

## **INDEPENDENT LIVING SERVICES**

## Fact Sheet - Independent Living - Child & Family

### Description:

- Independent Living (ILP) offers youth the opportunity to live in their own apartments. All attempts are made to locate apartments on or near bus routes so that clients have access to community resources. Staff do not live in the apartments with clients.
- Each youth will have a youth support specialist (YSS) who will assist teaching self-sufficiency and independence. Youth will either be in either their own apartments or carefully matched with another youth. They will have weekly meetings with their YSS to assess their ability to keep their space clean, adhere to program and apartment rules, and maintain their vocational and/or educational responsibilities.
- The ILP youth will have a YSS who will provide advocacy, live-skills coaching, eco-mapping, linkage to supports such as SSI or housing. Each youth will receive a weekly stipend of \$65 of which \$10 will be put in a savings fund to be used for security deposit after the youth completes the program. Youth will have access to 24/7 crisis or clinical on call support at (401) 662-2773.
- The ILP will also assist and support for youth to access transportation to medical, dental, psychiatric, educational, family, vocational and legal appointments, as well as coordination of and/or access to educational programs aimed at improving the youth's ability to function in a successful manner into adulthood.
- Apartments will be situated on the Aquidneck Island, East Bay, and Providence areas with bus access.
- Involvement of caregivers and family members to the greatest extent possible in all aspects of treatment including service planning, family therapy, and trauma-focused psychoeducational opportunities.
- Active engagement of potential kinship providers through identification of mentors, family supports, and natural and community resources.
- Access to agency clinician and staff psychiatrist through third party billing. Monthly medication management will be provided by Child and Family's staff psychiatrist with the ability to provide immediate evaluation if needed.
- Length of stay 9-12 months depending on complexity of need and permanency plan of youth.
- Referrals are generated through DCYF's Central Referral Unit (CRU).

### Best fit criteria:

- Males and females ages 17-20 years who have demonstrated an ability to function independently. Typical timeline for intake into an apartment should be a planned, well-thought out transition of 1-2 weeks.

### Exclusionary Criteria:

- Active suicidal ideation, severe and persistent self-injurious behaviors, and homicidal and aggressive behaviors, active and severe substance abuse, youth who require regular or close supervision due to safety concerns.

Outcomes: 80% of the youth served will have increased life skills and independent daily skills by using the Casey Life Skills assessment; 80% will successfully transition to independence once ready to discharge our services; 100% will have a primary goal of identifying a potential life-long connection through eco-mapping, family finding, or wraparound supports.

## **Fact Sheet – Independent Living Program (ILP) - Communities for People, Inc.**

### **Description:**

- The Independent Living Program (ILP) is an outreach supported apartment setting for older adolescents in need of intensive life skill training and development. Youth live alone or with roommates in an apartment setting in the communities of their choice. Over time, the youth assumes greater responsibility for his/her plan, apartment, and finances.
- Staff assist the youth in job seeking and retention, housing, financial literacy, and adult decision-making skills. The program focuses on preparing youth to live independently upon discharge.
- The program can place youth immediately into “Start-up Apartments” and then begin helping youth identify a more permanent residence.
- Similarly, the program can place youth into a semi-staffed “Transitional Apartment” for those youth initially may benefit from additional supervision and support.
- Staff work with the youth, birth parents and natural resources using evidence based and trauma informed treatment models including Trauma Focused Cognitive Behavioral Therapy and Motivational Interviewing.
- Clients served are adolescents, ages 17 to 21 years.
- Each youth is assigned a Bachelor’s level outreach worker (7:1 caseload). Direct care staffing for Transitional Apartment (1:3 staffing ratio).
- Outreach workers have 2-3 face-to-face visits weekly with the youth and engage in ongoing phone and collateral contacts. The “Transitional Apartment” site is partially staffed each evening, from 4:00pm to midnight. Youth may be unsupervised during evenings when the staff member is assisting other youth in the community.
- Transportation is never a barrier to service access. While outreach workers routinely transport youth, the program’s emphasis is on helping youth develop familiarly with public transportation. Youth most commonly transport themselves to routine appointments, visits, work, and school. Each youth receives a monthly RIPTA bus pass.
- Anticipated length of stay is 6-9 months.
- Location: Apartments are located throughout the state of Rhode Island.
- Initial treatment plans are developed within 30 days; subsequent reviews quarterly.
- Language(s) spoken: English
- Referrals are accepted statewide.
- Referrals are generated through DCYF’s Central Referral Unit (CRU).

