



2010 Independent Living Plan

KVC Behavioral HealthCare - Nebraska
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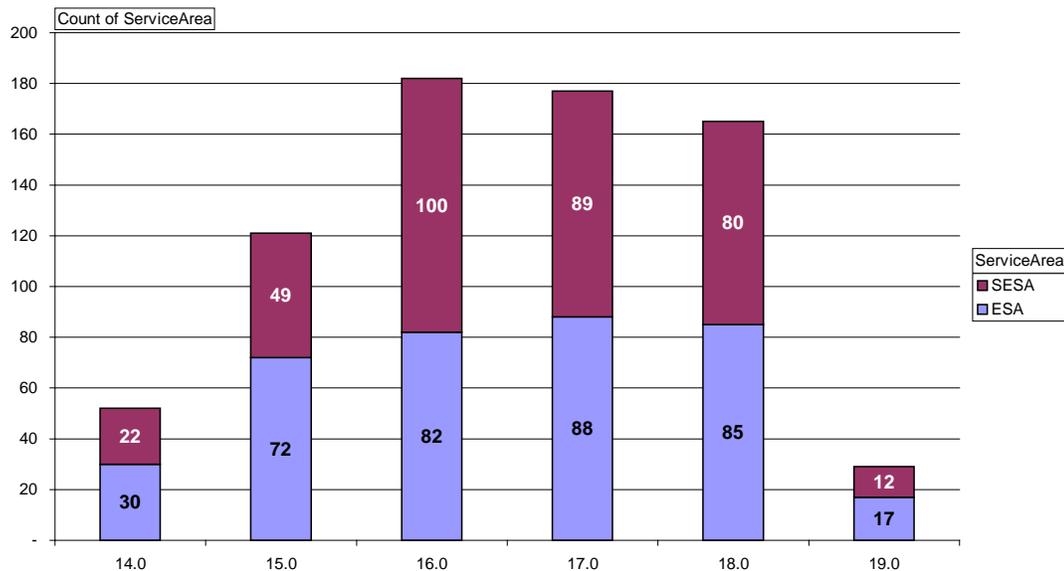
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1. PURPOSE

The KVC Behavioral HealthCare Independent Living Program, is designed to provide housing information, life-skills training, case management, mental health assessment, and other support services to youth nearing adulthood. The goal is to provide them with the knowledge and skills necessary to live self-sufficiently. To this end, the youth are provided referrals and case management support to enable them to complete their education, gain employment, and move toward becoming responsible and productive members of the community.

As of the writing of this plan, there are approximately 727 youth, age 14 and older receiving Service Coordination services through KVC Behavioral HealthCare. Distribution throughout the Eastern and Southeast service areas is split fairly evenly. The majority of the youth (87%) are placed in Douglas (47%) and Lancaster (40%) counties. The median age for youth is 17 years.

Youth Age 15 or Older



This document will outline the plan for KVC Behavioral HealthCare to provide youth with the tools to transition successfully to self-sufficiency. The plan will address how KVC Behavioral HealthCare will assist youth with attaining education, training and services necessary to become successful adults. This assistance will be through a variety of methods, including one-on-one mentoring, on-line assessments and connection with community supports.

2. OVERVIEW

When a youth reaches age 15 ½, he/she will be eligible for Independent Living Services. Appropriate goals will be identified for the youth based on an assessment of his/her age, needs and developmental status. Youth will be provided with Service Coordination, Planning, Outreach, Family Team Meetings, and education to meet the goal of self-sufficiency.

3. SERVICE PROVISION

Services will be provided in the 19 counties of the Eastern and Southeast Service Areas. The program is overseen by the Director of Family Preservation with day to day supervision provided by Family Service Supervisors or Aftercare Supervisors. Day to day implementation will be provided by the Service Coordinator or the Aftercare Specialist. After July 2010, two Independent Living Specialists (ILS) will be hired, serving the Eastern and Southeast Service Area. The ILS will be housed in the KVC Lincoln office and the KVC Omaha office, but will travel to meet the needs of youth throughout both service areas.

