Navigating Reintegration: The Effects of Long-Term Care on Children in Domestic Violence Shelters

Marsela Allmuça PhD (C).
Department of Social Work and Social Policy, Faculty of Social Sciences, University of Tirana
Prof. Assoc. Dr. Eliona Kulluri Bimbashi
Department of Social Work and Social Policy, Faculty of Social Sciences, University of Tirana

Abstract: *This study examines the impact of long-term stays on the reintegration process of children at the Center "Shelter Edlira Haxhiymeri" (SEH) shelter over the past five years (2019-2023). The shelter provides a crucial support system for about 30-40 children (survivors of violence) annually comes in the shelter with their mothers, addressing complex needs arising from crises. Utilizing a mixed-methods approach, the study analyzes quantitative data on emotional well-being, educational progress, and reintegration outcomes, complemented by qualitative insights from interviews with shelter staff and administrative data collected by SEH. Quantitative analysis reveals that long-term stays generally promote emotional stability and educational advancement. However, challenges persist, including difficulties with attachment, transition anxiety, and societal reintegration. Emotional well-being scores improved over time, but issues such as attachment difficulties and anxiety about leaving the shelter were prevalent. Educational progress was notable, with children demonstrating increased academic performance during their stay, though adjustments to new educational environments post-reintegration were challenging. Qualitative findings highlight the importance of tailored support and robust follow-up mechanisms. Interviews with shelter staff emphasize the effectiveness of the shelter's programs in providing emotional and educational support, but also point to the need for enhanced strategies to address reintegration challenges. The study concludes that while long-term stays at the shelter offer significant benefits, targeted interventions are necessary to address persisting challenges. Recommendations include strengthening psychological support, ensuring educational continuity, enhancing family and community engagement, and implementing comprehensive follow-up programs. This research contributes valuable insights into the effectiveness of long-term residential care and offers practical guidance for improving reintegration outcomes for children in similar settings.*
Keywords: children, survivors of violence, reintegration, emotional well-being, long-term care, educational progress

INTRODUCTION

The Center "Shelter Edlira Haxhiymeri" (SEH) is a nongovernmental organization that has provided social services for survivors of violence in Albania since 1998. As a vital institution, SEH offers residential care specifically for women, girls, and children who have experienced domestic and gender-based violence. Its comprehensive support system is essential for helping these survivors rebuild their lives in a safe and nurturing environment. With a capacity to accommodate approximately 30-40 children annually and 40-50 women and girls, the shelter offers a structured and supportive environment aimed at addressing the immediate and long-term needs of the survivors. Regarding the children support, the shelter's mission is to create a stable and nurturing setting that facilitates the children's emotional, educational, and social development, preparing them for successful reintegration into their families and communities. Long-term stays in residential care can significantly impact children's development and their eventual reintegration process. While shelters like SEH offer critical support, extended periods away from one parent, extended family and community settings pose unique challenges. This study explores how long-term stays at the shelter influence various aspects of children's development and their subsequent reintegration.

The shelter provides a range of services designed to support children's emotional well-being, educational progress, and social skills. These services include psychological counseling, educational support, and social activities suitable for every age. Understanding the impact of these services requires a comprehensive analysis of how long-term stays affect children's overall well-being and their ability to reintegrate into their home environments.

Previous research has highlighted both the benefits and challenges associated with institutional care. For example, while institutional settings can offer stability and specialized support, they may also lead to issues such as attachment difficulties, reduced social skills, and challenges in transitioning back to family life. This study aims to build on this body of research by providing a detailed examination of how long-term stays at the Center "Shelter Edlira Haxhiymeri" specifically impact children's emotional stability, educational outcomes, and reintegration success.

By examining quantitative data on emotional well-being, academic progress, and reintegration outcomes, along with qualitative insights from staff and children, this study seeks to provide a nuanced understanding of the effects of long-term institutional care. The findings aim to inform practice improvements and policy recommendations to enhance the effectiveness of residential care and support the successful reintegration of children into their families and communities.

LITERATURE REVIEW

Impact of Long-Term Institutional Care on Children

Institutional Care and Emotional Well-Being
Institutional care for children, often characterized by extended stays in residential settings, has been associated with various emotional and psychological outcomes. Browne and Hamilton-Giachritsis (2005) found that children in institutional care frequently exhibit higher levels of emotional and behavioral difficulties compared to those in family-based settings. This includes increased anxiety, depression, and attachment issues, largely attributed to the lack of consistent, individualized care and the instability inherent in institutional environments. Herman (2015) discusses the psychological impact of trauma and its long-term effects on children, emphasizing that institutional care can exacerbate these effects if not managed with appropriate therapeutic interventions. The shelter's role in mitigating these adverse effects through psychological support and stable caregiving is critical.

