PROJECT GOALS
The Fellows aimed to improve the wellness of foster care adolescents who come from substance abusing homes through group sessions centered around educational activities and emotional support.

SERVICES PROVIDED
- Twice weekly, 90 minute group sessions focused on four main principles:
  1. Celebrating goodness
  2. Identifying and expressing emotions
  3. Self-care
  4. Alcohol and drug education

RESULTS
- 7 of 9 adolescents completed the LEGACY group program.
- Three outcomes were assessed: mental health status, self care, and avoidance of risky behaviors.

Mental health
- Goal: Show improvement in anxiety, depression, suicidality, or self-concept inventories.
- All 7 adolescents showed improvement in one or more areas:
  o 5 reported decreased anxiety
  o 3 reported decreased depression
  o 6 reported decreased suicidality
  o 4 reported increased self-concept

Self Care
- Goal: Each participant utilize self care techniques such as coloring, SBRR (stop, breathe, reflect, respond), physical activity, or healthy food preparation 3 or more times a week for 30 minutes at a time for 16 weeks.
- 4 of 7 adolescents utilized self-care techniques 3x a week or more for one month or more of the program.

Risky behavior
- 3 of the 9 adolescents who participated in the program completely abstained from alcohol and drug use during the program.
- An additional 1 adolescent stopped using substances during the program.
- An additional 1 adolescent decreased substance use between the beginning and the end of the program.

SUSTAINABILITY
- The community site has agreed to continue Project LEGACY in collaboration with another Wake Forest School of Medicine (WFSOM) MD/PhD candidate and the newly established WFSOM Addiction Medicine Interest Group, and to expand it to all foster adolescents who have experienced trauma.
- The community site is also incorporating aspects of Project LEGACY into its annual Summer Enrichment Program, including mindfulness exercises, physical activity, and healthy cooking and eating.

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