

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. The program can be adapted to support younger youth, particularly those with unique needs.

Focus Points & Session Info

Examples of the specific focus areas for the Casey Life Skills Program:

- Permanency
- Daily Living
- Self-Care
- Relationships & Communication
- Housing & Money Management
- Work & Study Life
- Career & Education Planning
- Looking Forward

Sessions are structured in individual or small group settings in the community for an average of five hours per week.

For additional information about this program or to make a referral, please contact our team and we would be happy to assist you.



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 by reaching adult-readiness and independence.

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 services provider working with the youth, receive an overall evaluation of any deficiencies that were identified and this process helps in building the initial supervision plan.

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. Goals are accomplished in the program by individual and small group settings in the community to engage in hands on skill development with the guidance of the assigned coach.

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