Module 1: Why is Building Life Skills Important?

1. Intro

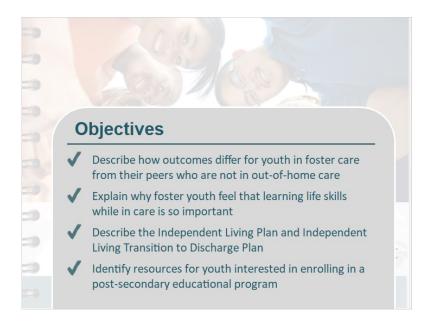
1.1 Key Ideas



Notes:

In this module, you will learn about why it is so important for you as a foster parent to help the children in your home build life skills, which you'll also hear us refer to as independent living skills. You've probably also heard social workers or caseworkers talk about life skills, and how important they are for children in out-of-home care. As a foster parent, you have a responsibility to help the children and youth in your home build these skills. You may remember hearing about this in the Pre-Placement or Foundation Training.

1.2 Objectives



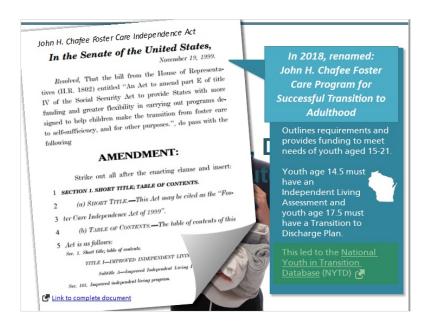
Notes:

Upon completion of this module, you should have the knowledge and skills to:

- Describe how outcomes differ for youth in foster care from their peers who are not in out-of-home care
- Explain why foster youth feel that learning life skills while in care is so important
- Describe the Independent Living Plan and Independent Living Transition to Discharge Plan, and how one builds upon the other
- Identify resources for youth interested in enrolling in a post-secondary educational program

Let's start by learning about some independent living statistics and outcomes, and how you can make a difference for the children and youth in your care.

1.3 Independent Living Statistics and Outcomes



Notes:

We have told you that life skills are important, and that as a foster parent, you have a role in building those skills, but you might be wondering how you can make a difference in building life skills. Let's first take a brief look at some history and then at some data that has been gathered for youth in foster care. We'll then talk about how you can help improve these outcomes for the children and youth in your home.

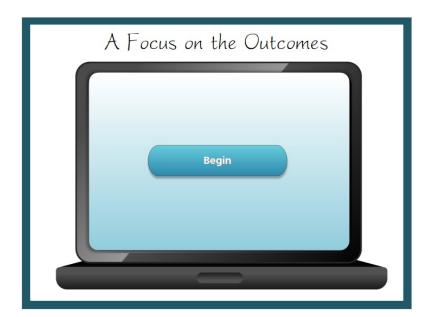
In 1999, Congress established the John H. Chafee Foster Care Independence Act. In 2018, this was renamed the John H. Chafee Foster Care Program for Successful Transition to Adulthood. This Act requires states to assist youth in transitioning from out-of-home care to self-sufficiency. The Chafee Act outlines requirements and provides funding to meet the needs of youth aged 14-21 who are in or who have aged out of foster care, and increased funding for transitioning youth up to age 21 who are leaving foster care. Wisconsin law states that youth aged 14 and a half and older must have an Independent Living Assessment. Youth age 17 and a half must have a Transition to Discharge Plan. Together, these identify the knowledge and skills the youth will need to make a successful transition to living on their own.

The Chafee Act also led to the development of the National Youth in

Transition Database, or NYTD, which collects data on services and training that youth are receiving as well as their outcomes.

We'll start by understanding some current statistics and how you can impact positive outcomes of the youth in your care as they become adults.

1.4 Focus on Outcomes

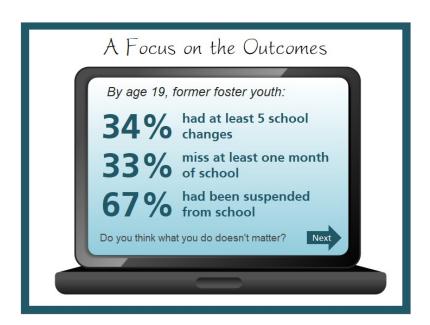


Notes:

Let's look at some of the outcomes that the research has found in comparing foster youth with their same-age peers.

