

# Transitional and Independent Living Programs



TLP features apartment-style residences on Bellefaire JCB's 32-acre campus in Shaker Heights, a suburb of Cleveland, Ohio.

## Transitional Living Program (TLP)

### Preparing Teens for Independence

TLP is a **self-directed**, campus-based program to help adolescents 16 through 20 who have had behavioral or emotional challenges secure a path toward independence. With an average stay of 6-9 months, the goal of the program is to help youth reduce their reliance on social services and prevent future involvement with child welfare or justice systems.

TLP may be a good fit for young adults who are:

- Looking for a stand-alone, pre-independent living program
- Stepping down from higher levels of care
- At risk for homelessness because of mental health, developmental disabilities or other issues

**“During the time that I have been in TLP, I have learned how to be myself. ... I want to thank everyone for not giving up on me. I am so grateful to be alive so I could let people in my life support me.” - Alena, 16**

## PROGRAM STRUCTURE

Upon admission, youth partner with a case manager who works with them and their guardians to develop an individualized service plan, which may include:

- Intensive case management
- Individual and group services to help manage mental health and develop life skills
- Parenting education and guidance
- Alcohol/drug counseling and treatment
- Public transportation training
- Medical and mental health care
- Employment preparation

Through their relationship with case managers and other service providers, youth receive ongoing support and feedback about their performance. Staff are on duty 24/7 to ensure they get all the help they need to become more independent and reach their full potential.

Participants in the program have their own rooms with a key and can come and go to their appointments with as little staff supervision as possible. Youth are encouraged to take on responsibility for themselves in order to move toward independent living. For example, clients can earn unsupervised time in the community through the phase program, which recognizes progress while building life skills.

While in TLP, youth have access to other Bellefaire programs, including psychiatry services and an on-campus health clinic, as well as community services that can provide support after they are discharged.

# Transitional and Independent Living Programs



## Independent Living Program

Bellefaire JCB's Independent Living Program teaches independent living skills and provides individualized counseling and other services for youth ages 17 through 20 to help them transition to self-sufficient, productive members of the community. Participants select their own apartments, which are located throughout Cuyahoga County. All rent is paid by the agency until discharge. In addition, clients receive a weekly check and bus pass, as well as counseling on money management to ensure all other bills are paid.

Many individuals in the program are at risk for homelessness or have been homeless in the past, but by increasing protective factors and decreasing risk, the program helps them maintain housing and prevents reliance on social services.

---

**For more information or to make a referral, please call 216.320.8502 or 800.879.2522, or you can email [intake@bellefairejcb.org](mailto:intake@bellefairejcb.org).**

---

## PROGRAM STRUCTURE

Upon admission, youth are assessed by a social worker and a service plan is developed. The plan may include individual case management, mental health services, and alcohol and drug treatment. In return, youth are required to:

- Attend school or vocational program regularly
- Maintain a job to supplement their income
- Live within an established budget
- Remain drug and alcohol free

Through individual instruction, information packets and group lessons, youth learn about a wide variety of topics essential to becoming independent adults, including:

- Finding and leasing a safe, affordable apartment
- Personal safety
- Health and nutrition
- Job preparedness
- Income tax instruction
- Effective communication and social skills

Staff also help youth identify adults who can provide them with support and connections in the community, such as family members, former foster parents, teachers or adult friends. These adults are an integral part of the service plan and help ensure the youth's success.

In addition, participants receive services through a treatment team led by a Bellefaire case manager. This team meets regularly to review progress and may include biological family members, foster family members, therapists, teachers and mentors. The case manager also meets weekly with the youth to discuss current issues and provide hands-on instruction in life skills. Throughout the program, the case manager maintains regular contact with referring agencies.

## Admission Criteria

Youth must be able to:

- Function in a work or educational setting
- Demonstrate that they are not a danger to themselves or others
- Live in an apartment with case management support