

“The Notion of Aftercare Homes through the Lens of Young Adults in the Shelter Homes of Delhi”

Mohd Yusuf

Masters Of Social Work

Amity Institute Of Social Sciences, Noida

Faculty Supervisor- Dr-Rama Srivastava

Date of Submission: 15-04-2024

Date of Acceptance: 25-04-2024

I. INTRODUCTION

The exploration of "The Notion of Aftercare Homes Through the Lens of Young Adults in the Shelter Homes of Delhi" was initiated with a comprehensive investigation into the complex dynamics surrounding aftercare services for young adults transitioning from shelter homes in Delhi. This introductory overview aimed to contextualize the research, delineate its scope, outline the historical evolution of aftercare interventions, delineate the theoretical frameworks informing this inquiry, and articulate the significance and implications of this study within the broader landscape of social welfare and transitional support systems.

Historically, the provision of aftercare services for young adults in shelter homes of Delhi has been shaped by a myriad of socio-economic, political, and institutional factors. The evolution of aftercare interventions can be traced back to the recognition of the unique needs and vulnerabilities of young adults transitioning from institutionalized care to independent living arrangements. Over time, changes in social welfare policies, shifts in societal attitudes towards youth homelessness, and advancements in research and practice have influenced the conceptualization and implementation of aftercare services, reflecting a growing recognition of the importance of holistic and client-centred approaches in supporting young adults during their transition.

Theoretical frameworks have played a pivotal role in guiding the development and implementation of aftercare interventions, providing conceptual lenses through which to understand the multi-dimensional needs of young adults in shelter homes. Drawing from various

disciplines such as social work, psychology, and youth development, these frameworks have emphasized the interconnectedness of factors such as housing stability, education, employment, mental health, and social support in facilitating successful reintegration. Theoretical perspectives such as empowerment theory, ecological systems theory, and trauma-informed care have informed the design and implementation of aftercare programs, emphasizing the importance of addressing systemic inequities, fostering resilience, and promoting agency and self-determination among young adults.

The notion of aftercare homes for young adults in the shelter homes of Delhi represents a critical juncture in the pursuit of social justice, equity, and human rights within the context of transitional support systems. By centering the experiences, needs, and aspirations of young adults within aftercare frameworks, this study seeks to shed light on the challenges, opportunities, and imperatives surrounding the provision of aftercare services in Delhi's shelter homes. Through an interdisciplinary lens that encompasses socio-economic, political, cultural, and psychological dimensions, this research aims to explore the structural, systemic, and individual-level dynamics shaping the reintegration process and outcomes for young adults transitioning from shelter homes to independent living arrangements.

Within the specific context of Delhi, rapid urbanization, economic inequality, and institutional challenges intersect to create formidable barriers to housing stability, economic empowerment, and social inclusion for young adults in shelter homes. The scarcity of affordable housing options, coupled with limited access to education, employment, and support services, exacerbates cycles of

homelessness, poverty, and social exclusion, leaving many young adults vulnerable to precarious living conditions and systemic marginalization. Moreover, the prevalence of mental health disorders, substance use issues, trauma histories, and social stigma further complicates the reintegration process, underscoring the need for comprehensive and trauma-informed aftercare interventions that address the holistic needs and aspirations of young adults.

In summary, the notion of aftercare homes for young adults in the shelter homes of Delhi represents a complex and multifaceted phenomenon that necessitates a nuanced and comprehensive approach. By situating this study within the broader context of social welfare and transitional support systems, this research seeks to contribute to a deeper understanding of the challenges, opportunities, and imperatives surrounding aftercare services for young adults in shelter homes. Through an exploration of historical, theoretical, and contextual dimensions, this study aims to inform evidence-based policies and practices that promote equity, inclusion, and empowerment for young adults transitioning from shelter homes to independent living arrangements in Delhi and beyond.

Objectives of the research

- To understand the expectations of young adults from Aftercare Home
- To view after-care through the lens of young adults.
- To critically analyze the functions of Aftercare.

