



**National  
Prevention  
Learning  
Collaborative**



**WEBINAR**

# Pathways to Success

## How Colorado is Implementing a Statewide Case Management

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# Overview of Today's Presentation

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- Introduction to Pathways and YARH
- Development of the Model Intervention
- Building Evidence through Formative Evaluation
  - Refining Coach-Like Engagement
  - Youth Served
  - Outcomes
- A Systems Approach to Implementing Evidence-based Intervention

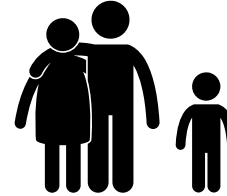
# Motivation for this work



**50% find gainful employment by age 24**



**25% suffer direct effects of post-traumatic stress disorder after leaving foster care**



**36% of homeless youth have been in foster care at least once**



**19% have been homeless in the past two years**



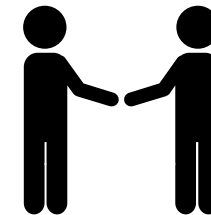
**56% of 19-year-olds have employment-related experience**



**57% of 19-year-olds have a diploma or GED**



**23,000 age out every year**



**89% have a positive adult connection at age 19**



**52% are enrolled and attending educational programming at age 19**

# Building Evidence to Support Youth At Risk of Homelessness (YARH)

## YARH is a Multi-Phase Project

- Youth and young adults with child welfare involvement face significant challenges in their transition to adulthood, which increases their risk of becoming homeless.
- To build the evidence base on what works to prevent homelessness for those who have been involved in the child welfare system.

### Phase I (2013)

18 organizations received planning grants. Activities included identifying the target population, describing its needs and developing a comprehensive service model.

### Phase II (2015)

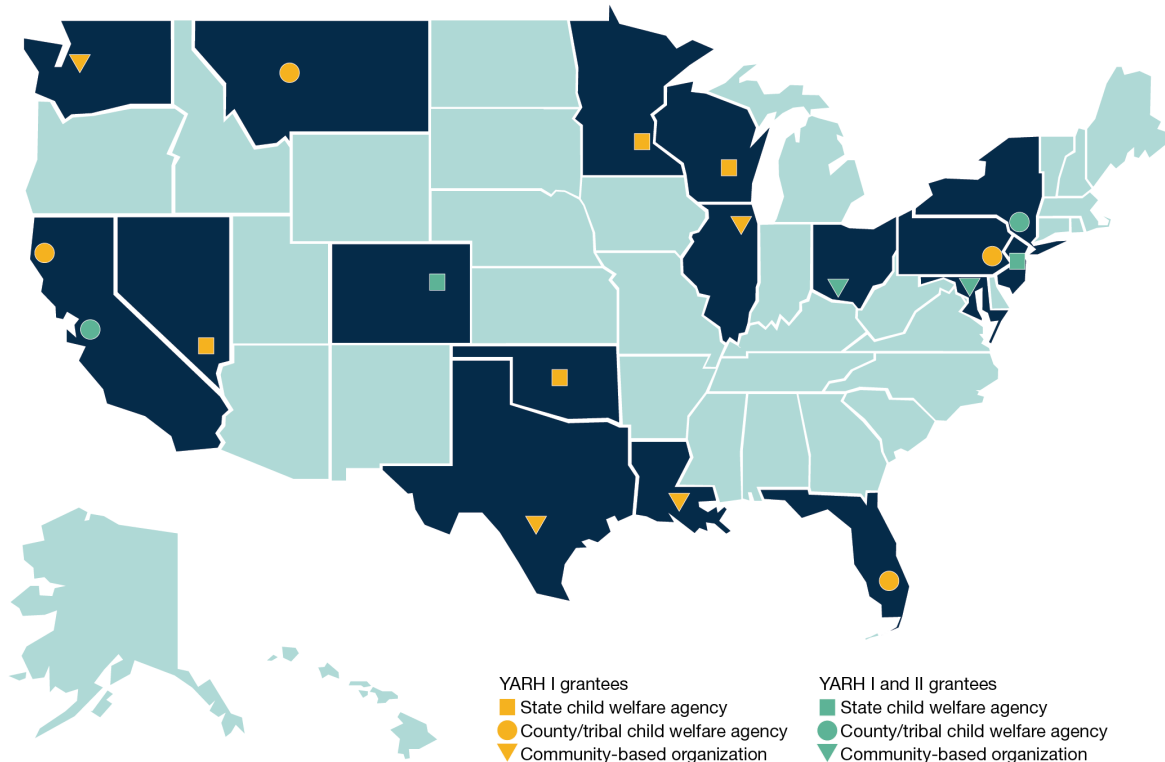
Six grantees received Phase II grants to implement and conduct initial testing of the comprehensive service model developed in Phase I.

