



DIVISION X
TECHNICAL ASSISTANCE



Capacity Building
CENTER FOR STATES

John H. Chafee Foster Care for Successful Transition to Adulthood Program Resource List

Child welfare agencies and youth and young adults can use the following resources to support young people's transitional needs and help develop the skills needed for independent living after exiting foster care.

Life Skills Assessment

Conducting an independent living needs assessment can help identify a young person's:

- Basic skills
- Emotional and social capabilities
- Strengths and needs, to better match the youth with appropriate independent living services

An independent living needs assessment also may gauge a young person's knowledge of job readiness, money management abilities, decision-making skills, goal setting, task completion, and transitional living needs.

+ Resources

- [Casey Life Skills Toolkit – Casey Family Programs](#) (ages 14–21)
Casey Life Skills (CLS) is a set of free tools that can be used to assess the skills youth and young adults need to achieve their long-term goals. It aims to guide youth toward developing healthy, productive lives. Some of the functional areas include:
 - Daily living and self-care activities
 - Maintaining healthy relationships
 - Work and study habits
 - Using community resources
 - Money management
 - Computer literacy and online safety
 - Civic engagement
 - Navigating the child welfare system

The Consolidated Appropriations Act of 2021 (P.L. 116–260) was enacted in December 2020 in response to the COVID-19 pandemic and resulting public health emergency. **Division X** of the Act, “Supporting Foster Youth and Families through the Pandemic,” included funding for child welfare programs and required agencies to take actions to protect and support youth and young adults currently or formerly in foster care.

Read This To:

Learn about resources that can help youth and young adults access needed support and work toward self-sufficiency.

The resources are divided into the following programmatic and practice areas, which reflect the organization of the National Youth in Transition Database (NYTD):

- [Life Skills Assessment](#)
- [General Educational Services](#)
- [Postsecondary Educational Support](#)
- [Career Preparation](#)
- [Employment Programs and Vocational Training](#)
- [Budget and Financial Management](#)
- [Housing Education and Home Management Training](#)
- [Health Education and Risk Prevention](#)
- [Family Support and Health Marriage Education](#)
- [Mentoring](#)
- [Housing Assistance](#)
- [Room and Board Financial Assistance](#)
- [Educational Financial Assistance](#)
- [Other Financial Assistance](#)

- [Life Skills Checklist PEATC](#) (ages 14–22)
Learning and practicing life skills is an important step for students as they plan for transitioning into adulthood. The Life Skills Checklist can help transition-age students, their families, and Individualized Education Plan (IEP) teams track independent living/life skills. This list does not include every skill, and all these skills may not apply to all people. It is important to remember that everyone is unique, and individual support needs may vary.
- [State Independent Living and Education and Training Voucher \(ETV\) Coordinators](#)
This website can help users find their state’s coordinator to learn more about the supervised independent living opportunities in their state. Users can also access assistance with getting financial aid, obtaining ETV vouchers, and getting referral to services for youth and young adults who transition out of care and after they’ve exited care.
- [Planning for Community Living Worksheet](#) (ages 14–21)
This free checklist from the Indiana Institute on Disability and Community can be used to assess a student’s abilities on 20 aspects of independent living. The student checks if they can do each task on their own, with support from their family, or if they need community services assistance.
- [The RichardStep Strengths and Weaknesses Aptitude Test \(RSWAT\)](#)
This rapid assessment tool can help young people understand who they really are and what they need to do to grow. The tool assessment includes information such as one’s top-five strengths and worst weakness. The test takes 10 to 12 minutes to complete.
- [Washington DSHS Life Skills Inventory](#) (ages 14–21)
This free tool can be used to assess a student’s skills in 15 areas of independent living. Students are rated as basic, intermediate, advanced, or exceptional in each area. This assessment could be given over different years to see progress or broken down with age-appropriate skills.
- [Youth Thrive: Protective and Promotive Factors](#)
The Youth Thrive Survey is a free self-report instrument that young people can use to measure the presence, strength, and growth of the Youth Thrive Protective and Promotive Factors as proxy indicators of well-being. Designed with significant input from youth and young adults and taking less than 15 minutes to complete, the survey can be an effective tool for informing case planning and practice, evaluation, and continuous quality improvement (CQI) purposes. The Youth Thrive Survey provides an array of data reports that can be used to inform policy and practice decisions and measure positive indicators of well-being for youth and young adults. The Youth Thrive Survey is available in both English and Spanish.

