S T A T E O F G R A N D F A M I L I E S

B U I L D I N G
R E S I L I E N C E

Supporting Grandfamilies’ Mental Health & Wellness

INFOGRAPHIC

2023
About **7.6 million children** live with a relative other than their parent who is the head of the household.\textsuperscript{i}

At least **2.4 million children** are being raised by a relative or close family friend and do not have a parent living in the household.\textsuperscript{ii}

35% of children in foster care are being raised by relatives.\textsuperscript{iii} 
(133,873 out of 391,098)

Children enter grandfamilies as a result of experiences that place them at risk of mental health problems.

Prior to going to live with kinship caregivers:

- 28% of children in kinship care have experienced neglect
- 11% of children have experienced physical abuse
- 26% of children have experienced parental substance abuse\textsuperscript{iv} (also known as substance use disorders)
Children in grandfamilies experience limited access to mental health services for depression, stress, and behavioral or emotional issues. Improved access to mental health supports and concrete material supports (such as financial, food and nutrition, housing, etc.) improves mental health outcomes for children and caregivers in grandfamilies.

Grandparents Responsible for Grandchildren

More than 2.3 million grandparents are householders responsible for grandchildren living with them.

- 68% are married
- 56% are in the workforce
- 18% live below the poverty line
- 25% have a disability
- 47% are age 60 and older
- 14% speak English “less than very well”
- 46% have been caring for a grandchild for five or more years
- 38% have no parents of the grandchildren present in the home

Grandfamily Caregivers Experience Chronic Stress Due to:

- Financial strains
- Concerns over the behaviors and needs of the children they are raising
- Navigating service systems
- Difficult relationships with the children’s birth parents

More than 2.3 million grandparents are householders responsible for grandchildren living with them.
When children cannot stay with their parents, they do best in grandfamilies. Youth in kinship care always showed more positive changes in their social, emotional, and behavioral outcomes when youth in non-relative foster care—especially when their caregivers experienced a reduction in depression over time or were never depressed.


