



What Are Veterans Court Life Skills?

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“Any skill, tool, information, or resource that improves the quality of life for Veterans in the program.”

Life Skills Program Requirement

All Veterans in the Shelby County Veterans Court Program are required to complete 16 hours of Life Skills training.

- Life Skills training will begin after Veterans have completed all VA requirements or initial treatment from treatment providers.
- Veterans can choose from a list of workshops, seminars, assignments, and community service opportunities.

Goals: Promote public safety, increase participation and engagement in treatment programs, improve the quality of life for program participants and their families, reduce the chance of re-arrest.

The Educational Commitment

- Assistance in accomplishing education goals
- Job Training/Vocational training

The Career Commitment

- Assistance in Job search process
- Resume writing, interview skills, etc.

The Personal Development Commitment

- Nutrition
- Stress Management
- Interpersonal Communication
- Mindfulness training
- Financial Planning
- Connection to Ancillary support services (Housing, mental health support, etc.)

The Service Commitment

- Mentoring
- Community service

Delivering Programming Through:

- Community Partnerships
 - Public agencies, Community Organizations, Veterans Administration
- Program Orientation
- Workshops
- Case Management



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Veterans must finish all Life Skill requirements to graduate from program.