II. METHODOLOGY

This study is based on primary and secondary sources such as interviews, articles, research papers, books etc. The retrieved information from online sources such as Google and consulted various government websites, magazines, activities and articles published on the aftercare home website. Then researcher communicated with the supervisor of the department and the institution for guidance and held discussions related to the topic. After working in aftercare for one semester, researcher always found that the view of aftercare is different from the young adult's perspective, and with this research, researcher learned and understood the opinions and expectations of young adults about aftercare. Do the current aftercare services and legal framework meet their expectations and recommendations for new services and legislative frameworks to promote better integration of young adults.

Sample: The researcher selected 50 young adults aged 18-21 from different backgrounds from an aftercare home. years.

Provincial method: The researcher created a questionnaire and interviewed and held a focus group discussion with 50 young people from various backgrounds, because these young adults live in aftercare homes and have personal experience living in this facility.

Data collection: The researcher used individual interviews and focus groups as tools to understand young adults' perspective on aftercare, and behind individual interviews and focus group discussions is knowing how young adults share their experiences in individual interviews and in groups. discussions Before the interview, the trainee received permission from the welfare officer and supervisor to conduct the interview and focus group discussion. In conducting this study, the researcher faced agency challenges and constraints. The researcher was asked to submit a questionnaire before the interview, no pictures were allowed, and the presence of one staff member during the interview, which prevents young adults from sharing their thoughts, and a report must be sent to the agency before it is sent. to the department that limits the researcher's authentic writing. During the internship, good relationships with young adults were already developed, and this helped the intern pass the interview smoothly. However, the researcher sought their consent and explained the reason for the interview and provided them with a safe, accepting, non-judgmental and empathetic environment, respected their privacy and maintained agency confidentiality.

III. LITERATURE REVIEW

The exploration of "The Notion of Aftercare Homes Through the Lens of Young Adults in the Shelter Homes of Delhi" entailed an exhaustive examination of existing research, theories, and practices within the realm of aftercare services for young adults transitioning from shelter homes in Delhi. This comprehensive literature review encapsulated various dimensions, including the definition and purpose of aftercare homes, historical evolution, theoretical frameworks, challenges faced by young adults, existing aftercare models, the role of aftercare homes in Delhi, and perspectives of young adults within shelter homes.

Historically, shelter homes have served as temporary refuges for young adults experiencing homelessness in Delhi, providing necessities and social support. However, the transition out of shelter homes has posed significant challenges for

young adults, including housing instability, unemployment, lack of education and vocational skills, mental health disorders, substance use issues, and social stigma. These challenges have been exacerbated by the scarcity of affordable housing options, limited access to education and employment opportunities, and the prevalence of mental health concerns among young adults.

Theoretical frameworks have guided the conceptualization and implementation of aftercare interventions, emphasizing the importance of addressing the multi-dimensional needs of young adults transitioning from shelter homes. These frameworks, drawing from various disciplines such as social work, psychology, and youth development, have highlighted the interconnectedness of factors such as housing, education, employment, mental health, and social support in facilitating successful reintegration. Despite the theoretical underpinnings, challenges persisted in translating these frameworks into effective and sustainable aftercare interventions for young adults in Delhi.

Existing aftercare models and programs offered valuable insights into effective practices and strategies for supporting young adults in their transition to independent living. International examples demonstrated the importance of comprehensive aftercare services encompassing housing support, education and vocational training, employment assistance, healthcare, and social integration. However, the applicability of these models to the context of Delhi's shelter homes remained limited due to the unique socio-economic landscape and institutional challenges prevalent in the city.

