

In effort to continue the success achieved while in residential treatment, the Preparation for Adolescent Transition to Home (PATH) Program is a comprehensive re-entry program for juveniles that begins at admission into a residential program and continues upon their return to the community for a period of five months. PATH aims to reduce the risk of recidivism by using a cognitive behavioral approach that encourages youth to develop and integrate the pro-social skills and behaviors they learned while in residential placement while enhancing protective factors within the home and community.

The three main components of PATH incorporate several interventions which research has shown to be effective aftercare strategies:

- Cognitive Behavioral Treatment using Interactive Journaling® through The Change Companies® Forward Thinking Series.
- Strengthening Families by helping to identify family strengths and concerns, assess overall family structure and routine and assist in the successful reintegration of the youth into the home.
- PATH connects juveniles and their families to community resources and develops systems for sustainability through practicing and refining pro-social skills, engaging in positive community activities, assisting in school re-enrollment, and scheduling follow up mental health and substance abuse treatment as needed. The PATH program will help the youth/parents obtain documents or resources that are necessary for a smooth transition back into the community.

The PATH case manager, assigned at the time of residential commitment, works with each youth and his/her family in conjunction with the residential treatment team throughout his/her commitment to placement, during any court approved home passes and ultimately upon return home following discharge. The case manager serves as a mentor, counselor, family support specialist, and an advocate for supportive services, such as education, mental health, substance abuse and employment.

PATH UTILIZES A TIERED APPROACH FOR SERVICE DELIVERY:

RESIDENTIAL:

Tier 1 | 2 individuals and
2 family sessions per month

POST RESIDENTIAL:

Tier 2 | 16 weeks (2 individuals and 1 family session per week)

Tier 3 | 4 weeks (1 individual and 1 family session per week)

**Minimum contacts listed above, additional contacts can be made as needed.*

PATH HIGHLIGHTS

- ✓ Individualized Re-entry Treatment Planning for each youth based on the Residential Discharge Plan, the YLS, the Juvenile Inventory for Functioning (JIFF) assessment, youth and family input.
- ✓ The Change Companies® Interactive Journaling® Forward Thinking Journal Series is utilized as a foundation for youth and family sessions. Pre and post-tests specifically for the Re-entry Interactive Journal to assess and evaluate attitudes, knowledge and skills necessary for successful re-integration to the community.
- ✓ Home/Community Supports Assessment: Entails a systematic review of natural in-home and community supports available to the youth and family. Includes preparation of documents and resources needed for successful return to the community (ex. Birth certificate, social security card, proof of residency, immunization records, school records, continuity of care appointments for mental health and/or substance abuse).
- ✓ Family sessions to support and empower parents/guardians in their role; identify family strengths and concerns, assess overall family structure and routine and assist in successful reintegration of youth into the home.
- ✓ Linking youth with community based resources to promote pro-social community involvement.
- ✓ Assist youth in identifying employment opportunities, resume writing, application submission, obtaining employment and monitoring job attendance and performance.
- ✓ Assist youth in identifying community service opportunities, monitoring attendance and hours.
- ✓ Weekly contact with each youth's probation officer and additional contacts for any program violations/issues.
- ✓ Assist with home/school linkages to ensure timely re-enrollment, transfer of records and attendance.
- ✓ Assist youth/family with medical re-enrollment.
- ✓ Curfew Monitoring via GPS or Voice ID and Drug & Alcohol testing available as needed/requested.
- ✓ Transportation assistance to and from appointments such as job interviews, counseling, court hearings and probation meetings.

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