Click the "Begin" button when you're ready.

1.5 School Outcomes



Notes:

By age 19, former foster youth: 34% had at least 5 school changes 33% miss at least one month of school 67% had been suspended from school

College attendance:

Roughly one-third of former foster youth enroll in a 2- or 4-year college, compared to the national college enrollment rate of 69% Fewer than 3% of former foster youth graduate from a 4 year college Many former foster youth are still enrolled and pursing a degree program at age 25

Foster youth have the same aspirations and academic aptitude as their peers

National data shows that:

The greater the number of out-of-home care placements a young adult experiences, the less likely they are to have academic and economic success

65% of young adults in foster care complete high school, compared to 86%

among all young adults

47%-69% of foster care alumni are unemployed, compared to about 10% among all young adults

Up to 80% of children in foster care experience significant mental health issues, compared to 18%-22% of the general population

Males have been arrested: Former foster youth: 81% Youth not in foster

care: 17.4%

Females have been pregnant: Former foster youth: 70% Youth not in

foster care: 40%

Wisconsin NYTD Data:

31% of foster care alumni are neither working nor in school at age 19; 32% are neither working nor in school at age 21

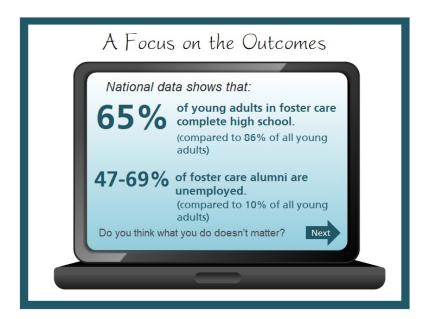
45% of foster care alumni are not working at all at the age of 21

74% of foster care alumni completed high school requirements by age 21

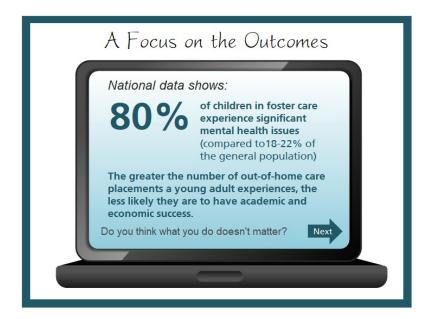
25% of foster care alumni at age 19 report being homeless within the previous two years; by age 21 this increases to 35%

Roughly 30% of foster care alumni were incarcerated within two years of exiting care

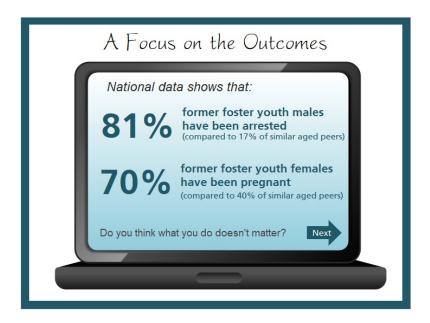
National Data: High School GED (Slide Layer)



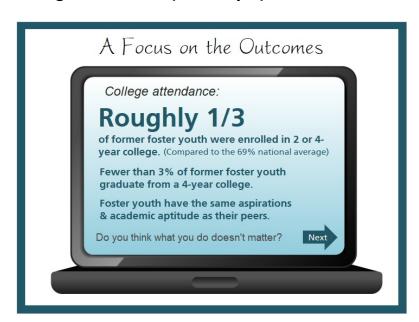
National Data: mental health (Slide Layer)



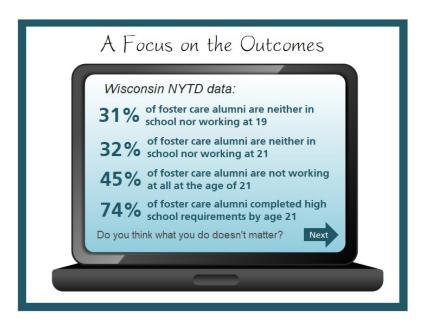
National Data: arrests and pregnancy (Slide Layer)



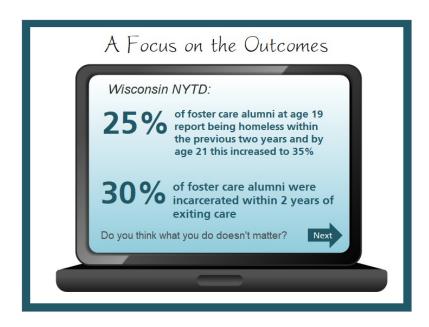
College attendance (Slide Layer)



Wisconsin data part 2 (Slide Layer)



Wisconsin data part 3 (Slide Layer)



What you do does matter (Slide Layer)



1.6 Independent Living Statistics and Outcomes



Notes:

While these statistics may seem overwhelming, you can make a difference to improve them!

