

Podcasts

Aged Out: Stories that Built Us

SMU School of Law conducts interviews with Texas youth who have aged out of foster care as they share insights into their experiences.

Time: 10 episodes, each podcast is 20-30 minutes

Where it can be found: [Spotify](#)

Aged Out: The Stories that Built Us Podcast – Jackie's Story Part 1 and 2

A podcast by the SMU Child Advocacy Clinic created to raise awareness regarding the child welfare system while giving youth who aged out a voice to transform it. In part 1 of Jackie's story, we learn that his parents were addicted to drugs and alcohol resulting in the removal of their children. In part 2, he tells us about the struggles and triumphs of going to college. He discusses founding UNT's PUSH program to support foster care and aged out alumni and to educate the community on the issues present in the system. Jackie also discusses his current work for CASA to help children in situations like his own.

Time: Each episode is 20-30 minutes

Where it can be found: [Spotify](#)

Aging Out Institute:

Preparing Foster Youth For Adulting: Interview with Deborah Santiago

Aging Out Institute is launching a new podcast series focused on identifying the strategies and resources that effectively prepare older foster youth for aging out of foster care. This first episode is a little indulgent, as it is an interview with Deborah Santiago, my sister and fellow traveler through foster care when we were young.

Time: 50 minutes

Where it can be found: [AOI website](#)

Preparing Foster Youth For Adulting: Interview with Franco Vega

In this episode, Lynn Tonini interviews Franco Vega, Executive Director and Founder of The Right Way Foundation in Los Angeles, California. Franco and Lynn discuss The Right Way Foundation employment program for foster youth, different strategies to help youth age out of foster care successfully, and the challenges that they are trying to manage during the current COVID-19 crisis.

Time: 55 minutes

Where it can be found: [AOI website](#)

Preparing Foster Youth For Adulting: Interview with Brittani Kindle

In this episode, Lynn Tonini interviews Brittani Kindle, Program Director at Safe Families PLUS in Chicago, Illinois. Brittani and Lynn discuss the Safe Families PLUS mentoring program, different strategies to help youth age out of foster care

successfully, and opportunities for the foster system to improve how they prepare youth for independence.

Time: 45 minutes

Where it can be found: [AOI website](#)

Better Services for LGBTQ Youth in Care ([podcast](#))

Ellen Kahn, leader and advocate for LGBTQ families, speaks about why LGBTQ youth are disproportionately overrepresented in foster care, what challenges these youth face, how agencies and families can step up their support — and more.

Also available on Apple Podcasts or SoundCloud

Black Boys & Men: Changing the Narrative Podcast – Seasons One and Two

The Black Boys & Men: Changing the Narrative podcast series brings together thought leaders from the public and private sectors to analyze stereotypes and dispel myths concerning Black boys and men, while providing facts and best practices for those working with these often marginalized populations. The series calls into question issues of systemic racism and oppression and provides concrete steps to prevent and address many of the issues that disproportionately affect Black boys and men, including health disparities, incarceration, trauma, and violence.

Time: Various, 15 minutes to 1 hour

Where it can be found: Stitcher, Google Play, Apple Podcasts, or online [Season One](#) / [Season Two](#)

Child In Mind- Why Do Some People Self-harm?

Self-harming behavior is becoming more common according to recent statistics and particularly among young people between 16 and 25 years. But what is self-harming behavior, why do people do it and what help is available for those affected?

Time: 25 minutes

Where it can be found: [Soundcloud](#)

Child Welfare Information Gateway Podcast Series

The following episodes are recommended for Connecticut CASA volunteers:

Episode 4: Secondary Traumatic Stress

Episode 6: Engaging Fathers Part 1

Episode 7: Engaging Fathers Part 2

Episode 9: Protective Factors Part 1

Episode 10: Protective Factors Part 2

Episode 11: Supporting Kinship Caregivers Part 1

Episode 12: Supporting Kinship Caregivers Part 2

Episode 16: Family Group Decision-Making: Implementing Family Group Conferences

Episode 18: Child Welfare Then and Now

Episode 22: Prevention – Connection Matters

Episode 41: Birth-Foster Parent Mentoring Teams

Episode 48: Changing the Face of Foster Care

List of topics: [Podcast series](#)

Where it can be found: Apple Podcasts, GooglePlay, Spotify, Stitcher, and SoundCloud

Crimes Against Women Podcast Series

The Conference on Crimes Against Women (CCAW) is thrilled to announce the Podcast on Crimes Against Women (PCAW). Continuing with our second season, the PCAW releases new episodes every Monday. Providing relevant updates by experts in the fields of victim advocacy, criminal justice, medicine and more. The presence of a global pandemic and our shifting “new normal” with COVID-19 has not decreased the frequency of crimes against women nor has it reduced the passion of those who serve survivors.

Time: 45 minutes each episode

Where it can be found: [Listen here](#)

Engaging Youth in Foster Care

As youth in care begin to develop their own sense of self and independence, you may experience difficulty engaging them to participate in their case plans or helping them realize the impacts their decisions may have on their long-term future.

Time: 30 minutes

Where it can be found: [Listen here](#)

Foster Care, Adoption, Runaway: The Story of One Child's Reality

Emma Williams, a woman who was in and out of several foster homes, shelters, and adoptive family situations in her life, will give you amazing insight into the sometimes hard realities facing children in foster care.

Time: 30 minutes

Where it can be found: [Listen here](#)

Foster Care and One Caring Adult

A podcast featuring an interview with Josh Shipp, an author, global youth empowerment expert and acclaimed speaker. Josh is a former at-risk foster kid who “mastered the art of getting kicked out” of foster homes, he is renowned for his documentary TV series on A&E that followed his ground-breaking work with teens. His new book, *The Grown Up's Guide to Teenage Humans*, explores strategies for parents, educators and others working with teens.

