


Life Coaching Tools & Techniques to Help Youth Successfully Transitioning into Adulthood



YOUTH EMPOWERMENT
SUCCESS SERVICES

Presenters:
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Biantae Floyd-Dacus, ILP Life Coach/Intake & Compliance Coordinator

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END
YOUTH HOMELESSNESS


Mission

To help youth obtain affordable and stable housing, practical life skills and an identifiable support system to propel them towards their future goals.

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About Me!

- Over 20 Years of Child Welfare Experience
 - Foster Care
 - Independent Living
 - Adoption
 - Therapeutic Group Care
 - Head Start
 - Promise Neighborhood/Department of Education
- Former State ILP Director – Georgia
- Former ILP Coordinator/Adoptions – Florida
- Child Welfare Specialist - Illinois
- Casey Life Skills Trainer Since 2000



Ebony Harris
BS in Psychology
MA in Organizational Management
Certified Life Coach

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YESS Team

- Lead Life Coach/Intake & Compliance for Team YESS
- 8 years of case management
- Experience in child welfare systems in Florida & Georgia



Biantae Floyd-Dacus
• Bachelors in Social Work

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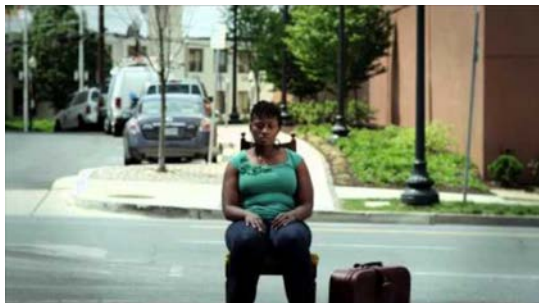
Ice Breaker

- Type your agency name
- Name something you remember about turning 18 or something you would tell your 18 year old self.



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Foster Youth Reality



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What is Life Coaching?

- Coaching is an on-going partnership that helps clients produce fulfilling results in their personal and professional lives. Through the process of coaching, clients deepen their learning, improve their performance, and enhance their quality of life.
- Coaching accelerates the clients' progress by providing greater focus and awareness of choice.
- Coaching concentrates on where clients are today and what they are willing to do to get where they want to be tomorrow.



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| THERAPY | COACHING |
|--|---|
| Assumes the client needs healing | Assumes the client is whole |
| Roots in medicine, psychiatry | Root in sports, business, person growth venues |
| Works with people to achieve self- understanding and emotional healing | Works to move people to a higher level of functioning |
| Focuses on feeling and events | Focuses on actions and the future |
| Explores the root of problems | Focuses on solving problems |
| Works to bring the unconscious into consciousness | Works with the conscious mind |
| Works for internal resolution of pain and to let go of old patterns | Works for external solutions to overcome barriers, learn new skill and implement effect choices |

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Why transitioning youth?

Youth aging out of foster care often lack the consistent support to help them successfully transition into adulthood thus, leaving them without the ability to navigate through life with a concrete plan for success.



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1) Create a vision - Take a moment to help youth visualize what they want beyond 18. Help them create a vision board to put their vision on paper.

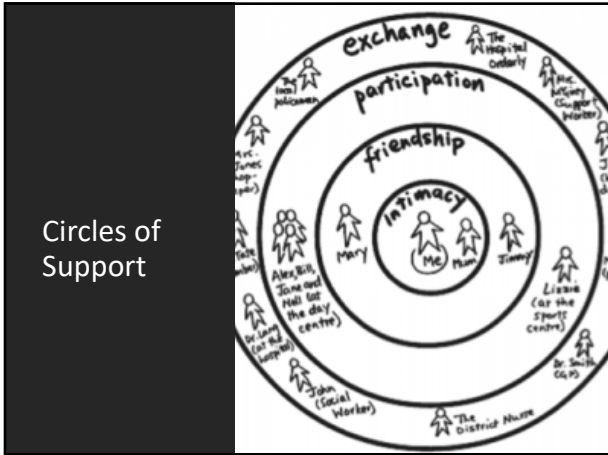
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2) Assess Their Life Skills
Youth should assess their life skills to find out what they know how to do or need to learn while they are still in care.