Listen as current and former foster youth describe why it is important for

youth to become prepared to live on their own, and how you can you help the youth in your home to feel more prepared.

Voices of former foster youth: Why is it important for youth to be prepared to live on their own?

>> A huge reason that it's important for youth to be prepared to live on their own comes from the statistics. We know that a large population of the homeless and the incarcerated are former foster youth. It's important for people to understand that you're investing in futures, especially foster children. We've got some great kids that are in foster care with some extremely intelligent ideas of changing the world. And they're just as important to invest in as any other person.

So to prepare those youth for the future and to be on their own is extremely important for society's sake.

- >> If they're not, they can be evicted, become homeless, bankrupt, get into drugs. That's a really big problem with aged out foster kids.
- >> It is important because they can't depend on someone forever. I mean if you don't help the youth or the foster child, you know, transition into being independent and living on their own, then it's almost like you're setting them up to fail.
- >> It's important for youth to be prepared to live on their own because you can't always rely on case workers or foster parents to take care of you. Eventually you will be on your own and expected to fend for yourself either by choice or by necessity. And you have to know how you're going to survive because no one can do it for you. If you have people doing things for you, for your whole life and then suddenly you are thrown out into the world with no skills and no idea how to make it on your own, there's no way you'll ever be able to be successful.

1.7 NYTD Survey

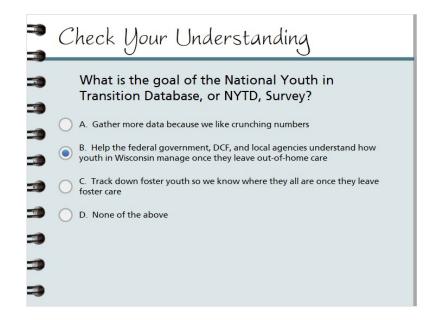
DEPARTMENT OF CHILDREN AND FAMILIES Division of Safety and Permanence National Youth in Transition Database for Wisconsin Youth Age	
The questions on this survey should be answered from YOUR perspective. In other we there is no need for you to try to track down the information to complete the survey. D answers – this is not a test and you won't be graded. Part of the goal of NYTD is to me situations. However, if you don't know some of these answers, FosterClub encourages you to de survey and go over it with your caseworker, foster parent, or another supportive adult the resources that are available to you. Another note: any questions you leave unanswered will be reported as DECLINED Thirp/Invw.act.htm.gour/programs/clos-yatems/nyd/facydata_elements/outcomes.htm. Personal information you provide may be used for secondary purposes (Privacy Lav Foster Club Profile ID Date of Survey (mm/dd/yyyy) Name – Youth (First, MI, Last)	Asks about: - financial self-sufficiency - experience with homelessness - educational attainment

Notes:

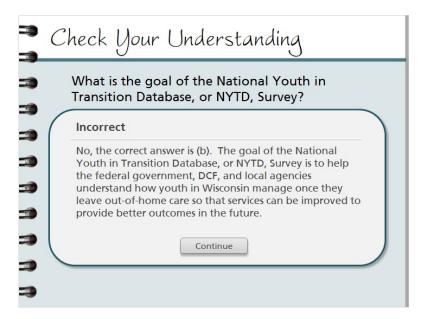
As you heard earlier, "NYTD" stands for National Youth in Transition Database. It is the means by which the Administration of Children and Families and Wisconsin Department of Children and Families will learn how our older youth are faring as they transition to adulthood and independence. Youth who are placed in out-of-home care must first complete the NYTD survey within 45 days of their 17th birthday Youth who complete the survey will take it again at age 19 and 21 so that the child welfare system as well as educators, health providers, and other systems, may learn about the areas young people exiting care struggle in and what areas they are successful in, in order to better support them in transitioning. Answers to questions are confidential and contribute to the national database and statistics on aging out youth.

