



## **Pathway to Everyday Life**

We are committed to enhancing the quality of 'Everyday Life' for every individual.

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Founded June 2022

Last revision: April 2025

## **Program Description**

Getting kicked out of the house, running away, or being removed from home is scary for children and young adults. In this situation, youths are pushed to do whatever it takes to survive, leaving behind all the things that children and young people should be focused on, such as school, friends, and family.

At **Pathway to Everyday Life**, we have worked with countless children and young adults from various living situations. We know all too well the devastation that homelessness can wreak. We hold the recovery of all our residents in the highest regard and will work tirelessly to ensure their personal goals are met before the end of their stay.

**Pathway to Everyday Life** has served over 60 youths ages 10 to 21 since we opened our doors in June 2023. We have serviced youth with significant emotional or behavioral characteristics, such as sex trafficking victims, drug users, aggressive behavior, kleptomania, self-harm, autism, ADHD, and IDD.

**Pathway to Everyday Life** provides houses that support youths, male and female genders, with separate housing within the age range of 13 to 17 years in our Residential Program (RES), 16 – 21 years in our Transitional Program (TL), and 18 – 21 years in our Supervised Independent Living Program (SIL), who are physically and emotionally able to master the skills and experiences offered. We offer a permanent apartment-style or scattered-site housing residence for young adults in Nanticoke, Pennsylvania. Each home has easy access to local transportation with travel within 5 miles of distance to local community centers, doctor's offices, libraries, career centers, community colleges, supermarkets, and local stores.

Our program is designed to identify protective factors that promote resilience, including psychological strengths and positive interactions with family and the community. We are steered to address the long-lasting impacts of trauma, drug and alcohol use, community involvement, behavioral support, sexual abuse, exploitation, regulation, and coping skills by offering comprehensive outsourcing counseling services to address personal, group, and family dynamics, promoting emotional well-being and healthy relationships.

## **Programs**

**Pathway to Everyday Life** offers the following programs:

- Residential Living (RES) - 13 to 17 years
- Transitional Living (TL) - 16 to 21 years
- 1:1 Supervision Program - 13 to 21 years
- Supervised Independent Living (SIL) – 18 to 21 Years
- Respite Care
- Emergency Shelter Care

## Services

Many services offered and delivered by Pathway to Everyday Life aim to help children and young adults develop the skills to live happy, safe, and eventually independent lives. This is done through weekly programs and classes, where residents build on their progress from previous lessons until they complete the program and can find a stable living situation with their family or independently.

Other services offered and delivered at Pathway to Everyday Life are:

- 1:1 Ratio Supervision
- Counseling services (Outsourced)
- Transitional planning toward independent living
- Money management budgeting
- Credit management
- Interpersonal-skill building
- Human Sex trafficking
- Emergency preparedness and crisis management planning
- Home Economics
- Educational opportunities, such as GED prep, post-secondary training, and vocational training (outsourced based on needs level)
- Job attainment skills, as needed

One of the most important services offered is psychological and psychiatric therapy, which is currently outsourced to professionals. This allows young adults to explore their emotions in a safe, judgment-free environment where they can identify and work through past traumas.

The program utilizes local community resources, including mental health centers, family doctor offices, eye care, dental, and vision specialists, to provide necessary services. We focus on continuity of care by primarily utilizing small clinics close to the transitional placements to ensure easy access and prompt service delivery.

## Activities

- |                    |                         |
|--------------------|-------------------------|
| - BBQ/Picnic       | - Play Stations         |
| - Amusement Parks  | - Nintendo Switch       |
| - Movies           | - Board Games           |
| - Concerts         | - School Events         |
| - Community Parks  | - Birthday Celebrations |
| - Community Events | - Holiday Celebration   |

## Cellular Phone Usage

While the youths are in our Residential (RES) program, we have a no-cell phone policy. Youths in our Transitional (TL) or Supervised Independent Living (SIL) program can use a cell phone based on our Cell Phone Policy and Contract. We do not provide payment for the youth's cell phone plan, and we do not provide Wi-Fi network access.

## Religious Observances

During the admission process, the youth are asked about their religion, and based on their response, reasonable accommodations to religious observances and practices are arranged for them, if needed.