Prior to July 2010, The Service Coordinators will provide case management, referrals and coordination with the youth, the placement and various programs involving the youth. After July 2010, the Independent Living Specialists will assist in some coordination of programs, but also develop training and provide education for youth in the various skill areas of the program (see end of document). Skill teaching to youth may be provided by in-house KVC staff, including Program Support Workers, Service Coordinators, foster parents, informal supports, or provided by subcontractors.

Services will be provided to prepare youth in eight significant areas. The following is a brief synopsis of the areas covered, and is not all inclusive of all the topics covered:

- a. HOUSING: Searching for, obtaining and maintaining housing
- b. SELF CARE: Assessing and obtaining medical, dental and other health care, medication management, mental health, insurance.
- c. EMPLOYMENT: Assessing career goals, and searching for and obtaining employment
- d. EDUCATION: Completion of high school / GED requirements, secondary education
- e. FINANCIAL AND MONEY MANAGEMENT: Budgeting, banking and credit, shopping,
- f. PERSONAL DEVELOPMENT: Personal safety, cultural resources, communication, mental health care
- g. DAILY LIVING: Food preparation, nutrition, personal hygiene, driving, insurance
- h. PARENTING YOUTH – Growth and development, child care, stress management

4. REPORTING

The youth's goals will be tracked and progress documented by Service Coordinators. With assistance from the Quality Management Department, additional data will be tracked such as the number of youth who meet the criteria for independent living services, random sampling of the status of case plans, independent living plans and youth surveys as required by the National Youth Transition Database (NYTD). Reports will be provided monthly to the Director of Family Preservation regarding new youth who will qualify for Independent Living Services, and results of the random samples on the status of case plans, independent living plans and completion of youth surveys.

After July 2010, the Independent Living Specialists (ILS) will track service provision, training and outreach efforts for youth in the program. The ILS will provide a monthly activity report to the Director of Family Preservation. The ILS will also ensure tracking and survey completion for youth in order to comply with NYTD federal requirements. The Service Coordinator will be able to access a summary of the youth's progress with the Independent Living Plan for court hearings or other informational purposes.

5. YOUTH PARTICIPATION

All youth who qualify for Independent Living Services will be offered the services. If the youth refuses services or is unavailable due to runaway status, incarceration or psychiatric hospitalization, the Service Coordinator will document this information in the youth's required contact narrative. Service Coordinators will attempt each month to provide Independent Living Services to eligible youth. If a youth has developmental, medical or mental health concerns, the Service Coordinator will collaborate with the family team to provide independent living services to the level that the youth can most benefit. The only reason a Service Coordinator will not provide services is if given leave by court order.

6. FAMILY TEAM COLLABORATION

The Service Coordinator will discuss the youth's Independent Living Plan during monthly family team meetings. The SC will document progress and changes in the youth's case plan and independent living plan.

The Service Coordinator will collaborate with informal and formal resources. This includes placement providers, family, kin, cultural groups, educational institutions, and other sources to provide the youth with a variety of opportunities to maintain family and community connections. These resources will also be used to provide some of the education and skill acquisition as documented by the Service Coordinator.

7. PROCESS

- a. Monthly, a report will be provided to the Service Coordinators (SC) and Supervisors detailing which youth have reached eligibility for Independent Living Services. After July 2010, the ILS will also be notified.
- b. Within 30 days of notification, the SC or ILS will initiate a meeting with the youth to introduce the Independent living program outline. After July 2010, the ILS will present the program outline to youth (group setting) on a monthly basis.
- c. Within 45 days, the SC or ILS will meet with the youth and complete the Ansell Casey Assessment. This can be completed online or on paper, and transferred to the online assessment. A copy of the results will be reviewed with the youth immediately if completed online. Differences will be discussed with the youth, parents, and placement providers.

