‘All I Wanted Is to Be Healed’: Alternatives to Psych Meds for Foster Youth with Mental Health Issues

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Former foster youth like Kory were often prescribed heavy psychotropic regimens—sometimes up to 16 pills daily—yet medications failed to heal the underlying trauma and emotional wounds from abuse and abandonment. Instead, therapists featured in the piece advocate for trauma-informed, relationship-based approaches—such as free ongoing therapy, collaborative care planning, and empathy-centered support—that address core emotional needs rather than relying solely on drugs.

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