

# Evolving to High Impact Independent Living Skills Programs: The Time Is Now!



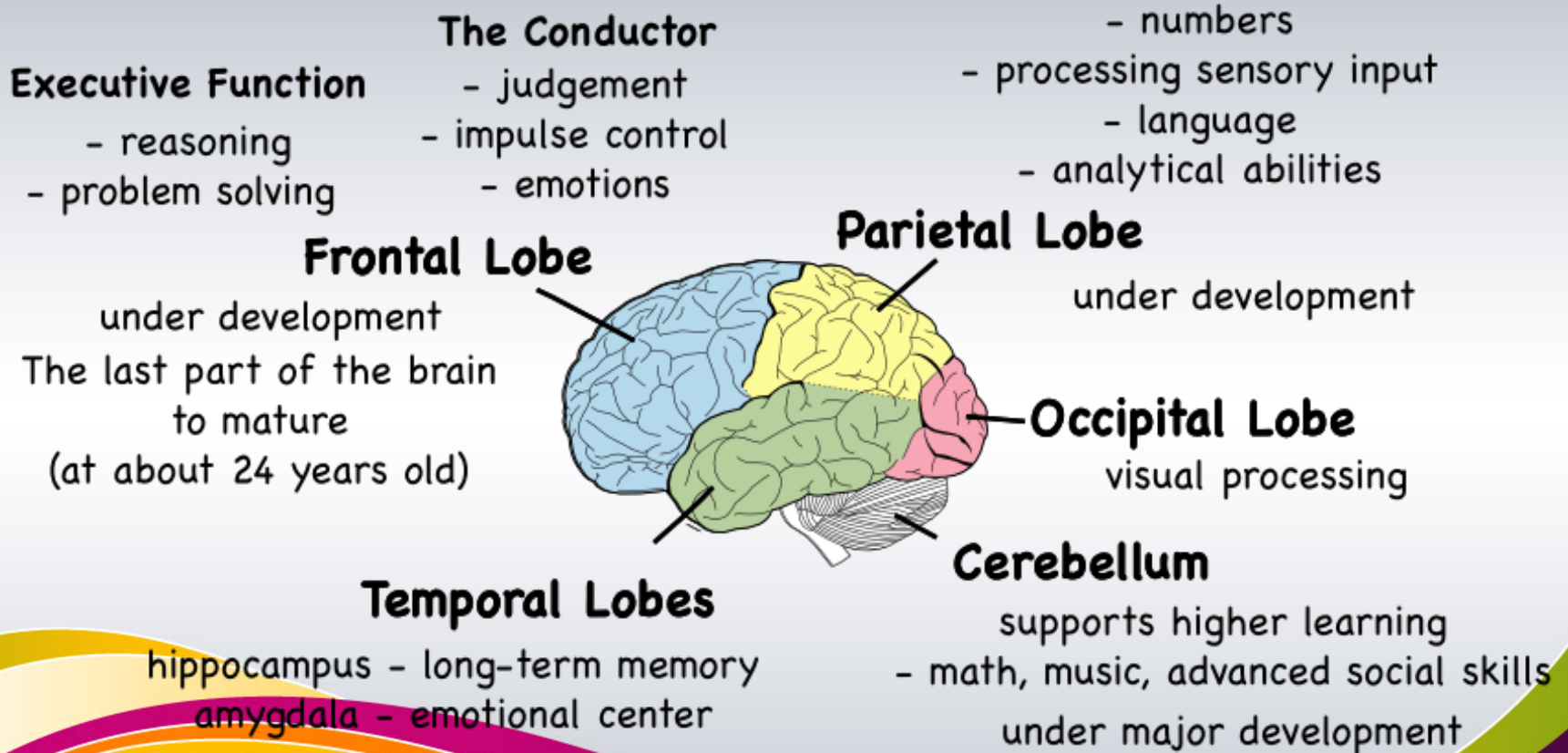
COUNTY OF  
**SONOMA**

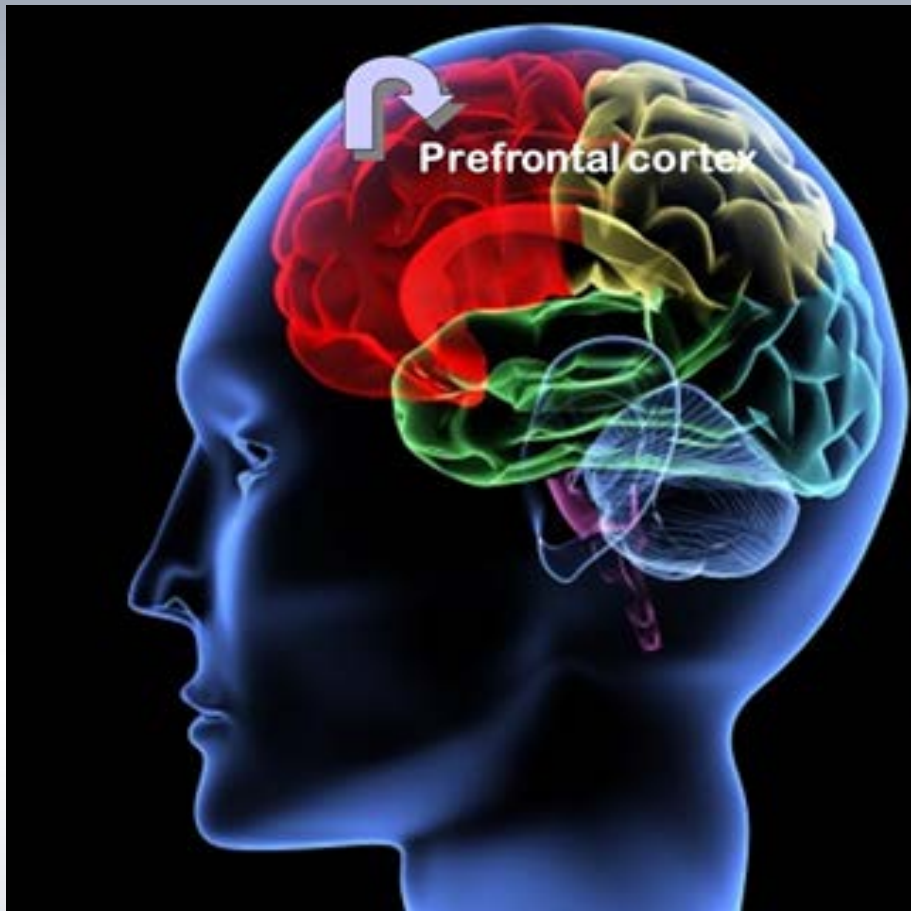


# Evolving Transition Support for Youth: A New Framework

- New understanding of brain science and youth development
- Changing policy priorities