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PERMANENCY PACT
 In an effort to substantiate and sustain an on-going connection between a youth and a supportive adult, _____

SUPPORTIVE ADULT
 pledges to provide specific support to, and has been accepted as a provider of such support by, _____

confirmed this _____ day of _____, _____
 as witnessed by _____

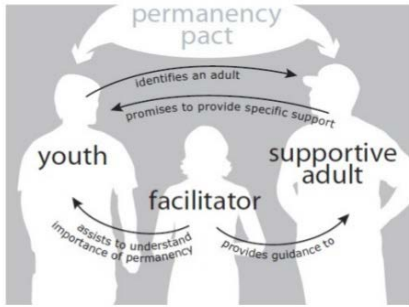
FosterClub's Permanency Pact documents a lifelong, kin-like commitment to a relationship between a youth and a supportive adult.

FosterClub - the national network for young people in foster care | www.fosterclub.org

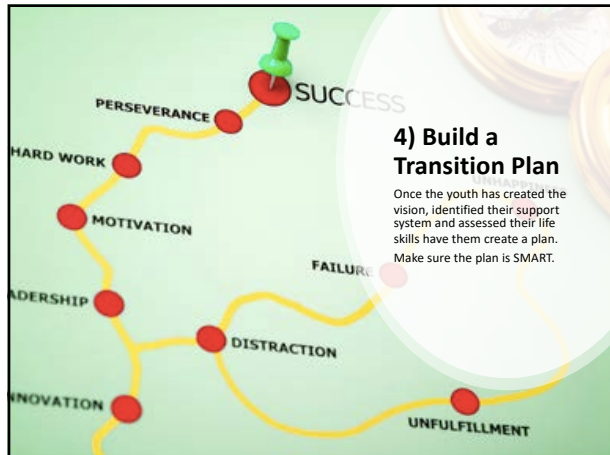
- A Home For The Holidays
- A Place To Do Laundry
- Emergency Place To Stay
- Food/Optional Meals
- Care Packages At College
- Employment Opportunity
- Job Search Assistance
- Career Counselling
- Housing Help
- Recreational Activities
- Mentor
- Educational Assistance
- Relationship/Marriage Mentoring
- Transportation
- Assistance With Medical Appointments
- Storage
- Motivation
- Someone To Talk To/Discuss Problems
- A Place To Live
- A Computer To Use
- Clothing
- Spiritual Support
- Legal Assistance
- Cultural Experiences
- Apartment Move In
- Laundry Assistance
- Regular Check In
- Bill & Expense Management Assistance
- Drug And Alcohol Addiction Help
- Mental Health Support
- Car Signer
- Help Finding Extra Curricular Done
- Mechanical/Building Projects
- Housekeeping
- Home Decorating
- Writing
- Substantiation
- Finding Community Resources
- Safety And Personal Security
- Subletting
- Emergency Cash
- Support/Over Community Activities
- Advocacy
- Reference
- Adoption
- _____
- _____

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Permanency Pact



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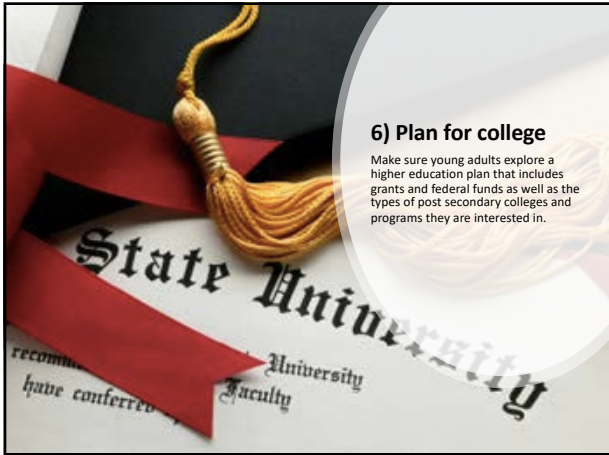


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5) High School Diploma or GED Work with youth to get their high school diploma or GED before they leave care. This will help them transition to higher education easier.