## Family Interaction

**Pathway to Everyday Life** encourages family interaction and supports unification. We are bound by the rules of the Children and Youth Services (CYS) offices, which require us to help enforce all court orders regarding family visitation and communications while maintaining the court's permanency plan for the youth.

The CYS office gives us an approved call list for each youth in our care. Each young person can use the house phone to call anyone on their call list, including the Case Worker and Attorney, for 30 minutes, thrice daily, between 8:00 AM and 8:00 PM.

With CYS's approval, the youths can go home for a day, week, or weekend pass to see their families. We also facilitate supervised visits at our administrative office for the youths and their families. We provide transportation within a certain radius for approved visits.

## Improved Outcomes

Research shows that when families are involved in their children's education and development, it can positively impact on their child's health, development, academic, and well-being outcomes. Pathway strives to include approved family members in all aspects of the child's life during their time in our programs.

## Better Working Relationships

Family involvement can help family members work more effectively with educators and service providers. We include approved family members in all team meetings and decisions, taking the approach of a coordinator rather than a team leader.

## Predictable Family Life

Maintaining family routines and rituals can help children benefit from structure and predictability, even when experiencing housing instability. We aim to maintain routines and consistency as much as possible to minimize disruption to the child's life.

## Enhanced Mental Health

Maintaining a sense of control and self-efficacy can benefit parents, indirectly benefiting their children. We assist approved family members with setting up group and family services with one of our trusted providers to build appropriate relationships.

Here are some ways that families can be involved in our programs:

### 1. Participate in Decision-Making

Families can be involved in decision-making processes, such as developing or revising a youth's IEP.

### 2. Understand the Secondary Transition Process

Family members and caregivers can understand the secondary transition process well, which can help them support their youth in preparing for post-secondary education, employment, and independent living.

## Staff Support

With over 50 staff, both Administrative and Direct Support Staff totaling over 50 years of experience in Human Services and Child Care, **Pathway to Everyday Life** provides 24-hour supervision and support with qualified staff working 8-hour to 12-hour shifts.

The Operation Manager administers the program, including locating referrals, interviewing the youth, onboarding the youth, managing the direct support staff, and discharging the youth.

All staff must complete a comprehensive background screening before their first day of employment. Clearances consist of an FBI Fingerprint Check, a Pennsylvania State Criminal Check, a Pennsylvania Child Abuse Check, a National Sex Offender Check, and a Health Screening Assessment. Direct Support Staff must have a minimum of a High School Diploma and Administrative Staff with college credit or a degree.

The State of Pennsylvania requires all staff to complete 40 hours of successful training in Discipline, Care, and Management of Children, First Aid Safety, Safe Crisis Management, Suicide Prevention, and Medication Administration, in addition to 40 hours of annual training.

Our Childcare workers and Case Coordinators are skilled in teaching the youth cooking skills, basic life skills, and social skills for educational and community involvement along with services for training-introduction to home management, time management, money management, credit management, human sexuality, sex trafficking awareness, fire safety, personal care, consumer shopping, social interaction, maintaining a safe and healthy home, public transportation, and nutrition education.

## All Program Admissions

**Pathway to Everyday Life** will assess each youth during referral and admission to evaluate and assess the youth's ability to participate in our programs. The Risk and Life Skill assessment of intake questionnaires measures and identifies the areas of improvement an individual should make before placement into our Independent Living program. Youth must be approaching 18 years of age, willing to participate in life skills training and be committed to obtaining further education to become self-sufficient. Once admitted into the facility, the youth will be enrolled in an Educational Program based on their needs.

**Admission Age:** 13 – 21 years

**Gender:** ALL

**Pathway to Everyday Life** supports and respects all gender identification within the LGBTQ+ community and religious observances. Young adults in independent housing must be self-motivated and responsible for their life choices. The staff of our programs will support and encourage the young adults to meet all goals set by the case management plan.

The youth referred to the transitional program must have a demonstrated history of functioning at a level appropriate for community-based living and must comply with mental health services and/or all medication as prescribed.

