

## PROJECT SUMMARY

# Implementation Grants to Develop a Model Intervention for Youth/Young Adults With Child Welfare Involvement At-Risk of Homelessness (YARH 2)



## PROJECT TITLE

## Colorado's Pathways to Success: Engaging Youth in a Coach-Like Way

**GRANTEE**

Colorado Department of Human Services, Division of Child Welfare

**GEOGRAPHIC AREA(S) SERVED**

State of Colorado

**POPULATION APPLICABILITY**

Youth in or transitioning out of foster care and homeless youth with foster care histories

**GRANT PERIOD ENDING**

September 30, 2020\*

**PROJECT DIRECTOR**

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**LEARN MORE**

For more information on YARH 2 or to learn about other Children's Bureau discretionary grants, please visit [Child Welfare Information Gateway](#).

**Project Description**

Pathways is a voluntary, intensive, youth-driven, and strengths-based case management approach with the long-term goal of preventing homelessness among youth with foster care experience. The primary focus of the intervention is on preventing homelessness among youth ages 14 to 21 who are currently in or transitioning out of a foster care placement as well as on serving youth up to age 23 who are eligible for the John H. Chafee Foster Care Program for Successful Transition to Adulthood, are no longer in care, and are homeless or at significant risk of homelessness. The model has been implemented and evaluated in urban, suburban, and rural counties.

**Intervention**

The Pathways model is built around navigators engaging youth in a coach-like way to develop and achieve goals and provide services related to five outcome areas: housing, education, employment, permanent connections, and health and well-being. Applying coach-like engagement strategies, navigators are primarily responsible for listening, asking powerful questions, providing encouragement, approaching youth with curiosity rather than judgement, setting achievable goals, and gently holding youth accountable. Navigators have small caseloads and maintain multiple weekly contacts with youth to help them identify and achieve two or more personalized goals related to the five outcome areas. Navigators then provide the support, tools, and resources of the Pathways program through a "designed alliance" in which navigators and youth discuss boundaries and strategies for maintaining an effective relationship. In addition to clarifying a youth's agenda, the designed alliance becomes a tool to help them stay on track and maintain focus. Youth direct the intervention, while the navigators deploy strategies and an individualized service array—including transitional living and housing supports, sexual and relationship health training, and other supports—tailored to each youth's needs and strengths.

\*Project services will continue after grant funding ends.