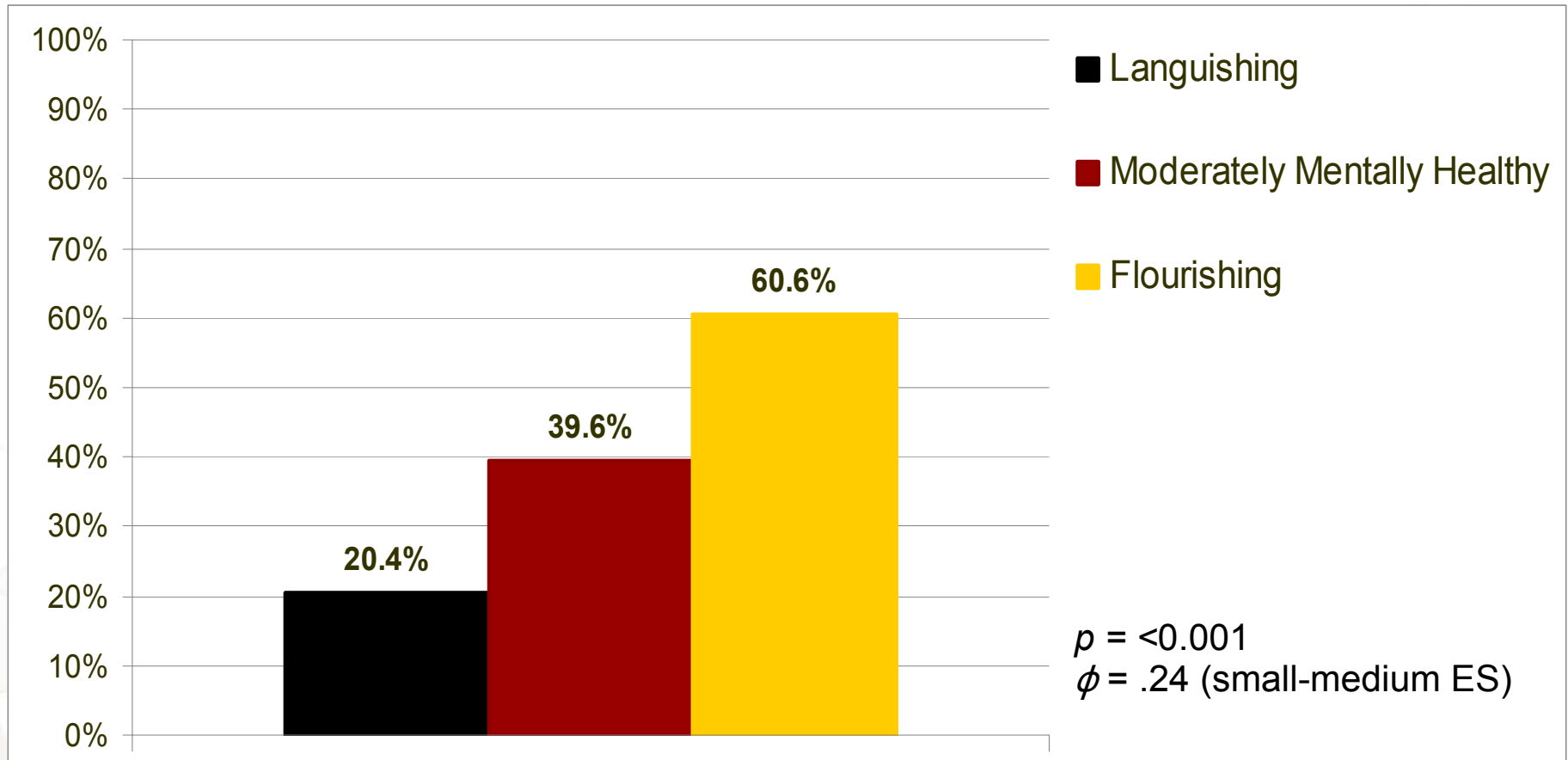
# Percentage of OnLAC sample reporting a higher perceived quality relationship with female caregiver, by mental health status. $n=2968$