### Phase III (2019)


Pathways model received funding for a summative evaluation to determine the effectiveness of the comprehensive service model.

# What is YARH?

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- YARH has two main goals:
    - Support communities in designing comprehensive service models intended to prevent homelessness among youth and young adults involved in the child welfare system.
    - Test one of these models (Pathways) to build the evidence base on promising strategies that support these youth.
  - YARH Partners:
    - State, county, and tribal child welfare agencies, community-based organizations, service providers.
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A close-up photograph of a person's hand holding a silver pen and writing on an orange sticky note. The hand is positioned in the center-right of the frame. The background is a blurred office setting with several other colorful sticky notes (green, purple, yellow) attached to a white surface. The lighting is bright and natural, creating a professional and collaborative atmosphere.

# Development of the Pathways Model Intervention

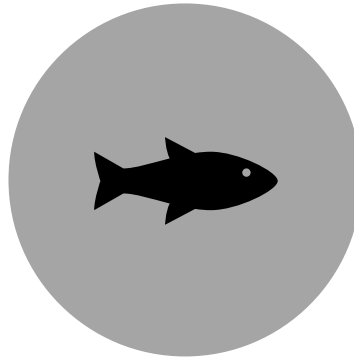
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# Model Design Activities

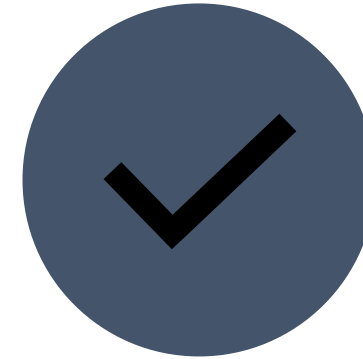
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KEY PARTNER  
INVOLVEMENT



YOUTH ENGAGEMENT-  
SHARK TANK



EXPLORING EVIDENCE  
BASED MODELS


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## Pathways Is Innovative & Youth-Driven

- ✓ Navigators work **alongside** youth (coaching)
- ✓ Utilize tools and resources
- ✓ Flex funds available
- ✓ Achieve **youth's** goals in five key outcome areas







# The Differences Between Pathways and Traditional Services

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## What Navigators are Saying:

“Pathways changes relationships, and relationships cause change for the better. I think [Pathways] is the most fundamental and necessary way to impact improved outcomes for youth in Colorado.”

# Implementation and Formative Evaluation



# Implementing Coach-like Engagement

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“We are not there to tell our clients what to do. We are there to hear their goals and just help them reach them . . . Coaching is a mentality that youth are creative, resourceful, and whole. It’s solution-focused, the idea that a client has everything they need.”