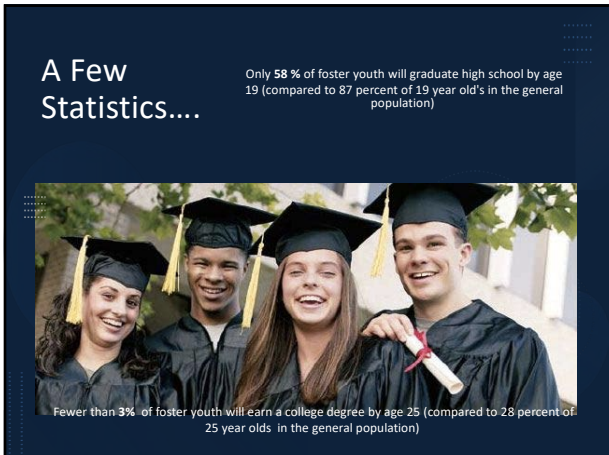
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6) Plan for college

Make sure young adults explore a higher education plan that includes grants and federal funds as well as the types of post secondary colleges and programs they are interested in.

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A Few Statistics....

Only **58%** of foster youth will graduate high school by age 19 (compared to 87 percent of 19 year old's in the general population)

Fewer than **3%** of foster youth will earn a college degree by age 25 (compared to 28 percent of 25 year olds in the general population)

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7) Teach Them to Cook

Help youth shop and make a basic meal plan for when they are in their own place. Teach them how to cook 2-3 nutritious meals.

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8) Teach Them Time Management
 Make sure they know how to manage their time and they know how to get places on time. Buy them an alarm clock and teach them how to use it or show them how to use their smart phone alarms and calendars.

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Actual Coaching Moment






S: I'll have to reschedule the dental to a later time see I be really forgetting.
 5:09 PM
 C: Ok we need to work on that and using the calendar in your room and on your phone.
 5:10 PM
 S: Yea I really gotta get use to this independent life that's why I chose to come into the program.
 5:12 PM
 C: You'll get it. We are here to help you.

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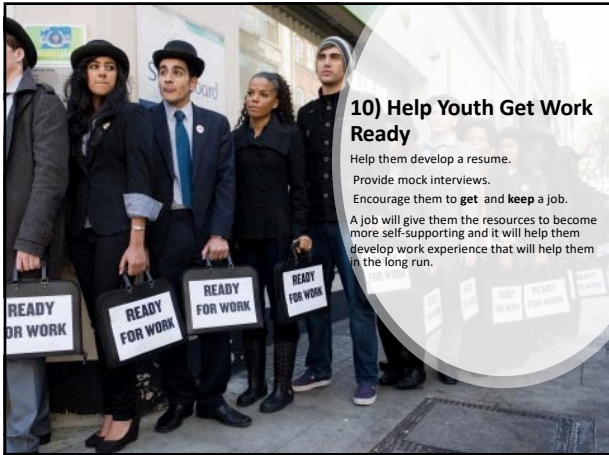
9) Assess Transportation Needs

If youth live in an area that has public transportation make sure they know how to use the transportation system to get around town.

If youth are working and have a driver's license help them develop a saving plan to purchase a used car.

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10) Help Youth Get Work Ready

Help them develop a resume.
 Provide mock interviews.
 Encourage them to **get** and **keep** a job.
 A job will give them the resources to become more self-supporting and it will help them develop work experience that will help them in the long run.

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11) Open a Bank Account Help youth open a checking and savings account. Help youth manage their money and set up direct deposit for their paycheck if they are working

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12) Save Money
 Once the youth have a bank account encourage them to set a savings goals and help them save.

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13) Get Important Documents
 Make sure youth have and know how to access their birth certificate and social security card.

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- 14) Medical & Dental Preventive Services
- Get them up to date on their medical & dental exams.
- Make sure they stay current on their medical and dental exams.
- Also make sure they know how to access medical coverage and have a primary physician.