General Educational Services

Academic support services are designed to help youth and young adults complete high school or obtain a General Equivalency Degree (GED). Services include:

- Academic counseling
- Preparation for a GED or other equivalency examination (including assistance in applying for or studying for a GED or other exam)
- Tutoring
- Help with homework
- Study-skills training
- Literacy training
- Help accessing educational resources to complete secondary education

+ Resources

○ [CovEducation](#)

With more than 6,000 volunteers from hundreds of universities around the U.S., CovEducation partners with local organizations to provide free tutoring and mentoring. The organization also offers limited options for one-on-one mentor matching for families who are not part of partner organizations or school districts.

○ [General Education Development \(GED\)](#)

This website offers resources, tutorials, practice questions, reference sheets, and videos to help students take the GED exam with confidence.

○ [Khan Academy](#)

Khan Academy offers video tutorials on many academic topics, offering anyone anywhere a free education.

○ [Learn to Be](#)

This 501(c)(3) nonprofit brings free, one-on-one, online tutoring for all K–12 subjects to underserved youth around the United States. Students can bring schoolwork or topics they are struggling with and receive personal support.

○ [Pandemic Professors](#)

Pandemic Professors currently serves K–12 students in more than 15 states. The online tutoring nonprofit primarily offers free services to students from low-income communities.

○ [Quindew Fun & Free Reading Program](#)

Quindew offers a free online reading program that boosts students' ability to read well. Each lesson improves essential reading skills and confidence.

○ [ReadWorks](#)

This nonprofit organization partners with K–12 teachers across the country to solve our nation's literacy crisis and bridge the gap between research and practice in reading comprehension instruction by providing a free library of content, curricular supports, and digital tools. The organization uses cognitive-science research to create high-impact instructional materials and tools that are designed for immediate use in U.S. classrooms.

○ [SchoolHouse World](#)

Founded by Sal Khan of the Khan Academy, Schoolhouse World is a platform for free, online, peer-to-peer tutoring. Students can receive live help in sessions with 1–10 students. Currently, Schoolhouse's classes center around math and SAT Prep and are available to students nationwide who are at least 13 years old.

○ [State-Specific Free Tutoring](#)

This website can be used to find free tutoring in any U.S. state.

○ [UPchieve](#)

This nonprofit organization provides free, online one-on-one high school tutoring in math, science, reading and writing, SAT prep, and college prep.

Postsecondary Educational Support

These services are designed to help youth and young adults enter or complete a postsecondary education and include:

- Classes to prepare for tests, such as the Scholastic Aptitude Test (SAT)
- Counseling about college
- Information about financial aid and scholarships
- Help completing college or loan applications (e.g., Free Application for Federal Student Aid [FAFSA])
- Tutoring while in college

+ Resources

○ [The ACT Test](#)

This website includes information about registering for the ACT, test prep, financial need estimator, and tips on college- and career-planning.

○ [BlackExcel](#)

This website is dedicated to African American families and offers users information about preparing for college, scholarships, historically Black colleges (including virtual tours), and summer enrichment programs. There is also a free newsletter.

○ [College Board](#)

College Board is a mission-driven, not-for-profit organization that annually helps more than seven million students prepare for a successful transition to college through programs and services in college readiness and college success, including the SAT, the Advanced Placement Program, and Big Future.

○ [College Possible](#)

This nonprofit organization, under the AmeriCorps umbrella, offers free college admissions assistance to students in public high schools, concentrated in major metro areas, in seven states: Illinois, Minnesota, Nebraska, Oregon, Pennsylvania, Washington, and Wisconsin. College Possible also functions as an after-school program, guiding students via a college access and success curriculum.

○ [College Is Possible](#)

College Is Possible is the American Council on Education's K–16 youth development program that motivates middle- and high-school students from underserved communities to seek a college education.

○ [Fast Web](#)

This free service from Monster.com allows users to search for over 1.3 million scholarships worth more than \$3 billion.