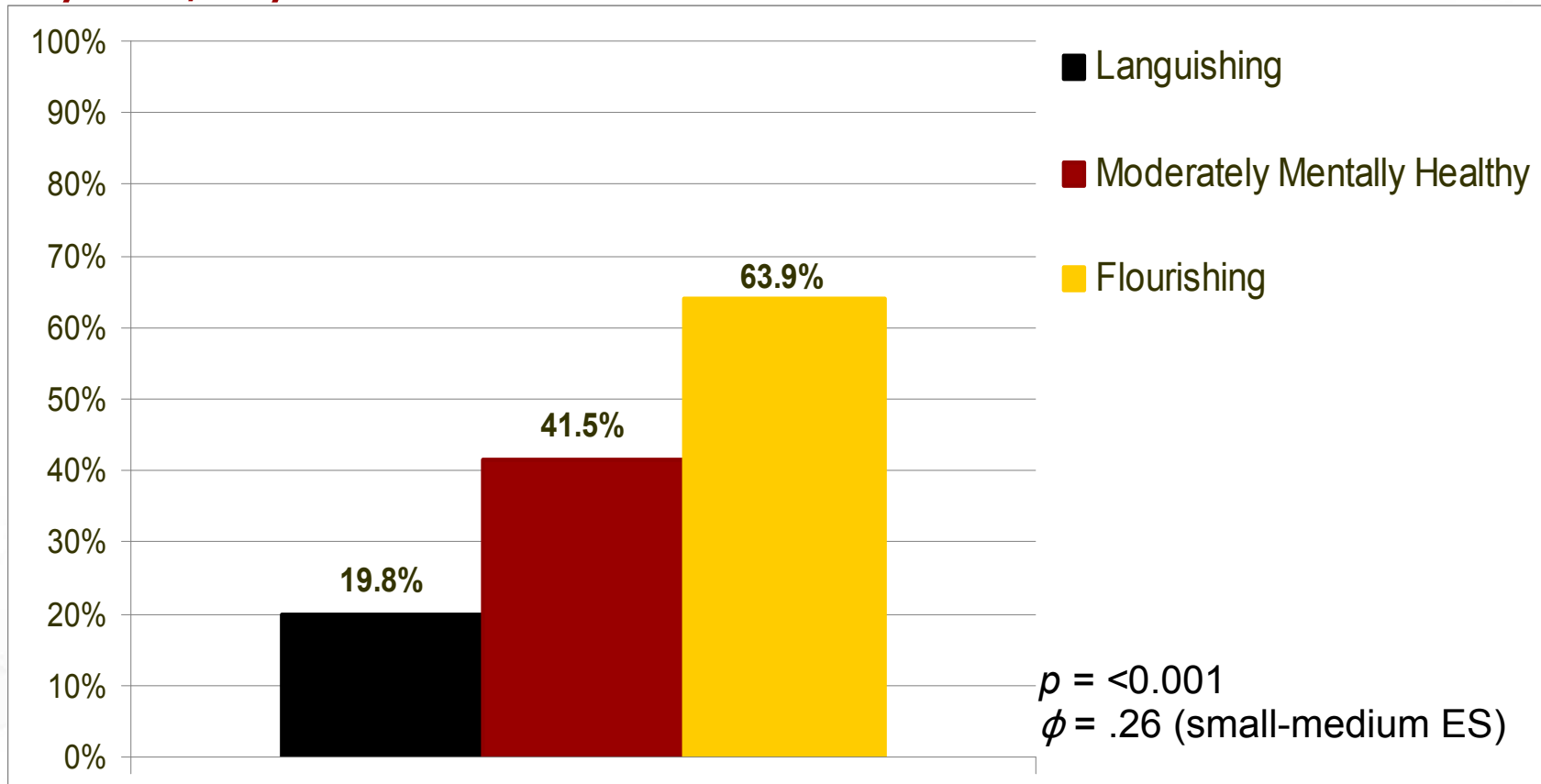
# Percentage of OnLAC sample reporting a higher perceived quality relationship with male caregiver, by mental health status. $n=2340$