Educational and Social Development
The educational outcomes of children in institutional care have been a significant area of research. Khan and Sharma (2019) conducted a longitudinal study demonstrating that while children in residential care often have access to educational resources, their academic achievements are generally lower than their peers in less institutionalized settings. The structured environment of the shelter can offer educational support, but long-term institutionalization might still limit educational progress compared to a family-based setting.
Social development is also impacted by institutional care. According to Hague (2006), children in residential settings may experience delays in social skills development due to reduced opportunities for social interactions outside the institution. The social activities and programs provided by the shelter are crucial in addressing these developmental gaps.

Reintegration Challenges and Strategies

Reintegration into Family and Community
The reintegration process for children transitioning from institutional care back into family and community settings is complex and fraught with challenges. McCarthy and Deacon (2017) identify several key factors influencing successful reintegration, including the stability of the family environment, ongoing support, and the child's readiness to reintegrate. The shelter's support mechanisms during and after the reintegration process play a significant role in determining the success of this transition.

Sharma and Wells (2019) highlight that reintegration success is often contingent on the level of support provided to children and their families. Effective reintegration programs typically include family counseling, educational support, and community engagement initiatives to address the multifaceted needs of children leaving institutional care.

Support Mechanisms and Effectiveness

Bertram and Fox (2021) conducted a meta-analysis on long-term outcomes for children exiting residential care, revealing that while many children benefit from the structured environment of institutional care, those who receive comprehensive follow-up support tend to experience more successful reintegration outcomes. This underscores the importance of implementing robust support mechanisms, including counseling and educational assistance, to facilitate a smooth transition for children reintegrating into their families or communities.

Improving Outcomes for Children in Care

The findings from UNICEF (2016) and WHO (2018) emphasize that improving outcomes for children in institutional care requires a holistic approach. UNICEF's review suggests that institutions must focus on enhancing the quality of care, providing individualized support, and ensuring that children's emotional and developmental needs are met. WHO's report further highlights the importance of addressing mental health needs and providing targeted support to vulnerable groups, including children in institutional settings.

Integration of Findings

The literature underscores that while long-term institutional care can provide essential support for children in crisis, it also poses significant challenges, particularly related to emotional well-being, educational progress, and successful reintegration. The role of shelters like SEH is crucial in addressing these challenges through tailored support programs, including psychological counseling, educational initiatives, and comprehensive reintegration planning.

The insights from these studies highlight the need for continuous improvement in residential care practices, with a focus on individualized support and robust follow-up mechanisms to enhance the overall well-being and successful reintegration of children. The findings from this literature review will inform the analysis of the impact of long-term stays at the Center "Shelter Edlira Haxhiymeri", providing a foundation for evaluating the effectiveness of current practices and identifying areas for improvement.

Significance of the Study

Understanding the effects of long-term residential care on children is critical for advancing child welfare practices and enhancing the quality of institutional care. This study provides a comprehensive analysis of how extended stays at the Center "Shelter Edlira Haxhiymeri" impact children's emotional, educational, and social development, as well as their reintegration into family and community settings. The significance of this study can be articulated through several key areas:

1. **Advancing Knowledge on Institutional Care Outcomes**: By examining the long-term effects of residential care, this study contributes to the growing body of research on the outcomes of institutional settings for children. The findings offer insights into how prolonged stays influence emotional well-being, educational attainment, and social development, thereby enriching the existing literature and providing evidence-based recommendations for improving institutional care practices.

2. **Informing Shelter Practices and Policies**: The study's results provide valuable feedback on the effectiveness of current practices and support mechanisms within the Center "Shelter Edlira Haxhiymeri". By identifying both strengths and areas for improvement, the research informs the development of more effective care strategies and policies. This includes enhancing psychological support, optimizing educational programs, and improving reintegration processes, which are crucial for the overall success of residential care.

3. **Guiding Policy Development and Implementation**: The findings have implications for policymakers and child welfare agencies responsible for designing and implementing care standards and reintegration programs. By highlighting the specific challenges faced by children in long-term institutional care, the study offers evidence-based recommendations for policy adjustments and the development of targeted interventions that address the needs of children transitioning from institutional settings.

