

WHERE TO START?

"If your mental health is great, life will be great."

- Howie Mandel
Mental Health Advocate and Actor



TRANSITION TO INDEPENDENCE PROGRAM



At DFS, we are here to help you learn the skills you'll need to live independently and will value your thoughts, ideas, and voice in making some choices to prepare for adulthood. It's your life so it only makes sense that you begin to make decisions and have others start listening to you. **Right?**

The Transition to Independence Process (TIP) Model focuses on your strengths, practicing life skills, and encourages youth empowerment. So not only will you get to choose your own path, but also begin to feel confident that the choices you make will lead you to where you want to go.

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Denali Family Services is a 501 (c) (3) nonprofit corporation. We accept Medicaid, Denali Kid Care, Insurance, MasterCard and Visa.

FOR TEENS



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Denali Family Services is accredited by the Council of Accreditation

Serving Alaska since 1995

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The goal of the TIP Model is to:

- Engage youth and young adults in their own futures planning process.

Again, you are the most important person in the planning process when it comes to talking about your future. So, SPEAK UP! Yes, being in a room with a bunch of adults can be a bit intimidating or uncomfortable at first. That's where your case manager or transition facilitator come in. If you need to, meet with them ahead of time and they can either speak for you or just back you up when you need it.

- Provide developmentally appropriate, non-stigmatizing, culturally competent, and appealing services and supports.

Okay, basically, this means it's our job to do our best to not embarrass you, make sure you're comfortable, and not bore you to death! We're not always going to get this right, so please if you have ideas of how we can make things better, let us know.

- Involve them and their families and other informal key players in a process that prepares and facilitates them in their movement toward greater self-sufficiency and successful achievement of their goals.

The truth is, if you had to, you might be able to do this on your own, but it'd be a whole lot harder and probably take longer. Why not take the help if there are people in your life who want to? Key players are anyone in your life who are important to you, learning a skill, or a resource you're trying to get. Examples might be a coach, teacher, boyfriend/girlfriend, family friend, or employer. Remember you have the option to involve anyone that will help you meet your goals.

Youth have the right to succeed as well as the right to fail.

There's no way to know what someone is capable of if you don't let them try. Sometimes you'll get it right and other times, you won't. The point is that you tried and will hopefully learn something that will make you a success in the end.

"I had a mother who taught me there is no such thing as failure. It is just a temporary postponement of success." ~ BUDDY ERSEN



Teenagers are adults in the making.

Whether you can hardly wait or are terrified, it's coming. Pretty soon you'll be an adult. Let's work together to help you be as ready as possible when 18 hits.

Denali Family Services is working with OCS, Alaska Children's Services, Seeds of Change, Covenant House Alaska, and other social service agencies to make the step into adulthood easier for teens. Together we can make a difference and improve not only your life, but the lives of many young Alaskans and their families.