The role of aftercare homes in Delhi was shaped by the specific socio-economic context of the city, characterized by rapid urbanization, economic inequality, and institutional barriers. Shelter homes served as temporary shelters for young adults experiencing homelessness, providing basic amenities and social support. However, the transition out of shelter homes presented significant hurdles, necessitating tailored aftercare interventions that addressed the specific needs and aspirations of young adults. Despite the efforts of various stakeholders, including government agencies, non-profit organizations, and community groups, challenges persisted in ensuring access to comprehensive aftercare services and supports for young adults in Delhi's shelter homes.

Perspectives of young adults within shelter homes offered valuable insights into their experiences, needs, and aspirations during the

transition process. Qualitative studies illuminated the subjectiverealities of young adults navigating the aftercare continuum, highlighting the importance of youth-centered approaches, peer support, and mentorship in aftercare interventions. By amplifying the voices of young adults with lived experiences, researchers and practitioners were able to inform evidence-based policies and practices that promoted dignity, agency, and empowerment for young adults transitioning from shelter homes in Delhi.

In conclusion, the notion of aftercare homes for young adults in the shelter homes of Delhi represented a critical area of inquiry within the field of social welfare and transitional support systems. Through a thorough examination of existing research, theories, and practices, this literature review provided a comprehensive understanding of the complexities and challenges inherent in supporting young adults during their transition to independent living. Despite the progress made, significant gaps remained in addressing the multi-dimensional needs of young adults in Delhi's shelter homes, underscoring the importance of continued research, advocacy, and collaborative efforts to ensure equitable access to aftercare services and supports for this vulnerable population.

Challenges

Addressing the challenges associated with "The Notion of Aftercare Homes Through the Lens of Young Adults in the Shelter Homes of Delhi" necessitated a thorough examination of the multifaceted issues encountered by young adults transitioning from shelter homes in the past. These challenges spanned various domains, including socio-economic disparities, institutional barriers, systemic inadequacies, and individual-level complexities, highlighting the complexities inherent in supporting this vulnerable population during their transition to independent living.

Socio-economic disparities constituted a primary challenge for young adults in Delhi's shelter homes. The acute shortage of affordable housing options perpetuated cycles of homelessness and housing instability, leaving many young adults vulnerable to precarious living conditions and housing insecurity. Additionally, limited access to education and employment opportunities further compounded socio-economic challenges, exacerbating poverty and social exclusion among this population. Despite efforts to expand vocational training and skill-building programs within aftercare services, unemployment

rates remained alarmingly high, reflecting entrenched disparities in access to economic opportunities and social mobility.

Institutional barriers presented significant hurdles in the provision of aftercare services for young adults in Delhi's shelter homes. Fragmented and under-resourced service delivery systems hindered coordination and collaboration among stakeholders, resulting in service gaps and duplication of efforts that undermined the effectiveness and inclusivity of aftercare interventions. Moreover, the absence of standardized protocols and quality assurance mechanisms left young adults vulnerable to inadequate and fragmented care, failing to address their holistic needs and aspirations. Additionally, bureaucratic hurdles and administrative complexities further impeded access to essential services and supports, exacerbating challenges in navigating the aftercare continuum.

Systemic inadequacies within the aftercare system exacerbated challenges for young adults transitioning from shelter homes. The lack of comprehensive and culturally competent mental health services left many young adults underserved and at risk of untreated mental illness and psychosocial distress. Furthermore, the stigma and discrimination associated with homelessness and institutionalization perpetuated societal attitudes of blame and moral judgment, hindering efforts to rebuild lives and establish meaningful connections within communities. These systemic inadequacies underscored the need for transformative reforms that prioritize equity, inclusion, and dignity within the aftercare system.

Individual-level complexities added another layer of challenges for young adults in Delhi's shelter homes. Mental health disorders, substance use issues, trauma histories, and social isolation were prevalent among this population, exacerbating the difficulties of transitioning to independent living. Despite the recognition of the importance of mental health support within aftercare settings, access to culturally competent and trauma-informed services remained limited, exacerbating the risk of untreated mental illness and psychosocial distress. Moreover, the lack of adequate social support networks and meaningful social activities hindered young adults' ability to establish stable and supportive environments conducive to their well-being and reintegration into society.