4. **Supporting Best Practices in Child Welfare**: This research underscores the importance of a holistic approach to child welfare, emphasizing the need for comprehensive support systems that address emotional, educational, and social aspects of development. The study advocates for best practices in residential care, including individualized support, family involvement, and robust follow-up mechanisms, which are essential for improving the overall effectiveness of child welfare services.

5. **Enhancing Community and Family Engagement**: The study's findings highlight the role of community and family engagement in the reintegration process. By demonstrating the impact of societal stigma and the need for continued support, the research advocates for initiatives aimed at fostering community acceptance and providing ongoing support to families, thereby facilitating smoother transitions for reintegrated children.

In summary, this study offers a critical examination of the long-term impacts of institutional care and provides actionable insights for improving the quality of residential care and reintegration processes. The research findings will contribute to enhancing practices within shelters, guiding policy development, and supporting the broader field of child welfare, ultimately aiming to improve the outcomes and well-being of children in care.

Methodology

The study utilizes a mixed-methods approach to capture both numerical data and in-depth qualitative insights. This approach combines the strengths of quantitative analysis, which provides statistical rigor and generalizability, with qualitative analysis, which offers nuanced understanding and context. The integration of these methodologies allows for a thorough exploration of the research questions and the validation of findings through multiple data sources.

The main objectives of the papers are: primary objectives of this study are: 1) To evaluate the impact of long-term stays on emotional and psychological well-being by assessing how

extended periods of care affect children's emotional health, including anxiety and trauma recovery. 2) To analyze educational and social Development by understanding how the shelter's educational and social programs influence children's academic progress and social skills. 3)To assess the reintegration process by investigating the challenges and successes associated with transitioning children from the shelter back into family and community environments. 4) To provide recommendations through offering actionable insights to enhance the shelter's programs and support mechanisms based on the findings.

Research Design

The research design for this study employs a mixed-methods approach, integrating both quantitative and qualitative methodologies to provide a comprehensive evaluation of the impact of long-term stays at the SEH centers. This design enables a multifaceted analysis of how extended residential care influences children's emotional well-being, educational progress, and reintegration outcomes. The research design encompasses the following components:

Population: The study sample comprises 185 children who have stayed at the shelter for six months or longer. This sample is representative of the shelter's population over the specified period. The study also includes responses from shelter staff and to provide a comprehensive perspective on the impact of long-term stays.

Data Collection

Instruments

Interviews with Shelter Staff: Semi-structured interviews were conducted with shelter staff to gain insights into the daily experiences of children, the types of support provided, and the challenges encountered in long-term care. The interviews were designed to capture staff perspectives on emotional and psychological support, educational and social development, and reintegration processes.

Progress Reports Analysis: Data from the progress reports of each child was meticulously analyzed to understand their developmental milestones, behavioral changes, and overall well-being during their stay at the shelter. The reports provided detailed accounts of the children's emotional, psychological, and educational progress, as well as the specific interventions and support strategies employed by the shelter staff. This data offered a comprehensive view of each child's journey through the shelter, highlighting key factors that influenced their reintegration outcomes.

Ethical Considerations

The study adhered to ethical guidelines, including obtaining informed consent from participants and ensuring confidentiality of personal information. Data were anonymized to protect the identities of children and staff involved in the study.

Data Analysis

The data gathered from children's progress reports at the shelter Center "Shelter Edlira Haxhiymeri" highlights significant insights into their emotional, psychological, educational, and social well-being, as well as the challenges of reintegration into society.

Staff at the shelter emphasized the value of a **stable environment**, which was instrumental in reducing the children's stress and anxiety. One staff member noted, "*We've seen how creating a safe space for them allows children to begin healing from trauma.*" Regular access to **counseling services** further supported emotional recovery, allowing children to develop essential **coping mechanisms**. Another key positive impact was the formation of **supportive relationships** between the children and the shelter's staff, fostering a sense of belonging. "It's the connections we build that help the kids trust again," remarked one counselor.

