



# PROJECT

EMPOWER

*Independent Living  
Program*

serving young adults

## The Mission

It is the mission of Project Empower Independent Living Program to provide young adults with all of the necessary life skills and support to function as healthy, productive and responsible self-sufficient adults.

Project Empower is a supervised and comprehensive Independent Living program and is operated by YES Behavioral Health, Inc. The purpose of Project Empower is to move a client who has successfully completed a structured group home program or therapeutic foster

It is the mission of YES Behavioral Health, Inc. to serve our community by developing and administering programs that address the unique issues facing individuals and their families in our care and to enhance the quality of life for youth and adults through a comprehensive continuum of therapeutic care in the fields of social services, education, mental health, and housing.

# PROJECT

---

## EMPOWER

---

care program to a more independent living arrangement that requires less supervision. The program is designed to work with males and females ages 18 to 20 that are regarded as having a history of severe emotional, behavioral and/or aggressive reactive problems which have prevented them for living in the community.

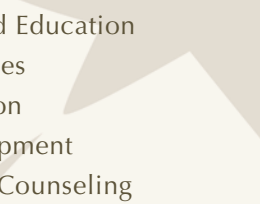
Our program is designed to provide therapeutic support and resources for young adults while they continue their education and enhance their independent living skills. The goal is for the client to complete his/her education while learning life skills, i.e., cooking, banking, job search and interviewing skills, resume writing, driver's education and additional skills necessary for a youth's successful transition to live independently in the community.

## SERVICES

Our "Treatment Team" consists of a Program Director, Case manager, Therapist, and residential staff who partner with the client, legal guardians, court systems, schools, physician, and employers to develop a comprehensive Individual Service Plan (ISP). This plan is reviewed and updated on a quarterly basis to evaluate the client's goals, objectives and outcomes.

The Project Empower services provided are:

- Individual, Group, and Family Counseling
- Anger Management Techniques
- Problem Solving/Conflict Strategies
- Communication Skill Building

- 
- Sexual Health and Education
  - Victimization Issues
  - Values Clarification
  - Character Development
  - Substance Abuse Counseling
  - Employment Skills Training
  - Money Management Training
  - Household Management Skills Training
  - Recreational/Leisure Activities

## **SUPERVISION**

Project Empower staff provide program supervision, conducting random check-ins at various hours throughout the 7-day week. Staff are trained to ensure the youth's safety and identify potential issues that need a higher level of care.

## **CASE MANAGEMENT**

Each youth is assigned a Case Manager who helps the youth in offering alternatives to consider, giving advice, information, guidance, and experience throughout his/her stay. Cooperation and acceptance of the responsibility to comply with these guidelines are key to a successful transition to independent living. Case Managers meet weekly with residents (more often if needed) to assess the progress of the youth in achieving objectives and goals.

## **TRANSPORTATION**

Project Empower provide clients with transportation to work, school, medical/clinical appointments, courts, and Family Assessment Planning Team (FAPT) meetings. During the first month, our team assists the client with

grocery shopping, basic food preparation, and we provide food and supplies. After the initial month transition period, the client is expected purchase his/her own groceries.

## THE FACILITIES

Our living units are 1 to 2 bedroom apartments which are principally located in Southside Richmond and Chesterfield County. Each apartment has basic furnishings including a stove and refrigerator, TV, beds, bureaus, living and dining room furniture. Living accommodations includes heat, hot water, electricity, maintenance, water and sewer.

## GENERAL ELIGIBILITY REQUIREMENTS

- Males and females ages 18 to 20 prior to date of admission who have a mental health diagnosis.
- Youth in need of supportive structured living environment due to historical inability to function adequately in a less supervised environment.
- Youth in need of counseling, as well as greater independent living skills and transitional assistance for community reintegration.
- Youth who demonstrate the ability to follow the program rules and demonstrate a willingness to participate in the program.