

Bulletin

October 24, 2006

Minnesota Department of Human Services ■ P.O. Box 64941 ■ St. Paul, MN 55164-0941

OF INTEREST TO

- County Directors
- Social Services Supervisors and Staff
- Tribal Social Service Directors
- Tribal Social Service Supervisors
- SELF Program Coordinators

ACTION

1. Complete proposal for services to youth.
2. Note information about eligibility and priorities for use of funds.
3. Note information about fiscal management.

EXPIRATION DATE

December 22, 2006

DHS Requests Proposals for Adolescent Independent Living Skills Fund

TOPIC

Proposal instructions, priorities for funding, use and fiscal management of funds for the Support for Emancipation and Living Functionally (SELF) program.

PURPOSE

Provide counties and tribal social services agencies with information on program eligibility, priorities for use of funds and proposal instructions.

CONTACT

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SIGNED

CHARLES E. JOHNSON
Assistant Commissioner Children and Family Services

BACKGROUND

The Support for Emancipation and Living Functionally (SELF) program funds have been allocated to counties and tribes since 1987 through Public Laws 99-272, 101-239, 103-66 and the Federal Welfare Reform Bill of 1998. On December 14, 1999, President Clinton signed into law the Chafee Foster Care Independence Act. It replaces section 477 of the Social Security Act which originally defined Minnesota's SELF program. Under the provisions of the Chafee Act, the intent of the SELF funding is the prevention of homelessness and welfare dependency. The act increased Minnesota's funding and allowed expansion of the eligibility criteria.

The federal Chafee allocation for Minnesota has been reduced 20 percent over the past five years. The result has been decreasing county and tribal allocations and nominal services for the majority of youth served with SELF funds. Also, a new federal rule is proposed which will require states to measure outcomes for all 17-year-old youth in out-of-home placement. The outcomes will measure preparedness for independent living based on the assumption that all 17-year-olds in placement have a plan for their transition to adulthood and are in the process of completing the objectives in that plan.

Due to decreasing Chafee funds and a clear set of desired outcomes for youth who will age out of care, proposals for calendar year 2007 SELF funds may be requested only for specific purposes. If county and tribal proposals exceed the amount of SELF funds available for 2007, funding proposals will be chosen based on the priorities described in this bulletin.

ELIGIBLE POPULATION

Youth ages 16 and older who are likely to remain in placement until age 18 (state wards and youth in long-term foster care) should be the highest priority for SELF services.

Due to decreasing Chafee funds, the Department of Human Services (DHS) is in the process of amending its federal plan to narrow eligibility for the SELF program. Effective in calendar year 2007, eligibility will be limited to:

- Youth ages 18-21 who have aged out of county/tribal approved out-of-home placement
- Youth ages 14 and older who are in county/tribal approved out-of-home placement and are likely to remain in placement until age 18 or older.

Indicators that an adolescent will remain in care until age 18 or older include:

- A court order for long term foster care
- A court order for extended juvenile jurisdiction

- Transfer of legal custody to relatives or kin
- Youth who are wards of the state
- The professional opinion of the caseworker based on a unique case history, presenting problems, and individual case goals.

DEFINITION OF OUT-OF-HOME PLACEMENT

Out-of-home placement means 24 hour substitute care for youth placed away from their parents or guardians for whom the local social service agency has supervision and care responsibility. The youth must be placed as a result of a court order or Voluntary Placement Agreement. A youth who has run from an out-of-home placement is considered in placement until the county social services agency no longer has legal responsibility for them.

Temporary locations providing services to youth that are *not* considered a placement include respite care, visitation, summer camp, secure detention facilities, secure correctional facilities, hospital medical care, hospital-based chemical dependency treatment, hospital-based psychiatric units, state regional treatment centers and intermediate care facilities for the mentally retarded.

Youth placed by a county social services agency in chemical dependency treatment facilities that are *not* based in a hospital are considered to be in out-of-home placement.

Youth who are adjudicated delinquent and court ordered to a *non-secure* correctional facility are considered to be in out-of-home placement.

USE OF FUNDS

Federal parameters for use of Chafee funds include:

- Funds must supplement, not replace, county efforts and funding sources.
- Funds used for room and board costs may only serve youth who have left out-of-home placement because they reached age 18. Room and board is defined as damage deposits, rent subsidies, utility and telephone hook-ups, and purchase of household goods. If an agency is providing help with room and board costs, it should approve the youth's residence as safe and appropriate. An agency providing assistance with room and board may require that the youth participate in independent living skills training, case management, and/or home visits by the agency.
- Youth are allowed up to \$10,000 in assets and remain eligible for Title IV-E foster care.