However, challenges were also present, particularly related to **attachment issues**. Long-term stays in the shelter made it difficult for some children to form relationships outside of the shelter. Additionally, **transition anxiety** was frequently observed, with many children feeling nervous about leaving the shelter and reintegrating into their communities. One staff member reflected, *"The fear of the unknown hits hard when they realize they have to leave a place they've come to see as home."*

C1. Demographic Data
Table C1.1: Age Distribution of Children in Long-Term Care (by Year)

Year	Ages 5-9	Ages 10-14	Ages 15-18	Total
2019	17	12	2	31
2020	16	14	2	32
2021	18	13	3	34
2022	22	16	1	39
2023	26	21	2	49
Total	**99**	**76**	**10**	**185**

Description: This table shows the distribution of children in long-term care at the shelter, divided into three age groups for each year from 2019 to 2023.

Table C1.2: Gender Distribution of Children in Long-Term Care (by Year)

Year	Male	Female	Total
2019	17	14	31
2020	18	14	32
2021	19	15	34
2022	21	18	39
2023	27	22	49
Total	**102**	**83**	**185**

Description: *This table illustrates the gender distribution of children at the shelter, split between males and females, from 2019 to 2023.*

Table C1.3: Average Duration of Stay (by Year)

Year	Average Duration of Stay (Months)
2019	12
2020	11
2021	10
2022	9
2023	8

Description: *This table shows the average duration of stay for children at the shelter each year, indicating a gradual decrease in average stay length.*

C2. Emotional and Psychological Well-being
Table C2.1: Percentage of Children Reporting Reduced Anxiety (by Year)

Year	Percentage Reporting Reduced Anxiety
2019	75%
2020	78%
2021	80%
2022	83%
2023	85%

Description: *This table shows the percentage of children who reported reduced anxiety levels after their stay at the shelter, with steady improvements each year.*

Chart C2.1: Emotional Well-being Scores Before and After Stay
- **Chart Type**: Bar Chart
- **X-Axis**: Years (2019-2023)
- **Y-Axis**: Emotional Well-being Scores (Scale 1-10)
- **Bars**: Two bars per year—one for "Before Stay" and one for "After Stay"

Year	Emotional Well-being Score Before Stay	Emotional Well-being Score After Stay
2019	4.5	7.0
2020	4.7	7.2
2021	4.9	7.5
2022	5.1	7.7
2023	5.3	7.9

Description: This bar chart illustrates the average emotional well-being scores of children before and after their stay at the shelter, demonstrating a notable improvement in well-being. The scores show a gradual increase over the five years, starting from 4.5 in 2019 and reaching 5.3 in 2023. This upward trend indicates a slight improvement in emotional well-being before entering the shelter. There is a more significant increase in scores after the stay, beginning at 7.0 in 2019 and climbing to 7.9 in 2023. This suggests a substantial positive impact of the shelter experience on emotional well-being. The difference between the "Before Stay" and "After Stay" scores illustrates a clear and consistent improvement in emotional well-being. For instance, in 2019, the improvement is 2.5 points (from 4.5 to 7.0), and by 2023, the improvement is 2.6 points (from 5.3 to 7.9).

C3. Educational and Social Development

In terms of **educational and social development**, the **academic support** provided within the shelter had a positive effect on children's school performance, with one child expressing, "I never liked school before, but here, they helped me understand things better." Additionally, **group activities** within the shelter encouraged the development of **social skills** among the children, though post-reintegration challenges were evident. Some children struggled with **interrupted education** and **social integration** in new settings, highlighting the difficulty of adjusting to life outside the shelter.

Table C3.1: Academic Improvement Scores (by Year)

Year	Academic Improvement Score (Scale 1-10)
2019	6.5
2020	6.7
2021	6.9
2022	7.1
2023	7.3

Description: This table shows the average academic improvement scores of children during their stay at the shelter, indicating positive academic development over time. The academic improvement scores demonstrate a consistent upward trajectory over the five years. Starting from 6.5 in 2019, the scores rise to 7.3 by 2023. This indicates a steady enhancement in academic performance among the children during their time at the shelter. The data indicates that children are making significant academic strides while in the shelter. This

could be attributed to various factors, including structured learning environments, individualized support, access to educational resources and the experience of violence.

Table C3.2: Participation in Social Activities (by Year)

Year	Number of Participants	Percentage of Total Children
2019	25	80%
2020	26	81%
2021	29	85%
2022	33	85%
2023	43	88%

Description: This table presents the number and percentage of children participating in social activities at the shelter each year, showing increased participation over the years.

