

Therapeutic Foster Care: A Brief Guide for Young People



What is Therapeutic Foster Care?

Therapeutic Foster Care (TFC) provides support in a family home setting with foster parents. You will receive help and resources to meet your needs. You will also have a therapeutic team supporting you to learn skills to help manage emotions and behaviors.



Available Services

- Your team includes you, your social worker, family members, foster parent(s), and other supports that you or your family think are important. You will meet with your team every month. During these meetings, you can share and talk about your strengths and needs.
- You will have a voice in the creation of goals with the help of your team.
- You will be connected with services and resources that will help you achieve your goals.

Other services include:

- Mental health services
 - Educational support
 - Health care services
 - Substance use assessment and services
- Your team will work with you to prepare for your next home when you are ready. You will be asked to share your ideas about where this should be.

What is TFC like?

- In a family home setting.
- You will receive educational support and can get help with homework at home.
- There are opportunities to engage in activities.
- You can bring and wear your own clothes.
- Trauma informed, LGBTQIA+ affirming, and culturally responsive.



Washington State Department of
CHILDREN, YOUTH & FAMILIES

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