

FREQUENTLY ASKED QUESTIONS

Q: How long is the program?

A: It varies based on individual needs. Most participants work with their LifeSet specialist from six to nine months, but the length of the program depends on the support you need.

Q: Where do I meet my specialist?

A: Wherever you like. LifeSet is based in the community, so we meet you at times and places convenient for you.

Q: Is there any cost to me?

A: No. LifeSet is free to participants and is a voluntary program.

Q: Do you have to be in college?

A: No. LifeSet helps young people reach their individual goals, whether that is employment, job training, completing a GED or pursuing other opportunities, such as vocational training or college.

Q: I'm a parent. Can LifeSet help with that, too?

A: Yes. Your LifeSet specialist will help you with parenting skills based on your needs and the development level of your child. LifeSet helps you create a safe, loving home environment where your child's needs are met.

ABOUT OUR PROGRAM

LifeSet will be offered by four providers in different regions of New Jersey, with services lasting nine to 12 months.

The program is available to young people who are:

- Eligible for federal Chafee funded programs (<https://www.nj.gov/dcf/adolescent/>)
- Aged 17 to 21, who are currently in CP&P

The Urban Institute will conduct a randomized controlled trial determine the program's impact.

IN THE DRIVER'S SEAT AT LAST

The Department of Children & Families now offers LifeSet™, a program that empowers young people from foster care to successful adulthood.

For additional questions, please contact:

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NEW JERSEY DEPARTMENT OF
CHILDREN AND FAMILIES

GIVING YOU THE ROADMAP

LifeSet, a program of Youth Villages, was developed to support young people who experience foster care as they navigate adult challenges. It puts you in the driver's seat with a specialist by your side. You set your own goals and have the assistance and resources you need to achieve them.

What do you need? Typically, young people set goals to achieve or obtain:

- Diplomas/GED
- Higher education
- Jobs or job training
- Stable housing
- Financial literacy skills
- Access to health care
- Parenting skills
- Support system

Your specialist safely meets you face-to-face once each week to discuss your goals and needs in the community and is constantly available to help you overcome challenges.

HOW DOES LIFESET WORK?

LifeSet works both with and for you. Participation in the program is voluntary and free for young people. What you get from the program depends on the goals you set and the help you need.

- The organization matches you with a LifeSet specialist.
- LifeSet specialists are available 24/7 by phone or in person, in addition to weekly scheduled meetings.
- Your LifeSet specialist gives you the support and resources you need to succeed.
- You and your specialist meet once a week wherever it's convenient for you – or even more often if you need extra support.
- LifeSet specialists help you identify goals and are by your side to help as you achieve them step by step.



LIFESET: THE BRIDGE FROM FOSTER CARE TO SUCCESSFUL ADULTHOOD

