

About Intermountain

For nearly forty years, Intermountain Centers for Human Development has been a leader in developing innovative services for children and adults diagnosed as emotionally disabled, mentally ill or developmentally delayed. Currently serving over 2300 individuals per year in strength-based programs in Arizona, Intermountain has long provided out of home placements in group residences and foster care for both children and adults.

In recent years, home-based therapy programs and independent living services have become widely accepted as in-home programs preserve cultural and familial ties and help bolster each individual's and family's resource base. Intermountain has a long and successful history of working with individuals who exhibit challenging behaviors and/or have developmental deficits. Our staff remains firmly committed to addressing the needs of those we serve in individualized ways that integrates strength, culture and greater independence.



Intermountain Centers for Human Development

Transitional and Support Services

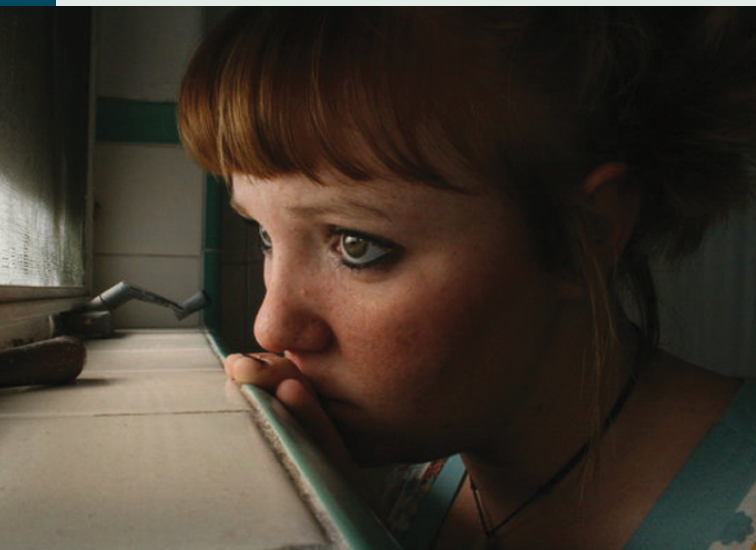
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Intermountain Centers for Human Development



Transitional and Support Services



**Preparing Youth
for Successful
Transitions and
Independence**



Transitional and Support Services (TSS) Program Overview

Transitional and Support Services are intended to help youth transition to less restrictive environments while fostering the development of skills related to achieving greater independence. Special interest is placed on helping enrolled adolescents become well-prepared to meet the challenges of independent living and be actively engaged in their community. Transitional and Support Services include a Placement Preservation Program, an Independent Living Skills Program, a Respite Program, and a Therapeutic Day Program.

Placement Preservation Program (PPP)

The Placement Preservation Program is designed to work one on one with youth in their own home environment. Behavior Intervention Specialists assist families and other professionals with the implementation of treatment plans, home routines and appropriate responses to crisis events, in addition to daily living systems. The primary goal of the program is to provide the intensive support that is needed to prevent disruptions in the child's home environment.

- Eligibility: The Placement Preservation Program is available to youth from 5 and 17 years old that are enrolled in behavioral health services.
- Program Hours: The hours of service are dependent upon the child's and caregivers' needs and occur on an individualized schedule, including evenings and weekends.
- Referrals: A youth's Behavioral Health Case Manager must complete a referral packet and submit it to the TSS Program Director.

Independent Living Program (ILP)

Each youth and young adult involved in the Independent Living Program completes a comprehensive Life Skills Assessment at entry and exit from the program as a tool for planning, as well as to monitor progress. After an Independent Living Plan is devised for the client, he or she is introduced to situations and concepts that will be encountered as independent adults. Life Skills classes are made available; each youth receives Hands-On application and experiential learning opportunities. Services are tailored to each enrollee based on the assessment of strengths and needs through individual and group-oriented learning experiences. Assistance in accessing Federal Chafee Funds and Arizona Matching Funds is given to youth 18 to 21 years of age.

- Eligibility: The Independent Living Program is available to youth between the ages of 16 and 21 that are either current or former foster youth.
- Program Hours: Life Skill Classes are held every other Saturday. Individual sessions are scheduled with clients based on the youth's availability.
- Referrals: A youth currently in Child Welfare Services must have his/her caseworker complete a referral packet and submit it to the TSS Program Director. If the youth is living on his/her own, either the youth or previous caseworker may complete the packet and submit it to the TSS Program Director.

Respite Program

The Respite Program is designed to give the primary caregivers of at-risk youth an interval of rest and/or relief, while also allowing for clients to engage in learning opportunities and social skill development through participation in recreational activities in the community. Youth participating in the Respite Program take part in arts and crafts activities, go on outings to parks and playgrounds, and visit community resources such as the Arizona Sonora Desert Museum, sporting events at Randolph Park and Reid Park Zoo. Through involvement in community-based activities, the development of social skills and positive life skills is fostered.

- Eligibility: The Respite Program services are available to youth between the ages of 5 and 17 that are enrolled in behavioral health services.
- Program Hours: Saturdays and Sundays, 10:00 A.M. to 6:00 P.M. (Special holiday and summer hours are also offered.)
- Referrals: A youth's Behavioral Health Case Manager must complete a referral packet and submit it to the TSS Program Director.

Therapeutic Day Program

The Therapeutic Day Program employs person-centered planning with key stakeholders and program staff to craft an Individual Support Plan for each youth. The program engages every client in structured activities that provide opportunities to learn new skills, develop greater insight and make new connections within the community. Community-based activities and projects address each youth's preferences and interests.

A wealth of information about each individual's needs, strengths, and visions for the future is provided through the Day Program. Program staff build important relationships with individual youth and service agencies to improve every adolescent's transitional success. Staff advocate for each student's best interests.

- Eligibility: The Therapeutic Day Program is available to youth between the ages of 12 and 17 that are enrolled in behavioral health services.
- Program Hours: Service hours are structured around each individual's needs and schedules.
- Referrals: A youth's Behavioral Health Case Manager must complete a referral packet and submit it to the TSS Program Director.