We are a facility that restricts the usage of electronic devices upon admission to our Residential Program (RES). Cell phones, computers, gaming systems, radios, clocks, etc., are permitted in our Transitional Living Program (TL); 48 hours to 60 days after admission, the youth will be assessed based on their behavior and ability to follow all policies and procedures of Pathway to Everyday Life. We operate on a level system (levels 1-3); the youths are assessed every two weeks during the first 30-60 days of admission to our Transitional Program. Upon reaching level 3, the youth will be given full access to all electronic devices. Each Pathway to Everyday Life location has a telephone for the youth/adolescents to call out and receive calls, along with a television in each bedroom. Youths will have 24-hour access to staff support as needed.

Young adults who may not be appropriate for our program are individuals who have academic issues, aggressive behavioral issues, sexual issues, fire setting, and in some cases, repetitive elopement and some charged criminal history.

## Discipline Practices

**Pathway to Everyday Life** is categorized as the least restrictive facility. We allow individuals to benefit from a structured, family-style environment. When working on behaviors, we utilize a level system (levels 1-3). Levels are broken down based on the behavior that takes place; it can be found in our admission agreement. The discipline of a youth must be based on our basic understanding of that youth and what he/she needs. While there is a wide variation in the methods that can be used, these must never be punitive or self-defeating.

We follow all the essential and applicable rules and regulations to ensure all youths live comfortably. Every youth placed with the company is expected to fulfill their responsibilities ethically. If any children are seen with improper misbehavior, the staff's primary duty is to inform or prevent them from doing so. This way, staff and children can help the company implement a "zero-injury" environment.

The discipline of a youth must be based on our basic understanding of that youth and what he/she needs. While there is a wide variation in the methods that can be used, these must never be punitive or self-defeating. We use positive discipline and The Sanctuary Model. It is to be clearly understood that corporal punishment in any form, such as spanking, paddling, slapping, pinching, twisting arms, holding hair, etc., or verbal abuse, such as swearing, ridiculing, sarcasm, or hostile unflattering nicknames, is not to be used by any staff. Use of the above or any similar action will be sufficient to justify the dismissal of the summary.

Rather than punishment and what not to do, the positive discipline approach emphasizes developing a healthy relationship with the youth and setting expectations around behavior. Here's how staff will put it into practice:

- Plan I-on-I time
- Praise the positives
- Set clear expectations
- Distract creatively
- Use calm consequences
- Pause
- Step back
- Praise yourself

To accomplish these goals, the Pathway to Everyday Life has identified the Sanctuary Model as a tool for system change. The Sanctuary Model, developed by Sandra Bloom, M.D., in the 1980s, is a trauma-informed method for creating or changing organizational culture. Sanctuary is a guide to the way we provide healing to our children and to those who care for them. It is, first and foremost, a guide to creating a safe and nonviolent environment for our residents and our staff.

The Sanctuary Model is based on several shared values or commitments:

- Nonviolent - being safe physically, emotionally, socially, and morally.
- Emotional Intelligence - managing our feelings to avoid hurting ourselves or others.
- Social Learning - respecting and sharing the ideas of our teams.
- Open Communication - saying what we mean and not saying it meanly to others.
- Social Responsibility - together, we accomplish more. (Everyone contributes to the organization's culture)
- Growth and Change - creating hope for our residents and ourselves.

In addition, the Sanctuary Model is guided by four steps to healing, as embodied in the acronym SELF.

**S**—Safety: No one can heal or work well without safety, which includes physical, emotional, social, and moral safety.

**E**—Emotions: Managing emotions helps us know what we are feeling and handle our feelings, so we don't hurt ourselves or others.

**L** – Loss: We recognize the need to find a safe way to acknowledge and grieve the painful things that have happened to us and to move on to a healthy future.

**F** - Future: We are encouraged to make positive choices to create a better future for ourselves and our communities.

**Pathway to Everyday Life** also provides a structured, closely supervised, supportive, and nurturing home-like environment. The staff and the youths in the home help each other work on the goals and objectives established in their individualized service plan (ISP), which is developed within the first thirty days of admission. All youths must provide daily support, assistance, and feedback regarding individual problems through participation in community meetings. Youths are expected to demonstrate their ability to work within the community and are given increasing responsibility for life skills.



