



Chafee Strengthening Outcomes for Transition to Adulthood

Building Evidence to Support Youth Success

The [Chafee Strengthening Outcomes for Transition to Adulthood \(Chafee SOTA\)](#) project is exploring innovative ways to evaluate programs that serve youth transitioning out of foster care. Four sites have been selected to participate in the Chafee SOTA evaluation, supported by the [Administration for Children and Families \(ACF\)](#). These four programs will partner with the Chafee SOTA evaluation team, led by [Westat](#), to carry out evaluation activities using innovative learning methods tailored to each program's service model. Chafee SOTA aims to develop a set of innovative learning methods to improve the implementation of promising practices and programs while strengthening the evidence of how well they work to support successful outcomes for youth transitioning out of foster care.



My First Place

My First Place (MFP), offered by [First Place for Youth](#), is a nationally recognized education and employment program that provides housing and case management to young adults ages 18–25 transitioning out of foster care. MFP provides three central services: fully subsidized stable housing, education and employment supports, and intensive individualized case management. MFP uses a young adult-centered, team-based approach to support young adults to build the education, networks, and skills required for long-term success.

6 Number of California counties where MFP operates

550 Young adults served by MFP per year

18 Average number of months young adults participate in the program

What supports does MFP provide?

Housing | Young adults receive fully subsidized, stable housing. Housing Specialists meet with young adults as needed to support move-ins/move-outs, fulfill maintenance requests, conduct routine housing inspections, and teach good tenancy skills.

Education and Employment | Young adults receive weekly or bi-weekly career coaching from Education and Employment Specialists to explore opportunities.

Individual Supports | Youth Advocates meet with young adults weekly to help them develop healthy living skills, provide personalized support, and help remove educational and employment barriers.

What outcomes does MFP aim to achieve?



Increased housing stability



Increased employment



Increased attainment of GED or high school degree



Increased enrollment in postsecondary education



Evaluation research questions

- 1 How effective is an intensive housing and multiple support program compared to housing alone and services only in achieving short-term (6–12 month) 1) housing stability, 2) improvements in education and employment outcomes, and 3) improvements in independence for young adults transitioning from foster care?
- 2 How and in what context do the MFP and comparison programs operate? and How is fidelity to the MFP model and dosage of model practices associated with outcomes?
- 3 What are the long-term outcomes of MFP participants and how do they compare with outcomes from a comparable group of young adults transitioning from foster care who are not served by MFP?

How will MFP be evaluated?

Non-Equivalent Group Design

The evaluation uses a quasi-experimental design that compares outcomes of MFP participants with groups of young adults who receive housing only and those that receive services only. This component of the study relies on primary data collected through surveys of young adults upon entry into the program (baseline) and 6 and 12 months later.

Analysis of Administrative Data

Using state-level administrative data, long-term outcomes for participants in MFP are compared to those of comparable groups of young adults with foster care experience who did not use MFP. Propensity score analysis is being used to strengthen the equivalence of the intervention and comparison groups where outcome differences may be influenced by differences between the two groups.

Qualitative Evaluation

The evaluation team will conduct interviews and focus groups with program staff and youth participants. The focus will be on understanding the program and assistance provided to participants to provide context for the findings.

Youth voice

The Chafee SOTA project was developed with a focus on the meaningful involvement of young adult partners with foster care experience. Youth voice on the project is led by the Young Adult Advisor (YAA) team. The YAAs are a team of individuals with varying experiences within the foster care system. The YAAs work closely with the study team to advise and consult on all aspects of the project. In particular, the YAAs lead youth engagement at each of the four study sites to incorporate the views of youth with foster care experience.