

Why Life Skills?

The Life Skills program is designed to encourage youth to understand and access the resources and information Clackamas County has to offer. The goal of this program is to equip youth with the basic knowledge they will need to successfully live on their own, plan for their future, and make a positive contribution to the community.

What to expect:

Life Skills will be held quarterly. This is a 5 hour group with lunch provided. This group is open to 6-10 youth (both male and female) who are interested in learning skills, and accessing resources around the topic of independent living. This group will most often take place at Clackamas County Juvenile

Department during a non-school week.

(Spring Break, Summer Break, Winter Break)

Barista training is often part of this group.



Developmental Assets

- Youth as a resource
- Planning and Decision making
- Personal Power
- Positive View of Personal Future

Upon completion of this skills group, youth will have tools and resources on their personal devices that will help them as they move toward independent living.



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Life Skills

Education for
youth/
young adults
transitioning
to an
independent
living
setting.

Life Skills is intended to provide youth with the skills and information they will need to transition from living with their parents/guardians to living on their own. In a group setting, youth will be guided through demonstrations that include accessing financial aid and searching and applying for employment as well as setting goals and building routines in their everyday lives. Youth will practice making a budget, accessing resources in Clackamas County and gain knowledge of many aspects of independent living. Youth will be loading apps and links on their personal devices so that they can access the information as they need it through their future journey.

Topics Covered

- Education
- Personal Finance
- Housing
- Employment
- Community Resources
- Health and Wellness



Topics covered in Life Skills include:

Vision Board: Youth will explore their life goals.

Budgeting: Participants will explore tools for building a budget and build a mock budget.

Bank Accounts: Youth learn the benefits and proper managing of a bank account and how to use a bank as a resource.

Planning: This will address daily life using organizational tools to keep a schedule, plan for upcoming events, and break down their weekly commitments.

Employment: Youth will explore tools for finding and applying for a job as well as practice their interviewing skills and understanding the basics of resume building.

Educational Options: Youth will be exposed to a variety of continuing education options such as college, trade schools, community college, Job Corps, Apprenticeships, etc.

Financial Aid/Education: A presenter will give an overview of educational options and ways to access financial aid.

Debit and Credit Cards: You will understand what bank cards are and how to use them appropriately.

Renting / Leasing / Roommates: Youth will understand their rights and expectations.

Health and Wellness: Youth will experience balance in food and exercise.

How to get a driver's permit, driver's license, or an Oregon ID and replace a social security card.

And, many more Life Skills topics!!!



Risk factors increase the likelihood a youth will participate in risky or illegal behavior while specific protective factors work as a powerful force that overcome these risk factors.

Life Skills works to address the following risk and protective factors:

- ⇒ Strengthens their expectation for their future
- ⇒ Activities and discussion regarding constructive extra-curricular activities
- ⇒ Expands awareness of impacts regarding chronic truancy and / or dropping out
- ⇒ Increases significant school attachment