

INDEPENDENT LIVING PROGRAM

OPTIONS COUNSELING AND FAMILY SERVICES

Options 
Counseling and Family Services

WHO WE SERVE

Eligibility Requirements:

Age 14 or older (up to age 24) in ODHS foster care or in Tribal foster care

Currently living in a district that Options serves

A former foster child age 14 or older that has spent at least 180 days in foster care after after age 13 (Aftercare)

Options ILP Site: <https://options.org/services/support-for-foster-youth-ilp/>

SERVICES

ILP Skill Building (Age 14-23)

ILP Skill Building is 1-on-1 focused on providing individualized services and supports. Based on the clients' needs (60 minutes per month) which can also include housing such as subsidy and Chaffee.

Groups (Ages 14-23)

Group-Based skills workshops and experiential learning opportunities.

ILP Plus (Age 16-23)

ILP Plus is additional skill building that is intended to be more intensive skills training based on clients' needs (cannot exceed 150 minutes per month)

Leadership Opportunities (Age 16-23)

Leadership opportunities support young adults to access leadership activities and practice these skills with their peers.

Youth Transitions Website: <https://www.oregon.gov/odhs/foster-care-transition/Pages/default.aspx#services>

DECEMBER 2024 EXPERIENTIAL GROUP



Project
Lemonade

Winterhawks
Hockey Game

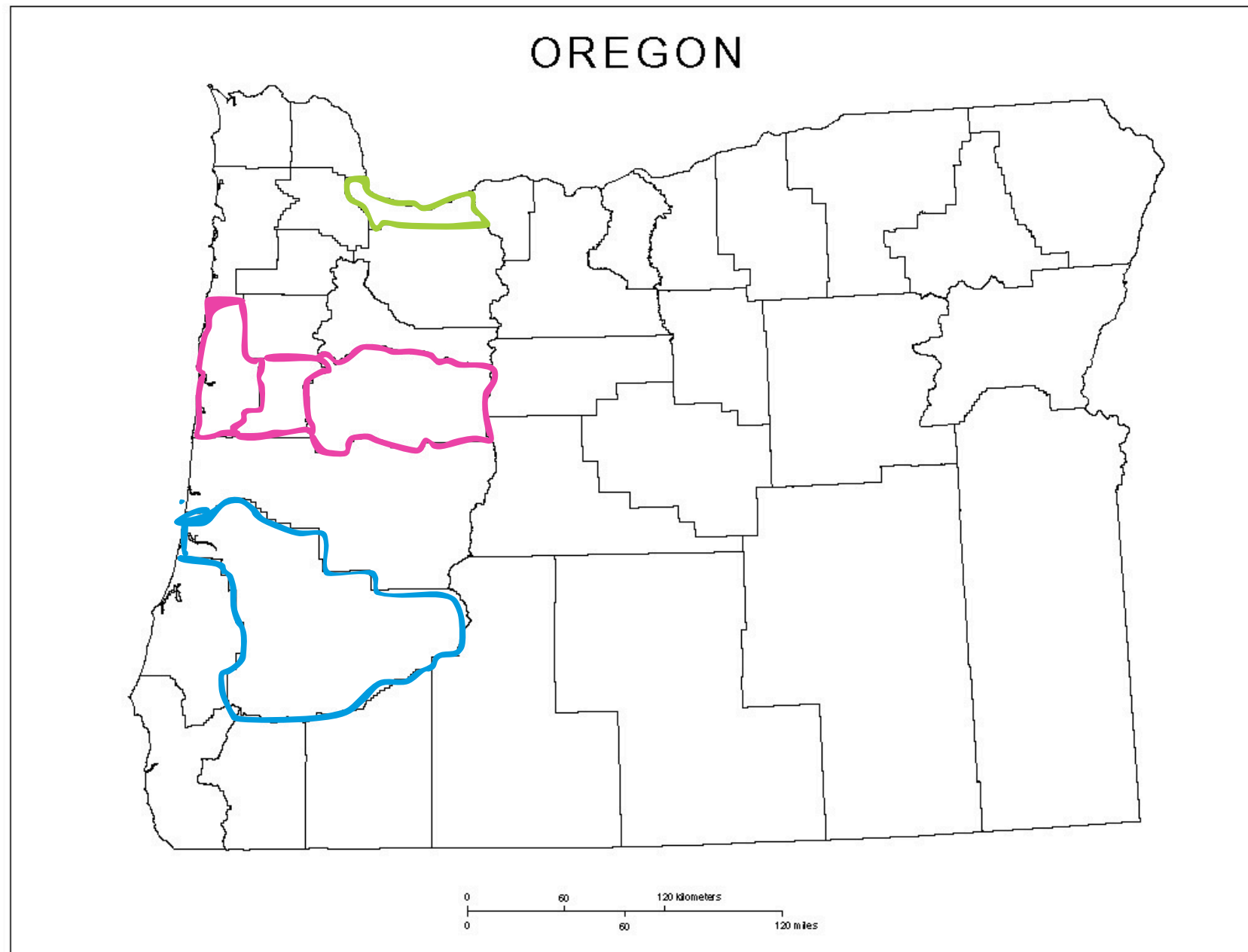
Speedway
Christmas Lights

SERVICE LOCATIONS

D2 – MULTNOMAH COUNTY

D4 – LINN/BENTON/LINCOLN COUNTY

D6 – DOUGLAS COUNTY



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QUESTIONS?