BEST PRACTICE GUIDELINES

A guide for county social workers, entitled *Helping Youth Transition from Out-of-Home Care to Adulthood - Best Practices Guide*, is available online at www.dhs.state.mn.us. Go to Children, then Adolescent Services, then Publications.

Minnesota Statutes section, 260C.212, subdivision 1, requires counties to provide youth who are age 16 and older in out-of-home care as a result of a permanency disposition, with a written independent living plan which is signed by the youth and incorporated into the out-of-home placement plan.

Youth and foster parents/residential facility staff should be actively involved in the development of independent living plans. DHS strongly recommends the Ansell-Casey Life Skills Assessment tool which is available at <http://www.caseylifeskills.org> as a starting point for the development of independent living plans.

Independent living activities should not be seen as an alternative to permanency for youth, they can be provided concurrently with adoption and other permanency activities.

TRAINING

The Chafee Act requires states to provide training to help adoptive and foster parents, workers in group homes, and case managers to understand and address the issues confronting adolescents preparing for independent living. The Minnesota Child Welfare Training System currently offers the following training to help youth transition from out-of-home care to adulthood:

- For child welfare workers, CSP227 - Transitioning Adolescents to Adulthood
- For foster parents and other caretakers, CSP928 - Interdependent Living Skills

This training is available by request to the county's area training manager. For contact information, visit <http://www.dhs.state.mn.us>. Click on A-Z topics and go to Minnesota Child Welfare Training System.

The department offers an annual statewide conference on preparing youth in care for adulthood to county/tribal social workers and nonprofit agency staff. In addition, an annual two-day workshop is offered on how to teach adolescents independent living skills in a group.

PRIORITIES FOR USE OF 2007 SELF FUNDS

In 2007, the department will award \$750,000 to county and tribal social services agencies who

have submitted a proposal for SELF funds in response to this bulletin. If county and tribal proposals exceed the amount of SELF funds available in 2007, priorities for funding will be as follows, from highest to lowest:

1. Where adequate numbers of eligible youth exist, independent living skills group training
2. Teaching youth life skills on a one-to-one basis
3. Transportation costs which enable youth to complete an independent living plan, including driver's education and license fees
4. Education and employment supports
5. Room and board expenses
6. Foster parent training
7. Social worker training
8. High school graduation expenses.

PROPOSAL INSTRUCTIONS

Counties and tribes must submit Attachment A to receive CY2007 SELF funds. Proposals for 2007 SELF funds are limited to the eight options listed in Attachment A. SELF funds may be requested for one, several, or all of the options. Specific information such as numbers of youth to be served must be provided for each option chosen.

Proposals may be submitted electronically, by mail or faxed. Include a contact name, phone number and email address in the event there are questions regarding the proposal. Proposals must be received no later than 4:30 p.m. on Wednesday, December 22, 2006. Counties/tribes will be notified in writing whether their proposal will be funded or not and what the award amount will be.

All submissions, questions or concerns regarding this bulletin and the proposal process should be addressed to:

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DOCUMENTATION REQUIRED IN THE SOCIAL SERVICES INFORMATION SYSTEM (SSIS)

The SELF Independent Living Assessment and Training Plan, which must be completed for

every youth age 16 and older who is in placement as a result of a permanency disposition, can be found in SSIS at the end of the Out-of-Home Placement Plan. The SELF Independent Living Assessment and Training Plan can also be found and completed in the Chronology folder of the Adolescent Life Skills (ALS) workgroup in SSIS. An example of a completed plan can be found online at <http://www.dhs.state.mn.us>. Click on Children, then Adolescent Services, then Publications. Click on the publication entitled Helping Youth Transition from Out-of-Home Care to Adulthood, and go to page 25.

Each youth *served* through county SELF funds must be entered in SSIS by opening an ALS workgroup and completing the SELF Client Data Information. The department relies solely on this data source to meet federal reporting requirements and to determine the number of youth served by counties.

FISCAL MANAGEMENT

In 2007, the department will advance 25 percent of each county's awarded SELF funds. Counties will receive the advance after approval of their proposal. The following three payments will be based on reimbursement determined by BRASS code data. Therefore, it is very important that expenses, purchased services, and staff time for independent living skills services be logged as BRASS code 146. This is the BRASS code for Adolescent Independent Living Services. The total of all four quarterly checks will not exceed a county's total 2007 SELF award. Counties must expend their SELF award by the end of calendar year 2007.