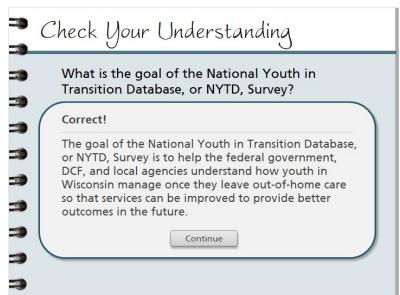
The NYTD survey asks questions about financial self-sufficiency, experience with homelessness, educational attainment, positive adult connections, high-risk behavior and access to health care. This survey data is gathered into a nationwide information-gathering project and is meant to help the federal government, DCF, and local agencies understand how youth in Wisconsin manage once they leave out-of-home care.

1.8 Check Understanding: NYTD Survey

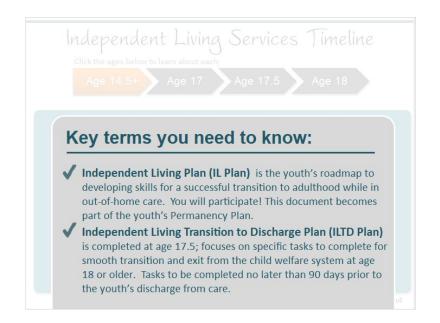


A. Gather more data because we like crunching numbers (Slide Layer)





1.9 IL Services Timeline



Notes:

As a foster parent, you will play a critical role in preparing youth to leave care and live on their own. Child welfare agencies are also responsible for ensuring that youth placed in out-of-home care are participating in activities commensurate with their age and developmental level. Focus is placed on developing skills for a successful transition to adulthood for youth aged 14 and a half and older while they are in out-of-home care, or who are adopted after the age of 16, or go to subsidized guardianship from out-of-home care after age 16. DCF creates the policies for these programs and oversees the delivery of the services to the youth, which focus on providing the experience and skills necessary for adulthood. Agencies have specific responsibilities to youth at certain ages, which you can see on the flowchart on this slide.

Before you begin, let's define a couple of terms you'll see and hear about on these slides:

The Independent Living Plan, or IL Plan, is the youth's roadmap to gaining skills and independence. You'll be invited to participate in planning and asked to identify activities to do with and model for youth. This becomes part of the youth's Permanency Plan.

The Independent Living Transition to Discharge Plan, or ILTD Plan, is

completed at age 17 ½, and is different from the IL Plan as it focuses on the specific tasks that need to be completed for a smooth transition and exit from the child welfare system at age 18 or older. Once identified, tasks should be completed no later than 90 days prior to the youth's discharge from care. Regional Transition Resource Agencies (or TRAs) will participate in the development of the ILTD Plan. The TRA will also assume responsibility for supporting the youth's independent living needs after the youth exits out-of-home care.

Please click on the age at the top of the screen to see the eligibility criteria and agency responsibility for each age group.

This is a lot of information to remember, so we encourage you to download the handout.

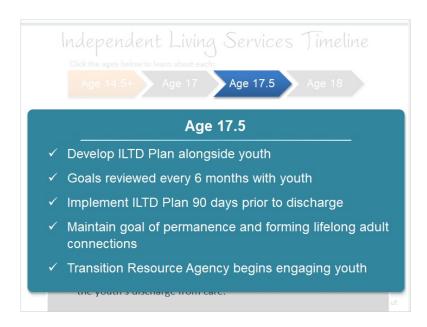
Age 14.5 (Slide Layer)



Age 17 (Slide Layer)



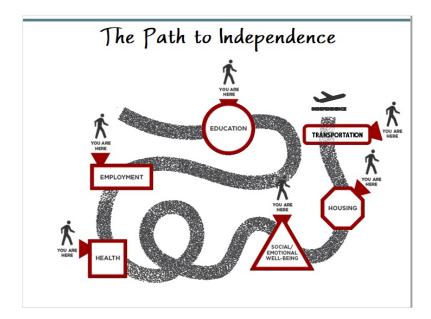
Age 17.5 (Slide Layer)



Age 18 (Slide Layer)



1.10 The Path to Independence



Notes:

We like to think of providing independent living services and life skills development opportunities as helping youth navigate their path to independence. As they walk their path, they will go through many ups and

downs along the way, maybe get turned around, and it may be a bumpy road from time to time, but it is our job to help them negotiate this path by providing them with a road map. This map contains the skills they need to become independent adults. As our youth move toward independence, the services that are provided ensure that youth receive training and assistance in:

- Education
- Employment
- Health
- Social-Emotional Well-Being
- Housing, and
- Transportation

We'll be discussing these five main areas throughout the rest of this training, and this map will guide our conversation.

