

## ABOUT LIFASET

At the edge of adulthood, choices about education, employment, and family can be overwhelming. LifeSet is a proven method for helping young adults get it right. LifeSet helps provide young adults with the tools they need to realize their own potential.

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*The model has been refined and tested and refined some more, but LifeSet begins with one simple tenet: believing in the potential of every single child to become an incredible adult.*

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A successful transition to adulthood includes maintaining stable and safe housing, remaining free from criminal justice involvement, participating in an educational or vocational program, and developing the life skills necessary to become a responsible citizen. The LifeSet program not only works with young people who are aging out of foster care and other youth in crisis situations, but also partners with their support systems to help ensure a more successful transition.

*The New York Foundling partners with LifeSet, a program of Youth Villages.*



### The New York Foundling

Since our bold beginnings in 1869, The New York Foundling has supported hundreds of thousands of our neighbors on their own paths to stability, strength, and independence. With an internationally-recognized and interrelated set of research-backed services, The Foundling works in partnership with children, families, and adults in New York and in Puerto Rico who are working to create transformational change in their own lives.



### The New York Foundling

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## The New York Foundling's LifeSet Program Setting Youth on the Path to Success



Providing **vital support**  
during the transition  
into **adulthood.**



## WHAT LIFESET CAN DO

The Foundling can help teenagers and young adults (ages 17-22) identify their goals and guide them each step of the way as they:

- Access community resources
- Apply for college and scholarships
- Build and maintain healthy relationships
- Develop strong parenting skills
- Establish life-long connections with caring adults
- Find and maintain employment
- Find stable housing
- Finish high school or earn a GED
- Learn money management skills

## PROGRAM IMPACT

Since 1999, LifeSet has helped more than 13,000 young people aging out of foster care successfully transition to independence. Participation in the LifeSet program is voluntary. LifeSet specialists meet with program participants at least once a week for six to 12 months, based on each person's specific goals and needs, and are also available 24/7 for emergency support. In one-on-one sessions, specialists work with each young adult to assist them in achieving their personal, educational, and professional goals.

***A randomized controlled study of LifeSet—the largest study of this population to date—showed that the program is one of the only services that benefits young people in many areas of their lives.***

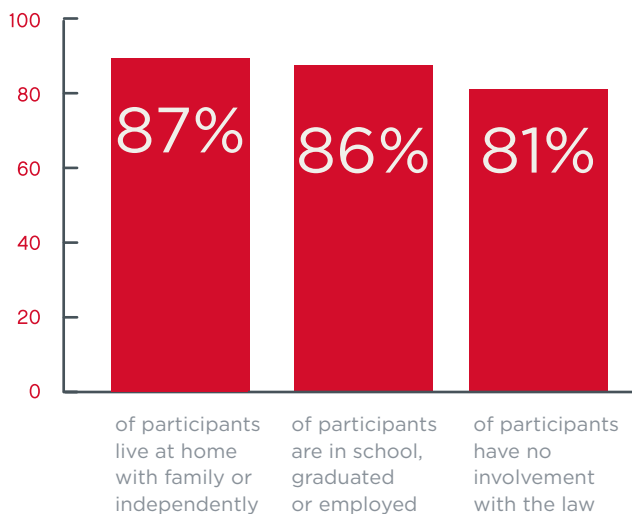
## FAMILY AND COMMUNITY SUPPORT

A unique aspect of the LifeSet program is that family and other support systems are considered vital to the young adult's success. When possible, LifeSet helps young people reconcile with family members and develop new relationships and lifelong connections with caring adults.

The intensity and comprehensiveness of LifeSet services set this program apart from others. We follow a formalized program model that uses evidence-based practices and research-driven interventions such as trauma-informed care to help participants overcome their challenges and meet their goals.

### LifeSet

SUCCESS AT ONE YEAR POST-DISCHARGE



YVLifeSet follow-ups conducted at 12 months post-discharge through June 2017; Response rate: 41.6% (2,844 out of 6,843)

