

In Oregon, Youth Villages provides two programs to help young people who have experienced foster care become successful adults. Through the Independent Living Program (ILP) and LifeSet™, young people can develop the skills needed to navigate early adulthood.

INDEPENDENT LIVING PROGRAM

Young adults are eligible starting at age 14 and may remain in the program until age 23. The young person's voice is key, with an emphasis on self-advocacy.



Specialists meet with young adults face-to-face once a month.



Specialists help young adults communicate their plans and gain support from DHS case workers, foster parents and others. These joint meetings are where plans and goals are discussed.



Participants meet monthly for peer-to-peer interaction and support, focused on building connections and learning new skills.



Young adults participate in networking and development events, including the DREAM Conference, Native Teen Gathering, Teen Retreat and other annual events.



Participants make their own choices and set goals that matter to them. Their voice and independence are at the center of everything we do.



Youth Villages ILP Specialist Emily and participant Marlia

LIFESet

Some young people may be eligible for comprehensive support through the LifeSet program.

Referrals to LifeSet can be initiated by the young person, caseworker or Youth Villages team members. Placement decisions are made collaboratively based on need and availability.

Those enrolled in LifeSet can expect:

- Weekly face-to-face meetings with a specialist for nine to 12 months.
- Access to 24/7 crisis support, including in-person response when needed.
- Increased support for mental health needs through evidence-based practices.
- Help navigating challenging situations such as unstable housing, pregnancy or parenting, limited resources, or unmet mental health needs that may affect progress toward goals.

MEET BRAYDEN

At 20, Brayden reflects on the journey that reshaped his life.

"It's weird to see how I was back then and all I've worked toward," he said.

Like many youth aging out of foster care, Brayden faced instability and lacked emotional support. He entered state care at age 1 due to drug use in the home, later lived with extended family, and eventually returned to foster care, moving between placements and facilities. "I didn't feel like I had a voice," Brayden said. Behavioral challenges followed, making school and social situations difficult.

Four years ago, things changed when Brayden met Emily, his ILP specialist. Unlike others, she asked about his goals and well-being. "It was a breath of fresh air," he said. "She's like a web of comfort." With Emily's help, Brayden found housing, learned financial literacy and bought a car. His current goals are to attend a four-year university and practice holistic medicine. "Find your passion and hold on to it," Brayden said.

EDUCATIONAL AND VOCATIONAL SUPPORT

Youth Villages' LifeSet and ILP provide specialized support for young people aging out of foster care. Each participant works with an education and vocational specialist to identify strengths and interests, set goals and take steps toward employment or enrollment in college, vocational school or a training program.

Monthly peer-to-peer meetings offer young people the chance to connect with others who have experienced foster care. These gatherings foster community, build life skills and provide access to helpful resources in a supportive environment.



Youth Villages ILP Specialist Emily and participant Brayden

**TO LEARN MORE ABOUT
TRANSITION-AGE SERVICES,
CONTACT US TODAY.**

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The force for families | O R E G O N

youthvillages.org

Youth Villages is a national leader in mental and behavioral health committed to finding the most effective solutions to help children, families and young adults overcome obstacles and live successfully. Working through direct services, partnerships with innovative public agencies and advocacy, we collaborate to bring positive change to child welfare, children's mental health and justice systems. Our 5,000 employees serve more than 47,000 children and young adults in more than 100 locations in 29 states and the District of Columbia. Youth Villages has been recognized by the Harvard Business School and U.S. News & World Report and was identified by The White House as one of the nation's most promising results-oriented nonprofit organizations.

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