○ [Federal TRIO Programs](#)

The Federal TRIO Programs are federal outreach and student services programs designed to identify and provide services for individuals from disadvantaged backgrounds. TRIO includes eight programs targeted to serve and assist low-income individuals, first-generation college students, and individuals with disabilities to progress through the academic pipeline from middle school to post baccalaureate programs. TRIO also includes a training program for directors and staff of TRIO projects.

○ [Get Schooled](#)

This free resource provides a variety of college admissions services for prospective students, alongside other offerings such as coaching students on how to approach job interviews. Services include advising via text message, college essay reviews, and more.

○ [Khan Academy – SAT Prep](#)

Khan Academy offers full-length SAT practice tests and free, personalized practice based on a user's diagnostic test results. Users can also find booklets, videos, and other materials on their website. No login required.

○ [KnowHow2GO](#)

This website run by the National Ad Council and the American Council on Education offers practical tips for applying to and attending college.

○ [National Association of College Admission Counseling](#)

This website explains what you can do in high school (organized by year) to prepare for college.

○ [Princeton Review](#)

The Princeton Review offers both in-person and online practice SAT exams for free. After each test, a user receives a detailed performance report with personalized tips on how to improve their score.

- [Scholarship Finder](#)

This new and free tool developed by U.S. News offers students the chance to search more than 8,500 scholarships and save their favorites.

- [TestPrepPractice](#)

TestPrepPractice helps students use and find the right SAT/ACT/GED/PSAT prep resources for them.

Career Preparation

Career preparation services focus on developing a young person's ability to find, apply for, and retain appropriate employment including:

- Vocational and career assessment (including career exploration and planning, guidance in setting and assessing vocational and career interests and skills, and help in matching interests and abilities with vocational goals)
- Job-seeking and job-placement support (including identifying potential employers, writing resumes, completing job applications, developing interview skills, job shadowing, receiving job referrals, using career resource libraries, understanding employee benefits coverage, and securing work permits)
- Retention support (including job coaching; learning how to work with employers and other employees; understanding workplace values such as timeliness and appearance; and understanding authority and customer relationships)

+ Resources

- [ASVAB](#)

The Armed Services Vocational Aptitude Battery (ASVAB) is a multiple-aptitude battery that measures developed abilities and helps predict future academic and occupational success in the military. It is administered annually to more than one million military applicants, high school, and post-secondary students. This link is to the main website about ASVAB. The website includes content about how to become an applicant, recruiter, counselor, educators, and more.

- ☐ [ASVAB Career Exploration Program](#): This program provides tools to help postsecondary students learn more about career exploration and planning, in both the civilian and military worlds of work, and is free of charge for participating schools.

- [Career One Stop](#)

This resource helps users locate training programs, colleges, and universities in their area (e.g., high school equivalency classes, adult basic education, apprenticeships, professional development opportunities).

- [Career Explorer](#)

This free platform helps users assess their interests, personality types, abilities, career values, and preferred work and social environments to find matches that will lead to satisfying careers. The assessment suggests potential careers after the user responds to a series of questions. It takes about 30 minutes to complete.

- [Cornell Career Management Toolkit](#)

This toolkit offers general career tests, career interest tests, work value, skill tests, and personality tests and gives direction on the steps users can take to find a career match.

- [Holland Code Career Test](#)

This self-assessment explores a young person's suitability for different careers based on six occupational themes. The test identifies their top interest area, how it compares to the other areas, and what this means for their career interests.

- [iSeek Clusters](#)

The iSeek survey lets users rate activities they enjoy, their personal qualities, and school subjects they like. At the end of the survey, users see a list of career clusters that are a good match for their interests.

- [MyNextMove](#)

This tool uses information from O*Net, which is sponsored by the U.S. Department of Labor, to help determine users' interests as they relate to work. At the end of a survey, users can see how their interests pair with job zones that are a good match.

- [Occupational Outlook Handbook](#)

This is the U.S. Department of Labor's career guide with information on occupation groups and individual jobs. It provides details on what workers do on the job, the work environment, training, education, certification needed to get started in the occupation, median pay, and expected job prospects.

- [Youth Programs and Services - Employment and Training Administration](#)

The Division of Youth Services is primarily responsible for coordinating all youth-related workforce programs including the Workforce Innovation and Opportunity Act (WIOA) Youth Formula, YouthBuild, and Reentry Employment Opportunities. These programs serve young adults ages 16–24 who face a variety of barriers to employment. Programs offer leadership, policy direction and guidance, support for program administration, and technical assistance to the workforce and grantees.