- Pathways Navigator

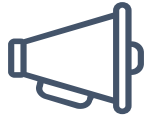
# Typical Youth Engagement in Pathways



Weekly in-person meetings with their Navigator



Youth are empowered to set and achieve their own goals



Youth self-advocate for services they need



Utilize flex funds



Take advantage of outside referrals



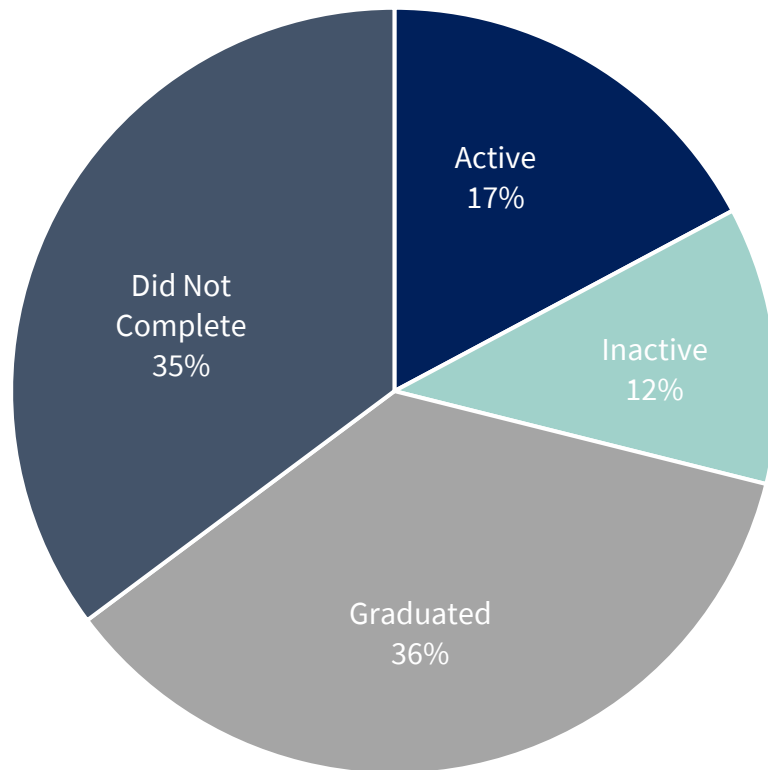
Secure safe and stable housing



Achieve goals and graduate from Pathways

# Pathways Youth Graduate and Achieve Goals

Youth Status (N=128)



✓ **53%** Graduation rate at final status

**36%** Graduation rate for all youth enrolled  
(includes those currently in programming)

✓ **67%** of youth who graduate set goals

✓ **88%** of youth who completed the Follow-Up  
Survey report setting goals

**95%** felt they achieved their goals

Pathways Youth see the program as a stepping-stone to get them to a better place in their lives

Youth emphasized that the intervention is self-directed and youth-focused.



# Profile of Youth Served

- 128 youth served
- Geography: 3 Sites- Urban, Rural, and Suburban setting
- Average Age : 18.1 years old (Range: 14-21)
- Sex:
  - Female- 52% of youth enrolled
  - Male- 44%
  - Other- 4%
- Race and Ethnicity
  - White, Non-Hispanic- 50%
  - Hispanic or Latino- 22%
  - African American or Black- 17%
  - Multi-Racial- 11%
  - Native American or Alaska Native- 1%



66%

Of youth had used an overnight shelter or received public housing assistance before enrolling in Pathways



42%

Of youth spent time in jail or detention before turning 18

56%



Of youth had experienced homelessness because of running away from their family, foster, or group home

45%



Of youth had experienced homelessness as a result of violence at home by the time of their enrollment in Pathways