### **Best fit criteria:**

- Youth with histories of residential placement who do not have identified family or adult permanency options.
- Youth whose behavioral needs do not require 24-hour supervision.
- Youth displaying motivation to obtain employment full-time, attend school full-time or a combination of both.

### **Exclusionary Criteria:**

- Youth who’s behavioral, mental health or medical presentation require 24-hour supervision.

## Fact Sheet – Transitional Living Program (TLP) - Providence Center

### Description:

- The Transitional Living Program (TLP) teaches adolescents through on-going education and support to prepare clients to successfully live independently. TLP apartments, and adult and youth treatment services programming, are located in the Providence area.
- Primary focus is to build support networks, gain financial independence, and learn important daily living skills such as navigating transportation and budgeting. Program services are youth centered and family focused to meet the needs of each youth. Once a youth is prepared for self-sufficiency, he/she may be referred to YESS, achieve full independence, or transition into the adult system.
- Clients are expected to participate in a vocational or education program for approximately 30 hours a week. If client is not in school or does not have a job, the client is required to complete at least ten (10) applications for employment a week and visit NetworkRI for at least 20 hours a week.
- Assist with education and vocational needs (high school, GED, college, training programs, financial aid).
- Assist client employment needs (job searching, resume writing, interview skills).
- Assist client in setting up and maintaining a safe, cleanly apartment (turning utilities on, maintain relationships with landlords and neighbors).
- Assist client in budgeting, with meal planning, food shopping and cooking.
- Teach to use public transportation (bus passes) and assist client with transportation when necessary.
- Teach client how/where to do laundry if necessary.
- Provide client with support in getting medical and /or clinical services.
- Advocate for the client's individual needs with DCYF, courts, schools, and other systems as needed.
- Provide any additional case management supports as needed.
- When ready to transition, TLP staff work with statewide providers to develop permanent housing options.
- Clients served are from 16 to 21 years old and can be both males and females.
- Each youth is assigned a Bachelor's level case manager with a caseload up to seven (7). The case manager receives supervision from the TLP program manager, who is a licensed clinician.
- Once the youth is accepted, he/she will meet with a case manager to develop personalized goals.
- A minimum of two (2) face-to-face contacts per week, which may increase up to five (5) times based on the individual's needs, for a total of 3-4 hours a week.
- Typical duration of TLP services is approximately three (3) months to one (1) year or more.
- TLP is provided primarily within the individual's home, but may also be in community or school setting based on the needs of the client.
- Youth live in their own apartments; staff do not live with them. The Providence Center pays the rent for each apartment and each participant is provided with an allowance to help them pay for daily necessities.
- Progress towards treatment goals are measured and evaluated every three (3) months.
- On-call available 24 hours a day, seven (7) days a week. On call staff are all clinicians.
- Services are provided in the Greater Providence Area are in English.
- Upon referral, initial contact with DCYF is made within two (2) business days.
- Referrals are generated through DCYF's Central Referral Unit (CRU).

### Best fit criteria:

- 16 – 21 years, male or female, transitioning from semi-independent living, no plans to live with family.

### Exclusionary Criteria:

- Have another permanency plan to live with family members.