## Residential Living Program (RES)

### What Is a Residential Living Program?

The **Residential Living Program (RES)** is a residential service specifically designed to serve children 13- 17 years or older, for whom treatment goals include basic life skills training for unification with their family and/or independent living. The residential living program allows children to maintain a family-like environment during a temporary or permanent stay with Pathway to Everyday Life while helping them start early to build a strong foundation of life skills and community connections.

Our **Residential living programs (RES)** work with children on various subjects, each providing the skills and coping mechanisms needed to live a healthy and safe life. We provide and teach basic skills such as nutrition/home economics, preventative health, conflict resolution, communication, human sex trafficking awareness, emergency preparedness and crisis management planning, and fire safety. Our program also works with children to develop short-term goal-setting skills that can be applied to their current situation and future endeavors.

### Admission

Criteria for Acceptance into the Residential Living Program (RES):

Age Range: Individuals between the ages of 13 to 17 years of age.

Motivation to Participate: Clients must be willing to actively engage in the program's services and follow the policies and procedures.

Initial Contact: Potential clients can contact the program by phone, obtain a referral from the County Children and Youth Services (CYS) agency, or visit the website.

Application Process: Individuals interested in the program must complete an application form providing personal information, details about their current placement situation, medical history, and reasons for seeking housing.

Intake Interview: A staff member will conduct a comprehensive interview to assess the client's needs, eligibility, and potential risks.

Needs Assessment: This evaluation may include a review of the client's mental health, substance abuse history, employment status, and educational background.

Youths that are not appropriate for RES include:

- Youth who are not or unwilling to attend school consistently.
- Youth that are not in compliance with all mental health services and/or all medication as prescribed.
- Youth who have a history of fire setting.
- Youth who have a history of repeated elopements, especially within the last 30 days.
- Youth who fail to follow the outline and guidelines of Pathway to Everyday Life.

## Young Adults Served

- Youth served are aged 13 to 17 years.
- Male and Female youths
- Must be enrolled in school.
- The youth must comply with mental health services and/or all medication as prescribed.

Individual training assessments will be available based on the Initial Service Plan (ISP) (30 days) and the Updated Service Plan (USP) (90 days). A training curriculum will be developed based on each child's needs.

## Anticipated outcomes

- Unification
- Experience age-appropriate mistakes and consequences and learn responsible behaviors.
- Manage their own time for school and play.
- Maintain and develop connections with family and supportive networks.
- Transition into our Transitional Living Program (TL) and begin an early start to employment, higher education, and social and other activities.

Successful completion of the program is based on the following criteria:

- Consistently attending school.
- Consistently taking required medications.
- Completion of the ISP requirements.
- Compliance with program rules and expectations





**Pathway to Everyday Life**

We are committed to enhancing the quality of 'Everyday Life' for every individual.

## **Transitional Living Program**

### **What Is a Transitional Living Program?**

Our Transitional Living Program is a residential service specifically designed to serve young people 16 years or older, for whom transitional living services or treatment goals include basic life skills training for independent living. The transitional living program allows opportunities for young people to start early to build a strong foundation of life skills and community connections.

Transitional living programs work with youths on various subjects, each providing the skills and coping mechanisms needed to live a healthy, independent life. We provide and teach basic skills such as nutrition, financial management, preventative health, conflict resolution, communication, and job attainment skills. Our program also works with young people to develop long- and short-term goal-setting skills that can be applied to their current situation and future endeavors.

### **Admission**

Criteria for Acceptance into the Transitional Living Program:

**Age Range:** Our programs are designed for individuals between 16 to 21 years of age.

**Motivation to Participate:** Youth must be willing to actively engage in the program's services, including life skills training, job search assistance, and case management.

**Initial Contact:** Potential residents can contact the program by phone, obtain a referral from the County Children and Youth Services (CYS) agency, or visit our website.

**Application Process:** Individuals interested in the program must complete an application form providing personal information, details about their current placement situation, and reasons for seeking transitional housing.

**Intake Interview:** A staff member will conduct a comprehensive interview to assess the client's needs, eligibility, and potential risks.

**Needs Assessment:** This evaluation may include a review of the client's mental health, substance abuse history, employment status, and educational background.