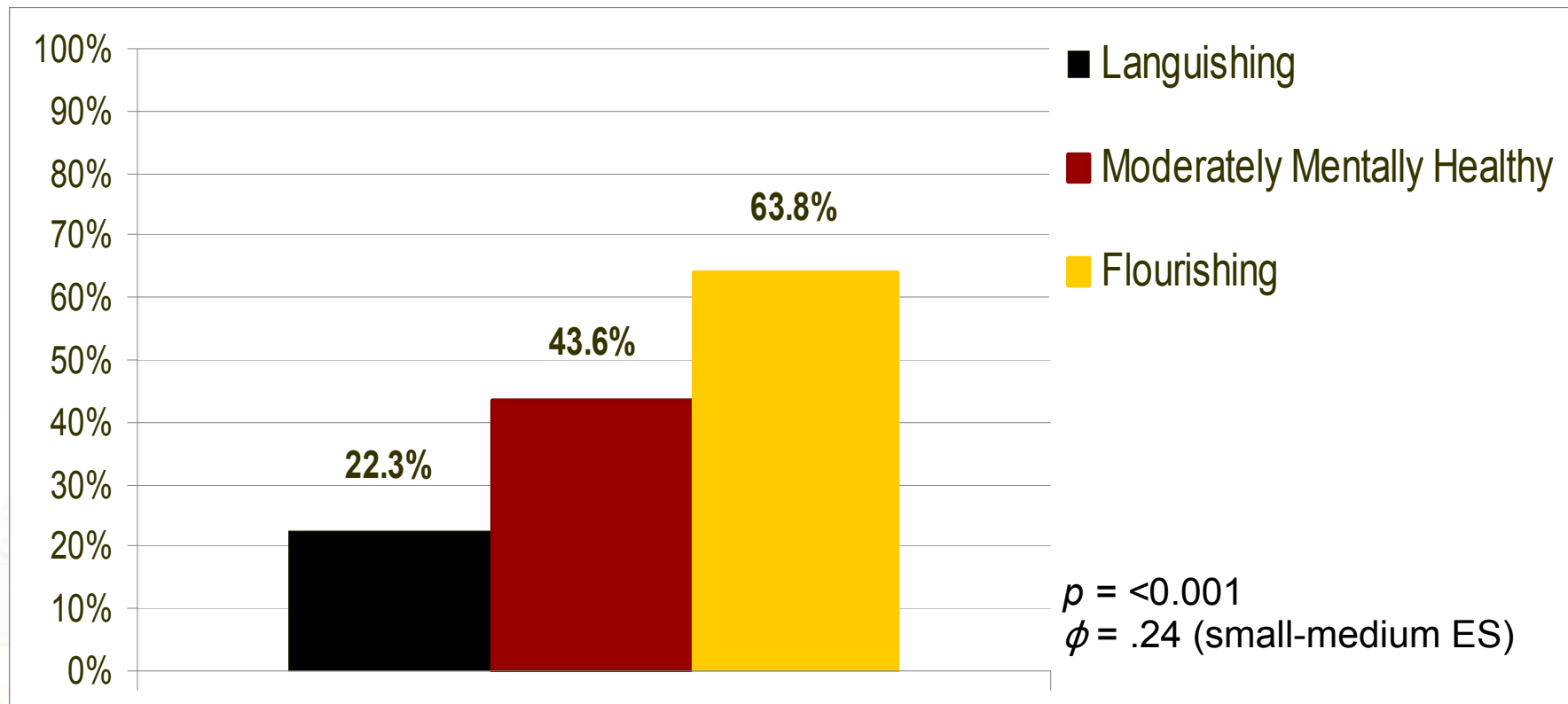
# Percentage of OnLAC sample with a higher level prosocial behaviour, by mental health status. $n=3244$



# Percentage of OnLAC sample reporting no self-related adversities in the last year, by mental health status. $n=3391$



# Percentage of OnLAC sample with a lower reported total difficulties, by mental health status. $n=3244$



# Conclusions & Implications



- Supports use of Keyes' subjective well-being measure with young people in care
- Clear, positive relationship between mental health status and positive developmental outcomes
- Important to identify and assist young people who are languishing



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Questions or comments?

Thank you!



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