

Sources Independent Living Skills Program North

The Sources Independent Living Skills Program offers one-on-one life skills and transition support to youth ages 16 to 18. This program helps young adults successfully transition into adulthood and independent living. The program utilises the most current, evidence based approaches to teaching skills in order to maximise learning. Clients must be referred by MCFD. The focus person will be working one on one with a Youth Care Worker in the environments and at the times where the behaviour, skill, or strategies outlined in the focus person's Individual Plan naturally occur.

Sources Community Resource Society

...is a community-based non-profit agency. We are fully accredited by the Council on Accreditation for Children and Family Services. We have been a source of support to individuals and families coping with isolation, addiction, poverty, disability, and conflict for well over a century. We have been a source of help, a source of encouragement, and a source of hope. We have continually expanded our services to respond to the needs of children, youth and families, persons with disabilities, and seniors. We now serve individuals and families that reside throughout the Lower Mainland and Northern BC.

Our Commitment remains the same—to be a source of support to you—to promote social wellness for our community.



SOURCES

COMMUNITY RESOURCE CENTRES
INDEPENDENT LIVING SKILLS PROGRAM



“Social wellness

for our

Community”

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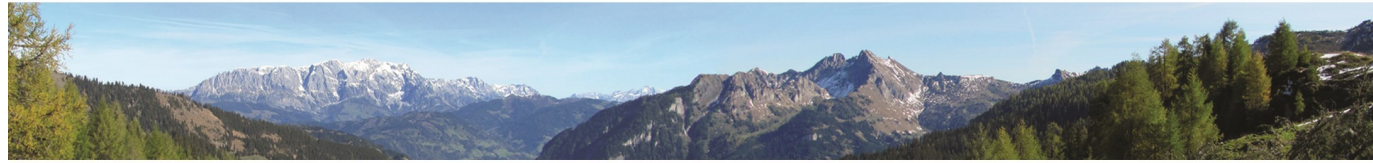
www.sourcesbc.ca

Office Hours by Appointment

Service Delivery

Referrals are made by the Ministry of Child and Family Development. The Independent Living Skills Program is designed for 16 to 18 year olds covering a wide range of services to assist the youth to strengthen and further develop identified areas within independent life skills. Goals may be set to assist youth with life transitions, navigating through new stages in life, their community, and various social situations. The duration of service is from 3 months to 1 year, depending on assessed need.

The Youth Care Worker component of service provides one on one intervention. This service is provided by qualified and highly trained Youth Care Workers directly supervised by Board Certified Behaviour Analysts. The focus person will work with a Youth Care Worker who is specifically trained to implement an individualized intervention plan to teach new communication skills, functional skills, life skills, or address any skill deficits that the focus person may have. The Youth Care Worker will also be responsible for taking data to monitor and ensure effective skill development. This service can take place in our Centre, in the community or in the focus person's home, based on each individual's goals. One on one intervention provided through the Life Skills program is evidence based best practice in the field of Applied Behaviour Analysis.



Youth Care Workers

The Youth Care Worker will ;

- Use evidence based teaching methods to target specific program goals as directed by a Behavioural Consultant and implement teaching programs and other interventions as outlined on the youth's Intervention Plan
- Collect data, monitor, record and review client progress with the focus person, consultant and other team members to ensure supports are effective
- Write monthly progress summaries for the focus persons goals and personal growth
- Consult with the Behaviour Consultant when changes or challenges may arise to amend the goals accordingly if need be.

Client's Rights

- To be treated with respect and to be free from abuse and neglect.
- To live in a clean and safe environment and to have proper food, clothing, and hygiene
- To form friendships and relationships
- To be able to preserve the child's identity

Program Highlights

- Connecting to natural supports in the community
- Skill-building ;
- Social Skill building-navigating interpersonal relationships with family, peers, co-workers.
- Anger management, problem solving skills, and self regulation strategies
- Implementing strategies focused on strengthening self-reliance and positive mental health
- Transition to Independent Living;
- Grocery shopping, meal preparation of healthy balanced meals, job preparation, knowing how to successfully job search, interview techniques, assistance with interviews, completing mock interviews
- Healthy Sexuality, informed and responsible sexual decision-making,