

# Independent Living Program Desktop Tool

## OUR PURPOSE

- » To assist youths toward successful, stable transitions from foster care
- » Provide skills to help them heal and deal with trauma
- » Center youths in their preparation to leave foster care
- » Help them build a long-term, supportive network



If immediate assistance is needed, please dial (334) 242-9500

## CASE MANAGEMENT TOOLS TO ASSIST STAFF

### ILP Skill Framework

- » A list of over 100 skills youths should possess to help them transition to adulthood successfully.
- » An extensive but not exhaustive list of skills that should be referenced during all levels of case planning to aid in the creation of meaningful goals and action steps.
- » This list of skills becomes a common language between our youths, workers, caregivers, providers, staff, and court officials.

### IL Transitional Assessment Discussion Guide

- » To be used during monthly visits to create meaningful discussions that tie to skill development.
- » Asking the right questions is critical in helping youths on their journey to adulthood.
- » Used to provoke skill-based questions and start conversations that will focus youths toward their transition plans.

### Youth Assessment Summary

- » Completed at time of each ISP by DHR staff to provide a “snapshot” overview of a youth’s current priorities.
- » Required to be documented before Independent Living funds can be spent for the youth.
- » Should identify needed skills and a functional scoring range of “awareness,” “learning,” or “doing.”

### Alabama Transition Plan

- » Mandatory to complete for all youths 17 years and older to help develop their own plan to exit foster care.
- » Developed with the youth’s involvement, allowing them to work through their choices as they prepare for adulthood.
- » Maps out the youth’s plan for where they are going and how they plan to get there.

## ILP FUNDING AND OUTCOMES

### Basic Allowable Expenses

- » Grade incentives (up to \$50 each report)
- » College stipend (up to \$150 monthly)
- » Tutoring/testing preparation (up to \$35 per hour)
- » Junior and senior prom (up to \$300)
- » Graduation expenses (\$300 graduation items, \$300 pictures, \$300 class ring)
- » Study aids, exam fees, summer/night school
- » College application fees
- » Computers, laptops, iPads, Kindles, etc.
- » Internship opportunities

### Employment Assistance

- » Purchase uniforms to obtain or train for employment
- » Transportation assistance (for first month)
- » Résumé building skills
- » Special incentive for completing career assessments

### Preventive Health Activities

- » Smoking avoidance
- » Substance abuse prevention
- » Nutritional education
- » Gym memberships/weight loss programs

### Development of Interpersonal Skills

- » Allowance (up to \$500 each year)
- » Effective communication
- » Decision-making, problem-solving
- » Anger management, building healthy relationships

### Daily Living Skills

- » Money management (up to \$300 annually)
- » Attending Independent Living trainings (\$25)
- » Conducting or participating in trainings (\$75)
- » Room and board assistance
- » Aftercare payment (\$1,000)

### National Youth in Transition Database (NYTD) Surveys

- » \$50 for completing 17-year-old survey
- » \$100 for completing 19- and 21-year-old survey

## ALABAMA'S EDUCATIONAL ASSISTANCE PROGRAMS

**FOSTERING**hope  
SCHOLARSHIP

### Fostering Hope

- State-funded program that pays tuition and required fees
- To be eligible, youth must graduate from high school or obtain a GED while in foster care
  - OR be adopted or kinship guardianship after 14 years of age
- Must attend a public college or institution in the State of Alabama
- Covers dual enrollment for high school students and can assist with study abroad programs in college
- Will pay for certification programs that result in employment
- Youths are eligible through age 26 with academic limit of up to 144 credit hours

Alabama  
**ETV** PROGRAM

### ETV (Education and Training Voucher)

- Federally funded program that pays up to \$5,000 annually
- To be eligible, youth must be in foster care at age 18
  - OR be adopted or kinship guardianship after 16 years of age
- Can attend any public or private Title IV college in or outside of Alabama
- Students must maintain GPA of 2.0 and show ongoing academic progress
- Youths are eligible through age 26 with a cap at five years of funding

Apply for both programs at  
**FOSTERINGHOPEAL.ORG**

Find more IL resources at  
**ILCONNECT.ORG**