

# AFRSTROM FAUNT TEEN HOME-II PROGRAM STATEMENT

The Chippewa County Family Project (CCFP) is a non-profit 501c 3 organization which provides administrative oversight to the Arfstrom Faunt Teen Home II-Independent Living Program. The Arfstrom Faunt Teen Home II-Independent Living Program is a private, non-secure state-licensed Child Placing Agency accredited by CARF.

## **SECTION 1: INDEPENDENT LIVING DESCRIPTION**

Located in Eastern Upper Peninsula, in Sault Ste. Marie, Michigan, the Arfstrom Faunt Teen Home II-Supportive Independent Living Program (AFTH-II SIL) supports up to (5) male and (5) female residents between the ages of 16 – 20-year-olds in building independent living skills while managing their mental health and overall wellness. AFTH-II SIL has two separate housing units with 5 single bedrooms within each housing unit that has 16-hour staff support. Upon enrollment, residents will develop life skills, self-discovery, and self-sufficiency. AFTH-II SIL is a program that is structured for long-term placement which can lead up to 24 months, but the length of placement varies with each resident and depends on the assessment that identify less intensive level of care or independence.

Residents are required to attend either school, work, or structured independent living programming daily. The AFTH-II SIL is designed for individuals who are ready to learn how to live in a less structured environment. This facility has developed a life-changing environment that helps underachieving young adults form the necessary skills that will assist them in transforming their thinking and cross the bridge that leads to adulthood.

### **THESE SKILLS INCLUDE:**

- Goal setting.
- Financial planning.
- Cleaning.
- Time management.
- Vocational training.
- Etiquette.
- Sleep hygiene
- Ending self-defeating behaviors.
- Learning how to have fun in a safe way.
- Effective communication.
- Exercise.
- Nutrition.

AFTH-II SIL also provides services that are team-based, and include intensive case management, skill-building, fiscal management, relationship-buildings, community living activities, and overall development of individual strengths. AFTH-II SIL staff practice a young-adult-adapted version of person-centered therapeutic models, which are evidence-based practice measures that are effective in crisis prevention and intervention models for residential care providers.

AFTH-II SIL will provide access to evidence-based supported employment and supported education. By linking these two vocational programs with clinical support, our young adults will build work and school experience that prepares them for employment and post-secondary

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education opportunities. Furthermore, all residents will work with a transition specialist who will link them to future benefits of support services.

## **SECTION 2: ADMISSION/REFERRAL**

A shared experience among all AFTH residents is their aspiration to achieve their life goals, even if they have not yet realized them. Whether due to trauma, mental health struggles, or acting out in some way, all our residents have deviated from their intended path and/or struggled to establish a clear path to get where they want to go in life. We assist residents in developing a sharp vision and figure out how to execute it, while also resolving whatever issues are getting in the way of their goals.

Each prospective referral received from the Department of Health and Human Services, is evaluated to ensure AFTH II SIL can provide appropriate services for the resident's overall health, safety, and success. If accepted into AFTH II SIL, the resident, family, and/or DHHS Representatives will be provided information on the admission, care, safety, supervision, methods for addressing resident's needs, implementation of service plans, and discharge of residents. Each resident will receive a designated stipend monthly from DHHS which will assist in the contracted room rent to maintain the resident's compliance. AFTH II-SIL will ensure that no resident is required to pay room rent that exceeds 30% of the monthly stipend provided. This will be monitored by the social services worker and/or designee. Any/all notifications required prior to entry will be sent via U.S. Postal Services to the family and/or designated guardian of individual.

During admission, all residents will be provided a tour of the facility, a review and hard copy of all the services offered, authorization of the contract terms and conditions for placement, and review of the facility policies and procedures. All documentation will be noted and acknowledged for understanding by all parties.

A certain level of willingness to accept assistance is valuable among our residents. Our expertise lies in nurturing their confidence and cultivating a profound sense of belonging. Through the practice of esteemed actions, self-esteem flourishes, allowing our residents to both feel their best and be their best – a reciprocal journey.

