

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 18,000 young people who have experienced foster care become successful adults across the country. In a randomized controlled trial, LifeSet showed positive impacts in many areas of participants' lives, including reduced homelessness, increased economic wellbeing and better mental health.



About Our Program

LifeSet will be offered by four providers in different regions of New Jersey, with services lasting nine to 12 months. The program is available to young people who are:

- Eligible for federal Chafee funded programs*
- Aged 17 to 21, who are currently in CP&P

The Urban Institute will conduct a randomized controlled trial determine the program's impact.

LIFASET: THE BRIDGE TO SUCCESSFUL ADULTHOOD



*<https://www.nj.gov/dcf/adolescent/>

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.



ONLINE RESOURCES & EXPERT GUIDANCE

With LifeSet, online resources are used to do the work, but there is also access to a licensed LifeSet expert who guides interventions. It is the combination of online tools plus guidance that makes LifeSet unique. Assessment and case conceptualization tools are online and include hundreds of practices and worksheets for meetings with young people—but it's the personal guidance that makes a difference. LifeSet experts are on-call 24/7 for high-risk concerns.



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 Controlled Trial



These results are from a randomized controlled trial conducted by MDRC.
To view the full report, visit www.mdrc.org/project/youth-villages-transitional-living-program-evaluation#overview.

Contact Us

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