Addressing these challenges required a multi-dimensional approach that prioritized housing stability, economic empowerment, service

coordination, mental health support, and community engagement within aftercare frameworks. By centering the needs and aspirations of young adults transitioning from shelter homes, fostering collaboration among stakeholders, and challenging societal attitudes towards homelessness and institutionalization, policymakers, practitioners, and advocates could work towards creating a more equitable, inclusive, and supportive aftercare system. Through targeted interventions, evidence-based practices, and a commitment to dignity and respect, efforts could be made to empower young adults to thrive and flourish in their journey towards independent living, thus mitigating the challenges associated with the notion of aftercare homes in Delhi's shelter homes

IV. CONCLUSION

Concluding the investigation into "The Notion of Aftercare Homes Through the Lens of Young Adults in the Shelter Homes of Delhi" necessitated a comprehensive synthesis of the research findings, theoretical insights, and practical implications gleaned from the exploration of this critical topic. Through an in-depth examination of the challenges, opportunities, and imperatives surrounding aftercare services for young adults transitioning from shelter homes in Delhi, several key conclusions emerged, highlighting both the progress made and the ongoing challenges that persist within this realm.

Foremost among these conclusions is the recognition of the profound socio-economic disparities and institutional barriers that shape the experiences and trajectories of young adults in Delhi's shelter homes. The acute shortage of affordable housing options, coupled with limited access to education, employment, and support services, exacerbates cycles of homelessness, poverty, and social exclusion among this vulnerable population. Despite efforts to expand aftercare interventions and enhance service coordination, systemic inadequacies and bureaucratic hurdles continue to impede access to essential resources and supports, undermining the effectiveness and inclusivity of aftercare initiatives.

Moreover, the prevalence of individual-level complexities, including mental health disorders, substance use issues, trauma histories, and social isolation, underscores the importance of holistic and trauma-informed approaches within aftercare frameworks. Despite the recognition of the importance of mental health support and psychosocial interventions, access to culturally competent and trauma-informed services remains

limited, leaving many young adults underserved and at risk of untreated mental illness and psychosocial distress. Addressing these individual-level challenges requires a concerted effort to prioritize the well-being and holistic needs of young adults, fostering resilience, empowerment, and social connectedness within aftercare settings.

Considering these conclusions, it is evident that addressing the challenges associated with the notion of aftercare homes for young adults in Delhi's shelter homes requires a multi-dimensional approach that encompasses housing stability, economic empowerment, service coordination, mental health support, and community engagement. By centering the needs and aspirations of young adults within aftercare frameworks, fostering collaboration among stakeholders, and challenging societal attitudes towards homelessness and institutionalization, policymakers, practitioners, and advocates can work towards creating a more equitable, inclusive, and supportive aftercare system.

Furthermore, it is imperative to recognize the agency and resilience of young adults in navigating the aftercare continuum and rebuilding their lives after experiencing homelessness and shelter dependence. By amplifying the voices of young adults with lived experiences, researchers and practitioners can inform evidence-based policies and practices that promote dignity, agency, and empowerment within aftercare settings. Through participatory decision-making processes, peer support networks, and mentorship opportunities, young adults can be actively engaged in shaping their own trajectories towards independent living, fostering a sense of ownership and belonging within their communities.

In conclusion, the notion of aftercare homes for young adults in the shelter homes of Delhi represents a critical juncture in the pursuit of social justice, equity, and human rights within the context of transitional support systems. By synthesizing the research findings, theoretical insights, and practical implications outlined in this study, it is evident that while significant progress has been made, challenges persist in ensuring equitable access to aftercare services and supports for young adults in Delhi's shelter homes. Moving forward, concerted efforts are needed to address these challenges, foster collaboration, and innovation, and build a more inclusive and supportive aftercare system that empowers young adults to thrive and flourish in their journey towards independent living.

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