

January 28, 2026

Extended Foster Care Coaching – A Supervisor’s Guide to Facilitating Clinicals

1. Define purpose of clinical:

Clinical supervision in terms of the Extended Foster Care (EFC) Coaching program is a collaborative process where Supervisors provide guidance, support, and oversight to EFC Coaches. It helps professionals build skills in a safe, supportive space where they can reflect, give/receive feedback, and work through challenging barriers. It also models a strength-based, solution-focused approach to transition planning. Clinical supervision ensures that workers are well-equipped to provide compassionate, consistent, and effective support, ultimately leading to better outcomes for young adults.

Clinical Discussions should focus on:

- Guiding and encouraging the Coach to promote critical thinking.
- Address bias and assumptions that may affect interactions with young adults and outcomes.
- Support in identified of strategies to engage young adults in their transition plan.

Preparation before the clinical should encompass:

- A review of the EFC Case file to identify what’s being focused on in monthly engagements.
- A review of the young adult’s transition plan to determine what current goals and activities are most relevant.
- A review of the EFC Review Summary Report if the monthly clinical has occurred after an EFC Review has been completed. This is to determine what follow ups may have been agreed upon during the meeting.

2. Clinical Process Throughout the Coaching Referral & EFC

When does the clinical process start for EFC Coaching:

- Young adults that reach the age of 17 and six months who are referred into EFC Coaching will have their DCS case record reviewed by the Permanency & Youth Services- EFC Consultant. The EFC Coaching Initial Case Clinical will then be documented in guardian.
- The initial clinical provides a brief introduction into the needs of the assigned young adult. It also identifies other stakeholders such as behavioral health providers, social supports, and other Department staff.

Clinical Process Starting and continuing through EFC:

- Upon receiving an EFC referral, the supervisor will review the Initial Case Clinical to inform Coach assignment and initial engagement needs.
- The EFC Coaching Supervisor will begin their initial clinical within 30 days from when the initial clinical was completed by the EFC Consultant.
 - ▶ The EFC Coaching Supervisor will then continue building off the clinical created by the EFC Consultant and update with information learned during the initial outreach period.
 - ▶ During this time period the EFC Coaching Supervisor should seek to confirm the case plan for the young adult entering coaching (reunification, APPLA, adoption, and/or guardianship). This is so the assigned Coach can support the young adult with working through the permanency considerations and assist in planning.
 - ▶ Review and identify which stakeholders will need to be included in the facilitation of Age of Majority Meetings and transition plan development. Also seek to confirm the first AOM is scheduled.

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Resources:

EFC Transition Plan Resource Guide

- ▶ Identify other meetings or staffing's the Coach may need to be a part of such as Child Family Team Meetings, Team Decision Meetings, Court Hearings, etc.
- ▶ 30 days prior to the young adult's 18th birthday the Supervisor should be clarifying via the clinical process the following:
 - ◆ The young adult's plan for entering EFC or what other efforts have been made toward other identified permanency plans.
 - ◆ If entering EFC, identify what steps the DCS team will need to complete the transfer for young adult, for example: Confirming YATI Referral has been submitted and there is a plan for providing the young adult their vital records.

Clinical discussions at the point of Discharge from EFC:

- If a young adult is discharging from EFC. The EFC Coaching Supervisor should seek to assess the following:
 - ▶ Is the young adult being provided information on re-entry via the Transition to Independent Living Program (TILP)
 - ▶ If discharging within the six months leading up to their 21st birthday. Is the Coach having conversations about housing support and how the YA will have stable housing after DCS support ends (Transitional Housing and subsidy).
 - ▶ Assess if the young adult will qualify for the savings match Incentive upon their closure from EFC. Discussions of financial literacy should be discussed through the life the young adult's participation in EFC in tandem with budgeting.
 - ▶ if in post-secondary education have they earned enough credit hours to qualify for an education incentive upon their 21st birthday.

3. Defining parts of a clinical

Present Situation

- The stage of engagement the young adult is in terms of their coaching experience (initial outreach, engagement in the program, and/or discharge planning)
- Highlight young adult's strengths and opportunities for growth (Social, emotional, cognitive, behavioral health, and life skills)
- Defines what transition plan domains and activities are important to the young adult. Supervisors seek to help the Coach evaluate and develop new strategies to engage young adults.
- Identification of which social supports are important to the young adult and how the coaching team can support in the development of cultural permanency related to (family culture, tribal affiliation, language, and spiritual beliefs).
- Identification or maintenance of collateral contacts (key team members) who are part of the young adult's transition to adulthood.
- Identification of barriers or safety concerns which are impacting the young adult and their progress toward independence.
- Evaluation of the coach's engagement with the youth (Are they building rapport, is the YA disengaged from appointments, supervisor intervention may be needed). Discuss strategies to address barriers and promote quality engagement. Supervisors' role is to help the coaches develop the skills, self-awareness, and knowledge to effectively perform their responsibilities. Supervisor may consider plans to assess young adult engagement for example: Supervisor reach out to young adult, supervisor attending upcoming monthly engagement.

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Present Situation in terms of housing:

- During the life of the young adult's participation of coaching what efforts are being made to move them to least restrictive settings (Ex Group Home to Kinship, THP, Etc). If subsidy is their living arrangement, consideration given to their budget and obtaining other income. In THP, moving phases and developing necessary skills to transition into own apartment to ensure there are supportive conversations about young adults budget and long-term housing plans.
- If in a congregate care or foster home setting clarification on how normalcy is exhibited in the home. Is the young adult allowed to practice independent living skills related to DCS allowances, cooking, cleaning, and management of health care.
- If there are considerations being made to discharge from any DCS placement is the caregiver following the placement disruption process.

Service approvals/Payment points: At a minimum reviewing services for young adult every three months (Placement type, Allowances, start up funds, subsidy payments, etc). Start in the Person screen-Invoices to see what invoices are generating for the YA each month. Follow the Invoice for placement to the Provider (Provider is the "Pay to" person link in the Invoice line) and ensure provider payments are being cashed.

Current Barriers:

- Safety Concerns:
 - Identification of any safety related concerns which may impact a young adult's transition to adulthood or EFC Coaches well-being this could include (Illegal Activity, substance use, trafficking concerns, domestic violence, unmet behavioral health needs).
 - Supervisor should seek to understand duration, consistency, pervasiveness, influence, effect, and continuance of how the young adult is impacted by safety concerns.
- Systems Level Advocacy
 - A current barrier could be defined as a young adult having an unmet need related to their interactions with other systems such as the Division of Developmental Disabilities, behavioral health services (SMI), and/or legal advocacy such as guardian.
- Solutions
 - As the supervisor is reviewing barriers a safety plan is being developed which can be connected to additional follow up steps to support the young adult.

Follow ups:

- Creating follow ups or tasks for the EFC Coach from identified needs when discussing present situation and barriers. Follow ups should be time sensitive and be monitored up until next monthly clinical review.
- If follow up tasks are tied to the young adult's transition plan domains. EFC Coaching Supervisor should be giving guidance to the Coach to update the goal with actionable items.
- Safety related concerns should be elevated to agency's Manager and EFC Consultant to support. This may result in a staffing, utilizing the Standard Work for Safety Planning and possibly an EFC review if over 18. Supervisors and managers should develop their skill set to support Coaches in navigating these complex conversations.