



INDEPENDENT LIVING SERVICES

Admissions Contact: Kristina Farrar

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My Path Forward is an independent living arrangement for youth ages 18-21 who are interested in practicing independence and are in need of trauma-informed, strengths-based services to support their transition goals. My Path Forward ILA offers assessment and one-to-one skill building in 6 core areas: 1) housing, 2) employment, 3) post-secondary education, 4) financial literacy, 5) self-care (including medical and mental health care), and 6) permanent relationships. After demonstrating proficiency in these core areas, youth are eligible to graduate and transition to living independently.

Our evidence-based model of wrap-around services have demonstrated success providing youth with meaningful opportunities to engage with the community, support and develop permanent connections, and practice real-world skills.

Service Goal: For each young adult to achieve independence and acquire healthy, permanent connections to adults who will provide a lifetime of support and guidance.

Services Include:

- Fully-furnished two-bedroom apartment equipped with linens, household cleaning supplies, groceries and kitchen appliances
- Intensive case management and one-on-one daily living skill-building
- Skills assessment and individualized service plan development
- Job readiness training, job maintenance skill-building and optional job placement with vocational partners
- Education planning, preparation, and enrollment
- Group life-skills instruction
- Transportation
- Financial literacy curriculum and skill-building
- Meal planning/preparation and grocery stipend
- Participation in mentorship matching and permanency planning (optional)
- Driving instruction and practice through community partners (optional)
- Weekly case coordination with referring agency and community partner
- Coordination of medical and therapeutic services
- Quarterly outcomes reporting to transition team (monthly reporting available upon request)
- Alumni Peer Mentorship participation (optional)
- Continued case management and housing services in traditional My Path Forward program from ages 21-25, including access to emergency stipend of up to \$1,000 following completion of the program (optional)
- 24/7 hour access to emergency on-call social worker*

*Please note that while our agency provides an on-call emergency social worker, CHS is not equipped to provide crisis services. Youth will be oriented to emergency procedures prior to and upon placement, equipped with first aid kits and contact numbers for mental health crisis.



RATES FOR SERVICES

Maintenance Rate	Monthly
	\$836.00
Room and Board: \$475.00	
Utilities: \$25.00	
Youth Budget: \$336.00	
Independent Living Service	Per Day
Daily Rate	\$240.00

FAMILY CHECK-UP

Admissions Contact: Tory Everson-Roots
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The Family Check-Up (FCU) evidence-based approach is trauma-informed, assessment driven, and strength-based. It includes both assessment and intervention components and is collaborative in nature, empowering parents and recognizing them as the expert within the family. It addresses the mental health and behavior of children aged 2-17, and promotes positive functioning and family well-being through mindful parenting strategies and techniques designed to improve parenting skills and family management practices. FCU seeks to reduce children's problem behavior associated with challenges involving adjustment and a range of emotional, behavioral, and academic stressors. CHSVA is able to provide FCU to all post adoptive youth and families either in-person or virtually. FCU is short term in nature generally not extending beyond 1-4 months.

RATE FOR SERVICE

	Hourly Rate
	\$70.00

*CHSVA does not accept third party insurance

**CHSVA does not have bi-lingual services at this time