The SC will collaborate with the family team to identify potential goals, barriers and needs of the youth to be assessed.

- d. Within 60 days, the SC or ILS will meet one-on-one with the youth to develop the Learning Plan. The youth and the SC will use the Ansell Casey results and the needs and goals identified by the Family Team to develop the Independent Living Plan (ILP).
- e. After July 2010, the SC will provide the ILS with a copy of the youth's ILP. The ILS will provide a schedule of available opportunities in the community to assist in achieving the youth's goals. The ILS will document such referrals in the NYTD and by informing the SC.

Please see the remaining pages for a detailed program plan

KVC Behavioral HealthCare Independent Living Plan

	Before July 2010	After July 2010
<p>STAFFING</p> <p>All staff will report to the Director of Family Preservation</p>	<p>Family Service Coordinators (SC) and Family Service Supervisors</p> <p>Aftercare Specialists and Aftercare Supervisor</p>	<p>Family Service Coordinators (SC) and Family Service Supervisors</p> <p>Aftercare Specialists and Aftercare Supervisor</p> <p>Independent Living Specialist</p>
<p>SERVICE INITIATION</p> <p>Within 30 days of Youth reaching age 15 ½ OR youth of that age is referred to KVC</p>	<ol style="list-style-type: none"> 1. Service coordinator (SC) will meet with the youth during monthly contact and introduce the Independent Living program overview 2. Youth will complete the Ansell-Casey Assessment 3. Service Coordinator and youth will assess formal and informal supports, placement situation, goals and identified needs. 4. Service Coordinator will make referrals to local resources / programs that will meet the identified needs. 	<ol style="list-style-type: none"> 1. Independent Living Specialist (ILS) will identify youth and invite all new youth to the monthly seminar "Introduction to Independent Living" OR Service coordinator will meet with the youth during monthly contact and introduce the Independent Living program overview 2. Youth will complete the Ansell-Casey Assessment 3. Service Coordinator and youth will assess formal and informal supports, placement situation, goals and identified needs. 4. Service Coordinator will make referrals to local resources / programs that will meet the identified needs. 5. ILS will provide regular resource information to youth and KVC staff via a newsletter, website or group forums.
<p>Within 45 days of entry / turning 15 ½ years</p>	<p>Youth and the Family Team will develop / discuss the Independent Living plan at a Family Team Meeting.</p> <p>Service Coordinator will use the Nebraska Youth Transition Database or create a Case Plan in N-focus to document the Independent Living Plan.</p>	
<p>Required Contacts</p>	<p>SC will meet privately, face to face with the youth at least monthly.</p> <p>SC will meet face to face with the placement provider and parent (if available) at least monthly, outside of a Family Team Meeting.</p>	<p>ILS, SC or designee will meet with the youth at least monthly, face to face via workshops, training and provide educational opportunities via website, newsletter or other regular communication.</p> <p>SC will meet face to face with the placement provider and parent (if available) at least monthly, outside of a Family Team Meeting.</p>

N-focus Documentation	Service Coordinator will update the Independent Living plan with activities completed and changes required.	Service Coordinator will update the Independent Living plan with activities completed and changes required.
National Youth Transitional Database (NYTD) Tracking	SC or designee will update the database with information as required. SC or designee will ensure survey completion on required youth for reporting	ILS, SC or designee will maintain, track, identify and update the NYTD monthly. ILS, SC or designee will ensure survey completion on required youth for reporting

