



Youth Transitioning into Adulthood Programs

Definition:

The CEBC defines Youth Transitioning into Adulthood Programs as programs that increase the skills, knowledge, and supports of youth who age out of the child welfare system while in out-of-home care and, therefore, have to transition out of the foster care system and live on their own. Transition programs are aimed at increasing independent living and self-sufficiency skills and/or developing formal or informal social connections that can provide guidance and support to youth beyond their time in foster care or receiving services. Independent living and self-sufficiency skills could include employment (including readiness and retention), financial management, healthy meal planning and preparation, securing and maintaining stable housing, and/or other life skills. Every year in California, more than 4,000 youth age out of foster care. The youth who age out of foster care are more likely to experience difficulty managing the transition from dependent adolescence to independent adulthood. Foster youth face unique challenges for making a successful transition into adulthood in employment, higher education, marriage, and parenthood. A large number of these youth have special needs including mental health issues and disabilities, both learning and physical. Former foster youth face the added burden of a disrupted childhood and possible lack of family support. The transition period from adolescence to adulthood is longer and more complex for today's young adults. NOTE: Many topic areas on the CEBC may be relevant to youth transitioning into adulthood. In particular, the [Educational Interventions for Children and Adolescents in Child Welfare](#), [Teen Pregnancy Services](#), and [Mentoring Programs \(Child & Adolescent\)](#) may be highly relevant and should be reviewed if interested in programs addressing those particular services.

Topic Area Criteria:

- **Target population:** Transition age youth who may age out of the foster care system, have already aged out of it, or have emancipated from it
- **Services/types that fit:** Services including assessment, case planning, case management, counseling or mentoring on issues related to emerging adulthood, development of social connections and support systems, education, financial support, and/or skill building
- **Delivered by:** Child welfare caseworkers, trained paraprofessionals, educators, and mental health professionals
- **In order to be included in this topic area on the CEBC:** Program must specifically target the needs of youth aging out of the foster care system or the needs of youth with similar characteristics (e.g., runaway and homeless youth, pregnant or parenting youth, youth with mental health needs or developmental disabilities, etc.) as they enter adulthood as a goal
- **In order to be rated in this topic area by the CEBC:** There must be research evidence (as specified by the [Scientific Rating Scale](#)) that examines outcomes for youth transitioning into adulthood such as independent living/self-sufficiency skills, family/social connections, employment, higher education, housing, and parenthood

Programs

The table below provides a summary of the rated programs currently listed in the **Youth Transitioning into Adulthood Programs** topic area. More detailed information can be found on the [CEBC website](#).

Program	Target Population	CEBC Scientific Rating	CEBC CWS Relevance Level
Better Futures	Youth and young adults in foster care, including youth with disabilities and/or mental health conditions, who are: 1) in their final year of high school or GED completion, 2) not opposed to the idea of participating in postsecondary education, and 3) permitted to go into the community with their Better Futures coach	2	High
LifeSet	Young adults between the ages 17 and 22 who are leaving the foster care, juvenile justice, and/or mental health systems	3	High
My Life	Youth and young adults, ages 15-19, in foster care who are able to go into the community with their program coach, including youth with disabilities and/or mental health conditions	3	High
Transition to Independence Process (TIP) Model	Youth and young adults (14-29 years old) with, or at risk of, emotional/behavioral difficulties (EBD) [e.g., severe mental health conditions and related challenges] who often have extensive histories of serious mental health challenges, multisystem involvement, out-of-home placements or homelessness, high prevalence of developmental trauma and delays, possible involvement with the court system and/or incarceration, and/or co-occurring substance use/abuse problems	3	Medium