

### PROGRAM OVERVIEW

The Abraxas Emergency PATH Program is a short-term, re-entry track for juveniles that have been placed in emergency shelter/congregate care. Within 24 hours of receiving a referral, the PATH case manager will begin assessing needs/concerns and coordinate multiple meetings with the juvenile and the family to help facilitate an effective transition home. Additionally, these PATH services will continue upon their return home to monitor and provide support to the juvenile and family. PATH uses a cognitive behavioral approach that encourages youth to make positive changes in their thoughts, feelings and behaviors. Additionally, PATH helps strengthen key competencies in parents to help them nurture and better manage their child's challenging behaviors.

The PATH 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. The program aims to reduce the risk of out of home placement by improving pro-social attitudes and behaviors in the juvenile, while enhancing and strengthening protective factors within the home and community.

### TARGET POPULATION

Male and female juveniles, between the ages of 14-21 placed in emergency shelter/congregate care settings through Cumberland County Children and Youth. Juveniles under the age of 14 would be considered on a case by case basis to be determined by the Program Director and Children & Youth.

### LENGTH OF STAY

The PATH program is an emergency re-entry program which begins at the time of a juvenile's placement in shelter/congregate care and continues upon release. Program design is for 3 months; however, services can remain in place longer based on need and authorization.

### PATH USES A TIERED SYSTEM FOR SERVICE DELIVERY:

#### OUT OF HOME PLACEMENT (UP TO 14 DAYS)

**Tier 1** | 2 individuals and 2 family sessions per week

#### COMMUNITY CARE (2.5-5 MONTHS)

**Tier 2** | Minimum of 6 weeks (2 individuals and 1 family session per week); services may remain in Tier 2 for an additional length of time based on need and authorization

**Tier 3** | Minimum of 4 weeks (1 individual and 1 family session per week); services may remain in Tier 3 for additional time based on need and authorization

## FOUR MAIN COMPONENTS OF EMERGENCY PATH

- ❑ **ASSESSMENT/PLANNING FOR TRANSITION HOME:** Within 24 hours of receiving a referral for Emergency PATH services, the case manager will coordinate an intake meeting with the family to review the program services and begin assessing concerns that need to be addressed prior to the juvenile returning home. Using a combination of video technology and in-person meetings, the case manager will also meet with the juvenile in shelter care, to help facilitate communication and assess client needs. A transition plan will be developed in collaboration with the juvenile, family and referring worker, in order to clarify roles and expectations for returning home.
- ❑ **INTERACTIVE JOURNALING®:** Helping Children Thrive Series uses cognitive behavioral strategies to empower youth to develop skills to effectively cope with their out-of-home placement. Teens are encouraged to use their thoughts, feelings and experiences as catalysts for making healthy decisions in the future. The Helping Children Thrive series includes journals specific to their out of home placement called My Place, as well as targeted journals related to Feelings, Thought Processes, Relationships, High Risk Behaviors, Self-Care, as well as Employment and Future Planning.
- ❑ **STRENGTHENING FAMILIES:** PATH strengthens the family by keeping parents/guardians connected to the youth while in shelter care. The case manager facilitates sessions with both the juvenile and family through which they develop a clearly defined transition plan for return home. PATH supports and empowers parents/guardians in their roles; identifies family strengths and concerns, assesses overall family structure and routine and assists in successful reintegration of youth into the home. Additionally, the PATH program can assist parents in obtaining any documents or resources that are necessary for a smooth transition home.
- ❑ **COMMUNITY CONNECTIONS:** PATH connects juveniles and their families to community resources and develops systems for sustainability. It is crucial that there are opportunities for juveniles to practice and refine pro-social skills in supportive environments that promote positive growth and self-sufficiency. Therefore juveniles will be encouraged to participate in a positive community activity, such as sports, employment, membership at a local community group (YMCA) or gym. Because juveniles returning to the community face specific barriers to school re-enrollment and follow up mental health and substance abuse treatment, the PATH case manager works with the family to remove these barriers to ensure timely school re-enrollment and follow up treatment.

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