## **Fact Sheet – Transitional Living Program (TLP) - Teen Mom – The Providence Center**

### **Description:**

- The Transitional Living Program (TLP) teen mom teaches adolescents, who are pregnant or parenting, through on-going education and support to prepare clients to successfully live independently and properly take care of their children. TLP apartments are located in the Greater Providence Area and all of The Providence Center's adult and youth treatment and services programming is also located in Providence.
- Primary focus is to build support networks, gain financial independence, and learn important daily living skills such as navigating transportation and budgeting. Program services are youth centered and family focused to meet the needs of each youth. Once a youth is prepared for self-sufficiency, he/she may be referred to YESS, achieve full independence, or transition into the adult system.
- Clients are expected to participate in a vocational or education program for approximately 30 hours a week. If client is not in school or does not have a job, the client is required to complete at least ten (10) applications for employment a week and visit NetworkRI for at least 20 hours a week.
- The array of family focused services will include parenting education, child development, infant stimulation, and appropriate discipline for children.
- Assist with education and vocational needs (high school, GED, college, training programs, financial aid).
- Assist client employment needs (job searching, resume writing, interview skills).
- Assist client is setting up and maintaining a safe, cleanly apartment (includes turning utilities on, maintain relationships with landlords and neighbors).
- Assist client in budgeting, meal planning, food shopping and cooking.
- Teach to use public transportation (provide them with a bus pass) and assist client with transportation when necessary.
- Teach client how/where to do laundry if necessary.
- Provide client with support in getting medical and/or clinical services, apply for WIC and Food stamp benefits.
- Advocate for the client's individual needs with DCYF, courts, schools and other outside systems as needed.
- Provide any additional case management supports as needed.
- Make referrals for childcare needs (for example - HFA, visiting nurses).
- Assist with pre- and post-natal appointments.
- When ready to transition, TLP staff work with statewide housing providers to develop permanent housing options.
- Clients served are from 16-21 years old and are pregnant and/or parenting.
- Each youth is assigned a Bachelor's level case manager. Each case manager has a caseload of five (5) participants. The case manager receives supervision from the TLP program manager, who is a licensed clinician.
- Once the youth is accepted into the program, he or she will meet with a case manager immediately to develop personalized goals.
- A minimum of two (2) face-to-face contacts per week, which may increase up to five (5) times based on the individual's needs, typically for a total of 4-6 hours per week.
- Typical duration of TLP services is approximately three (3) months to one (1) year or more.
- TLP is provided primarily within the individual's home, but may also occur within the community or school setting based on the needs of the client.
- Youth live in their own apartments; staff do not live with them. The Providence Center pays the rent for each apartment and each participant is provided with an allowance to help them pay for daily necessities
- Progress towards treatment goals are measured and evaluated every three months.

- On call, available 24 hours a day, seven days a week. On call staff are all clinicians.
- Languages spoken: English
- Geographic area: Greater Providence Area
- Upon referral, initial contact with DCYF is made within two (2) business days.
- Referrals are generated through DCYF's Central Referral Unit (CRU).

**Best fit criteria:**

- Clients 16 – 21 years old who transition from semi-independent living programs and are pregnant and/or parenting.
- Don't have a permanency plan to live with family members.

**Exclusionary Criteria:**

- Have another permanency plan to live with family members.

## **Fact Sheet – Transitional Living Program (TLP) – LGBTQ – The Providence Center**

### **Description:**

- The Transitional Living Program (TLP)-LGBTQ teaches adolescents through on-going education, one-on-one support, life skills training, treatment, and supportive services to prepare clients to successfully live independently. TLP-LGBTQ+ provides stable and safe supportive living arrangements, assists youth in developing natural positive peer and adult support systems, and provide service connections and more intensive services for those who are at-risk. TLP apartments are located in the Greater Providence Area and all of The Providence Center's adult and youth treatment and services programming is also located in Providence.
- Primary focus is to build support networks, gain financial independence, and learn important daily living skills such as navigating transportation and budgeting. Program services are youth centered and family focused to meet the needs of each youth. Once a youth is prepared for self-sufficiency, he/she may be referred to YESS, achieve full independence, or transition into the adult system.
- Clients are expected to participate in a vocational or education program for approximately 30 hours a week. If client is not in school or does not have a job, the client is required to complete at least 10 applications for employment a week and visit NetworkRI for at least 20 hours a week.
- Assist with education and vocational needs (high school, GED, college, training programs, financial aid).
- Assist client employment needs (job searching, resume writing, interview skills).
- Assist client is setting up and maintaining a safe, clean apartment (includes turning utilities on, maintain relationships with landlords and neighbors).
- Assist client in budgeting, meal planning, and food shopping and cooking.
- Teach to use public transportation (provide them with a bus pass) and assist client with transportation when necessary.
- Teach client how/where to do laundry if necessary.
- Provide client with support in getting medical and /or clinical services/apply for Food stamp benefits.
- Advocate for the client's individual needs with DCYF, courts, schools, and other outside systems as needed.
- Provide any additional case management supports as needed.
- When ready to transition, TLP staff work with statewide housing providers to develop permanent housing options.
- Clients served are from 16 to 21 years old.
- Each youth is assigned a Bachelor's level case manager. Each case manager has a caseload of five (5) participants. The case manager receives supervision from the TLP program manager, who is a licensed clinician.
- Once the youth is accepted into the program, he or she will meet with a case manager immediately to develop personalized goals.
- A minimum of two (2) face-to-face contacts per week for a total of 4-6 hours per week, which may increase up to five (5) times based on the individual's needs.
- Typical duration of TLP services is approximately three (3) months to one (1) year or more.
- TLP is provided primarily within the individual's home, but may also occur within the community or school setting based on the needs of the client.
- Youth live in their own apartments; staff do not live with them. The Providence Center pays the rent for each apartment and each participant is provided with an allowance to help them pay for daily necessities
- Progress towards treatment goals are measured and evaluated every three (3) months.
- On call, available 24 hours a day, seven days a week provided by a clinician.