# Adolescent Brain Development: Under Construction

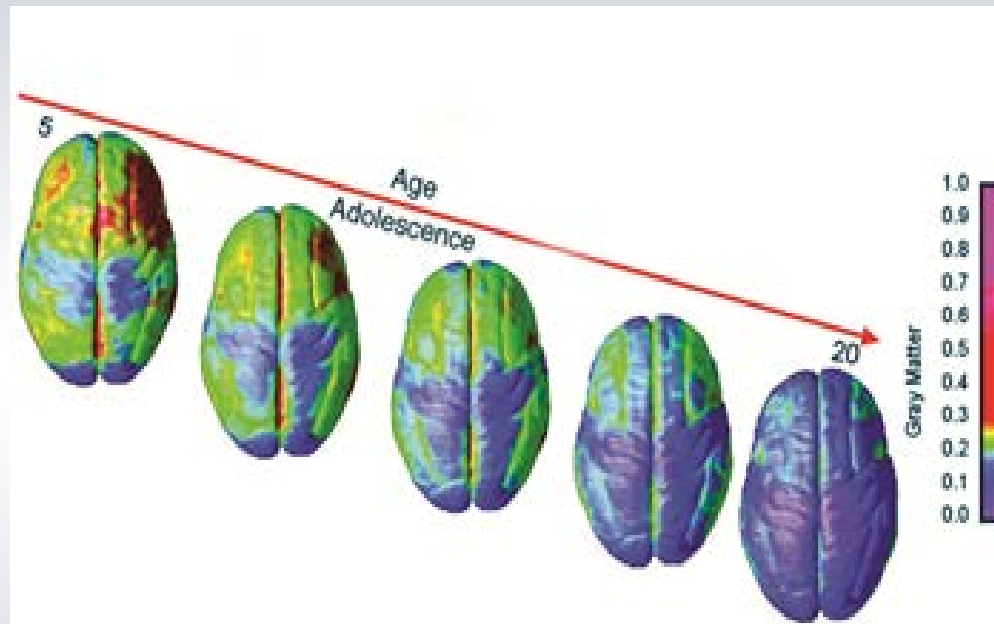




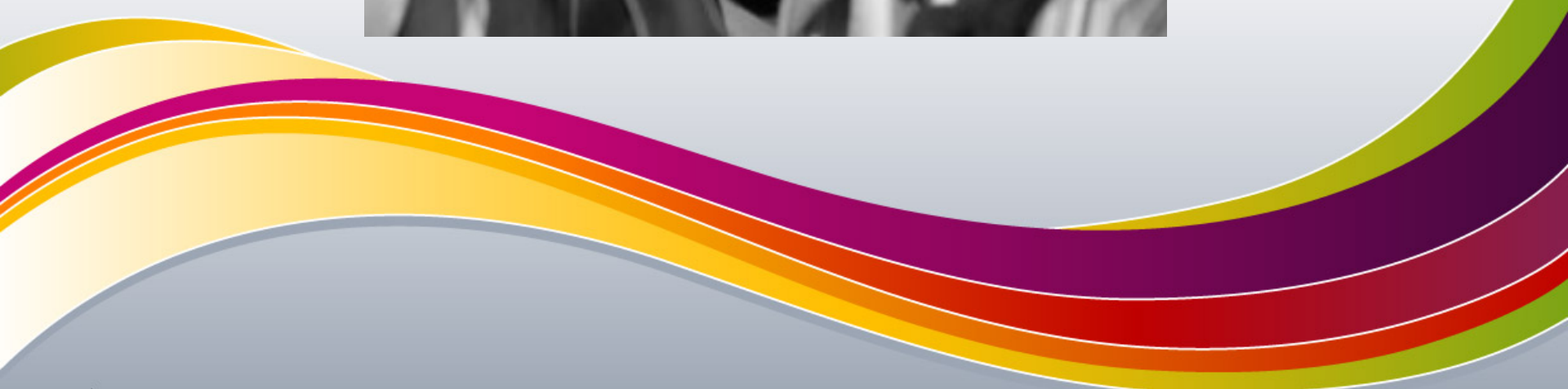
**Prefrontal  
cortex  
(higher order  
thinking;  
executive  
functioning)**

- Planning
- Reasoning
- Judgment
- Impulse Control

# Adolescent Brain Development: Use It or Lose It



# Trauma



**“ Some people think resilience building is something you only need to think about when recovering from a problem. In fact, the resilience and positive youth development movements offer a philosophy of childrearing that commits to building young people who are prepared to succeed. It is about prevention at its best. “**

Edited and excerpted from Ginsburg KR, Jablow MM. *Building Resilience in Children and Teens: Giving Kids Roots and Wings*. Elks Grove, IL: American Academy of Pediatrics; 2011.

# Youth Development: Necessary Elements



Adapted from Dr. Kenneth Ginsburg © [FosteringResilience.com](http://FosteringResilience.com)



# Policy Framework and Values

For example:

- ASFA
- FCIA
- PSSF (ETV)
- FCS-IAA
- PST-SFA
- CCR (California)

## CA Values/Principles

- Value permanency
- Help youth transition to lifelong connections
- Create a collaborative youth-centered process
- Work proactively with youth to develop and reach independent living goals
- Allow youth to gain real life experiences with independence and allow them to learn from their mistakes
- Be a safety net for the most vulnerable youth so they can achieve success living as independent adults
- Ensure that all youth establish and maintain permanent lifelong connections to caring and committed adults

# Implications for ILP

- Youth's brains deserve and NEED PYD opportunities, experiences
- Youth engagement critical
- Context of caring relationships and positive role models and peers matters
- BOTH trauma and PYD/resilience informed: Must decrease risk factors and increase protective, promotive factors
- Goal must be positive outcomes but also resilience and character

*“Young people live up or down to expectations we set for them. They need adults who believe in them unconditionally and hold them to the high expectations of being compassionate, generous, and creative.”*

Dr. Kenneth Ginsburg © *FosteringResilience.com*

# Effective Structure

- Nonprofit youth-led drop-in center model
  - ILP Contract administrators
- Youth-led services
- Support of co-located staff

# High-Impact Elements

- Developmentally appropriate programming
- Trauma-informed (focus on youth and staff)
- Establishing high expectations
- Seamless delivery system
- Youth engagement at all levels

# A Different Way of Thinking

- Necessary county leadership and willingness
- Integration of additional county resources
  - use of WIOA and mental health programming
- The importance of the contract

# Benefits to Counties

- Cost effective
- Comprehensive services
- Partnership with Social Workers

# Questions?