Counties receiving funding must submit a SELF program final report to the department that summarizes expenditures and activities. The report must include only cash basis expenditures within the calendar year. This report is due January 31, 2007.

The department will negotiate contracts with each tribe awarded SELF funds, and will advance 25 percent of each tribe's awarded SELF funds. The following three payments will be based on reimbursement for expenses incurred serving eligible youth, not to exceed the tribe's total 2007 SELF award. The contract will specify reporting requirements.

SPECIAL NEEDS

This information is available in other forms to people with disabilities by contacting us at (651) 431-4671. TDD users can call the Minnesota Relay Service at 711 or (800) 627-3529. For Speech-to-Speech Relay, call (877) 627-3848.

ATTACHMENT A

PROPOSAL FOR 2007 SELF FUNDS

COUNTY/TRIBE _____ CONTACT NAME _____

TELEPHONE _____ EMAIL ADDRESS _____

Check one or more of the service options you plan to provide to SELF eligible youth in calendar year 2007. Provide additional information requested under each option.

SELF funds may *not* be used for purposes other than the options below.

Please refer to Attachments B through E for recommended assessment/training tools, internet links and a list of nonprofit agencies that serve youth.

Youth ages 16 and older who are state wards or in long-term foster care are the highest priority for SELF funded services. How many of these youth are on your county/tribal caseloads?

_____ OPTION 1 - INDEPENDENT LIVING SKILLS GROUP TRAINING

Who will provide this service? _____

(see Attachment B)

Number of weekly sessions per group _____ (see Attachment C)

Number of groups per year _____

Number of youth to be served _____

Cost, if purchased from a nonprofit agency _____

Budget for group, if provided by county:

Group facilitator salary _____

Transportation costs _____

Retreat costs _____ (this includes costs for the Tomorrow's Leaders Today Conference)

Food and supplies _____

Curriculum/resource materials/presenter stipends _____

Total cost _____

_____ **OPTION 2 - ONE-TO-ONE INDEPENDENT LIVING SKILLS TRAINING**

Who will provide this service? _____ (see Attachment B)

Training tools to be used _____ (see Attachment D)

Number of youth to be served _____

Cost per youth _____ Total cost _____

_____ **OPTION 3 - TRANSPORTATION**

Check all that apply:

_____ Mileage reimbursement for volunteers, foster parents, life skills instructors, etc. to transport youth as they work on completion of their independent living plan

_____ Bicycles or bus cards to transport youth to jobs, GED classes, or destinations related to completion of their independent living plan

_____ Driver's education and license fees

_____ Gas cards, a portion of car insurance or car repairs, if youth needs a car to get to a job, GED classes, or destinations related to completion of their independent living plan

_____ Other (specify) _____

Number of youth to be served _____ Total cost _____

_____ **OPTION 4 - EDUCATION AND EMPLOYMENT SUPPORTS**

This may include tutors, GED fees, ACT and SAT test fees, post-secondary school application fees, US citizenship application fees, fees to obtain a certified birth certificate,

fees to obtain a state issued identification card, cost of work uniforms, wage or subsidized wage for an internship experience

_____ Other (specify) _____

Number of youth to be served _____

Total cost _____

_____ **OPTION 5 - ROOM AND BOARD EXPENSES**

_____ Damage deposits, short term rent subsidies and assistance with utilities

_____ Housewares and/or furnishings

Number of youth to be served _____

Total cost _____

_____ **OPTION 6 - FOSTER PARENT TRAINING**

_____ Mileage, meals, child care for foster parents to attend DHS training

_____ Online or video/DVD training (see Attachment E)

Number of homes to be trained _____

Total cost _____

_____ **OPTION 7 - SOCIAL WORKER TRAINING**

Mileage and registration for workers to attend DHS training

Number of workers _____

Total cost _____

_____ **OPTION 8 - HIGH SCHOOL GRADUATION EXPENSES**

This includes senior pictures, rental of cap and gown

Other (specify) _____

Number of youth to be served _____
Total cost _____

WHAT IS THE UNDUPLICATED TOTAL OF YOUTH YOU PROPOSE TO SERVE? _____

WHAT IS THE TOTAL AMOUNT OF 2007 SELF FUNDS YOU ARE REQUESTING? _____

RETURN COMPLETED PROPOSAL TO:

