

# ADVANCING COMPETENCY DEVELOPMENT:

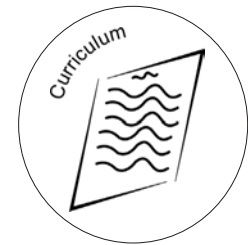
## A Resource Guide for Pennsylvania

**NCJJ**



# ARISE INDEPENDENT LIVING CURRICULUM

Skill-training curriculum for youth ages 14-19 preparing to live independently.



- ✓ INDEPENDENT LIVING SKILL SET
- ✓ PRO-SOCIAL SKILL SET
- ✓ ACADEMIC SKILL
  - STUDY AND LEARNING SKILLS

## INTERESTING FACTS

ARISE was founded in 1986 to publish educational materials designed to prepare at-risk young people to live independently and become productive members of society.

## ABSTRACT:

The *ARISE Independent Living Curriculum*<sup>1</sup> is a series of topic-specific lessons designed to develop a foundation for youth to make successful transitions to responsible adulthood by building their capacities to live independently, become successful in their personal lives and work, and becoming productive members of society.

The *ARISE Independent Living Curriculum* consists of several series of lessons that can be mixed and matched to create individualized courses of study, depending on youths' ages and needs. The number of hours and sessions is dependent upon the lessons used.

*ARISE Independent Living Curriculum* may be taught in probation departments, community-based programs, and residential facilities. The curriculum is designed to be presented using an interactive group process that includes role-playing, modeling, written assignments, brainstorming, dynamic group discussion, and assessment.

Training is offered but not required to facilitate *ARISE Independent Living Curriculum* groups or purchase materials. Curriculum materials include facilitator manuals, student workbooks, and quizzes to evaluate learning.

The *ARISE Independent Living Curriculum* has been evaluated but not listed in a registry. Internal evaluations have concluded that the ARISE instructor training and youth curricula are very effective. The evaluations assessed multiple dimensions, including ARISE's training practices and effectiveness, the competency of ARISE certified instructors, and the satisfaction of youth participants and instructors.<sup>2</sup>

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## OBJECTIVES:

Participants will:

- ✓ Learn how to plan and manage time, money, and other resources to support themselves,
- ✓ Learn to utilize available resources to find housing, transportation, and employment, and to make informed consumer decisions,
- ✓ Learn to make educated life choices concerning nutrition, fitness, healthcare, parenting, and sexual responsibility, and
- ✓ Begin to create and maintain appropriate support networks.

## COMPONENTS:

*The ARISE Independent Living Curriculum* includes:

- ✓ Time and money management
- ✓ Housing, transportation, employment, and informed consumer decisions
- ✓ Healthcare, parenting, and sexual responsibility
- ✓ Social support and networking

## TRAINING AND MATERIALS:

Training is offered but not required to facilitate *ARISE Independent Living Curriculum* groups or purchase materials. See Appendix B for more information about training, a list of materials, and associated costs.

## CONTACT INFORMATION:

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