

# Bulletin

November 20, 2007

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

November 20, 2009

## 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

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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 SELF funding is the prevention of homelessness and welfare dependency. The act increased Minnesota's funding and allowed expansion of eligibility criteria.

The federal Chafee allocation for Minnesota has been reduced 20 percent over recent years. The result has been decreasing county and tribal allocations and nominal services for the majority of youth served with SELF funds. A new federal rule is being 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 2008 SELF funds may be requested only for specific purposes. If county and tribal proposals exceed the amount of SELF funds available for 2008, funding proposals will be chosen based on the priorities described in this bulletin.

## **ELIGIBLE POPULATION**

Due to decreasing Chafee funds, the Department of Human Services (DHS) narrowed eligibility for the SELF program in 2007. In calendar year 2008, eligibility continues to be limited to:

- 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.
- Youth who are adopted at age 16 or older are eligible for SELF funded services up to age 21.
- Youth ages 18-21 who have aged out of county/tribal approved out-of-home placement at age 18 or older

**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.**

Indicators that an adolescent will likely 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 permanent legal and physical custody to a relative or kin
- Youth who are under the guardianship of the commissioner (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 developmentally disabled.

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 costs include 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](http://www.dhs.state.mn.us). Go to Children, then Adolescent Services, then Publications.

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

Youth and their parents or guardians should be actively involved in the development of independent living plans. The youth's foster parent or residential facility staff, and tribe should be consulted in the development of the plan. The department strongly recommends the Ansell-Casey Life Skills Assessment tool which is available at <http://www.caseylifeskills.org> as a starting point for a discussion with youth and development of independent living plans with the participation of youth.

Independent living activities are not an alternative to permanency efforts for youth. Independent living services must be provided concurrently with adoption and other required efforts to establish permanency.

## **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, CSP9328A - Bridging the Past and the Present: Developmentally Relevant Approaches to Effective Preparation for Adult Living
- For foster parents, other caretakers and youth in care, CSP9328B – Planning for Adult Success: Skills and Resources for Teens and Foster Parents

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 additional training on preparing youth in care for adulthood to county/tribal social workers and nonprofit agency staff. This training includes an annual two-day

workshop on how to teach adolescents independent living skills in a group, a one-day workshop on how to teach youth independent living skills one-to-one, and other topics relevant to youth work.

### **PRIORITIES FOR USE OF 2008 SELF FUNDS**

In 2008, the department will award \$800,000 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 2008, priorities for funding will be as follows, from highest to lowest:

1. Independent living skills group training in regions where adequate numbers of eligible youth live
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 CY2008 SELF funds. Proposals for 2008 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 Friday, December 28, 2007. Counties/tribes will be notified in writing whether their proposal will be funded or not and the award amount.

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

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Child Safety and Permanency Division  
P.O. Box 64943  
St. Paul, MN 55164-0943  
Phone:(651) 431-4686  
Fax:(651) 431-7522  
Email: [Claire.D.Hill@state.mn.us](mailto:Claire.D.Hill@state.mn.us)

## **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.

## **PAYMENT, REIMBURSEMENT AND FISCAL MANAGEMENT**

In 2008, the department will advance 25 percent of each county's awarded SELF funds. Each county will receive the advance after approval of its proposal. The following three payments will be reimbursement based, as determined by county submission of BRASS code data to the department. 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 2008 SELF award. Counties must expend their SELF award by the end of calendar year 2008.

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, 2009.

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 2008 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.

**PROPOSAL FOR 2008 SELF FUNDS – DUE DATE DECEMBER 28, 2007**

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 2008. 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 2008 SELF FUNDS YOU ARE REQUESTING? \_\_\_\_\_**

**RETURN COMPLETED PROPOSAL TO:**

**Claire Hill, SELF Program Consultant  
Minnesota Department of Human Services  
P.O. Box 64943  
St. Paul, MN 55164-0943  
Phone: (651) 431-4686  
FAX: (651) 431-7522  
Email: [Claire.D.Hill@state.mn.us](mailto:Claire.D.Hill@state.mn.us)**

**DUE DATE: December 28, 2007**

## **ATTACHMENT B**

### **NONPROFITS FUNDED BY DHS TO SERVE YOUTH AGES 16 -18**

#### **In the Metro Area:**

1. Genesis II for Families, St. Paul. Contact Jane Bates, (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 Kristy Weber, (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, Grand Rapids and the Iron Range. Contact DeAnna Winge (218) 327-0283
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. Lutheran Social Services, Duluth, has multiple service sites. Contact Angie Skogstad, (218) 722-2075
6. Lutheran Social Services, Willmar, has multiple service sites. Contact Angie Mateski, (320) 231-7075
7. Red Wing Youth Outreach. Contact Jinny Rietmann, (651) 385-6372
8. Southwest MN Private Industry Council, Marshall. Contact Juanita Lauritsen, (507) 537-6987
9. Rochester Area Y. Contact Teresa Byland, (507) 287-2260 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 and tribes.

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

- Casey Life Skills: [www.caseylifeskills.org](http://www.caseylifeskills.org)
- The National Resource Center for Youth Services: [www.nrcys.ou.edu](http://www.nrcys.ou.edu)
- Youth Communications: [www.youthcomm.org](http://www.youthcomm.org)
- Daniel Memorial Institute: [www.danielkids.org](http://www.danielkids.org)
- Project Adventure: <http://www.pa.org>
- Social Learning: [www.sociallearning.com](http://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](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 Memorial Institute-** <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](http://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.

[www.OnYourWay.org](http://www.OnYourWay.org) is free and was critiqued at every stage of development by focus groups of youth. Available January 1, 2008. Youth enter information about themselves on a secure site. Each section has interactive features. The site emphasizes employment, career exploration, planning for post-secondary education, housing and staying healthy.

## 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.vvvvw.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.
- On Your Way: <http://www.onyourway.org> is a free secure website that helps youth explore careers, plan for post-secondary education, housing, budgeting and creation of a resume.

## ATTACHMENT E

### 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.