- [Workforce Innovation and Opportunity Act \(WIOA\) Youth Formula Program](#)

The WIOA Youth Formula Program focuses primarily on out-of-school young people and includes 14 program elements that are required to be made available to youth participants. WIOA prioritizes work experience and local programs provide youth services in partnership with American Job Centers and under the direction of local Workforce Development Board.

- [Youth Challenge Program](#)

The Youth Challenge Program offers placement and leadership opportunities for disadvantaged and out-of-school young people serving AmeriCorps National Civilian Community Corps (NCCC) and the Department of Defense's National Guard. By providing these young people with transitional structures and supports, giving them a place to test and enhance their skills, and using their diversity of experiences to build peer-led and team-oriented environments, the collaboration has been able to achieve growing success and has been able to continue development by incorporating best practices and lessons learned.

Employment Programs and Vocational Training

Employment programs and vocational training are designed to build a young person's skills for a specific trade, vocation, or career through classes or onsite training. They include:

- Employment programs (including a young person's participation in an apprenticeship, internship, or summer employment program and do not include summer or after-school jobs secured by the youth alone)
- Vocational training (includes a young person's participation in vocational or trade programs and the receipt of training in occupational classes for such skills as cosmetology, auto mechanics, building trades, nursing, computer science, and other current or emerging employment sectors)

+ Resources

- [Adult Training Programs](#)

This resource provides information about the goals, services, and eligibility requirements of Employment and Training Administration's adult training programs.

- [Apprenticeship USA](#)

This website offers information about apprenticeship, a combination of on-the-job training and related classroom instruction in which workers learn the practical and theoretical aspects of a highly skilled occupation. Applicants for apprenticeship programs must be at least 16 years old and meet the program sponsor's qualifications.

- [Employment and Training Administration \(ETA\) Disability and Employment](#)

This ETA webpage provides up-to-date information on various training and employment programs that have been developed to assist people with disabilities.

❑ [Employment and Training Administration Resources](#)

This ETA webpage provides links to additional training information for people with disabilities.

○ [Job Corps for Students](#)

Through Job Corps for Students, young people can learn how to further their education and build a strong foundation with hands-on training. Job Corps is broken down into four categories: Outreach and Admissions (OA), Career Preparation Period (CPP), Career Development Period (CDP), and Career Transition Period (CTP).

○ [Office of Personnel Management \(OPM\) Internship Program](#)

The OPM Internship Program aims to provide students, from high school to graduate school, with paid, on-the-job opportunities to explore and experience federal careers while continuing to pursue their education. Internships are primarily administered by individual agencies, and those who participate may be eligible for conversion to a permanent job in the civil service. Eligible students include those pursuing a qualifying degree or certificate at an accredited high school or college (including four-year colleges/universities, community colleges, and junior colleges); a professional, technical, vocational, or trade school; an advanced degree programs; or other qualifying educational institutions.

○ [Youth Conversation Corps](#)

The 21st Century Conservation Service Corps (21CSC) is based on service-learning principles that help young people develop environmental and civic responsibility while acquiring knowledge, job skills, and exposure to careers in natural and cultural resource management. Young people ages 15 to 25 from diverse backgrounds, including Tribal and underserved populations, those who have little or no opportunity to experience the outdoors, and young women and girls, can participate in 8- to 10-week projects during the summer or through full-time employment.

○ [YouthGo](#)

Youth in the Great Outdoors (YouthGO) is an initiative of the U.S. Departments of the Interior and Agriculture. YouthGO strives to empower youth to be the next generation of conservation leaders by employing youth to protect, revitalize, and restore the environment and communities; educating youth about the environment; and purposefully engaging youth from all backgrounds. YouthGO provides information and available career and internship opportunities for youth and has numerous partner organizations, including 4-H, Job Corps, AmeriCorps, and many others.

Budget and Financial Management

Budget and financial management training or practice provides experience with:

- Living within a budget
- Opening and using a checking and savings account
- Balancing a checkbook
- Developing consumer awareness and smart shopping skills
- Accessing information about credit, loans, and taxes
- Filling out tax forms

+ Resources

○ [CashCourse](#)

CashCourse offers high-school or college students or teachers who instructs on financial skills financial education courses that include assignments, customized worksheets and calculators, and articles geared toward answering real-life questions about money.