1.11 Fostering Connections: Independent Living Transition to Discharge Plan



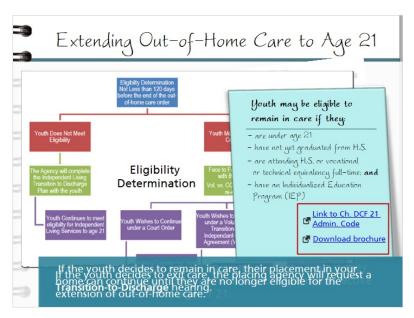
Notes:

In addition to requirements at the state level, there are federal requirements as well. The Fostering Connections to Success and Increasing Adoptions Act of 2008 requires that during the 90-day period immediately prior to the date on which a youth is expected to age out of foster care, the Independent Living Transition to Discharge Plan must be developed for making the transition to independent living.

The Independent Living to Discharge Plan must be personalized at the youth's direction, and has six main areas of focus:

- Housing
- Healthcare
- Education
- Mentoring
- Workforce support and employment services, and
- Supportive services after leaving out-of-home care.

1.12 Extending Out-of-Home Care to Age 21



Notes:

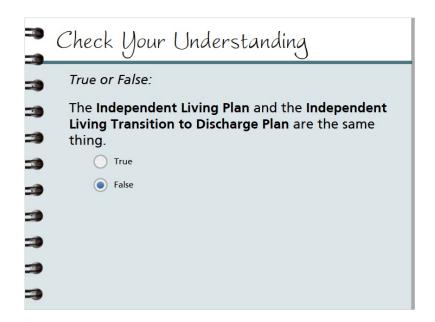
Legislation was passed in Wisconsin in 2014 allowing for the extension of out-of-home care. Youth may be eligible to remain in care if they: 1) Are

under age 21; 2) Have not yet graduated from high school; 3) Are attending high school or its vocational or technical equivalency full-time; and 4) Have an Individualized Education Program (IEP).

In addition, under this legislation, any youth who leaves care prior to age 21 may decide to reenter care if they have not yet graduated, are in school full-time, have an active IEP and are under the age of 21.

The youth's caseworker will talk to the youth about their eligibility for the extension of out-of-home care at least 120 days before they exit care, and the youth will decide if they wish to remain in or exit care. If the youth decides to remain in care, their placement in your home can continue until they are no longer eligible for the extension of out-of-home care. If the youth decides to exit care, the placing agency will request a Transition-to-Discharge hearing. During this hearing the court will review with the youth the options available through extending care. The youth will again have the option to decide to remain in care or exit care at the time of the hearing. If you have any questions about extension of out-of-home care, please discuss them with your worker. You may also read more about the extension of out-of-home care in Ch. DCF 21 Administrative Code.

1.13 Check Understanding: ILP vs. ILTDP



Notes:

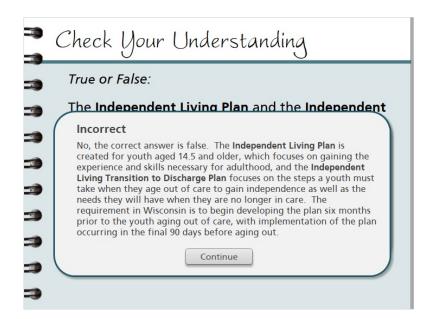
Check Your Understanding:

True or false: the Independent Living Plan and the Independent Living to Discharge Plan are the same thing.