## Pathways Serves Youth At Risk of Homelessness

Enrolled youth report an average of 4.9 risk factors





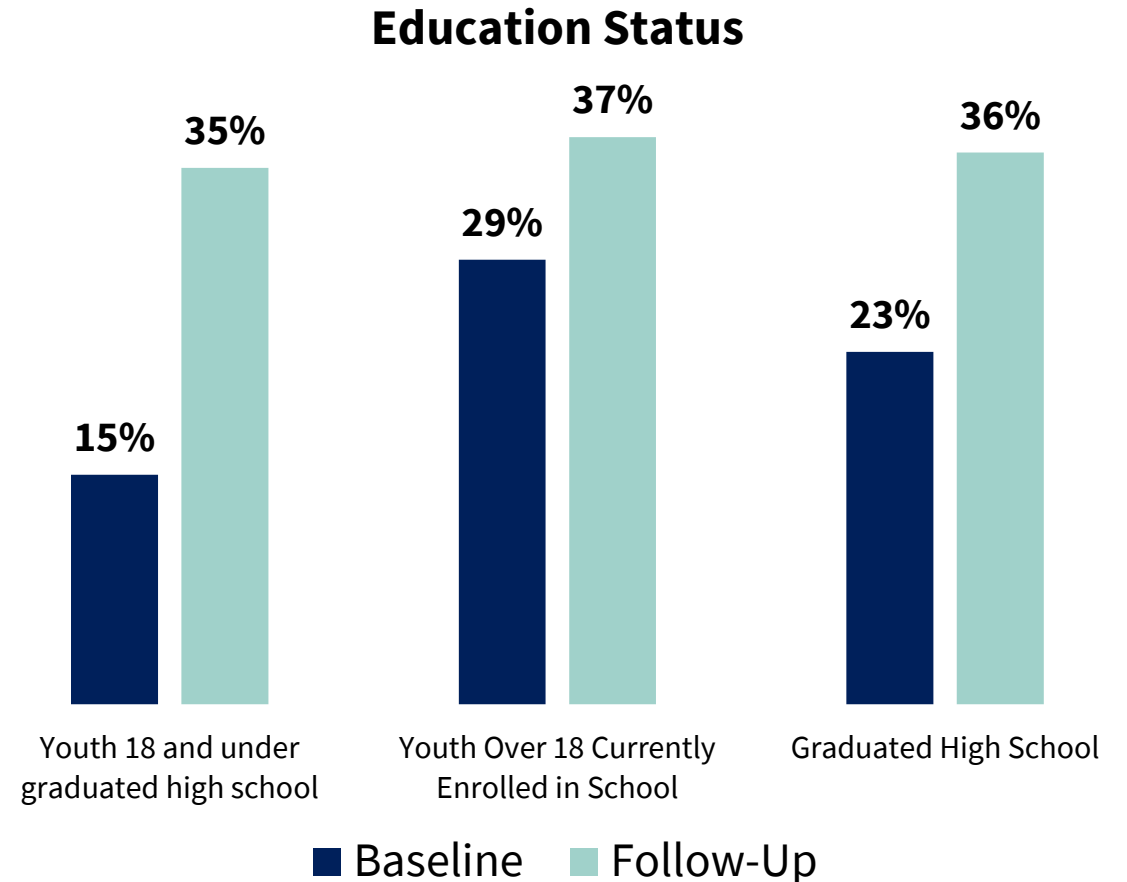
# Pathways Delivers on the Five Key Outcomes

*Five Key