The impact of loss, grief and relational connection for youth in foster care

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Over two decades, Dr. Monique Mitchell has learned from youth in foster care about the profound grief and loss they experience due to removal, disconnection from family, and navigating the foster care system. Their stories reveal that unaddressed grief—manifesting in loss of identity, self-worth, and belonging—remains a critical yet overlooked issue within the child welfare system, causing further harm to those it aims to protect.

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