### **What to Expect from a Transitional Living Program**

The transitional living program has a comprehensive life skills training program for youth that develops competency in the following areas:

- Health and general safety.
- Money management, budget planning, and knowledge of available financial resources.
- Use of local transportation resources.
- Accessing local community resources.
- Child health and safety, child development, and parenting skills if the youth is a parent of a child living with them.

Other areas of life skills training should include:

- Encouraging the youth to participate in community life and form interpersonal relationships/friendships outside the transitional living programs, such as community team sports, extracurricular activities, and after-school employment.
- Consumer education includes meal planning, meal preparation, grocery shopping, apartment searches, and setting up utilities.
- Career planning and enrolling in higher education or a vocational/technical training program.
- Assisting in accessing medical and dental care, therapy, mental health services, legal resources, and emergency assistance.
- Problem-solving, stress management, and establishing short and long-term goals for independence.

The Staff Development Supervisor will conduct weekly training modules focusing on practical skills. Youths are required to attend as part of their TL placement. Modules focus on daily living skills, household management, behaviors/reactions, money management, interpersonal communication, conflict resolution, educational services, substance abuse awareness, human trafficking awareness, preventive health services, community resource training, and transportation.

### Young Adults Served

- Youth served are aged 16 to 21 years.
- Male and Female youths
- Must be enrolled in high school, college, university, vocational program, or trade school.
- The youth must comply with mental health services and/or all medication as prescribed.

Through TL, a young adult will:

- Youth will be required to attend mandatory TL training and development sessions.
- Experience age-appropriate mistakes and consequences and learn responsible behaviors.
- Practice how to manage their finances, budget, resume writing and interviewing skills
- Maintain and develop connections with family and supportive networks.

### Program activities and objectives and anticipated outcomes

**Pathway to Everyday Life** program's primary goal is to assist youth receiving services through the Bureau of Children and Family Services in developing the skills and coping mechanisms necessary to live independently and healthily. Some of the objectives of our programs include:

- Teaching life skills such as nutrition, financial management, and communication
- Setting short- and long-term goals
- Fostering independence and responsibility
- Building a strong sense of community
- Providing support to prevent substance abuse
- Promoting preventive health activities such as smoking avoidance and nutritional education
- Offering personal and emotional support
- Assisting with job placement and retention

The anticipated outcomes for the program at Pathway to Everyday Life are as follows:

**Stable housing:** Transitional housing can help individuals find and maintain stable housing. For instance, a study found that 73% of youth in a transitional housing program could transition to stable housing.

**Employment:** Transitional housing can assist individuals in finding and maintaining employment. For example, a study found that youth employment rates were higher during participation in transitional living programs than before.

**Education:** Transitional housing can help individuals enroll in school.

**Life skills:** Transitional housing can help individuals learn essential life skills, such as how to file taxes.

**Substance abuse treatment:** Transitional housing can aid individuals in receiving treatment for substance abuse.

**Economic well-being:** Transitional housing can help individuals improve their financial well-being.

**Health and safety:** Transitional housing can help improve specific outcomes related to health and safety.



## **Individual Ratio Supervision Program (I:I)**

### **What Is a I:I Supervision Program?**

**Pathway to Everyday Life's** Individual Ratio Supervision Program (I:I) program is an additional service within the Transitional Living (TL) and Residential Living Program (RES). We will provide 24-hour personal I:I staff supervision, support, and services to the youth. The staff will provide all the services of Pathway to Everyday Life to the assigned youth, services such as life skills training-introduction to home management, time management, money management, credit management, human sexuality, sex trafficking awareness, fire safety, personal care, consumer shopping, social interaction, maintaining a safe and healthy home, public transportation, and nutrition education. Staff also accompany the youth to school as their paraprofessionals during school hours, as needed.

I:I supervision is provided on the recommendation of the court, county, healthcare professional, or Pathway to Everyday Life management. The criteria for I:I service is based on a history of elopement, aggressive tendencies, kleptomania tendencies, and individuals with special needs such as autism, ADHD, and IDD. This service is available upon admission or anytime during the individual's Pathway to Everyday Life stay.

**Pathway to Everyday Life** will provide 24-hour supervision with qualified childcare staff working 12-hour shifts. The childcare workers or case coordinators are skilled in teaching the youth cooking skills, money management, fire safety, budgeting, basic life skills, and social skills for educational and community involvement. The staff is assigned to and is responsible for one youth during their shift.

