

Casey Life Skills (CLS)

CLS is a community-based service constructed on the youths needs and strengths identified in the CLS Assessment. The tool assesses the behaviors and competencies youth need to achieve long-term goals. The assessment targets eight areas of knowledge, skills, abilities and awareness; followed by the development of a youth specific service plan to address gaps in life skill development and confidence as youth navigate education and employment milestones. CLS promotes young people’s active engagement in planning their learning goals and making decisions about their future, with the leadership and oversight of a service provider. This VA specific service is developed on the Casey Life Skills Assessment tool and resources developed by Casey Family Programs.

Program Components	Intervention	Target	Immediate Outcomes	Long Term Outcomes
<ul style="list-style-type: none"> • Youth of age 14-21 • 2-6 hours a week (may be up to 10 hours if the youth is not in school or working) • 3-6 months of services • Person centered approach • CLS Assessment • Casey Life Skills Training Goal: To teach youth a broad curriculum of independent living skills • Resiliency Theory Goal: To help the client develop a stable and reliable support group. • Cultural competency • Career Planning 	<ul style="list-style-type: none"> • Staff will follow the CLS Practice Guide • Motivate youth to take the assessment • Administer the CLS Assessment • Engage family to complete assessment and support the plan • Review assessments results with youth and family • Identify strengths and gap areas • Develop plan to address gaps • Education and skill teaching • Cognitive Behavioral Techniques • Role Playing and skills practice • Assistance exploring the internet safely as a resource • Implement, monitor and update the learning plan based on CLS Curriculum and Resource Guide to include: <ul style="list-style-type: none"> ○ Daily Living Skills ○ Self Care Skills ○ Relationships & Communication Skills ○ Housing & Money Management ○ Work & Study Skills ○ Career & Education Planning ○ Track progress and revised goals 	<ul style="list-style-type: none"> • Daily Living (i.e. Meal planning and preparation, food storage, Computer literacy, internet basics) • Self Care (Healthy physical and emotional development such as personal hygiene) • Relationships and Communication • Housing and Money Management (Budgeting and paying bills) • Career & Education Planning • Looking Forward (Youth’s level of confidence and internal feelings important to their success) • Permanency (youth’s connection to trusted adults, community of support and overall inter-dependent connections) <u>YASI: Decrease Risk and Increase Protective Factors</u> <ul style="list-style-type: none"> ○ Skills (problem solving, goal setting, consequential thinking) ○ School/ Education (conduct, performance, attendance) ○ Employment/ Leisure/ recreation ○ Community Peers (Pro-social community ties, positive adult connections, free time, emulation) ○ Attitudes/ Values/ Beliefs (responsibility, respect, law abiding attitude) 	<ul style="list-style-type: none"> • Learn independent living skills • Improve support system and community connections • Increased confidence and hope for the future • Improved decision-making process • Short term goal setting • Identification of strengths and competencies 	<ul style="list-style-type: none"> • Strong Community connection and involvement • Reduce recidivism • Reduce criminogenic thinking • Increased sense of belonging • Enhance pro-social skills • Education and/or Employment stability • Career Development (or goals to work towards) • Permanency (A permanent connection is a stable, lasting, unconditional, emotional and relational connection that one has with family members and significant others in their lives, whether or not the youth resides with them)