AFTH-II SIL does not hold any prejudice to a prospective resident's history for admission consideration. However, we are not equipped to service the severely mentally limited and/or disabled.

## **SECTION 3: SUPERVISION**

AFTH-II ILP provides 16-hour onsite staffing. AFTH-II-SIL will provide a minimum of one on-duty direct care worker for every four residents during (8) waking hours. AFTH-II SIL will provide a minimum of one on-duty direct care worker for every four residents during (8) sleeping hours. At night, staff will be onsite for an emergency and/or checks on all residents.

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Staff are trained in various models for quality improvement, safety, and crisis intervention to provide the best services for the youth in AFTH-II SIL care and supervision.

AFTH-II SIL provides each resident with a person-centered service plan that has coordinated interventions in structured programming. Each program is modified based on the identified behaviors documented in case records, self-report, and coordination with outside agencies. All service plans will include educational services, job placement services, life skills, and community linkages.

## **SECTION 4: EDUCATION**

Our residents come to us with a history of academic struggles including underachievement, low motivation, and learning differences. Residents who may have a combination of trauma, anxiety, depression, substance use, and ADHD often have faced difficulties with academic success. Lack of academic success due to any of these factors can have a significant impact on mood and self-esteem and can lead to a belief that higher education is unattainable.

At AFTH II SIL, our Master's-level academic coordinator and case manager offer our residents expert help in the following areas:

- College applications
- Project planning
- One-on-one tutoring
- Time management
- Understanding syllabi and planning assignments
- SAT prep
- ACT prep
- GED prep
- High School completion

We provide our residents with transportation to class, computer access, and all the tools and support they need to excel in traditional and/or online educational settings. We also provide a united front across the spectrum of our academic, residential, and clinical teams, addressing the issues that have held our residents back in the past and supporting them in innovative approaches to school that translate into real success.

### **High School Completion**

Completing high school while at a young adult transition program can provide an excellent opportunity for residents to reach this important milestone while also gaining other necessary life skills simultaneously. At this age, returning to a traditional high school setting may feel like a step backward and depending on the number of credits a resident has left to finish, it can take quite a while. AFTH II SIL will assist high school aged residents with three options for attaining their diploma including finishing their credits by attending the Sault Area High School, attending Sault Area Alternative School, or assistance in the General Education Diploma program in Chippewa County School Districts.

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## **College/University Enrollment**

Some of the residents may have already received a high school diploma or GED from a recognized program. Residents who would like to continue their academic success will have the opportunity to enroll in different options that are available which include but not limited to: Lake Superior State University, Bay Mills Community College, Sault Area Technical Courses, or an accredited online college/university. Each resident will have a person-centered care plan that will assist toward their overall education goals.

## **Academic Advising**

In addition to receiving individual coaching and support from their Case Manager, residents can also collaborate with our master's-level Academic Advisor. With over 15 years of experience in social worker academics, she has remarkable success helping adolescents/residents navigate the college application process and credit transfers, as well as helping residents learn to identify and access supports within their school system, a skill that will benefit the resident after they leave AFTH.

Developmentally speaking, young adulthood is naturally a time of self-discovery and decision-making as it relates to education and vocation. Many of our residents, however, come to us lacking a sense of direction, interest, or intrinsic motivation. We provide the opportunity for career development and exploration to help residents begin to conceptualize their futures.

## **Tutoring Services**

If deemed necessary, each resident will have the option for tutoring services both in the facility and at the school of selection. All residents within this selection will have weekly reports from the school and establish a plan for course make-up and/or recovery services.

## **IEP/504 Plan**

Prior to arriving, the case manager will confirm any previous or current IEPs or 504 Plans for a resident. This will ensure that upon entry into the facility and admission into public school/school of choice, the required 30-day review meeting is initiated immediately. Throughout the stay of the resident, staff will be coordinating with the school on a regular basis to maintain compliance. All residents, regardless of status upon entry, will be monitored for further testing and/or services related to their educational success.