### **Admission**

Criteria for Acceptance into the I:I Supervision Program:

**Age Range:** Our programs are designed for individuals between 13 and 21.

**Motivation to Participate:** Clients must demonstrate one or more of the following: repeated elopement, aggressive tendencies, kleptomania tendencies, recovering drug addicts, and special needs, such as Autism, ADHD, and IDD.

**Initial Contact:** Potential clients can contact the program by phone, obtain a referral from the County Children and Youth Services (CYS) agency, or visit the website.

**Application Process:** Individuals interested in the program must complete an application form providing personal information, details about their current placement situation, and reasons for seeking transitional housing.

**Intake Interview:** A staff member will conduct a comprehensive interview to assess the client's needs, eligibility, and potential risks.

**Needs Assessment:** This evaluation may include a review of the client's mental health, substance abuse history, employment status, and educational background.

The I:I program has a comprehensive life skills training program for youth that develops competencies in the following areas:

- Health and general safety.
- Money management, budget planning, and knowledge of available financial resources.
- Use of local transportation resources.
- Accessing local community resources.
- Child health and safety, child development, and parenting skills if the youth is a parent of a child living with them.

Other areas of life skills training should include:

- Encouraging the youth to participate in community life and form interpersonal relationships/friendships outside the transitional living programs, such as community team sports, extracurricular activities, and after-school employment.
- Consumer education includes meal planning, meal preparation, grocery shopping, apartment searches, and setting up utilities.
- Career planning and enrolling in higher education or a vocational/technical training program.
- Assisting in accessing medical and dental care, therapy, mental health services, legal resources, and emergency assistance.
- Problem-solving, stress management, and establishing short and long-term goals for independence.

## Young Adults Served

- Youth served are aged 13 to 21 years.
- Male and Female youths
- Youth with special needs, such as Autism, ADHD and IDD

1:1 supervision will help to minimize and/or prevent:

- Elopement
- Aggressive tendencies
- Kleptomania tendencies
- Recovering Drug Addict
- Health and Safety Risk

## Program activities and objectives and anticipated outcomes

**Pathway to Everyday Life** program's primary goal is to assist youth receiving services through the Bureau of Children and Family Services in developing the skills and coping mechanisms necessary to live independently and healthily. Some of the objectives of our programs include:

- Teaching life skills such as nutrition, financial management, and communication
- Setting short- and long-term goals
- Fostering independence and responsibility
- Building a strong sense of community
- Providing support to prevent substance abuse
- Promoting preventive health activities such as smoking avoidance and nutritional education
- Offering personal and emotional support
- Assisting with job placement and retention

The anticipated outcomes for the program at Pathway to Everyday Life are as follows:

**Stable housing:** Helping individuals find and maintain stable housing.

**Employment:** This involves assisting individuals in finding and maintaining employment. For example, a study found that youth employment rates were higher during participation in transitional living programs than before.

**Education:** Helping individuals enroll in high school, college, trade/vocational school.

**Life skills:** Helping individuals learn essential life skills, basic housekeeping, and ADL.

Substance abuse treatment: Help individuals receive substance abuse treatment. Economic well-being: Help individuals improve their financial well-being and money management. Health and safety: Help improve specific outcomes related to health and safety.



## **Supervised Independent Living Program (SIL)**

### **What Is a Supervised Independent Living Program?**

Supervised Independent Living Program (SIL) is a transitional housing program designed to help young adults, often transitioning out of foster care, live independently while still receiving support and guidance from caseworkers, allowing them to develop life skills necessary for self-sufficiency, even though they are living in their housing unit; essentially, it's a step-down from traditional foster care with increased independence but ongoing supervision.

**Pathway to Everyday Life's** Supervised Independent Living (SIL) Program is designed to assist young adults in becoming independent, self-sufficient, successful, and productive individuals by improving and developing their independent living skills and enhancing their educational/vocational skills while aiding employment opportunities with case management support. While ensuring that older youth in the program are prepared for their inevitable departure from the program due to aging out

They will be assisted in scheduling their medical, dental, vision, and outpatient psychological appointments, enrolling in the local college/university, or obtaining employment in the area offered behavioral support, and they will be able to participate in recreational activities of their choice.