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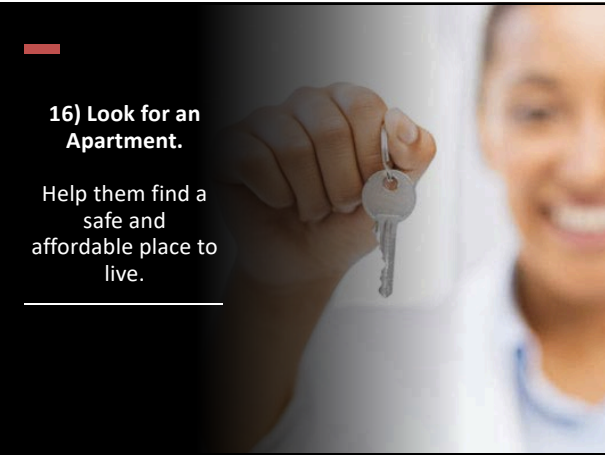


15) Photo ID and/or Drivers License
 Making sure youth have a photo ID and if possible make sure they get a driver permit or a driver's license

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16) Look for an Apartment.

Help them find a safe and affordable place to live.



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17) Understanding Their Rights and Responsibilities as a Renter

Help them understand a lease or rental agreement and go over tenant and landlord rights and responsibilities.

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How Do We Do It?

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Authentic Youth Engagement

Video: yee_3minute_promo_v2_3_250.mp4



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Incentive Based Allowance



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Monthly Tasks & Expectations

- Complete Monthly Goal Tracker
- Check Stubs/Monthly Budget
- Work Schedule/Weekly Job Search Verification
- Satisfactory Apartment Check
- Meet with Life Coach (2 Face to Face contacts per month)
- Attend Monthly Town Hall Meetings
- Bank Statements (Proof of Savings with increase balance month to month)

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Monthly Budget

For: _____ Date: _____

| EXPENSES | | INCOME | |
|--|--|--------------------------------------|--|
| HOUSEHOLD | | Take Home Pay \$ _____ | |
| Rent/Mortgage \$ _____ | | Allowance \$ _____ | |
| Utilities (electric, gas, trash, water) \$ _____ | | Gifts \$ _____ | |
| Cable/Satellite TV and Internet \$ _____ | | Part-time Jobs and Chores \$ _____ | |
| Telephone and Long Distance \$ _____ | | Other Sources \$ _____ | |
| Cell Phone \$ _____ | | TOTAL \$ _____ | |
| Other Household Expenses \$ _____ | | | |
| TOTAL \$ _____ | | LOOKING GOOD | |
| FOOD | | Clothes and Shoes \$ _____ | |
| Groceries \$ _____ | | Toiletries \$ _____ | |
| Lunches and Snacks \$ _____ | | Laundry and Cleaners \$ _____ | |
| Eating Out \$ _____ | | Hair Care \$ _____ | |
| TOTAL \$ _____ | | Other Looking Good Expenses \$ _____ | |
| TRANSPORTATION | | TOTAL \$ _____ | |
| Car Payment \$ _____ | | JUST FOR FUN | |
| Insurance \$ _____ | | Movies/Games/Concerts \$ _____ | |
| Gasoline \$ _____ | | Dates/Trips \$ _____ | |
| Maintenance and Repairs \$ _____ | | Music Purchases \$ _____ | |
| Public Transportation \$ _____ | | Books/Magazines/Newspaper \$ _____ | |
| Other (parking, tolls) \$ _____ | | Hobbies \$ _____ | |
| TOTAL \$ _____ | | Other \$ _____ | |
| | | TOTAL \$ _____ | |

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Youth Empowerment Success Services MONTHLY GOAL TRACKER

MONTH: April DATE: 4/4/2020
YOUTH NAME: _____

| | |
|--|------------------------|
| GOAL 1: Finish school | Goal 1 Date: 4/1/2020 |
| ACTION STEPS | BY WHEN |
| Study | 4/1/2020 |
| Take pretest | 4/1/2020 |
| Take the test | 4/1/2020 |
| PROGRESS TOWARD GOAL 1: 30% (20/60) Progress | |
| GOAL 2: Get my driver's license | Goal Date: 4/30/2020 |
| ACTION STEPS | BY WHEN |
| Study | 4/22/2020 |
| Take pretest online | 4/22/2020 |
| Take the test | 4/30/2020 |
| PROGRESS TOWARD GOAL 2: 30% (20/60) Progress | |
| GOAL 3: | Goal 3 Date: 4/30/2020 |
| ACTION STEPS | BY WHEN |
| Work | 4/8/2020 |
| Deposit checks | 4/10/2020 |
| Work | 4/8/2020 |
| PROGRESS TOWARD GOAL 3: 30% (20/60) Progress | |