○ [Consumer Financial Protection Bureau](#)

The Consumer Financial Protection Bureau (founded in 2011) provides direct financial education to the public, shares its research on financial education and literacy with educators and others, and addresses needs of finan-

cial literacy and inclusion for military service members and veterans, older Americans, underserved consumers and communities, and students.

- [Consumer Financial Protection Bureau Tools and Resources](#)

The Consumer Financial Protection Bureau Tools and Resources page offers users financial education tools, worksheets, handouts, and audio recordings by topic and by audience.

- [Financial Literacy for All](#)

This website presents curricula and resources from a variety of organizations and government websites to build financial literacy in age-appropriate ways.

- [Helping Youth in Foster Care Start and Maintain Good Credit](#)

This resource presents background information about credit reports and ways to build knowledge on credit.

- [Money Smart for Young People](#)

These free curricula for four grade bands (PreK–2, 3–5, 6–8 and 9–12) include teacher and instructor resources, short videos, and activity books.

- [MyMoney](#)

This website offers advice for three categories of people: youth, teachers and educators, and researchers. There are sections devoted to each group with a variety of information in engaging formats, ranging from games that help children understand the concepts of saving and spending to a roadmap for financial abuse of retirees.

- [MyMoney Resource for Youth](#)

This area of MyMoney contains games, fun activities, websites, video games, and information about money for kids and youth. Users will find links to information on how to save money, what to think about when shopping and buying, and how to create a budget.

- [MyMoney Resources – Youth](#)

This webpage offers a robust list of resources available to build financial literacy for youth and young adults including directories for support, worksheets, and hands-on learning tools.

- [Youth Banking Resource Center](#)

This webpage presents free resources to help banks and schools work together to improve financial literacy. It includes support for partnerships that help students open bank accounts.

Housing Education and Home Management Training

Housing education and home management training offers training in locating and maintaining a home, including:

- Filling out a rental application and acquiring a lease
- Handling security deposits and utilities
- Understanding practices for keeping a healthy and safe home
- Understanding tenant's rights and responsibilities
- Handling landlord complaints

Home management includes instruction in food preparation, laundry, housekeeping, living cooperatively, meal planning, grocery shopping, and basic maintenance and repairs.

+ Resources

- [First-Time Renter's Guide](#)

In this guide, users can explore topics such as how to prepare for renting an apartment, how to apply to rent an apartment, what credit score they need to rent an apartment, what is an apartment lease, and how to find the perfect apartment. This first-time renter's guide will take users through everything they need to know about finding the right apartment for them.

- [First-Time Apartment Renter's Guide – 18 Step Checklist](#)

This guide offers a checklist and information to prepare young people for the many elements of renting a home. This checklist explores considerations about deciding whether a young person needs a roommate, considerations of amenities and location, budget, and future expenses, and more.

- [Tenants' Rights: Knowing Your Rights as a Tenant](#)

This resource focuses on specific laws that provide protection for tenants. Being informed when you are a renter allows you to know your rights and stand up for yourself when necessary.

- [Utility Deposits: What to Expect When Moving In](#)

This resource explains utility deposits, an additional cost related to renting, including how to turn on utilities, deposits to turn them on, monthly payments, and reviewing utility charges.

Health Education and Risk Prevention

Health education and risk prevention includes information about:

- Hygiene, nutrition, fitness, and exercise
- First aid, medical, and dental care benefits
- Health care resources and insurance
- Prenatal care and maintaining personal medical records
- Sex education and HIV prevention (including education and information about sexual development and sexuality, pregnancy prevention and family planning, and sexually transmitted diseases and AIDS)
- Substance abuse prevention and intervention (including education and information about the effects and consequences of substance use (alcohol, drugs, tobacco) and substance avoidance and intervention)

Health education and risk prevention does not include the youth's actual receipt of direct medical care or substance abuse treatment.

+ Resources

- [About A Home Within](#)

About A Home Within (AHW) provides open-ended, individual psychotherapy by qualified therapists, free of charge, to young people currently and formerly in foster care. AHW is the only national organization dedicated solely to meeting the emotional needs of foster youth.