Time: 30 minutes

Where it can be found: [Listen here](#)

Gender Reveal

The Gender Reveal podcast explores the vast diversity of trans experiences through interviews with a wide array of trans, nonbinary and two-spirit people. Created by journalist and educator Tuck Woodstock, the show also serves as a free educational tool for anyone seeking to learn more about gender.

Time: Various

Where it can be found: [Listen here](#)

Kinder-Gardening

The Carpenter Vs. The Gardener, podcast exploring two models of modern parenting. Many parents think they can shape their child into a particular kind of adult.

Psychologist Alison Gopnik says the science suggests otherwise. A conversation with Gopnik, who thinks we'd all be better off if we had a different understanding of the relationship between parents and kids.

Time: 30 minutes

Where it can be found: [Listen here](#)

Launching Your Daughter

Launching Your Daughter podcast was created to support parents and caregivers in empowering their tween and teen girls as they prepare for young adulthood. Guests will be interviewed to discuss topics such as anxiety, perfectionism, depression, trauma, relationship struggles, budgeting time and money, nutrition and self-care. Conversations about mindfulness, self-compassion, mind, body and spirit connections, holistic and alternative approaches used in psychotherapy and counseling will also be explored.

Time: 30 minutes

Where it can be found: [Listen here](#)

Meth Addiction in Hawai'i

A podcast series about meth addiction in Hawai'i that really puts a human face on the problem. The episodes range from 15-20 minutes each. Listen to all four episodes and read the accompanying written material for a 2 hour continuing education credit.

Individual segments can be listened to for a smaller CE credit.

Time: Various time lengths

Where it can be found: [Hawaii Public Radio](#)

The Perpetual Trauma of Child Sexual Abuse (Isn't What You Think)

This week's guest addresses some misconceptions of child sexual abuse, speaks on the survivors of incest, and the fact that much of the continual trauma suffered by these victims is due to keeping silent about the event. She also discusses the Four Rules of Sexual Consent and addresses the question of whether it is possible to have one's abuser in one's life and still be healthy.

Time: 25 minutes

Where it can be found: [Listen here](#)

The reFRAMED podcast: Seasons 1 and 2

The reFRAMED podcast, presented by the Gladney Center for Adoption, is created to educate, encourage and inspire parents and professionals that have a love for children and want to meet their needs. Each episode has a special guest that is an expert in their field. Podcast Host, Emily Morehead, LPC, has a real conversation about how we reframe our parenting skills, expectations, and practices from traditional parenting into mindful parenting.

Time: Various, 20 to 45 minutes

Where it can be found: [Listen here](#) or Apple Podcasts, Google Podcasts, Spotify, Stitcher

Seen and Heard

Host Matt Anderson engages in stories and conversations that recognize transformation of the U.S. foster care system starts with seeing families for who they truly are. Through deeply personal stories from families who've experienced the child welfare system, we understand the value of human connection in affecting change. And through conversations with leaders on the front lines of the family well-being movement, we see real possibilities for shaping a future where families are seen, engaged, and have what they need to thrive.

Time: Various

Where it can be found: [Listen here](#)

Targeted: True Crime Domestic Violence

Targeted Podcast True Crime Domestic Violence investigates cases of family violence each season, using academic research to help interpret the events so we can become better advocates.

Time: 30 minutes

Where it can be found: [Listen here](#)

Teaching and Mental Health with Jessica Minahan

Although much has been written about the impact of such psychiatric difficulties on learning, teachers often have little guidance on effective strategies to support students with mood, anxiety and other mental health concerns. So what can be done to help these students?

Time: 55 minutes

Where it can be found: [Listen here](#)

Thenedra

Adoption is often viewed as a happy ending, and sometimes it is. But for Thenedra, her experiences as a child in the foster care system and later as a trans-racial adoptee were, and still are, much more complicated than that. This episode of "Terrible, Thanks for Asking" discusses what can happen when trans-racial foster and adoptive parents are not just unprepared to raise traumatized children, but also unprepared to raise Black children in a predominantly white society.

Time: 1 hour

Where it can be found: [Listen here](#)

What is Complex Trauma or PTSD? How Does it Affect Your Child?

A podcast featuring Selma Bacevac, a parent-child relationship therapist. Ms. Bacevac talks about complex trauma/complex PTSD, what it is, what children experience it as and what type of behaviors we see in children who are experiencing complex trauma. I will also talk about what the best and appropriate ways are to get help and treatment for children who are experiencing complex trauma.

When: Available anytime

Cost: No cost

Where it can be found: [Listen here](#)

Written Off

Description: Walter Thompson-Hernández speaks with formerly incarcerated young writers whose work will be read over the course of the season. The voices of those locked up in the U.S. prison system have been all but written off, but no more. These aren't voices you've missed; they're voices that haven't been heard.

Time: Various

Cost: Premium channel \$4.99 a month

Where it can be found: [Apple Podcasts Lemonada Premium](#)

From Foster Care to Fostering Hope

After a childhood of homelessness and foster care, a vision for how to advocate for those in poverty emerged. David Ambroz, Head of Community Engagement (West) for Amazon, joins host Krys Boyd to discuss the challenges of his upbringing from hunger to abuse, and why he's made it his life's work to fight for child welfare. His book is "A Place Called Home: A Memoir."

Time: 46 Minutes

Cost: Premium channel \$4.99 a month or free on website

Where it can be found: [Apple Podcasts or Website](#)