YOUTH'S SIGNATURE: _____ DATE: 4/4/2020 16:21:20

Monthly Goal Tracker

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Monthly Apartment Inspection

1000 UNIVERSITY COLLEGE DRIVE • HOUSTON, TEXAS 77002

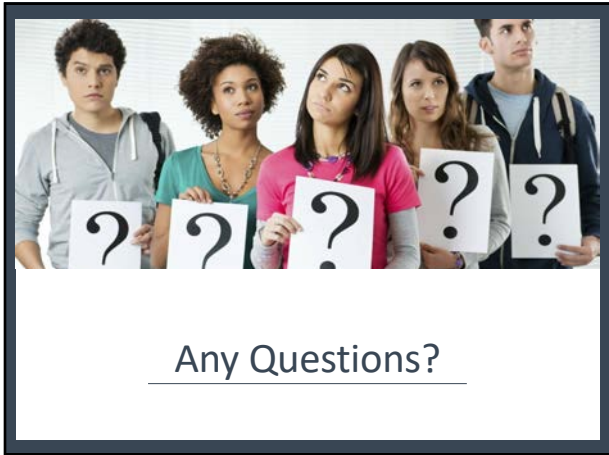
Apartment: _____ Date: _____ Inspected By: _____

| Room | Area | Inspected | Defects | Remarks |
|-------------|-------------------|-----------|---------|---------|
| Living Room | Wallpaper | | | |
| | Furniture | | | |
| | Lighting | | | |
| | TV | | | |
| | Other | | | |
| Bedroom | Bed | | | |
| | Wardrobe | | | |
| | Lighting | | | |
| | TV | | | |
| | Other | | | |
| Kitchen | Cabinets | | | |
| | Stove | | | |
| | Sink | | | |
| | Refrigerator | | | |
| | Other | | | |
| Bathroom | Toilet | | | |
| | Sink | | | |
| | Shower | | | |
| | Lighting | | | |
| | Other | | | |
| Hallway | Wallpaper | | | |
| | Lighting | | | |
| | TV | | | |
| | Other | | | |
| | Overall Condition | | | |

Inspector Signature: _____ Date: _____

Monthly Apartment Inspection

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Resources

- Casey Life Skills –Resources to Inspire Guide
www.CaseyLifeSkills.org
- Permanency Pact –
www.Fosterclub.com
- Foster Club Transition Toolkit -
<https://store.fosterclub.com/transition-toolkit-download/>
- Department of Education Foster Care Toolkit -
<https://www2.ed.gov/about/initiatives/foster-care/youth-transition-toolkit.pdf>

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A Gift for You!

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17 Things You Can Do to Prepare Youth for Success!

- 1 Create a vision.** Take a moment to help youth visualize what they want their life to look like in the future. Help them create a vision board to put their vision on a poster board. Help them dream big!
- 2 Help identify solid a support system.** Whether it's reestablishing connections with their biological families and/or identifying at least two adult supportive adults that will stay connected with them beyond their 18th birthday.
- 3 Teach Them New Skills.** Assess their life skills to find out what they know how to do or need to learn how to do. You'd be amazed at what skills youth don't know.
- 4 Help them create a plan.** Once the youth has created the vision, identified their support system and assessed their life skills help them create a plan. Make sure the plan has SMART goals.
- 5 Think School Diploma or GED Foundation.**
- 9 Assess transportation needs.** If youth live in an area that has public transportation make sure they know how to use the transportation system to get around town. If youth are working and have drivers license help them develop a saving plan to purchase a car.
- 10 Help them get work ready.** Help them develop a resume. Provide them work skills such as interviewing, and office skills. Encourage them to get a job.
- 11 Open a bank account.** Have youth open a checking and savings account. This helps youth manage their money and they can set up direct deposit for their paycheck once they begin working.
- 12 Save Money.** Once the youth have a bank account and a job encourage them to set a savings goal and help them save.
- 13 Get important documents.** Help youth

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Contact Information

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