

Aging-Out Seminar

Curriculum Outline

Aging-Out Seminars are designed to provide youth age seventeen (17) in DFPS licensed or verified foster care with an opportunity to enhance their understanding and knowledge about relevant life skills and the Texas Department of Family and Protective Services (DFPS) Transitional Living Services (TLS). This curriculum outline includes the required topics to be discussed during the Aging-Out Seminars.

The structure of the Aging-Out Seminar is as follows:

- A minimum of six (6) hours will be provided.
- Topics should be presented in 45 minute to 1 hour blocks of time.
- Scheduled based on the number and location of youth residing in the region.

Topics will be explored through a variety of interactive group settings, such as large and small group discussions, exercises, presentations, workshops, demonstration panels, simulation games and role playing activities.

Provide information on the six (6) required topics below during the Aging-Out Seminar:

1) Relationships

- Understanding what is healthy vs. unhealthy
- Where to get help if you are in an abusive relationship
- Understanding relationship types
 - Non-traditional
 - Friend
 - Who loves me
- Cyberbullying
 - What is it?
 - How to avoid it
- Importance of supportive and caring adults
- Importance of achieving permanency

2) Human Trafficking

- What is it?
- How to avoid it
- Statistics
- Examples

3) Financial Literacy

- Obtaining and interpreting a credit score
- Protecting, repairing, and improving a credit score
- Avoiding predatory lending practices
- Saving money and accomplishing financial goals through prudent financial management practices
- Using basic banking and accounting skills, including balancing a checkbook
- Using debit and credit cards responsibly
- Understanding a paycheck and items withheld from a paycheck
- Protecting financial, credit, and identifying information in personal and professional relationships

4) Nutrition

- Using healthy food choices
- Understanding proper food preparation

5) Self-Advocacy

- Understanding the Foster Care Bill of Rights
- Understanding how to communicate effectively
 - Voice complaints
 - Child Protective Services chain of command
- Understanding how to navigate systems
 - Post-Secondary
 - Personal documents

6) Overview of DFPS Transitional Living Services

- Preparation for Adult Living (PAL) services and benefits
 - CPS Policy Handbook Section 10200
- Education and Training Voucher (ETV) program
 - CPS Policy Handbook Section 10320 and www.bcfs.net
- Tuition Fee Waiver (TFW)
 - CPS Policy Handbook Sections 10310
- Extended Foster Care Program to include Trial Independence, Return to Extended Foster Care, Continuing Court Jurisdiction and Supervised Independent Living
 - CPS Policy Handbook Sections 10400 and 10500
- Medicaid for Transitioning Foster Care Youth (MTFCY) and STAR Health and the Former Foster Care in Higher Education (FFCHE) Program (until 1/1/14) or Former Foster Care Children's (FFCC) Program for Young Adults Ages 21-25 (after 1/1/14)
 - CPS Policy Handbook Section 10150
- National Youth in Transition Data Base (NYTD)
 - CPS Policy Handbook Sections 10264-10267, Texas Youth Connection website under the NYTD Tab and NYTD Manual for Staff
- Employment Preference for Former Foster Youth

- CPS Policy Handbook Section 10330
- Other resources
 - Texas Youth Connection website and Facebook page;
 - Transition Centers;
 - Role and job duties of a Youth Specialist;
 - Regional and Statewide Youth Leadership Councils; and
 - Reminder that permanency should not be delayed because of benefits.