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FAX: (651) 431-7522
Email: Claire.d.hill@state.mn.us**

ATTACHMENT B

NONPROFITS FUNDED BY DHS TO SERVE YOUTH AGES 16 -18

In the Metro Area:

1. Genesis II for Families, St. Paul. Contact Nicole Deters-Spader, (612) 617-0191
2. Hearthstone of Minnesota (serves youth placed in their homes). Contact Jan Gibson Talbot, (651) 457-2629
3. Human Services, Inc. Washington County. Contact Cynthia Neubecker, (651)351-3122
4. PATH (serves youth placed in their homes). Contact Sara Larson, (651) 642-0452
5. Summit Academy OIC, Minneapolis. Contact Devon Gilchrist, (612) 377-0150

In Greater Minnesota:

1. Arrowhead Economic Opportunity Agency (AEOA), serves Two Harbors, Grand Rapids and the Iron Range. Contact Dave Anderson, (218) 834-2280
2. Catholic Charities SAIL Program, St. Cloud serves multiple counties. Contact Stacy Pederson, (320)650-1540
3. Complementary Support Services, serves Chisago County. Contact Shelley Atwood, (612) 961-1434
4. The Evergreen House, Bemidji. Contact Rebecca Schueller, (218) 751-8223 ext. 120
5. Fond du Lac Reservation. Contact Lisa Pollak, (218) 878-2139
6. Lutheran Social Services, Duluth, has multiple service sites. Contact Angie Skogstad, (218)722-2075
7. Lutheran Social Services, Willmar, has multiple service sites. Contact Liz Christenson, (320) 231-7075 ext. 1
8. Red Wing Youth Outreach. Contact Jinny Rietmann, (651) 385-6372
9. Southwest MN Private Industry Council, Marshall. Contact Juanita Lauritsen, (507)537-6987
10. Rochester Area Y. Contact Teresa Byland, (507) 2.87-2260 ext. 327

ATTACHMENT C

Tools for Teaching Youth Life Skills in a Group

Minnesota Department of Human Services staff offer an annual two-day workshop on how to teach adolescents life skills in a group. Notice of the training is sent to all counties.

The following Web sites offer independent living skills curriculum to use with youth in groups:

- Casey Life Skills: www.caseylifeskills.org
- The National Resource Center for Youth Services: www.nrcys.ou.edu
- Youth Communications: www.youthcomm.org
- Daniel Memorial Institute: www.danielkids.org
- Project Adventure: <http://www.pa.org>
- Social Learning: www.sociallearning.com
- Independent Living Resources, Inc.: <http://www.independentlivingresources.com>
- Northwest Media: <http://www.northwestmedia.com>
- Relationship Skills for Teens: http://www.buildmgrelationships.org/love_u2.htm
- 4Girls: <http://www.4girls.gov/> (Click For Educators)
- Project Butterfly (for girls and young women of African descent):
<http://www.proiectbutterfly.com/curriculum.php>
- Expanding the Circle (for Native American youth):
<http://www.icil.umn.edu/etc/default.html>

ATTACHMENT D

Recommended Tools for Teaching Youth Life Skills on a One-to-one Basis

National Youth Resource Center - <http://www.nreys.ou.edu>

- *The Me I See - Answering Life's Questions* Book/Journal, \$24.95.
- Open Arms? Open Eyes! Power, Control and Abuse in Teen Relationships (video), \$79.00.
- *Your Promising Future — Career Development Tools for Young Adults* - instructor guide, \$24.95, student workbook, \$12.95.
- FY13 - Involved, Informed, Independent (binder, forms), \$20.00. Accompanying video, \$30.00.
- *A Future Near Me - Questions to Guide a Young Adult toward Self Sufficiency* (100 Questions, pocket notebook), \$6.00.
- *Facing Independence — Your Guide to Living on Your Own*. Practical handbook, workbook and reference book, \$6.00.
- Apartment Hunt animated curriculum, \$59.00.
- Apartment Hunt video and skill building exercises, \$169.00.
- Car Dreams CD, \$59.00.
- Career Spins interactive software, \$59.00.
- Food Rules curriculum and video (basic food skills), \$169.00.
- Getting Ready for the Job World curriculum and video, \$189.00.
- Health Matters curriculum and video, \$199.00.
- *I Can Do It! A Micropedia of Living on your Own*, \$18.00.
- Legal Jams, curriculum video and board game, \$169.00.
- *Making Choices — Life Skills for Adolescents*. Instructor manual, \$89.95, student workbook, \$8.95.
- Me At My Best - Ideas for Staying True to Yourself Every Day. Booklet, \$9.95.
- Money Talks, curriculum and video, \$189.00.
- *Operation Independence*. A collection of activities to become better thinkers and planners, \$25.00.
- *Passages -A Journal for Growing Home*. A tool to use together with self selected "Passages Partner", \$15.00.
- *The New Making It on Your Own*. Workbook, \$8.95.
- *The Path Before Me — Questions to Guide American Indian Youth Toward Responsible Living*, \$6.00.
- Just Do the Opposite - Perspectives from Teen Parents. Fifteen minute video of male & female teen parents, \$69.95.

