

LIFESSET™ AND YOUTH THRIVE SHARE CORE TENETS REGARDING SUPPORT FOR YOUNG PEOPLE.

SPECIFICALLY, THEY BOTH:



Promote positive youth development and skill building



Emphasize a trauma-informed and healing lens



Identify and build protective factors, especially interpersonal connectedness and cognitive and emotional competence



Are driven by young adults' own values and goals

YOUTH THRIVE

Youth Thrive is both a **research-informed framework** on youth well-being and an **action-oriented initiative** based on the framework, that is designed to better support healthy development and well-being for youth and young adults ages 9-26.

Youth Thrive is an approach that provides managers, supervisors and staff with strategies to support young adults. Youth Thrive develops and disseminates tools and materials that can be used within child welfare and juvenile justice systems and with a variety of youth-serving organizations. The Youth Thrive Survey is a valid and reliable web-based instrument that measures the presence, strength, and growth of the Youth Thrive Protective and Promotive Factors as proxy indicators of well-being.

Youth Thrive has recognized LifeSet (once called the Transitional Living Program) as one of 15 Exemplary Initiatives identified from a national search for outstanding examples of programs and interventions that understand and support adolescent development for youth involved in child welfare systems.

Youth Thrive training can be a foundation for and complementary to LifeSet and other youth-serving programs.

LIFESSET

LifeSet is an **intensive, community-based codified program model** that acts as a bridge from foster care to successful adulthood for young people aged 17 to 22, reaching adulthood in foster care. It uses an **intensive, individualized approach that revolves around an in-person, weekly meeting with a specialist in the community and 24/7 support.** The focus is interpersonal connectedness, housing, mental and physical health, career and employment, life skills and education. Interventions are built around Youth Villages' proprietary Guidetree™—case, conceptualization, online resources and expert guidance approach. The LifeSet program model emphasizes experiential learning, with young people participating in the program for six to nine months. By completion, they have know-how and confidence to problem-solve, build a network of support and conquer everyday challenges.

In the largest randomized controlled trial of a program helping this population, leading research firm MDRC found LifeSet participation increases earnings, economic well-being and employment, reduces homelessness, improves mental health, and reduces domestic and partner violence.



LIFESSET'S APPROACH IS CONSISTENT WITH THE GUIDING PREMISES OF YOUTH THRIVE TRAINING THAT STAFF:

- Are self-aware.
- Identify and build on strengths.
- Understand adolescent development, the impact of trauma, and process of healing.
- Recognize and address the impact of racism, bias, and discrimination and the impact of privilege.
- Are culturally responsive.

Protective and Promotive Factors	Overview	LifeSet Embodiment Examples
Youth Resilience	Managing stress and functioning well when stressed or challenged	<ul style="list-style-type: none"> • Emotional Regulation Interventions, ex. mindfulness, breathing techniques • Role play opportunities with specialist
Social Connections	Having healthy, sustained relationships with people, places, communities, and a force greater than oneself that promote a sense of trust, belonging, and that one matters	<ul style="list-style-type: none"> • Initially modeled through the specialist who takes on the onus of engagement • Specialists work with the young person to identify natural supports and build effective trust and boundary skills to maintain long term healthy relationships
Knowledge of Adolescent Development	Understanding the unique changes and assets of adolescence and implementing policies and practices that reflect a deep understanding of development	<ul style="list-style-type: none"> • Licensed Program Model Expert • Portal of interventions with developmentally appropriate adaptations • Youth Villages advocates for normalcy for young adults in care
Concrete Support in Times of Need	Making sure youth receive quality, equitable, respectful services that meet their basic needs (health care, housing, education, nutrition, income), and teaching youth to ask for help and advocate for themselves	<ul style="list-style-type: none"> • LifeSet specialist on-call to support young people 24/7 • Holistic approach to support young adults in meeting basic needs and then teach/practice/ do cycle prepares young adults to advocate for themselves
Cognitive and Social-Emotional Competence	Acquiring skills and attitudes that are essential for forming an independent, positive identity and having a productive and satisfying adulthood	<ul style="list-style-type: none"> • Young adults build higher order thinking skills as they identify and achieve goals