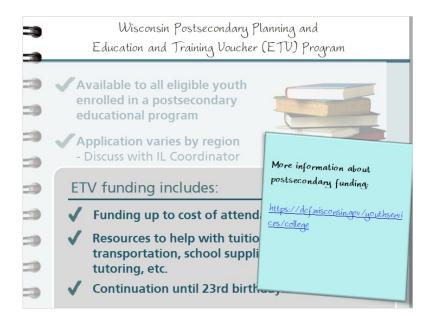
Correct (Slide Layer)



Incorrect (Slide Layer)



1.14 Wisconsin Independent Living and Education and Training Voucher Program



Notes:

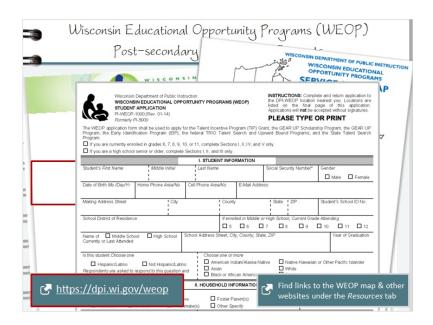
For youth who enroll in a postsecondary educational program, there is

funding available called Educational and Training Vouchers, often called "ETV" funding. ETV funding is available to all eligible youth who are enrolled in a postsecondary educational program. The application for ETV funds varies by region and is handled on a case by case basis through a discussion with the Independent Living Coordinator. In order to be eligible for ETV funding, youth need to have aged out of a court-ordered out-of-home placement, have been adopted, or have gone into a court-ordered subsidized guardianship anytime after their 16th birthday. The program includes:

- Funding up to \$5000 per academic year, but not to exceed the cost of attendance, with an upper limit of \$5,000
- Funding to cover direct academic costs such as tuition, fees, books, tutoring, and equipment needs such as a laptop, but also other potential barriers to postsecondary success such as transportation, school supplies, childcare; and
- Continuation until the 23rd birthday provided the youth is enrolled at an approved academic institution and is making good academic progress. More information about this postsecondary funding is available at https://dcf.wisconsin.gov/youthservices/college.

Module 1: Why is Building Life Skills Important

1.15 Wisconsin Educational Opportunity Programs; Postsecondary Planning and Supports



Notes:

Sometimes foster youth need extra encouragement and assistance to begin thinking about what they want to do after high school, such as career planning or postsecondary education, or both. One former foster youth told us: "I had a foster parent who took interest in me, pushed me to apply for college even though I didn't think it was for kids like me."

There are programs, called Wisconsin Educational Opportunity Programs (WEOP), offered through the Department of Public Instruction which seek out and encourage students to attend higher education institutions. These programs help educationally and economically disadvantaged students explore options and continue onto higher education.

Wisconsin Educational Opportunity Programs provide students with educational counseling to raise their career aspirations, provide follow-up services after students begin college to enhance their adjustment to college, encourage higher education institutions to provide for the unique needs of WEOP students, and provide bilingual counseling.

WEOP can be of assistance to foster youth and foster parents, as these programs provide students and parents support with: academic counseling,

financial aid information, increase early awareness of educational opportunities, clarify vocational and education goals, selecting an appropriate college or career training program, completing admission forms and arranging for college entrance exams, applying for pre-college programs, and providing scholarship information, college catalogs, brochures, admissions applications, and financial aid forms.

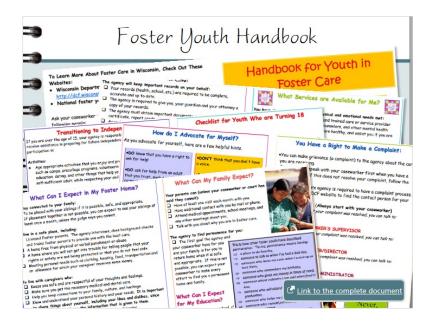
There are various State and Federal programs through WEOP, some that begin as early as sixth grade. In addition, WEOP has statewide offices in Ashland, Eau Claire, Green Bay, Madison, Milwaukee, Racine, and Wausau. To begin the process and apply to be part of WEOP, foster youth should complete the WEOP Student Application Form, which can be found at the address shown. You can help youth complete this form and encourage enrollment in the program.

For more information about WEOP go to the <u>Department of Public</u> Instruction website.

Photo source:

http://www.weop.net/weop_doc/WEOP_Highlights_2012.pdf

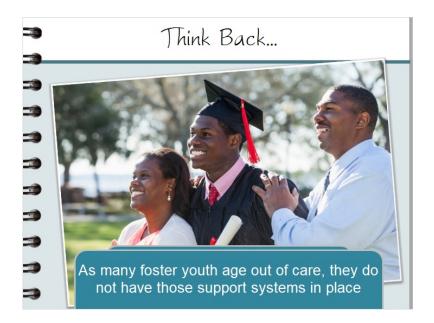
1.16 Foster Youth Handbook



Notes:

The Foster Youth Handbook was designed to help youth better understand foster care and what they can expect while they are in out-of-home care, based on Wisconsin laws and policies. The goal was to create a youth-friendly way of communicating important information. The handbook provides youth with information on confidentiality, participation in court, available services, preparation for independence, tips on self-advocacy, and expectations they can have of the child welfare agency, foster home and education system.