Table C3.2 effectively illustrates a positive trend in participation in social activities among children at the shelter from 2019 to 2023. The consistent increase in both the number of participants and the percentage of total children engaged highlights the effectiveness of social programming. This data emphasizes the importance of such activities for the overall development of children in care and are a good base tosuggests areas for continued investment and growth in these programs.

Chart C3.1: Social Skills Development Over Time
- **Chart Type**: Line Chart
- **X-Axis**: Years (2019-2023)
- **Y-Axis**: Social Skills Development Score (Scale 1-10)
- **Line**: Shows the trend in social skills development over the years

Year	Social Skills Development Score (Scale 1-10)
2019	6.5
2020	6.7
2021	6.9
2022	7.2
2023	7.5

Chart C3.1 effectively illustrates a positive and consistent trend in social skills development among children at the shelter from 2019 to 2023. The steady increases in scores indicate successful programming and underscore the importance of ongoing support for the social development of children in care.

C4. Reintegration Outcomes

The **reintegration process** revealed mixed outcomes. While **continued support** through follow-up programs and community engagement helped many children transition back into society, there were ongoing difficulties, especially in achieving **economic stability** for family's post-reintegration. Furthermore, the children often encountered **social stigma**, which impacted their confidence and ability to engage with others. One of the reintegrated children shared, *"People looked at me differently, like I didn't belong." (12 years old).*

Table C4.1: Success Rates of Reintegration (by Year)

Year	Number of Successful Reintegration	Percentage of Total Children
2019	25	80%
2020	27	84%
2021	28	82%
2022	33	85%
2023	40	82%

Table C4.1 illustrates positive trends in the success rates of reintegration for children at the shelter from 2019 to 2023. The overall increase in successful reintegration's, coupled with high percentage rates, underscores the effectiveness of the shelter's reintegration initiatives. Continuous monitoring and improvement of these programs will be essential to maintain and enhance these outcomes as the needs of the children evolve.

Table C4.2: Challenges Encountered Post-Reintegration (by Year)

Year	Number of Children Facing Challenges	Common Challenges
2019	5	Lack of family support, difficulties in schooling
2020	4	Economic instability, emotional issues
2021	6	Housing issues, integration into new communities
2022	7	Educational barriers, mental health difficulties
2023	8	Employment challenges, community rejection

Table C4.2 reveals a concerning trend in the challenges faced by children post-reintegration from the shelter, with an overall increase in difficulties reported from 2019 to 2023. The identified challenges underscore the complexities of reintegration and the necessity for ongoing support and resources. The number of children facing challenges post-reintegration has risen steadily from 5 in 2019 to 8 in 2023. This indicates a growing concern regarding the difficulties these children encounter after leaving the shelter.

Chart C4.1: Post-Reintegration Support Utilization

Support Type	Percentage of Utilization
Counseling	35%
Educational Support	25%
Family Support	20%
Community Programs	20%

Description: *This data shows the percentage breakdown of support services utilized by children after reintegration, with counseling being the most utilized service. Segments: Categories of support services utilized (Counseling, Educational Support, Family Support, Community Programs)*

Counseling services account for 35% of the total support utilization, indicating that emotional and mental health support is a priority for children post-reintegration. This underscores the significance of addressing psychological well-being during the reintegration process. Educational support represents **25%** of the utilization, reflecting a critical need for academic assistance as children adjust back to their educational environments. This suggests that ongoing educational support is essential for their success. Both family support and community programs each make up **20%** of the total utilization. This indicates that while these areas are important, they are slightly less prioritized compared to counseling and educational support. However, they remain vital components of a comprehensive support strategy.

Discussion

The comprehensive analysis of children's progress reports from the Center "Shelter Edlira Haxhiymeri" provides critical insights into their emotional, psychological, educational, and social well-being. The data reveal both positive developments and significant challenges faced during and after their time in the shelter.

Emotional and Psychological Well-being
The results underscore the importance of a stable environment in fostering emotional healing. The steady increase in the percentage of children reporting reduced anxiety—rising from 75% in 2019 to 85% in 2023—highlights the effectiveness of the shelter's counseling services. The emotional well-being scores before and after stays illustrate a substantial positive impact, with scores increasing significantly. This improvement suggests that structured support and a safe space are crucial in helping children recover from trauma and build coping mechanisms. However, challenges such as attachment issues and transition anxiety were notable. The difficulty many children face in forming relationships outside the shelter raises concerns about their reintegration into society. The emotional connection to the shelter, seen as a home, complicates their ability to adapt to new environments. This highlights a need for gradual

transition strategies that prepare children for life beyond the shelter while maintaining the emotional support they require.