- [The Trevor Project](#)

The Trevor Project is the world's largest suicide prevention and crisis intervention organization for lesbian, gay, bisexual, transgender, queer, questioning, Intersex, asexual, two-spirit, and other identities (LGBTQIA2S+) young people. This resource provides resources for suicide ideation, substance use disorders, eating disorders, depression, and anxiety. Users can explore the "Get Help" section to connect youth and young people to a counselor in multiple outlets, or "Meet Friends," which introduces young people to an affirming international community for LGBTQIA2S+ young people.

- [Youth Mental Health First Aid](#)

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and others how to help an adolescent (age 12–18) who is experiencing a mental health issue, addiction, or crisis. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

Hotlines are an important part of providing emergency health and mental health assistance to youth and young people. A list of useful hotlines along with descriptions is provided in the table below.

Health and Mental Health Hotlines		
988 Suicide and Crisis Lifeline	Offers someone who is struggling or in crisis immediate help by phone or chat.	988 988lifeline.org for chat
Addictions	Assists with intervention, referral, and treatment services.	1-866-352-7901
Alcohol – National Council on Alcoholism	Answers calls 24 hours a day to help callers finding treatment for alcohol use disorder.	1-800-NCA-CALL (1-800-622-2255)
Al-Anon	Offers support group meetings and help for people who need to deal with family members and friends who are recovering from alcoholism.	1-888-425-2666
Alateen	Offers a place for members to come together to share experiences, strength, and hope with each other to find effective ways to cope with problems, discuss difficulties and encourage one another, and help each other understand the principles of the Al-Anon program using the Twelve Steps and Alateen's Twelve Traditions.	1-888-425-2666
Cocaine Anonymous	Provides counseling and referral services for individuals struggling with cocaine addictions.	1-800-347-8998
Marijuana Anonymous	Provides counseling and referral services for individuals struggling with marijuana addictions.	1-800-766-6779
National Eating Disorders Association	Offers teen-friendly information about eating disorders. The calls are free and answered from 10 a.m. – 7 p.m., Monday–Friday.	1-800-931-2237
National Association of Anorexia Nervosa and Associated Disorders	Offers pick up free hotline counseling and presents information about support groups for sufferers and families of people with eating disorders. Callers can also get find referrals to healthcare professionals who treat eating disorders across the U.S. and in 15 other countries.	1-888-375-7767
Substance Abuse and Mental Health Services Administration (SAMHSA) Helpline	Offers free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.	1-800-662-HELO (4357)
We're Here for You Now – The Trevor Project	Provides crisis counselors to young people. They are available 24/7, 365 days a year, from anywhere in the U.S. It is 100% confidential, and 100% free. Young people can text, call, and chat with counselors as well.	To Text: Text "START" to 678-678 To call: 1-866-488-7386

Family Support and Health Marriage Education

Family support and health marriage education offers information about:

- Safe and stable families
- Healthy marriages and relationships
- Spousal communication
- Parenting
- Responsible fatherhood
- Childcare skills
- Teen parenting
- Domestic and family violence prevention

+ Resources

- [Birth Control – Teen Awareness Group](#)
This set of fact sheets offers information for teens on the types of birth control available to fit the many demands of life.
- [The Dibble Institute](#)
The Dibble Institute is a national, independent nonprofit that promotes relationship training for youth, especially in the context of dating and romantic connections. The organization's goal is to empower young people with knowledge and evidence-based skills to successfully navigate their intimate relationships that will build a foundation for healthy romantic relationships now, and for lasting, positive family environments in the future.
- [Healthy Marriage and Responsible Fatherhood \(HMRP\)](#)
The Office of Family Assistance (OFA) competitively awards HMRP grants to states, local governments, Tribes, and community-based organizations (both for profit and not-for-profit, including faith-based). These grantees work to help participants build and sustain healthy relationships and marriages and to strengthen positive father-child interaction.
- [National Healthy Marriage Resource Center \(NHMRC\)](#)
This clearinghouse presents quality, balanced, and timely information and resources on healthy marriage and relationship education. The NHMRC's mission is to be a first stop for information, resources, and training on healthy marriage for experts, researchers, policymakers, media, marriage educators, couples and individuals, program providers, and others.
- [National Responsible Fatherhood Clearinghouse](#)
This Office of Family Assistance (OFA)-funded national clearinghouses offers resources for fathers, practitioners, programs/federal grantees, states, and the public who are serving or interested in supporting strong fathers and families.
- [Planned Parenthood](#)
Planned Parenthood offers telehealth and in-person services, include primary care, HIV services, birth control, emergency contraception, transgender hormone therapy, STD Testing, treatment and vaccines, and women's and men's health services.
 - [Planned Parenthood – Sex, Pleasure, and Sexual Dysfunction](#)
Planned Parenthood offers resources to help young people and others communicate with sexual partners, learn about healthy sexuality, and cope with sexual disorders.