1.17 Think Back...



Notes:

Think back to when you were 18 and graduating from high school...were you planning to get a job? Attend college or other postsecondary education? Did you feel prepared to live on your own as soon as you turned 18? As you think about that, consider the ways that your family may have prepared you to live independently. Now think about the foster children and youth in your home and the skills that they have not necessarily been taught as they have grown up. How would you have felt if you had not been taught those life skills that you had as a young adult? Would you have felt prepared? Would you have felt confident without a support network or a home to go back to for help when you needed it? As many foster youth age out of care, they do not have those support systems in place and often do not have those skills developed.

We asked former foster youth if they felt prepared to live independently when they left foster care. Let's hear what they had to say...

1.18 Voices of Foster Youth



Notes:

Voices of former foster youth: Did you feel prepared to live on your own?

- >> Well, when I left foster care to live independently, I actually did feel prepared. I had a good group of independent living workers who not only invested their time to make sure that I was going to be successful living on my own but they actually showed me the ropes. I feel that if you show teens or kids who are aging out of care how to do it, not only verbally speaking but physical show them because they don't really know how to possibly open a bank account which I didn't at that age. So I felt really prepared to live on my own independently.
- >> No, I didn't know how to do a lot of things such as making doctor's appointments or filling out applications the correct way because my foster parents had done that all for me. And just told me that they did it and assumed that I would know how to do that.
- >> Yes and no. I felt that there wasn't the right supports set in place such as housing, looking for housing or knowing places where to get the necessary things I was going to need such as meds or you know, certain grocery stores because I wasn't familiar with the area. Yes because I knew how to cook and clean. I knew how to job hunt. I knew how to build a resume. So yes

and no.

>> No, I didn't feel prepared. For I felt like my foster parents had done most everything for me. And it became overwhelming when I went off to college and lived on my own. When I had to pay my own bills and schedule appointments.

>> I felt prepared in the sense that I had built strong relationships with my foster parents and I knew that I had them to utilize throughout my adulthood when I had issues about car insurance or student loans or different scholarships and things like that.

>> Initially I did. I was ready to be on my own. And I thought I knew everything there was to know but after I almost failed my first semester of college, I realized there was a lot I didn't know. And as I got older I continued to encounter situations that made me realize just how unprepared I really was for living on my own because I wasn't given the chance to learn the skills I needed.

1.19 Improving Outcomes



Notes:

As we said at the beginning, you can make a difference! If we work to build these skills in our children and youth, we will see improvements in these outcomes and we will see our former foster youth be more prepared for living on their own. If we work together, we can make the aging out process a positive one for our foster youth and give them the life skills they will need to be successful adults.

Watch one family's story in this Foster Care and Adoption Resource Center recruitment video to see how you can truly make a difference!

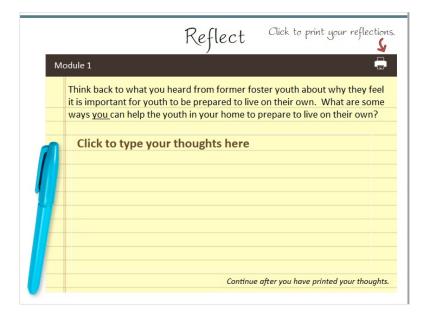
1.20 Video



Notes:

View this video at: http://www.youtube.com/watch?v=pl79tfx4M0s#t=11

1.21 Reflect



Notes:

Think back to what you heard from former foster youth about why they feel it is important for youth to be prepared to live on their own. What are some ways you can help the youth in your home to prepare to live on their own?

1.22 Conclusion



Notes:

In this module, you have learned about statistics and outcomes regarding independent living both in Wisconsin and across the country; the National Youth in Transition Database; state and federal policies and laws; the Independent Living Transition to Discharge Plan and the requirements associated with the plan; funding for postsecondary education; and the importance of building life skills for the children and youth in your home. Write down any questions that you might have about this information to share with your licensing worker.

2. LMS Completion

2.1 Confirm Completion

