Clinical Guidelines and Service Definitions

Life Skills/Coaching – Adolescents

Originated: 8/1/13

Funding Stream

- Core Services should be used to fund Life Skills/Coaching

Definition of Service

- **Service goals are centered on preparing youth for adulthood.**
- This service provides hands on instruction. Life Skills/Coaching promotes youth independence by teaching skill practice, problem solving, anger management, conflict resolution, household management, home cleaning, and how to access community resources and support. It also allows for transportation to employment, therapy, and other appointments/activities. There is a skill building component to Life Skills/Coaching - learn how to build a resume, prepare for an interview, fill out employment applications, establish and maintain a checking and/or savings account, search for a residence, complete applications for higher education (grants and loans), shopping, cooking etc.

Estimated Length of Treatment

- 12-18 months

Frequency of Services

- 3-4 hours per week-schedule set by youth and provider.

Provider Credentials

Adolescent Life Skills specialists are required to have:

- A high school diploma plus six months experience in human services provision
- Experience working with at-risk adolescents
- Knowledge of community resources, basic household management, conflict management

The workload will be no more that ten youth per week for each direct services worker

Provider Responsibilities

- Providers will have personal monthly contact with caseworkers (i.e. phone, voice mail, or in person) to discuss the status / progress of the case.
- Refer to Core Services Handbook or Provider Manual
Caseworker Responsibilities

- Refer to Core Services Handbook or Provider Manual

Staffings

Staffings will be held as needed. Each staffing should:

- Be strengths-based, family centered, and
- Identify clear goals, objectives, interventions, and timelines