

## FINAL 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

## The BraveLife Intervention

**GRANTEE:**

Westchester County  
Department of Social Services

**WEBSITE:**

Coming soon

**GEOGRAPHIC AREA(S) SERVED:**

Westchester County, New York

**POPULATION APPLICABILITY:**

Youth in/transitioning out of foster care

**GRANT PERIOD ENDING:**

September 30, 2020

**SERVICE STATUS:**

Ongoing

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### Project Description

Westchester County Department of Social Services partnered with The Children's Village and the Fordham University Graduate School of Social Service's Ravazzin Center to develop the BraveLife Intervention (BLI). The BLI is a youth-centered, strength-based initiative that uses Peer-2-Peer (P2P) Navigators to support youth in achieving their goals. P2P Navigators are employed and trained young professionals with lived experience in the foster care system. This intervention is evidenced-informed based on data from its early development. The goal of the BLI is for P2P Navigators to help increase youth's ability to articulate and work toward their goals, interact with professionals, and be able to initiate connections to resources on their own.

### Intervention

The BLI Intervention uses a three-phased model to reach at-risk youth:

(A) EngageMEnt – The BLI begins with a P2P Navigator reaching out to, and building positive healing relationships with at-risk youth. The P2P Navigator can build an empathetic and trusting relationship with an at-risk youth based on the understanding that they have walked in the same shoes as the youth who are in care or have been in care.

(B) EmpowerMEnt – The Empowerment process is strength-based and youth-driven because P2P Navigators listen to youth's priorities and focus on building/strengthening the skills they need to work on. During this phase, the P2P Navigators help to model behaviors with the youth, through role-play and positive reinforcement, in preparation for meetings with professionals and family members to help the youth achieve their goals.

(C) Connections – During the Connections phase, the youth will make a connection on their own to appropriate linkages in the community with resources that correspond with the youth's goals. A youth may be active in BLI for a year or longer depending if they are able to implement the connections to linkages on their own.