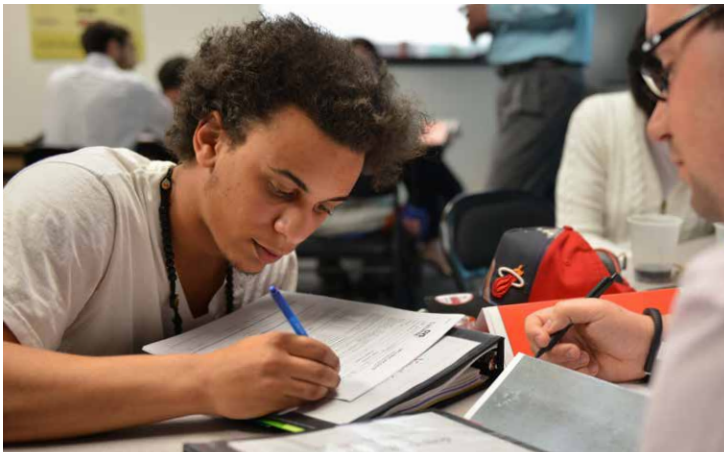


EMPOWERING YOUNG PEOPLE FROM FOSTER CARE TO ADULTHOOD



What is LifeSet™?

LifeSet, a program of Youth Villages, is an individualized, evidence-informed model that pairs a highly trained specialist with each young person to help identify and accomplish goals. Begun in 1999, LifeSet has helped more than 20,000 young people become successful adults across the country. In a randomized trial, LifeSet showed positive impacts in many areas of participants' lives, including reduced homelessness, increased economic well-being and better mental health.



About our program

Youth Villages, in collaboration with KY Department of Community Based Services, provides LifeSet in the identified service areas for eligible young people, ages 17 – 22, who:

- Exit DCBS commitment at or after age 18
- Are committed to DCBS (including extended commitment) and living in an eligible placement*
- Were reunified, adopted or placed in relative custody after the age of 16

**Contact the Kentucky LifeSet team or DCBS IL staff for more eligibility details.*

LIFASET: THE BRIDGE TO SUCCESSFUL ADULTHOOD



THE LIFASET DIFFERENCE



ENGAGEMENT

LifeSet uses a high-intensity engagement approach that revolves around an in-person, weekly meeting between the LifeSet specialist and participant at a location of the young person's choosing. Specialists can be involved with young people throughout the week and available 24/7 if needed. While the young person drives all decisions, the specialist keeps everything moving forward, holding participants accountable for progress.



CODIFIED MODEL

The structured model of LifeSet ensures adherence to specific practices during implementation, which leads to better progress and accountability. While the interventions and steps taken with each young person are individualized, the model dictates frequency of sessions, quality of case plans, frequency of supervision and much more. There is a strong emphasis on fidelity—clinically and operationally.



BEST PRACTICES

LifeSet guidelines are based on science and evidence. We fully support, train and continuously develop specialists to help ensure that best practices are being followed at all times. Quarterly booster trainings further develop skills.



GUIDETREE® - CASE CONCEPTUALIZATION, ONLINE RESOURCES & EXPERT GUIDANCE

LifeSet pairs the ongoing guidance of a Licensed Program Expert with a robust online platform that contains hundreds of evidence-based, evidence-informed and other best practices interventions and resources. In LifeSet, the LPE guides frontline staff and program leadership on choosing and implementing interventions to deliver services with quality and consistency. This ensures that a young person makes demonstrable progress towards goals by getting the right interventions at the right time and at the right intensity.



ACTION ORIENTED

The LifeSet program model places an emphasis on experiential learning, with specialists practicing skills with the young person and modeling behavior in the real world to accelerate goal completion based on individual needs.



LASTING IMPACT

LifeSet gives young people the opportunities to practice skills that will last a lifetime—giving them the know-how and confidence to problem solve, build a network of support and conquer everyday challenges.

LifeSet Randomized Trial

The five-year study by MDRC, one of the country's leading social research firms, found that LifeSet had a number of statistically significant positive impacts. Young people who received the LifeSet program had higher earnings and employment levels; increased housing stability and economic well-being; and improved mental health.

REDUCED
HOMELESSNESS

-22%

REDUCED
DOMESTIC & PARTNER
VIOLENCE

-30%

REDUCED
ECONOMIC
HARDSHIPS

-13%

IMPROVED
MENTAL HEALTH

+13%

INCREASED
EMPLOYMENT

+7%

INCREASED
EARNINGS

+17%

Full report: www.mdrc.org/project/youth-villages-transitional-living-program-evaluation#overview

Contact Us

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