PROGRAM DETAILS	Before July 2010	After July 2010
<p>HOUSING: Youth will understand –</p> <p>Searching for, inspecting, and leasing apartments or housing</p> <p>Landlord / tenant rights, leases and rental agreements, roommates</p> <p>Community or Public housing</p> <p>Maintenance & home management, home safety</p> <p>Developing a plan to move</p>	<p>SC will assess the youth's current housing situation and the availability of that situation after the youth reaches the age of majority.</p> <p>SC will provide the youth with skills based activities to assess, educate and direct the youth, placement resources, family or other supports to available options, resources and community supports for housing.</p> <p>SC will use the Ansell Casey Learning Plan to structure the youth's knowledge.</p>	<p>ILS will present forums, group assessments and instruction, field trips and one-on-one education and direct the youth, placement resources, family or other supports to available options, resources and community supports for housing.</p> <p>ILS will develop connections with community resources to develop opportunities for youth housing.</p>
<p>SELF CARE</p> <p>Youth will understand –</p> <p>Their current diagnoses (if any)</p> <p>Medication management</p> <p>Accessing Medical insurance (Medicaid and other sources)</p> <p>County medical, dental and mental health services</p> <p>Illness, when and how to access care</p>	<p>SC will assess the youth's current medical and mental health situation and projected needs of the youth after the youth reaches the age of majority.</p> <p>SC will provide the youth with skills based activities to assess, educate and direct the youth, placement resources, family or other supports to available options, resources and community supports for mental health and well-being.</p> <p>SC will use the Ansell Casey Learning Plan to structure the youth's knowledge.</p>	<p>ILS will present forums, group assessments and instruction, field trips and one-on-one education and direct the youth, placement resources, family or other supports to available options, resources and community supports for mental health and well-being.</p> <p>ILS will develop connections with community resources to enhance youth and SC knowledge about available resources in the community.</p>

<p>EMPLOYMENT & CAREER PLANNING</p> <p>Youth will understand –</p> <p>Work Goals – careers of interest, developing a career plan</p> <p>Employment – Can search for, obtain and maintain</p> <p>Common work place equipment and computer programs, internet</p> <p>Work etiquette & Dress for success</p>	<p>SC will assess the youth's current employment and projected needs of the youth after the youth reaches the age of majority.</p> <p>SC will provide the youth with skills based activities to assess, educate and direct the youth, placement resources, family or other supports to available options, resources and community supports for attaining employment.</p> <p>SC will use the Ansell Casey Learning Plan to structure the youth's knowledge.</p>	<p>ILS will present forums, group assessments and instruction, field trips and one-on-one education and direct the youth, placement resources, family or other supports to available options, resources and community supports for attaining employment</p> <p>ILS will develop connections with community resources to enhance youth and SC knowledge about available resources in the community.</p>
<p>EDUCATION</p> <p>Youth with understand</p> <p>How to develop an educational plan</p> <p>The importance of education</p> <p>Study Skills</p> <p>Time Management</p> <p>Choosing an educational program</p> <p>Funding an education – Educational Training Voucher (ETV)</p>	<p>SC will assess the youth's current educational status, progress toward diploma, GED or college situation and projected needs of the youth after the youth reaches the age of majority.</p> <p>SC will provide the youth with skills based activities to assess, educate and direct the youth, placement resources, family or other supports to available options, resources and community supports for attaining higher education.</p> <p>SC will use the Ansell Casey Learning Plan to structure the youth's knowledge.</p>	<p>ILS will present forums, group assessments and instruction, field trips and one-on-one education and direct the youth, placement resources, family or other supports to available options, resources and community supports for attaining higher education</p> <p>ILS will develop connections with community resources to enhance youth and SC knowledge about available resources in the community.</p>
<p>FINANCIAL & MONEY MANAGEMENT</p> <p>Youth will understand –</p> <p>Former Ward Program</p> <p>Beliefs about money</p> <p>Budgeting</p> <p>Savings, Banking and credit</p> <p>Spending, comparison shopping, Store policies, online shopping</p>	<p>SC will assess the youth's current financial situation and projected needs of the youth after the youth reaches the age of majority.</p> <p>SC will provide the youth with skills based activities to assess, educate and direct the youth, placement resources, family or other supports to available options, resources and community supports for financial security.</p> <p>SC will use the Ansell Casey Learning Plan to structure the</p>	<p>ILS will present forums, group assessments and instruction, field trips and one-on-one education and direct the youth, placement resources, family or other supports to available options, resources and community supports for attaining financial security.</p> <p>ILS will develop connections with community resources to enhance youth and SC knowledge about available resources in the community.</p>

