

Goals



TIP's goal is to assist in facilitating a youth/ young adult's plan toward independence and interdependence by working in collaboration with supportive individuals and community resources.

The process aims to increase the youth's capacity to meet their personal goals by helping them utilize the resources around them. The process addresses the five life domains that impact many transition aged youth:

- Employment and Career
- Educational Opportunities
- Living Situation
- Personal Effectiveness/Well-being
- Community Life Functioning



About Unity Care

The Unity Care Group, Inc. is a community-based non-profit multi-service youth and family development agency.

Founded with the goal of developing educational and social programs to enrich the lives of at-risk youth, our mission is to provide quality youth and family programs for the purpose of creating healthier communities through lifelong partnerships.

Since 1992, we have provided life changing services to over 900 youth and families annually. By providing quality, culturally appropriate programs, we have built a solid reputation as one of the leading youth and family service providers in the greater Bay Area.

The Unity Care Group, Inc.

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Creating Healthier Communities



Transition to Independence Process (TIP)

What is TIP?

The Transition to Independence Process (TIP) model was developed to engage youth/young adults in their own future planning process to help better prepare them for the often difficult transition to adulthood. We provide young adults with culturally and developmentally-appropriate services and supports, and include their families and other informal key players in a guided process. We do this as a group effort, utilizing a team of individuals as "planning partners" that the youth/young adult identifies as supportive to them.

TIP ensures that youth play an integral role in planning their future toward independence. Services are youth-centered, future-focused, non-judgemental and strengths-based to provide a better chance of success.

For more information about the evidence-supported TIP practice model, please visit <http://tip.fmh.usf.edu>.

Who benefits from TIP?

TIP serves Transition Aged Youth between 14-24 in west Placer County who are experiencing emotional and/or behavioral difficulties. Youth receive assistance to make a successful transition into adulthood by setting and achieving their own personal goals related to the five transition domains.



Services

Transition facilitators and planning partners work closely with each youth to provide the following services:

- **Set and accomplish goals utilizing the youth's input** in the following five transition domains:
 1. Employment and Career
 2. Educational Opportunities
 3. Living Situation
 4. Personal Effectiveness/Well-being
 5. Community Life functioning
- **Ensure a safety net of support** by involving the team in an unconditional commitment to the process
- **Develop personal choice and social responsibility** by encouraging problem-solving methods, decision making and the evaluation of one's impact on others and their community
- **Enhance youth's personal strengths**
- **Track progress and celebrate success**



Benefits to Youth and the Community

Community involvement is essential in responding to the unique needs and challenges these young people face. TIP gives youth the tools they need to be empowered, to tap into the resources that are available, and to more easily transition to adulthood.

Youth become empowered by being able to define their own path toward adulthood. As a result of the process, youth may become happier, healthier, independent and contributing members of their local community.





Transition to Independence Process (TIP) Overview

Contract Overview: The TIP Model was developed to engage youth/young adults in the process of their own future planning, provide them with developmentally appropriate services and supports, and involve them, their families and other informal key players in a process that prepares and facilitates them in their movement toward greater self-sufficiency. The model focuses on goals related to each of the transition domains: *Employment and Career, Educational Opportunities, Living Situation, Personal Effectiveness/Well-being, and Community Life Functioning*. The TIP program is designed to add in the mental health service element that some transitioning youth may need to take the next step into adulthood. TIP is an evidence based practice model.

- Program to serve 25 Transition Age Youth (TAY) ages 14-24 in Western Placer County per year with emotional and/or behavioral challenges
- Provide individualized, one-on-one mentorship/guidance to youth/young adults aimed at meeting the unique needs of each youth and assisting them in achieving their self identified goals
- Program activities include: development of a Wellness Recovery Action Plan (WRAP), completion of life skills, strengths and career assessments, and a connection-gram otherwise known as a Connogram.
- Referrals can come from anyone in the community, but typically have come from self-referral, 26.5 workers, Probation, DOR, schools and other county-affiliated programs so far.
- Thus far, 43 referred, 14 enrolled, 2 closed out, currently serving 12 and 6 in assessment stage

Program Successes:

