



IDAHO DEPARTMENT OF
HEALTH & WELFARE

Life Skills Curriculum Standards and Service Limits

Curriculum Standards

- Below is a list of DHW approved subjects for Life Skills (LS) programs. This list provides examples of possible topics that may be addressed as well as online resources for building a curriculum. This is only a guideline and providers may address additional topics as long as they are related to the list of approved curriculum subjects.
- Per IDAPA 16.07.20 section 720, any provider wanting to provide LS for any of these approved subjects must submit a basic curriculum outlining topics that will be addressed. DHW may also request additional information and materials in addition to the curriculum.

Subject	Suggested Topics	Online Resources
Money Management	Budgeting and savings, balancing a checkbook/checking account, improving/fixing credit issues.	www.youngmoney.com www.practicalmoneyskills.com http://www.irs.gov/app/understandingTaxes/index.jsp http://www.moneymanagement.org/ http://credit.org/resources http://www.educationcents.org/
Employability Skills	Resume formats and content, filling out a job application, interviewing skills	http://www.workshopsinc.com/manual/ http://www.mindtools.com/pages/main/newMN_CDV.htm

Subject	Suggested Topics	Online Resources
Healthy Relationships	Family relationships, marital/romantic relationships, friends/co-worker relationships, communication skills	http://www.caseylifeskills.org/pages/lp/lp_sr_relationships.htm?id=41 (adolescents) http://www.buildingrelationships.org/ (adolescents) http://www.pamf.org/teen/parents/emotions/lifeskills/
Nutrition and Cooking	Outline of a balanced diet, how to read and understand food labels, how unhealthy foods affect the body, meal planning, food shopping/creating a grocery list.	http://www.caseylifeskills.org/pages/lp/lp_dl_nutrition.htm?id=7 http://www.changecompanies.net/health-improvement.php http://extension.missouri.edu/fnep/pubs.htm http://www.ctahr.hawaii.edu/new/resources.htm
Stress and Anger Management	Relaxation techniques, coping skills, involvement in leisure activities	http://www.workshopsinc.com/manual/index.html http://www.mindtools.com/smpage.html
Parenting Skills	Understanding basic child development, methods of disciplining children, how substance abuse affects parenting skills	http://www.pamf.org/teen/parents/emotions/lifeskills/ http://www.loveandlogic.com/what-is-for-parents.html
Adolescent Independent Living Skills	Apartment hunting, managing finances and paying bills, employability skills, applying for financial assistance/college loans, meal planning and food shopping.	http://www.caseylifeskills.org http://www.changecompanies.net/
Pastoral Counseling	Recognizing addiction, how substance abuse affects families and communities, the role of a "higher power" or religion in recovery, appropriate pastoral roles and interventions	http://store.samhsa.gov/facet/Treatment-Prevention-Recovery/term/Pastoral-Counseling?headerForList= http://www.acpe.edu/ http://www.nacoa.net/pdfs/clergy%20handbookfrom%20toolkit.pdf http://www.nacoa.net/clergy.htm - copy of the Pastoral Counselor's Curriculum available by request through NACoA website.

Other Life Skills Curriculum Resources

1. Change Companies

Offers life skills tools and materials for topics such as nutrition, relapse prevention, and family relationships at an affordable price.

<http://www.changecompanies.net/>

2. Casey Life Skills

Provides free life skills curriculum resources for the following subjects:

- career planning
- communication
- home life
- daily living
- housing and money management
- self-care
- social relationships
- work life
- work and study skills

The programs are mostly aimed at adolescents but providers could adapt the ideas and resources to fit adult clients for many of the topics.

<http://www.caseylifeskills.org/>

3. Tackling the Tough Skills

Curriculums targeted at the following areas:

- Attitude
- Responsibility
- Problem Solving

- Communication
- Preparing for the Workplace

Curriculum can be purchased for approximately \$80.

<http://extension.missouri.edu/tough-life-skills/>

4. Essential Life Skills

Materials online can be utilized by providers or clients. Other printed materials for sale.

<http://www.essentiallifekills.net/index.html>

5. Botvin Life Skills

Evidenced-based materials including DVD's for life skills training to address all areas.

<http://www.lifeskillstraining.com/index.php>

Life Skills Frequency Limits

As of September 1, 2011, the following service limits will apply to Life Skills services:

- 1) Provider may bill for a maximum of 2 hours of life skills per week, per client.**
- 2) Authorization limits = 104 units every 90 days**