Mentoring

Mentoring support provides youth and young adults with a screened and trained adult for development of a one-on-one relationship that involves the two meetings on a regular basis.

- Mentoring can be short-term, but it may also support the development of a long-term relationship.
- While young people often are connected to adult role models through school, work, or family, this service category only includes a mentor relationship that has been facilitated, paid for, or provided by the state agency or its staff.

+ Resources

- [Big Brothers Big Sisters of America](#)

As the nation's largest donor- and volunteer-supported mentoring network, Big Brothers Big Sisters makes meaningful, monitored matches between adult volunteers ("Bigs") and children ("Littles"), ages 5 through young adulthood in communities across the country.

- [WALLS and the WALLS Mentoring Program](#)

WALLS offers free resources related to mentoring, including the book Walls, which provides a model for creating interactive discussions in a mentoring program, as well as guidebook for the implementation of the accompanying Walls mentoring program. Users can also access a brief document about how the book inspired the creation of the mentoring program.

- [Mentoring – Youth.Gov](#)

This website presents a list of resources centered around mentoring and ways to enhance mentoring skills to be trauma-informed and support diverse backgrounds.

Housing Assistance

Supervised independent living allows youth to live independently under a supervised arrangement that is paid for or provided by the state agency:

- A young person in supervised independent living is not supervised 24 hours a day by an adult.
- Under this arrangement, the young person is often provided with increased responsibilities, such as paying bills, assuming leases, and working with a landlord, while under the supervision of an adult.

+ Resources

- [National Center for Housing and Child Welfare](#)

The National Center for Housing and Child Welfare exists to make sure that children are never placed into foster care because their parents can't access decent housing. When foster care placement is unavoidable, it makes sure that all communities provide youth in care with a platform for economic security and housing stability as they prepare to transition to adulthood. Homelessness among youth aging out of foster care is a thing of the past.

- [First Place for You](#)

This program can help youth and young adults in California with education planning, course selection, and study skill-building, completing financial aid and scholarship applications, accessing existing on-campus resources for academic support and employment, and more.

Room and Board Financial Assistance

Room and board financial assistance is an expense that is paid for or provided by the state agency for room and board, including rent deposits, utilities, and other household start-up expenses.

+ Resources

○ [Family Unification Program \(FUP\)](#)

This website provides information about the Family Unification Program (FUP), under which Housing Choice Vouchers are provided to two different populations:

- ❑ Families for whom the lack of adequate housing is a primary factor in the imminent placement of the family's child or children in out-of-home care, OR
- ❑ Families who experience a delay in the discharge of the child or children to the family from out-of-home care

○ [FYI Vouchers for Foster Youth to Independence Initiative](#)

The Foster Youth to Independence (FYI) initiative makes Housing Choice Voucher assistance available to public housing agencies in partnership with public child welfare Agencies. Under FYI, public housing agencies provide housing assistance on behalf of:

- ❑ Youth at least 18 years and not more than 24 years of age (who have not reached their 25th birthday) who left foster care, or will leave foster care within 90 days, in accordance with a transition plan described in Section 475(5)(H) of the Social Security Act and are homeless or are at risk of becoming homeless at age 16 or older

❑ HUD FYI Initiative Webinar Series

This series is a set of webinars to educate users about the HUD FYI initiative. Webinars include:

- [Partnership Development and Maintenance](#)
- [Introduction to Child Welfare](#)
- [Youth Engagement](#)
- [Data Analytics](#)
- [Voucher Program Administration](#)

○ [HUD – Rental Assistance](#)

Users can use this website to find an apartment, learn more about their rights and responsibilities as renters, and locate other resources to enhance their rental knowledge.

○ [HUD – State information](#)

On this website, users can select their state and learn more about resources and support available in their area, as well as information about their local HUD office.

