

TRANSITIONAL LIVING PROGRAM

PROGRAM MISSION

The mission of the Transitional Living Program is to assist and support adults with serious mental illness as they make the transition from in-patient treatment to community living by providing supervised apartment living that promotes recovery through the development of community living skills, pre-vocational and vocational skills, socialization and recreational skills while providing support during challenging times.

PROGRAM DESCRIPTION

The vision of the TLP is changing lives by creating pathways for mental wellness. The TLP of supervised apartment living supports and promotes recovery from serious mental illness in a safe and secure environment. We recognize that unmanaged mental illness is often the core problem and other 'symptoms/outcomes' associated with this illness include addiction, crime, homelessness, poverty and health issues. By supporting people as they are addressing core issues, we are treating the problem rather than symptoms. By providing opportunities and empowering people with tools, people with mental illness can effectively reintegrate into society. Through supportive counseling, education, linkage and other needed support, clients can improve their wellness, better manage their mental illness and transition to healthy community living. Each person in the program has an individualized recovery plan that defines their unique goals and path through the recovery process. The TLP provides opportunities and support for clients to develop community living, employment, socialization and recreation skills. Services are tailored to meet individuals' needs through individual and group treatment at our agency, referrals and linkage to other resources/agencies throughout the community.

PROGRAM ACTIVITIES

The TLP of supervised apartment living (4 apartments with capacity for 12), with a maximum length of stay of one year, provides intensive support and promotes recovery from mental illness, and co-occurring disorders (recovery from mental illness and substance abuse/addiction). TLP focus is to provide necessary supportive counseling, education, linkage to benefits and assistance, and other support for individual unmet needs to assist clients as they transition from in-patient settings to community living. Each person has an individualized recovery plan that defines their unique goals through the recovery process. Our work with clients helps them develop community living, employment, socialization/recreation, and mental illness management skills. Services are tailored to meet individuals' needs through individual and group treatment at TH, and referrals and linkage to other resources/agencies in the community. Clients have access to our Drop-In Center which provides a space for mental health clients to "drop-in" for support, participate in groups, activities, play, socialization, and have a safe place to be. Staff advocates for persons with mental illness and teaches self-advocacy. For those in need, clients are assisted in obtaining basic necessities such as clothing, hygiene products, food prior to receiving food stamps, CART bus passes, etc.

PROGRAM SIGNIFICANCE

According to clients, TH helps people change and save their lives. Focus is on addressing core problems instead of symptoms, reintegrating people into society, transforming people on an individual basis, providing long term support as needed, reducing shame, and empowering wellness through a variety of tools. Homelessness, crime, public and tax payer costs for the public institutions and prisons, uninsured health costs, etc. are symptoms. Unmanaged mental illness is the problem. TH believes that providing pathways for sustained mental wellness is the solution. Part of our advocacy is understanding mental illness is ongoing, for many a life long illness. With some diseases, periods of wellness are referred to as 'remission' or 'recovering' – there isn't a cure or point when you're done. There isn't a finish line with mental illness. The significance of TH programs is seen in individuals perpetuating managed mental wellness to live serene and joy-filled lives. That directly and positively impacts individuals and our community. TH's pairing of the TLP with the COP is important. The TLP provides the initial support, housing and training for clients leaving in-patient treatment, the COP is available to provide on-going support that helps to reduce/prevent relapse, increasing long term effectiveness of TLP.

PROGRAM ACCOMPLISHMENTS

Clients have reported through our outcome studies that the TLP provides them with a sense of hope that they believed was lost forever, plus the opportunity to learn or relearn the skills they need to manage their mental illness/co-occurring disorders, and their life. TLP helps people focus on recovery. It does not offer guarantees of elimination of mental illness. TLP provides people with opportunities to change, tools for growth, and a chance to be heard and supported as they move past the pain, loneliness, stigma, and isolation that is a significant part of mental illness and co-occurring disorders. Through the TLP, people are given the opportunity to restore a sense of security back to their lives. They are supported in securing safe housing, re-establishing a source(s) of income and/or benefits, learning new ways of life with healthy choices, and they are given the chance to become a part of the community rather than what many, including themselves see as a burden on society. Many have reported that the TLP literally saved their lives and they are now living with a renewed sense of hope and joy for life.

PROGRAM STRATEGIES

Our approach is to address core problems through collaboration. TH contracts, works with, and is accountable to Oklahoma's Department of Mental Health and Substance Abuse Services (ODMHSAS) and others to ensure service delivery is innovative while in compliance with standards. TH utilizes aspects of nationally recognized Recovery and Sanctuary models, and works from Dr. Brene Brown. These focus on client centered care, recovery, improved understanding of vulnerability, courage, worthiness, and shame, and development of shame resilience. Strategies include client empowerment, creation of safe environments and safety plans that promote healing and wellness for people in recovery from trauma, and education to increase understanding of challenges while developing new coping tools. Emphasis is on flexibility, personal responsibility / accountability, and support without enabling and/or punishing. Staff receive consultation to ensure best practices are maintained. The COP is unique, originally designed to address on-going needs of TLP clients. While client connections typically begin with the TLP, long term effectiveness is best maintained when at risk clients utilize COP opportunities. A prevention / intervention strategy used is building healthy relationships which encourage supportive connections to reduce isolation. The Wellness Project provides prevention opportunities for those who might be at risk for mental illness.

BENEFITS OF THE TRANSITIONAL LIVING PROGRAM:

Intensive training and support:	Projected Outcomes:
Daily and community living skill development	<ul style="list-style-type: none"> • Routine daily monitoring provides opportunities for early intervention as problems arise which in turn reduces recidivism • Improved medication compliance resulting in reduction of signs & symptoms of mental illness • Improved personal self-care resulting in increased self-esteem and overall health • Increased likelihood of smooth community reintegration and success • Improved budget/money management skills for more self-sufficient community living • Increased self-sufficiency which results in improved self-esteem
Socialization and Recreational skill development	<ul style="list-style-type: none"> • Improved and healthy options are developed to help clients maintain a quality social life resulting in reduced isolation – a leading causes of recidivism for mental health clients • Healthy alternatives are learned to reduce the likelihood of substance abuse as a coping mechanism for isolation and loneliness
Pre-vocational/Vocational skill development	<ul style="list-style-type: none"> • Improved likelihood that if capable, the client can secure and maintain employment • If employment is not an option, skills are developed to help clients become productive community contributors as volunteers
Self-esteem, Communication, and Relationship skill development	<ul style="list-style-type: none"> • Improved self-esteem and communication skills help the clients develop and maintain healthier relationships that <ul style="list-style-type: none"> ○ helps to reduce the signs and symptoms of mental illness ○ provides support when the mental illness becomes a problem
Advocacy	<ul style="list-style-type: none"> • Reduces stigma • Provides needed support that might otherwise not be available • Teaches clients to advocate for themselves
Supervised Apartments	<ul style="list-style-type: none"> • A safe place to live while clients prepare to reintegrate to the community