



NEW JERSEY DEPARTMENT OF CHILDREN AND FAMILIES

LifeSet Overview

Chafee Advisory Group

August 5, 2020



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Youth Villages- LifeSet

- Youth Villages created LifeSet to work with older adolescents to assist them in their preparation for adulthood
- Since 1999 they have served over 17,000 young adults in LifeSet programs
- Youth Villages received funding from a foundation to implement LifeSet in additional jurisdictions



LifeSet is a Good Fit For New Jersey

- ✓ Aligns with DCF's core approaches and values (e.g. family/youth voice protective factors, equity, evidence).
- ✓ Aligns with the Youth Thrive Framework to develop and strengthen youth's protective and promotive factors.
- ✓ Meets the goals of our 2020-2024 Chafee Plan Strategies



LifeSet Key Model Elements

- Highly structured weekly supervision and consultation process to maintain program model fidelity
- Individualized interventions for each participant with every specialist directly delivering best-practice and EBP's
- In the field, specialists meet with youth wherever is best for the young person- at their home, place of work- at least once per week face-to-face with 24-7 on-call availability
- Time-limited (9-12 months), youth-driven services with program completion dictated by young person demonstrating new skills and stability and success achieving youth-identified goals
- Outcome data collection at 6 and 12 months post-discharge and additional evaluation in various jurisdictions



LifeSet Demonstration Pilot in NJ

- Pilot officially began July 1st and will run through December 2023
- 4 separate provider agencies each serving a different region of the state
 - **Acenda** Region 1 - Atlantic, Camden, Cape May, Cumberland, Gloucester, & Salem
 - **Catholic Charities Diocese of Metuchen** Region 2 - Mercer, Middlesex, Somerset, & Union
 - **CarePlus** Region 3 - Bergen, Essex, Hudson, Morris, & Passaic
 - **Preferred Behavioral Health** Region 4 - Burlington, Monmouth, & Ocean



Additional Demonstration Pilot Information

- Each LifeSet Team will be comprised of:
 - 1 FT Supervisor
 - 4 FT Specialists
 - Program Director (25% of their time)
- Each team will serve 40 youth at any given time. Therefore, across 4 LifeSet Teams, 160 youth would be served at any given time.
- In NJ, LifeSet will serve Chafee eligible young adults, ages 17 through 21, who are currently open with CP&P and are in placement or residing independently such as in their own apartment or living with friends.



LifeSet Evaluation Shows Benefits

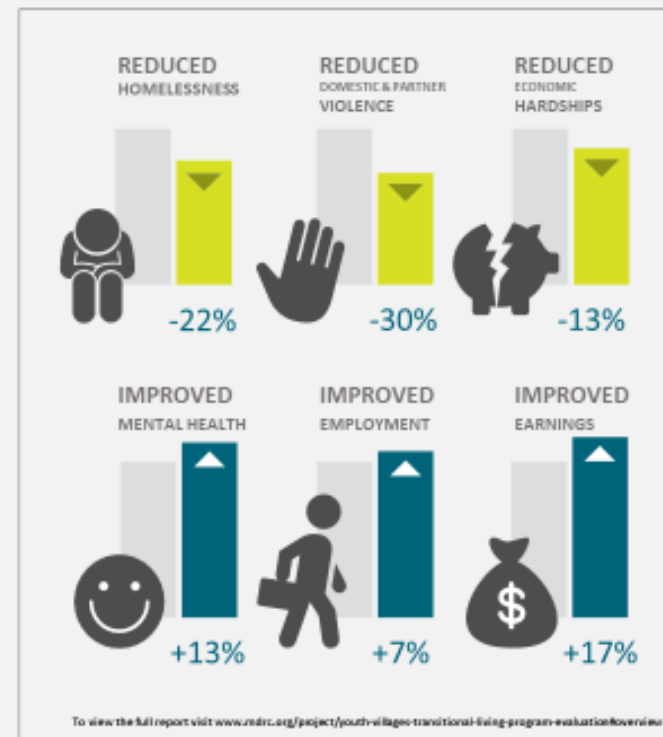
MDRC Study

Largest, rigorous random assignment evaluation of services for this population (1,322 youth enrolled)

Diverse population of young adults with history in child welfare and/or juvenile justice custody (demographics, referral issues, urban/rural, etc.)

Positive impacts in multiple life domains including housing stability and economic hardship, mental health, employment and earnings, and domestic violence

IN A RANDOMIZED CONTROL TRIAL, LEADING SOCIAL RESEARCH FIRM MDRC FOUND THAT YOUNG PEOPLE WHO RECEIVED LIFESET HAD POSITIVE OUTCOMES INCLUDING:



LifeSet Evaluation in New Jersey

LifeSet Evaluation in New Jersey

- Randomized sample will be offered LifeSet program or offered standard programs through DCF
- Goal: to determine whether LifeSet has significant impacts on key outcomes in New Jersey
- Methods:
 - Document review
 - In-person & phone interviews with staff/personnel
 - Site visits & observations
 - Focus groups
 - Staff surveys
 - Program data collected through GuideTree and Electronic Medical Record (EMR) systems



Where are we at now?

- Weekly Implementation Calls
 - Focus on Hiring, Policy & Procedure review, and building out EMR systems
- Set to begin working with young people on October 1st
- Referral process
- Youth Council Involvement
- Program Awareness



Q&A and Closing

- Q&A

- Additional Questions:

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Thank You!