## **SECTION 5: CAREER/JOB PLACEMENT**

While in our program, residents have access to a career matching and personality report. This assessment generates helpful, individualized information that residents can use to make decisions about educational paths and future career directions. The Greenwood System is a research-tested, dependable, and valid career matching process that uses up-to-date psychometric tests to explore four domains which include Abilities, Interests, Values, and Personality. The intersection of these four domains is where the Greenwood System finds the best career matches.

Residents who choose to complete the assessment review the findings with their treatment team and formulate short-term and long-term plans that can help them reach their career goals. For

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residents who previously lacked motivation. direction and a sense of purpose, this process can propel them forward with newfound excitement about their future. In short, if you want to work while you are here, you will. But we take it a step further, also helping identify long-term passions and a clear career path.

AFTH-II SIL residents often had little or no sustained success in the job market prior to enrolling with us. Some have had brief forays into careers that were cut short because emotional issues or negative behavior hampered their performance. Our experienced staff members specialize in helping our residents build confidence through success in the workplace.

Behavioral issues, time management, ADHD, trauma, depression, social anxiety, and substance abuse are all issues which can interfere with young adults successfully entering the workforce. At AFTH-II SIL, we help our residents overcome these obstacles and enjoy vocational success.

Each resident is assigned an experienced case manager, who helps them navigate the logistical and emotional pitfalls that might otherwise make securing and keeping gainful employment impossible.

## **The case managers and clinical team help in the following areas:**

- Career counseling.
- Vocational training.
- Resume building.
- Job interview skills.
- Following through after an interview.
- Time management to ensure timely arrival for work each day.
- Balancing work and play.
- Handling workplace conflict.

Practical “life skills” are crucial skills that encourage balanced and healthy living. We prepare our residents to live independently and instruct them on many things including but not limited to:

- Budgeting and money management
- Cooking
- Cleaning
- Self-care
- Physical health through nutrition and exercise
- Applying and interviewing for jobs
- Time Management and scheduling
- Many other aspects of etiquette and social protocol

## **SECTION 6: MENTAL HEALTH SERVICES**

### **Therapy/Medication Management**

All residents have the option to be assessed for any mental health or substance abuse concern. A resident may request a referral for an outside resource which may include individual, group, or psychiatrist services. The case manager or ILP Coach may assist the resident in scheduling an appointment and/or any transportation services.

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## **SECTION 7: HEALTH CARE**

### **Medical/Dental**

Upon arrival, all residents will be assessed for any health concerns. Staff can assist a resident with scheduling any type of health care appointment. This will be documented for coordination of care to support a resident in consistent primary care provider services. The resident will be able to utilize a pharmacy of choice to accept a new patient and coordination on delivery of medication services.

## **SECTION 8: NUTRITION**

AFTH II SIL will educate our residents on nutrition and health, and coach them to do their own grocery shopping and cook their own meals. Exercising options will be available to our residents and to use by choice. AFTH II SIL will encourage and support healthy eating and exercising to each resident. Nutrition, when combined with therapy, exercise, supportive peer interaction, and mindfulness, works synergistically to help our residents feel their best.

AFTH-II SIL is in an optimal rural area which may provide a safe and natural atmosphere that lends itself to self-reflection and personal growth. Our user-friendly, community integrated campus is just stepping away from coffee shops, restaurants, and world-class hiking and biking trails, including just a short distance from two well-known areas attractions: Tahquamenon Falls and Mackinaw Island.

## **SECTION 9: OTHER RESOURCES**

AFTH-II SIL has several partnerships with outside agencies to provide additional resources to the residents within the facility. Within a 5-mile radius, AFTH-II SIL has direct access to indoor skating rinks, indoor gymnasiums, a rock-climbing wall, bowling, life guarded swimming pools, parks (outdoor basketball/volleyball/tennis/baseball/football), hiking trails, and designated fishing areas. For residents interested in cultural services, two local Federally Recognized Tribes are within a 30-mile distance and can assist with traditional activities and services. Residents who would like to attend religious or spiritual ceremonies could designate a preference to join within the area.

CCFP-AFTH II SIL has a QR Code that will provide direct access to the organization's website, social media, local attractions page, hotels/restaurants page, and electronic donations methods.