Outcomes = Education, Employment, Relational Permanency, Well-Being, and Housing*

# Education Outcomes Improve During Pathways

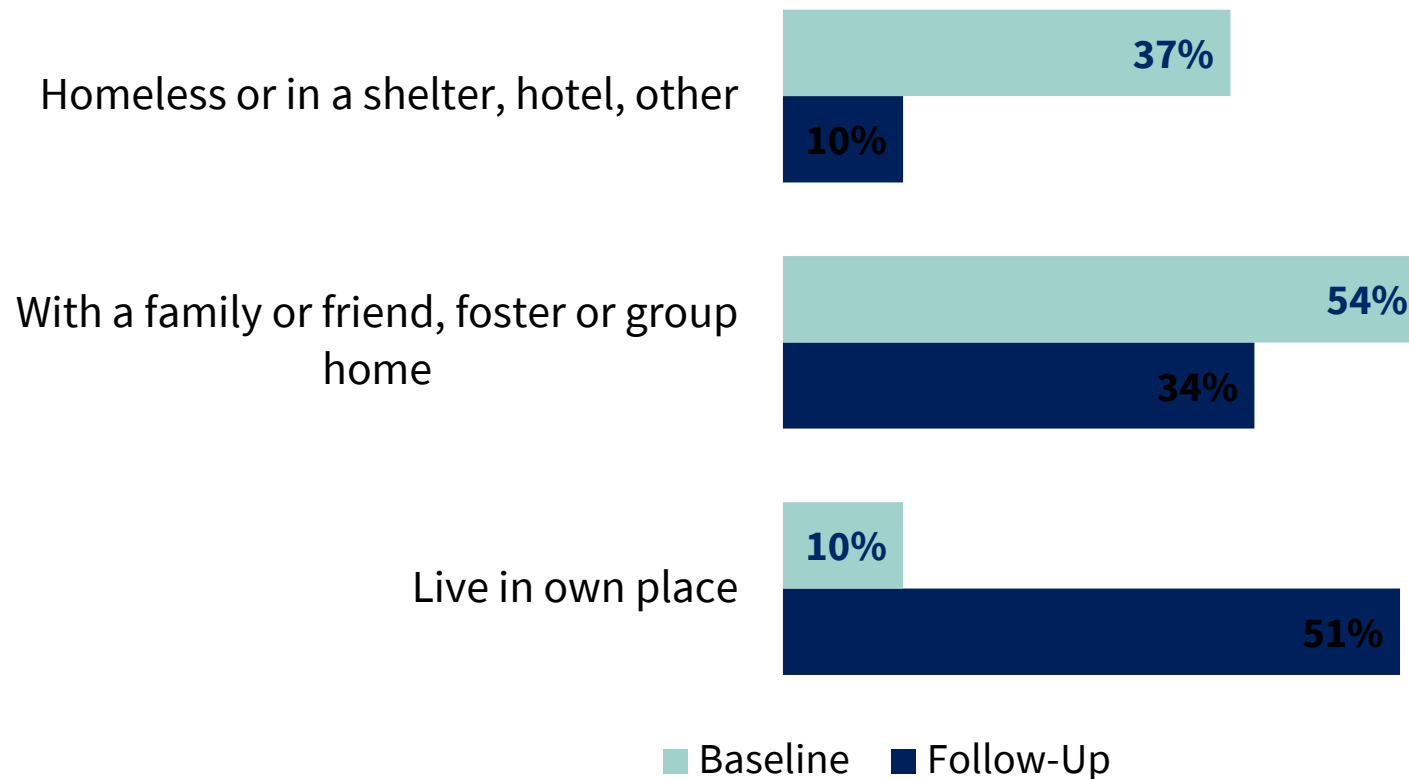
## Between Enrollment and Follow-Up:

