

CASEY LIFE SKILLS



SERVICE POPULATION

Appropriate for all youth regardless of whether they are in foster care, live with their biological parents, or reside in a group home. Applicable for youth between the *ages of 14 and 21*.

SPECIFIC FOCUS POINTS

Examples of how the Casey Life Skills (CLS) program can help youth and their families:

- Computer literacy
- Daily living activities
- Budgeting and paying bills
- Maintaining healthy relationships
- Using community resources
- Planning and goal-setting
- Permanent connections
- Work and study habits

For additional information about this program or any other programs that we offer, or to make a referral, please visit us at www.youthconnectva.com



PROGRAM DESCRIPTION

Casey Life Skills (CLS) is a program that is based on an assessment that examines the behaviors and competencies youth need in order to achieve their long-term goals. It aims to set youth on their way toward developing healthy, productive lives.

It is designed to be used in a collaborative conversation between an educator, mentor, case worker, or other service provider. It is appropriate for all age-appropriate youth regardless of whether they are in foster care, live with their biological parents, or reside in a group home.

Youth typically require 30-40 minutes to complete the initial CLS Assessment. Their answers are available instantly to review with the youth in a strengths-based conversation that actively engages them in the process of developing their goals.

After completion of the initial assessment, youth are scored in a number of areas with an overall average being assigned to the assessment -- as well as individual focus areas being assigned their own scores. This method helps the coach, as well as other service providers working with the youth, receive an overall evaluation of any deficiencies that were identified and this process helps in building the Initial Supervision Plan.

Areas examined on the initial assessment include: *permanency; daily living; self-care; relationships and communication; housing and money management; work and study life; career and education planning; and looking forward.*

CLS also offers a "*Resources to Inspire Guide*" that helps both the coach and the youth take the next vital steps in the program. Utilizing both the assessment and the Resource Guide creates a learning plan that can help youth gain the skills they need in life, in addition to better preparing them for self-determination and independent living.

Casey Life Skills is owned by Casey Family Programs. All rights reserved.