Northwest Media - <http://www.northwestmedia.com> (Click on Life Skills for Teens)

- *A Young Person's Guide to Getting and Keeping a Good Job*. student guide, \$9.95, instructor's guide, \$19.95

- Dating and Sexual Responsibility. A multi-media curriculum for teenagers on preventing coercive sexual behavior (three units). Video or DVD, \$267.00.

Casey Life Skills - <http://www.caseylifeskills.org>

- *I'm Getting Ready - I Can Do It!* Interactive workbook covers many life skills topics, \$18.00.
- *Preparing Adolescents for Young Adulthood*. Workbook Series (five modules). Print it off this Web site FREE. Can be used by youth alone or with an adult.
- *The Teen Age Human Body: Operator's Manual*. Eleven parts. For youth working alone or with an adult, \$11.95 plus shipping.
- *I Know Where I'm Going, But Will My Cash Keep Up*. Two part workbook, one for youth, one for caregiver.

Click on Resources for Native American Supplement

- *Weaving Your Future with Money and Wisdom*
- Find out about American Indian Scholarships and Tribal Colleges at:
<http://www.collegefund.org/>

Annual College Guide for American Indians: <http://www.wocmag.org/collegeguide/mdex/html>

Daniel - <http://www.danielkids.org>

- True Stories. Three 22 minute videos. Interview techniques that bring youths' resiliencies to the surface. For both foster parents and youth, \$129.00.
- Values and Social Skills video. A diverse group, including youth of color, immigrant youth, and GLBTQ youth, discuss morality, etc. Includes discussion guide. For both, foster parents and youth, \$49.00.
- Personal Information Record Keeper, \$29.95.
- *I Can Manage Life*. Ninety activities on how to make major life choices. Instructor guide, \$12.95, youth workbook, \$7.95.
- *Writing Checks Right - How to Handle a Checking Account*. Includes check book and check registers, instructors guide, \$19.95, check package, \$19.95, youth workbook, \$5.95.

Social Learning – <http://www.sociallearning.com/catalog/items/L912.html>

- Independent Living Skills CD Library, \$684.00. Twenty-two CD ROMS, discussion guides, a teacher's handbook and reproducible student worksheets.
- Independent Living Curriculum on DVD, \$1,175.00. Includes seven, 30 minute DVDs, seven leader's guides, 20 student workbooks, 10 "Human Operators Manuals" for teens, 10 "Chew with your Mouth Full" cookbooks for teens and 10 subscriptions to "Getting Ready" magazine. The video version is the same price.
- Face It: Abusive Relationships Hurt. Fifteen minute video presenting both victims and abusers, \$149.95.

- Teen Files - The Truth About (many topics) e.g. violence, sex, drinking, smoking and hate. Twenty to thirty minute videos, \$149.95 each.
- Straight Talk Series: Alcohol and Drugs, \$259.00. Three part video or CD series including: "Starting Early", "Hitting Rock Bottom" and "Getting Straight." Each CD/video is 30 minutes with a 95 page discussion guide.
- Teen Files Flipped. Twenty to thirty minute videos on many topics, e.g., racism, date rape and sexual responsibility, \$149.95 each.
- Starting Over Workbook Series, \$59.95. Instructor's resource manual, \$24.95.
- Teaching Basic Social Skills. Youth workbook, \$5.95, teacher's guide, \$32.95.
- Tough Decisions, \$22.50.
- Unmasking Sexual Con Games: A Teen's Guide, \$6.95.
- Using the Newspaper to Teach Basic Learning Skills, \$26.50.
- What Do You Really Want? How to Set Goals and Go For It, \$12.95.
- Your Checking Account. Student book, \$16.50, teacher's guide, \$14.50.

