

Learning Inventory Skills Training (LIST) Program Description

DCF will provide all youth with the tools necessary to become prepared for adulthood by providing instruction in life skills, daily living and social relationships, self-care, work and study skills, career planning, financial skills and communication skills. Life Skills are a set of experiences learned by teaching or through direct practice. These skills are used to handle problems and questions commonly encountered in daily life from adolescence through adulthood.

DCF offers youth various opportunities for life skills education and training to build a skill set that is designed to move with the youth along a continuum. There are life skills programs that are specifically designed for youth in DCF care, while other programs serving adolescents have life skills training built into the curriculum.

Assigned DCF Transitional Specialists are responsible for ensuring the L.I.S.T. assessment is completed by credentialed/trained providers and an individualized curriculum to strengthen skills is developed. Staff are also responsible for maintaining a copy of the L.I.S.T. assessment and documentation to support progress on domains and goals.

Learning Inventory of Skills Training

The L.I.S.T. (Learning Inventory of Skills Training) is a life skill assessment and curriculum with recommended training resources. Community Providers trained and credentialed in the L.I.S.T. assessment and curriculum may administer assessments and develop learning plans with youth and their caregivers.

The L.I.S.T. Assessment tools and training resources are located on the DMHAS website <https://ct.gov/dmhas/cwp/view.asp?a=2913&q=534896>. Training should be individualized.

For assistance in securing life skills work, please contact the Transitional Supports and Success Division.