Educational Financial Assistance

Educational financial assistance are expenses that are paid for or provided by the state agency for education or training, including:

- Allowances to purchase textbooks, uniforms, computers, and other educational supplies
- Tuition assistance
- Scholarships
- Payment for educational preparation and support services (i.e., tutoring), and payment for GED and other educational tests

This financial assistance also includes vouchers for tuition or vocational education, or tuition waiver programs paid for or provided by the state agency

+ Resources

○ [Complete the FASFA Form](#)

This is the webpage of the free application for Federal Student Aid (FAFSA) form to apply for financial aid for college or graduate school. Explore the website for helpful videos and instructions for [filling out the FASFA form](#), including:

- ❑ [How Financial Aid Works](#)
- ❑ [Types of Financial Aid](#)
- ❑ [Financial Aid Eligibility](#)
- ❑ [Education and Training Voucher Infographic](#)
- [Educational and Training Vouchers \(ETV\)](#)
ETVs are grants, funded by the federal government and administered by the states, awarded to eligible youth and young adults currently and formerly in foster care to help pay for expenses related to college, career school, or training. This fact sheet presents information about the ETV program, including eligibility, application process, and links.
- [National Association of Student Financial Aid Administrators: State Financial Aid Programs](#)
This webpage offers information about state education agency grants or scholarships available to residents, and many have a long list of student aid programs. Eligibility is usually restricted to state residents attending a college in-state. There are annual deadlines for most programs. Users can select their state to find out what financial aid programs are available.
- [US Department of Education Programs](#)
This resource is an A-Z list of all programs for grants and other financial resources to various populations.

Other Financial Assistance

This category includes any other payments made or provided by the state agency to help youth and young adults live independently.

+ Resources

- [Affordable Connectivity Program](#)
The Affordable Connectivity Program (ACP) is a low-income internet program that helps families afford an internet connection by subsidizing the cost of their internet bill. The ACP provides \$30 per month toward a household's internet bill, though households on Tribal land or high-cost areas might be eligible for enhanced support of up to \$75 per month.
- [iFoster](#)
iFoster is the largest community in foster care helping children and youth get the resources and opportunities they need to become successful, independent adults. It includes the [iFoster National Phone Program](#) to help youth and young adults stay connected with their social network.
- [Lifeline](#)
Lifeline is a government program backed by the Federal Communications Commission (FCC). It provides a monthly phone or internet service discount for low-income households. Lifeline benefits give eligible subscribers a discount of at least \$9.25 per month off either landline phone service, wireless phone service, broadband, or bundled services. Enhanced Lifeline benefits for tribal lands bumps the discount up an extra \$25 for a total discount of \$34.95 per month for households within federally recognized tribal lands. Your household may qualify for Lifeline if your income is at or below 135% of the federal poverty guidelines. Additionally, you may qualify if you or someone in your household participates in certain federal assistance programs such as Supplemental Nutrition Assistance Program (SNAP), Supplemental Security Income (SSI), Veterans Pension and Survivors Benefits, Federal Public Housing Assistance (FPHA), Medicaid, or the Tribal Programs for Native Americans
- [One Simple Wish](#)
One Simple Wish is a national wish-granting service for current and former foster youth and young adults. Caregivers, youth, and young adults can share about a current or former foster youth's wish. The wish will be posted on the site and a donor will donate and "grant" their wish.

- [Supplemental Nutrition Assistance Program \(SNAP\)](#)

The Supplemental Nutrition Assistance Program (SNAP) is the largest federal nutrition assistance program. SNAP provides benefits to eligible low-income individuals and families via an Electronic Benefits Transfer card. The SNAP card can be used like a debit card to purchase eligible food in authorized retail food stores.

- [Temporary Assistance for Needy Families \(TANF\)](#)

The Temporary Assistance for Needy Families (TANF) program provides grant funds to states and territories to provide families with financial assistance and related support services. State-administered programs may include childcare assistance, job preparation, and work assistance.

Conclusion

The resources in this publication, which reflect the programmatic and practice areas contained in the National Youth in Transition Database (NYTD), provide tools and information to help youth and young adults transition from foster care and thrive. Child welfare agencies can use them together with young people as they work on transition planning and post-transition service delivery.

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