Relationship Skills for Teens - <http://www.buildingrelationshipskills.org>

- A Smart Girl's Guide to Friendship Troubles: Dealing with Fights, Being Left Out and The Whole Popularity Thing, \$11.95.
- Red Flags: Avoiding Abusive Relationships, DVD, \$134.95.
- The Teen Relationship Workbook, \$53.95.

Independent Living Resources - <http://www.independentlivingresources.com>

- Forty-one Activities in Basic Money Management, \$21.50.
- Boundaries: A Guide for Teens, \$9.95.
- Career Exploration Inventory, \$36.95. Spanish version, \$37.95.
- Finding a Job is a Job, \$15.50.
- Following Directions, \$22.50.
- Handling Relationships, \$20.50.
- Job Smarts - student workbook, \$10.95, instructor's manual, \$24.95.
- Job Survival - How to Adjust and Keep Your Job. Student's workbook, \$10.95, instructor's manual \$19.95
- Learning Basic Social Skills, \$22.50.
- Life Skills Literacy Series - Things to Know About Cars and Driving, \$20.50.
- Skills for Everyday Life. Student workbook, \$18.50, teacher's manual, \$11.50.

Interactive Web Instruction

www.vstreet.com. \$24.00 per year. Caregiver must have computer with internet. You can try it by using a free tutorial on the Web site.

Free On-line Learning for Youth

- Foster Club: <http://www.fyi3.com> provides a national network, resources and encouragement for youth in foster care to be involved, informed and independent.
- Teen Central: <http://www.teencentral.com> is an anonymous helpline Web site developed by experts in teen counseling and psychology.
- Youthhood.org: <http://www.youthhood.org> has information for youth regarding health, education, social situations and self-advocacy.
- Teen Voices: <http://www.teenvoices.com> is a Web site for teen and young adult women.
- Out Proud: <http://www.outproud.org> offers information and resources for gay, lesbian, bisexual, transgender and questioning youth.
- Mapping Your Future: <http://www.mapping-your-future.org/planning/> has information on planning a career, selecting and paying for school.
- Career Voyages: <http://www.careervoyages.gov/> includes online videos for various careers.
- Next Steps: <http://www.nextsteps.org/career/index/html>
- Kids Health: <http://www.kidshealth.org/teen/> includes information on body, mind, sexual health, food, fitness, drugs, alcohol, diseases, infections, medical conditions, relationships, emotions and staying safe.
- 4Girls: <http://4girls.gov/> is for girls addressing body, nutrition, mind, relationships, drugs, alcohol, smoking, bullying, safety and their future.
- Driver's license: <http://www.dps.state.mn.us/dvs/index.html> has information on how to get a driver's license, costs, driver's manuals and more.
- Buying a car: <http://www.ag.state.mn.us/consumer/cars.CarHandbook/default.htm>.
- Metro Transit: <http://www.metrotransit.org/> shows how to use the bus and rail systems in the metro area.
- Banking on our Future: <http://www.bankingonourfuture.org/master/cfm/main/home> is a computer game that teaches financial literacy. The middle school level curriculum is appropriate for high school youth as well.
- Easy recipes for youth: <http://kidshealth.org/teen/recipes/>.
- Register to vote online: <https://ssl.capwiz.com/congressorg/e4/nvra>.
- Project C3: <http://www.c3mn.org/> is a searchable database containing resources for youth in central Minnesota and Metro area.

Recommended Tools for Getting Foster Parents Involved

A curriculum for foster parents, adoptive parents, group home and residential treatment staff is offered to counties by the Minnesota Child Welfare Training System. Counties should contact their area training manager and request CSP928, Interdependent Living Skills. The training is free for licensed foster parents, who have the highest priority as registrants. See "Minnesota Child Welfare Training System" under A-Z topics at <http://www.dhs.state.mn.us>.

Northwest Media - <http://www.northwestmedia.com/foster/fbil.html>

- Teaching Moments. How Foster Parents Can Teach Independent Living Skills to Youth, two videos, \$99.95.

Casey Life Skills - <http://www.caseylifeskills.org>

- Ready, Set, Fly - A Parent's Guide to teaching Life Skills. Can be printed from the Web site, free.

National Youth Resource Center - <http://www.nrcvs.ou.edu/>

- Skill Strengthening the Adolescent - New Strategies and Perspectives on Teaching Pro-Social Skills, \$19.95.

Social Learning - <http://www.sociallearning.com/catalog/item/L912.html>

- Foster Parent College. Online interactive courses that an agency can pay for, \$8.00 per course.