**Pathway to Everyday Life** will provide as-needed 24-hour support and case coordinator staff working in-house overnight shifts. A Case Manager, Operations Manager, or Lead Child Care Worker provides ongoing supervision, case coordination, referrals, and support.

### **Admission**

Criteria for Acceptance into the Supervised Independent Living Program:

**Age Range:** Individuals between the ages of 18 to 21 years of age.

**Motivation to Participate:** Clients must be willing to actively engage in the program's services, including life skills training, job search assistance, and case management.

**Initial Contact:** Potential clients can contact the program by phone, obtain a referral from the County Children and Youth Services (CYS) agency, or visit the website.

**Application Process:** Individuals interested in the program must complete an application form providing personal information, details about their current placement situation, and reasons for seeking transitional housing.

**Intake Interview:** A staff member will conduct a comprehensive interview to assess the client's needs, eligibility, and potential risks.

**Needs Assessment:** This evaluation may include a review of the client's mental health, substance abuse history, employment status, and educational background.

Youths that are not appropriate for SIL include:

- Youth who are not employed and/or attending school.
- Youth that are not in compliance with all mental health services and/or all medication as prescribed.
- Incarcerated youth or youth who have a criminal history
- Youth who fail to follow the outline and guidelines of Pathway

## Young Adults Served

- Youth served are aged 18 to 21 years of years.
- Male and Female youths
- Must be enrolled in school, college, university, vocational program, or trade school.
- Must be job-ready or currently employed.
- All youth in independent living must be either employed full-time, actively involved in job training or continuing education, or a combination of employment and education and provide documentation of such.
- The youth must comply with mental health services and/or all medication as prescribed.

Regularly, the Staff Development Supervisor, Case Coordinator, or Lead Child Care Worker will conduct a series of modules focusing on practical skills necessary to live independently within the community. Youths are required to attend as part of their SIL placement. Modules are focused on daily living skills, household management, budgeting, money management, interpersonal communication, conflict resolution, employment, educational services, vocational training, and substance abuse, human trafficking awareness, effective use of medical, dental, & mental health services, preventive health services, community resource training, and transportation.

Individual training assessments will be available based on the Initial Service Plan - ISP (30 days) and the Updated Service Plan - USP (90 days). A training curriculum will be developed, and the Supervised Independent Living Training topics include but are not limited to the following: Alcohol, Drugs, and Substance Abuse; Banking & Credit Issues; Careers & Long Range Plans; Communication & Interpersonal Relations; Community Resources, Including Transportation; Conflict Resolution; Contraception & Pregnancy; Domestic Violence & Date Rape; Educational/Vocational Options; Fire Safety; First Aid & Home Safety Health & Hygiene; Household Maintenance & Upkeep; Legal Rights & Privileges; Locating & Maintaining Employment; Locating, Obtaining & Setting up a Residence; Male Responsibility; Money Management, Budgeting & Financial Responsibility; Prenatal/Postnatal Care & Parenting; Proper Use of Community Emergency Services; Rights of Renters & Landlords; Self-Esteem Development; Sex, Sex Trafficking Awareness; Sexually Transmitted Diseases & AIDS; Shopping & Nutrition.

Methods to teach independent living skills shall include one or more of the following:

Discussion, question-and-answer applied learning, role-playing, videos, guest speakers, etc. The amount of time devoted to each topic is based solely on the individual needs of the residents, except for guest speakers.

## Anticipated outcomes

- Meet their needs with limited guidance and assistance from the SIL Case Coordinator and/or Lead Child Care Worker.
- Experience age-appropriate mistakes and consequences and learn responsible behaviors.
- Youth will be required to attend mandatory SIL training and development sessions.
- Manage their finances with supported flexibility as income and life situations change and with access to necessary resources to meet their essential needs.
- Manage their own time, including scheduling appointments.
- Maintain and develop connections with family and supportive networks.
- Leave the SIL setting for employment, education, social and other activities.



Successful completion of the program is based on the following criteria:

- Employment and/or enrolled in school consistently
- Completion of the Treatment Plan
- Obtained a financial base in savings
- Compliance with program rules and expectations