- Individualized services and goal identification has worked well in meeting the youth where they are
- Reaching youth in the community who have not been eligible or are no longer eligible for traditional county funded services
- Flexibility allows for Facilitator to work within the youth's timeline and meet the youth in a youth-preferred location
- Including formal and informal supporters has built a strong support team for the youth
- WRAP Plan has helped the youth identify positive coping skills, recognize triggers, and create a plan to reduce negative experiences.
- Strength's Assessment has helped youth realize their strength's as well as remind them of accomplishments they have either forgotten or never recognized.
- Program has assisted youth with completing college application/enrollment process, obtaining driver's licenses, learning public transportation system, applying for social security benefits, completing Probation requirements, exploring housing options, navigating the mental health system, employment readiness and linking up with a variety of community resources.

Program Challenges & Improvements:

- Immediate enrollment into program caused some issues as some youth were deemed not appropriate for the program. Lesson learned: We now implement a 30 day "assessment" period to assess program appropriateness.
- CASEY Life Skills Assessment was confusing to participants and it's method of measurement did not give clear enough info. Lesson learned: We changed to the Independent Living Skills Assessment.
- Creating the Connogram on a blank piece of paper seemed intimidating to participants. Lesson learned: We changed to a "Tree" activity which provides an outline that shows connectedness.
- Keeping participants motivated without incentives proved to be difficult. Lesson learned: We fundraised and secured money to be used for incentives.
- Needed more tools to measure outcomes. Lesson Learned: We added additional tools to gauge motivation, measure emotional maturity, assess employment skills, and identify strengths.



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- Program activities lacked clear structure initially. Lesson learned: We developed concrete policy and procedures to outline and give timelines to program activities.

Upcoming year:

- New policy and procedures should help guide the structure of the program making services more unified and measurable
- Hope to have full enrollment via increased marketing throughout county
- Will have real data and outcomes that we can measure as some participants have now been in the program for over 6 months
- More effort placed on identifying natural supports and forming support team

Attachments: TIP Referral Form, TIP brochure

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Transition to Independence Process (TIP) REFERRAL

TIP assists youth/young people to successfully transition into adulthood by focusing on five areas: Employment/Career, Education, Living Situation, Personal Effectiveness/Wellbeing, and Community Life. The youth/young person partners with the Transition Facilitator to achieve greater self awareness, create/identify goals, and develop a network of supportive people to encourage the young person in reaching their goals. Appropriate referrals are for individuals between the ages of 14 – 24 who currently experience emotional, behavioral, or other challenges. Youth/Young adults who are eligible for ILP services do not qualify for TIP.

Please note: It is very important that this entire form is completed.

Name: _____ Referral Date: _____

Address: _____

Phone Number: (____)____-____ Alternate Phone Number: (____)____-____

Date of Birth (mo/day/year): ____/____/____ Age today: ____

Gender: F M TG Social Security # ____-____-____

Ethnicity: _____ Current School (if any): _____

Referral source:

Youth/Young Adult/Self Referral

Agency Referral: Agency Name: _____

Referring Party's /Name: _____

Contact Number: (____)____-____

Does the youth want to participate? Yes No Unsure

To help us understand how we can be of support, please provide details in the following five areas:

Emotional/Behavioral

Struggles/challenges: _____

Who provides support and how: _____

Independent Living Skills

Struggles/challenges: _____

Who provides support and how: _____

Relationships

Struggles/challenges: _____

Who provides support and how: _____

Living Situation

Struggles/challenges: _____

Who provides support and how: _____

Other Situations

Youth/Young Adult: Please describe what you expect from participating in TIP:

Are you involved in any other services, agencies, or programs in Placer County?

No Yes, if yes please list: _____

Have you been in an "out of home" placement after the age 16?

No Yes, if yes, please explain: _____

**Youth/Young Adults who are eligible for ILP do not qualify for TIP*

I understand that submitting this TIP referral does not guarantee enrollment into the TIP program.

Youth/Young Adult Signature

Date

Guardian's Signature (If applicable)

Date

Referring Person's Signature (if applicable)

Date

Please return completed referrals to: Unity Care Group, 11716 Enterprise Drive, Auburn, CA 95603
Phone (530)889-6797 Fax (530) 886-2854

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