

# Life Skill Training (LST) Classes

(Revised 05/08/20)

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## Form

The following form is referenced in this file:

- 04-81 Referral for Life Skills Training Classes (CWS/CMS Template)

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## Background

As a result of SB794, which became effective January 1, 2016, Welfare and Institutions Code 16501.1(16)(A)(i), CWS has contracted with agencies in each region to provide life skill training classes applicable to this age group:

“For a child who is 14 or 15 years of age, the case plan shall include a written description of the programs and services that will help the child, consistent with the child’s best interest, to prepare for the transition from foster care to successful adulthood.”

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## LST classes

There are 9 different Life Skill Training (LST) classes on topics such as:

- money management,
- college and vocational options,
- sexual education and healthy relationships.

The classes will:

- be an hour to one and an half hours long.
- usually be scheduled in the evenings.
- be offered in the Fall, Spring and Summer.

Youth can start attending classes at any point during a nine-week session.

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**LST providers**

These current Independent Living Services (ILS) providers will provide these LST classes:

Location	Name
Metro (Central & N. Central)	San Diego Youth Services (SDYS)
East	San Diego Youth Services (SDYS)
South	South Bay Community Services (SBCS)
North	YMCA Youth & Family Services (YMCA)

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**Eligible youth**

Youth who are 14 or 15 year old dependents (in an out-of-home placement or at home) will be eligible for these classes.

14 or 15 year old youth placed in out of county/state will not be referred for these classes. The assigned case-carrying SW shall work with the youth's substitute care provider, schools, and other community resources to access resources to assist the youth in developing independent living skills.

If a youth is in a hospital, Juvenile Hall/camp, or Polinsky Children's Center (PCC) on their 14<sup>th</sup> or 15<sup>th</sup> birthday, they will not be referred until they are placed.

14 and 15 year olds placed at San Pasqual Academy (SPA) will not be referred as ILS activities are integrated into all aspects of the residential life of the campus.

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**When to notify CWS  
ILS PS**

SWs will notify the CWS ILS PS II when the following occurs:

- When a youth returns home for a trial visit
  - When a youth reunifies with the parent
  - When a youth AWOLs or experiences a COP
  - Jurisdiction terminates
  - Dependency case closes
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**ILS referral**

Although services and programs are to be provided to this age group, they are not eligible for Independent Living Services (ILS) and additional funding was not allocated. Once youth turns 15.5 years old, they will need to be referred to ILS. Refer to Independent Living Skills (ILS) Services policy for more information.

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**Feedback from provider to SW**

No case management services will be provided for these youth by the life skills service providers. The service providers will inform the SW when the youth starts attending. The providers will not report absences. The SW may request this information by calling the provider directly.

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**Referral procedure**

Steps below illustrate the referral procedure:

Step	Who	Action
1	SW	<ul style="list-style-type: none"><li>• Inform youth and caregiver that referral will be made and to expect a letter from agency provider.</li></ul> <p><b>NOTE:</b> It may take a week to process the referral and send to the caregiver.</p> <ul style="list-style-type: none"><li>• Complete the 04-81. Be sure to provide the following info:<ul style="list-style-type: none"><li>○ Caregiver name, address and phone number:<ul style="list-style-type: none"><li>• If youth is in a LGH/STRTP or FFA, provide contact information, such as the LGH/STRTP or FFA SW's name and phone number.</li></ul></li><li>○ Who is authorized to pick up youth and their phone numbers</li><li>○ Describe any special needs of youth (language, behavior, developmental)</li><li>○ Service Component - FR, FM, PP</li></ul></li><li>• Email the completed 04-81 to staff listed on the form.</li></ul>
2	CWS ILS SW II	<ul style="list-style-type: none"><li>• Process referral and forward to one of the providers.</li><li>• Mail the schedule of classes and class descriptions to the youth's caregiver.</li><li>• Inform the youth's assigned SW whether the youth attended a class(es).</li></ul>

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**Case plan and court report**

SWs will develop an appropriate case plan for the youth. In the Case Management Services tab:

- Choose “**Independent Living Program Services**” as the Category in the Services box, and the appropriate **Type** of ILP services.

SW will include a statement regarding the youth’s participation and received services in the Status Review Report, under the SERVICES PROVIDED/FAMILY COMPLIANCE section. Statement may include but is not limited to:

- whether the youth is receiving these services and benefiting from them.
- the youth does not want to participate in these services and why not.

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**Alignment with SET**

This policy supports SET [Value 3](#): Helping Children and Youth Achieve Their Full Potential and Develop Lifelong Relationships and its guiding principle of continual focus on children’s well-being by exploring, supporting, and advocating for extra-curricular activities and independent living skills that will contribute to the youth’s success.

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