	<p>youth's knowledge.</p> <p>SC and CFSS will assist the youth in making application for Former Ward funds.</p>	
<p>PERSONAL DEVELOPMENT</p> <p>Youth will understand –</p> <p>Everyday etiquette</p> <p>Spirituality – local resources</p> <p>Concept of self-esteem</p> <p>Own cultural identity and how to connect with desired groups</p> <p>Communication styles, conflict management, how to communicate in different settings (school, work, peers)</p> <p>Volunteering</p>	<p>SC will assess the youth's current level of personal development and projected needs of the youth after the youth reaches the age of majority.</p> <p>SC will provide the youth with skills based activities to assess, educate and direct the youth, placement resources, family or other supports to available options, resources and community supports for cultural, spiritual and personal needs.</p> <p>SC will use the Ansell Casey Learning Plan to structure the youth's knowledge.</p> <p>Youth will be introduced (if available) to the Youth Foster Council, and opportunities to 'give back'</p>	<p>ILS will present forums, group assessments and instruction, field trips and one-on-one education and direct the youth, placement resources, family or other supports to available options, resources and community supports for communication, cultural groups and spiritual growth.</p> <p>ILS will develop connections with community resources to enhance youth and SC knowledge about available resources in the community.</p> <p>ILS will work develop community connections with local mentoring programs to encourage youth participation in the community as future leaders.</p>
<p>DAILY LIVING</p> <p>Youth will understand –</p> <p>Nutrition, menu planning, meal preparation, shopping, kitchen basics</p> <p>Personal Hygiene, Laundry, Cleaning</p> <p>Personal Safety, Internet safety</p> <p>Basic first aid, emergencies</p> <p>Leisure Time</p> <p>Legal Issues, Personal documents</p> <p>Travel</p> <p>Driving, insurance</p>	<p>SC will assess the youth's current level of daily living skills and projected needs of the youth after the youth reaches the age of majority.</p> <p>SC will provide the youth with skills based activities to assess, educate and direct the youth, placement resources, family or other supports to available options, resources and community supports for meeting daily living needs.</p> <p>SC will use the Ansell Casey Learning Plan to structure the youth's knowledge.</p>	<p>ILS will present forums, group assessments and instruction, field trips and one-on-one education and direct the youth, placement resources, family or other supports to available options, resources and community supports for helping youth meet daily living needs.</p> <p>ILS will develop connections with community resources to enhance youth and SC knowledge about available resources in the community.</p>
<p>PARENTING YOUTH</p> <p>Youth will understand –</p> <p>Community resources</p>	<p>SC will assess the youth's current and projected needs for parenting their child after the youth reaches the age of</p>	<p>ILS will present forums, group assessments and instruction, field trips and one-on-one education and direct the youth, placement</p>

<p>to meet own and child's needs (WIC, Medicaid, County Health programs, Visiting Nurse, etc.)</p> <p>Accessing medical care for the child</p> <p>Child proofing the environment</p> <p>Car seat safety</p> <p>Child care options</p> <p>Nutrition</p> <p>Child growth & development</p> <p>Developing a support network, stress management</p>	<p>majority.</p> <p>SC will provide the youth with skills based activities to assess, educate and direct the youth, placement resources, family or other supports to available options, resources and community supports for meeting the needs of their child.</p> <p>SC will use the Ansell Casey Learning Plan to structure the youth's knowledge.</p>	<p>resources, family or other supports to available options, resources and community supports for helping youth meet the needs of their child.</p> <p>ILS will develop connections with community resources to enhance youth and SC knowledge about available resources in the community.</p>
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