- ✓ Younger youth are graduating high school at higher rates
- ✓ Older youth are returning to school
- ✓ Increase in percent of youth graduating from High School



# Pathways Increases Safe and Stable Housing

## Current Living Arrangement





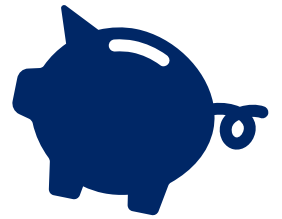
## Housing Outcomes

- ✓ Fewer average moves reported
- ✓ Increased attainment of safe, stable housing
- ✓ Reduction in homelessness

# Pathways Improves Economic Security and Employment for Youth

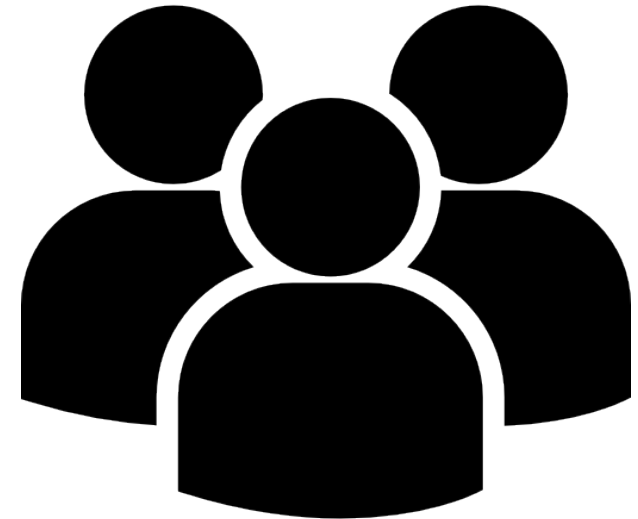
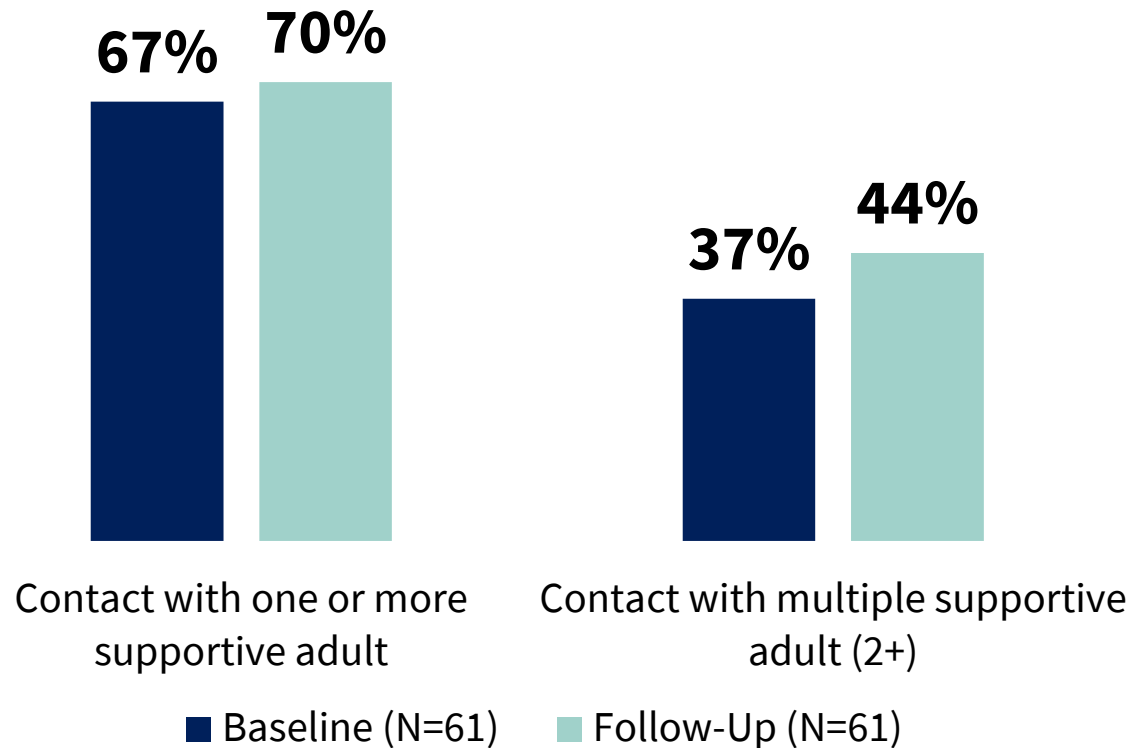
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- ✓ Unemployment:  **14%**
- ✓ Percent of Youth Employed: **59%**
- ✓ Average reported wages:  **\$425/mo**
- ✓ Percent of youth opened a new checking or savings account after Pathways: **41%**
- ✓ On average, youth experienced reductions in circumstances such as:  
not being able to pay bills, having to borrow money, or using a food bank/soup kitchen



# Pathways Increases Youth Connections to Supportive Adults

**Youth Report of Monthly Contact with Supportive Adult**



# Pathways Improves Health and Well-Being

## Healthcare Outcomes

<b>Readiness for Independence:</b>	<b>Baseline (N=61)</b>	<b>Follow-Up (N=61)</b>
<b>Arranging for Healthcare</b>		
“Very prepared”	36%	57%
“Somewhat prepared”	44%	26%
“Not at all prepared”	16%	13%
Youth has medical coverage	77%	90%






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## Pathways Youth report having better access to resources, housing, support, safety, and better mental health

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- *Feeling supported*
- *Greater self-confidence and independence*
- *Fewer PTSD episodes*
- *Reduced self-harm*
- *Greater access to resources that fit their individual needs*
- *Improved living situations*



# A Systems Approach to Implementing Evidence-based Intervention

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# What's Next?

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Colorado plans to adapt and test the Pathways model with Runaway and Homeless Youth (RHY) service providers

- Adaptations to the model include:
  - Peer support
  - Coach-like engagement model in RHY providers
  - Flex funds=flexible cash assistance model
  - Legal safety net

A signpost with the text "WHAT'S NEXT?" on a cloudy background. The sign is white with black lettering and is mounted on a metal post. The background is a blurred sky with white clouds.

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# Statewide Implementation of Pathways Model

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- Ongoing expansion into Chafee Programs across Colorado
  - Optional to counties providing Chafee Services across Colorado
- Ongoing Engaging Youth in a Coach-like Way training
- Technical Assistance and Support for sites implementing Pathways

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# “Coach-like” Youth Engagement

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“Pathways helps youth reach their full potential. It’s like a crutch but at the same time it allows you to be independent but have the support you need and utilize everything that you need. It’s that extra support and push to get you to where you need to be but allows you to have the independence you need after Pathways is gone.”

- Pathways Youth



# Thank you!

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- Trevor Williams, Youth Services Unit Manager, Colorado Division of Child Welfare
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