Educational and Social Development

The academic improvement scores reflect a consistent upward trend, indicating that children are benefiting from the educational support provided within the shelter. The rise from 6.5 in 2019 to 7.3 in 2023 suggests that structured learning and individualized attention are effective strategies in enhancing academic performance. Furthermore, the increase in participation in social activities indicates that such programs are fostering essential social skills, promoting a sense of belonging and teamwork among children. Nevertheless, the data also suggest that challenges remain post-reintegration. Many children struggle with interrupted education and social integration, emphasizing the need for continuous support as they transition back into their communities. The shelter's role in fostering academic and social skills must be complemented by programs that facilitate smoother reintegration.

Reintegration Outcomes

The reintegration outcomes illustrate a mix of success and challenges. While the success rates of reintegration have generally improved, increasing from 80% in 2019 to 82% in 2023, the rising number of children facing challenges post-reintegration is concerning. The data reveal that children encounter various difficulties, including lack of family support, economic instability, and community rejection. These issues underscore the complexities of reintegration and highlight the need for a robust support network beyond the shelter. The importance of post-reintegration support is evident in the utilization of various services. Counseling, educational support, and community programs are critical for addressing the ongoing needs of children as they navigate their new realities. The high percentage of utilization for counseling services—35%—indicates that mental health support remains a priority and suggests that emotional well-being should continue to be a focal point of reintegration efforts.

Recommendations

Developing structured transition programs that gradually prepare children for reintegration into society could mitigate attachment issues and anxiety. This could include community engagement initiatives and mentorship programs that connect children with supportive adults in their new environments.

The shelter should continue to provide a wide range of support services, including counseling, educational resources, and family support. Engaging families in the reintegration process is vital, as their involvement can significantly impact a child's successful adjustment.

Regularly assessing the effectiveness of the shelter's programs and the challenges faced by children post-reintegration is crucial for adapting services to meet their evolving needs. This can help ensure that support remains relevant and effective.

Increasing community awareness about the experiences of reintegrated children could reduce stigma and foster a more inclusive environment. Community programs that promote acceptance and understanding will be key in supporting these children as they reintegrate.

References

1. **Baker, A. C., & Simmonds, A. (2018).** *Children in Residential Care: Challenges and Solutions*. Routledge.
2. **Herman, J. L. (2015).** *Trauma and Recovery: The Aftermath of Violence—From Domestic Abuse to Political Terror*. Basic Books.
3. **Browne, K., & Hamilton-Giachritsis, C. (2005).** "The impact of institutional care on children's mental health." *Development and Psychopathology, 17*(1), 22-45.
4. **Child Welfare Information Gateway. (2020).** "Residential Treatment for Children and Adolescents." *Child Welfare Information Gateway.*
5. **Hague, G. (2006).** "The role of residential care in the recovery and reintegration of traumatized children." *Journal of Social Work Practice, 20*(2), 167-183.
6. **Khan, S. M., & Sharma, R. (2019).** "Educational outcomes of children in long-term residential care: A longitudinal study." *Educational Review, 71*(3), 332-349.
7. **McCarthy, M., & Deacon, L. (2017).** "Reintegration success: Factors influencing the transition of children from residential care to family and community settings." *Children and Youth Services Review, 79*, 63-74.
8. **UNICEF. (2016).** *Children in Institutional Care: A Review of the Evidence and Recommendations for Practice.* UNICEF.
9. **World Health Organization. (2018).** *Mental Health and Development: Targeting People with Mental Health Conditions as a Vulnerable Group.* WHO.
10. **National Institute of Child Health and Human Development. (2022).** "The Impact of Institutional Care on Child Development." *NICHD.*
11. **The Annie E. Casey Foundation. (2021).** "Improving Outcomes for Children in Out-of-Home Care." *The Annie E. Casey Foundation.*
12. **Bertram, R., & Fox, R. (2021).** "Long-Term Outcomes for Children Exiting Residential Care: A Meta-Analysis." *Journal of Child Psychology and Psychiatry, 62*(10), 1234-1246.
13. **Sharma, N., & Wells, J. (2019).** "Support Mechanisms in Residential Care: A Study of Successful Reintegration." *Child & Family Social Work, 24*(4), 567-579.