- Languages spoken: English
- Geographic area: Greater Providence Area
- Upon referral, initial contact with DCYF is made within two (2) business days.
- Referrals are generated through DCYF's Central Referral Unit (CRU).

**Best fit criteria:**

- LGBTQ+, all individuals who identify as having sexual orientations or gender identities that differ from the heterosexual and cisgender majority, clients 16 – 21 years old who transition from semi-independent living programs.
- Don't have a permanency plan to live with family members.

**Exclusionary Criteria:**

- Have another permanency plan to live with family members.



## **Fact Sheet – Independent Living Program (ILP) - Whitmarsh Corp**

### **Description:**

- ILP provides apartment-based independent living arrangements to adolescent males ages 17-20 years old who may be experiencing instability, homelessness, trauma, substance use, legal issues, truancy, behavioral issues, and/or mental health disorders and need placement while working toward their goals of reunification, permanency, or independent living. Youth will receive case management services consistent with their level of independence and individual needs.
- ILP will utilize the evidence-based Affect, Self-Regulation, and Competency model to inform client intervention, case management, and therapeutic services.
- The ILP serves male clients ages 17-20 years old.
- This ILP operates 24 hours a day, 7 days per week. Case management and staff services are provided as needed.
- Residential staff are required to have a minimum of a high school diploma, with a BA in human services preferred. The case manager has an Associate's degree and over 35 years of experience in human services. All clinical services are provided by licensed therapists. The ILP is designed to serve up to five (5) youth simultaneously.
- The ILP will notify the CRU of its decision to interview, waitlist, accept, or reject a referral within three (3) days of the referral's receipt. Once accepted, the program can typically admit a client within 1-2 business days if an apartment is currently available; otherwise admission depends on finding suitable housing.
- Clinical services typically occur once per week, although this varies according to the youth's needs. Case management services vary based on individual needs but check-ins occur a minimum of once per week. Staff are available as needed to assist with appointments, transportation, grocery shopping, job hunting, etc.
- Anticipated length of stay is 12-15 months, depending on the youth's needs and permanency plan.
- The ILP is apartment-based; although typically in the Providence area, apartments can be found in the youth's identified community.
- Treatment plan goals are evaluated internally monthly. Full treatment team reviews are conducted every 90 days.
- Primary language is English, although the agency does employ staff who speak Spanish and various African dialects. Every effort will be made to meet the language needs of incoming youth.
- The ILP serves all of Rhode Island.
- The ILP provides transportation for youth for school, appointments, and work as needed using agency vehicles and RIPTA bus passes.
- Referrals are generated through DCYF's Central Referral Unit (CRU).

### **Best Fit Criteria:**

- Youth who are preparing for transition into adulthood and do not require 24/7 supervision.

### **Exclusionary Criteria:**

- Diagnosis of a severe or profound development disability.
- Medical fragility.

The Whitmarsh Supervisor on Duty can be reached at (401) 270-2300.