

# INDEPENDENT LIVING ARRANGEMENT (ILA)

As of April, 2022



## Purpose of the Program

To support youth in achieving success as independent adults and parents by providing an independent living arrangement and support services.

## Youth Served

Foster care youth ages 17-21 in Virginia who have entered into a voluntary agreement with their local DSS to continue receiving services and support, and who:

- have consistently demonstrated maturity and emotional stability in current living environment, including conforming to acceptable societal norms,
- have participated in designing service plan goals and objectives, and meeting goals and objectives (including those for transition and self-sufficiency),
- have completed an IL skills assessment in the last 90 days which indicates that the youth would benefit from placement in an ILA,
- are enrolled in a high school or equivalency program OR enrolled in a college or post-secondary education vocational program OR participating in a program or activity designed to promote or remove barriers to employment OR working at least 80 hours a month (or medically incapable of engaging in these activities), and
- have their child(ren) residing with them in the program. They can have no more than two children residing with them and child(ren) must be below the age of 6.
- are willing to enter into and abide by an agreement with VHBG regarding rules and responsibilities.

When considering referrals, no youth may be denied or delayed admission based on their race, national origin, religion, ethnicity, or sexual orientation.

Emergency placements and short-term placements are not accepted.

## Exclusion Criteria

We are unable to serve youth who:

- demonstrate behaviors that are dangerous to self or others
- are involved in high-risk behaviors such as criminal activities or substance use and abuse
- have severe physical limitations.

## Living Arrangement

VHBG ensures that youth are provided apartments that:

- Are safe
- Are well-ventilated, including heating and air conditioning
- Are equipped and furnished for sleeping, cooking and eating, and studying
- Include areas for storage and recreation
- Include a phone for emergencies
- Provide privacy

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## Services Provided to All Children (age 17) and Youth (ages 18-21)

1. Independent Living Arrangement in townhouses on VHBG's campus (includes room and board)
2. Case Management, including:
  - a. Orientation of youth to program
  - b. Development of written agreement with youth upon admission
  - c. Writing of service plan with team within 30 days
  - d. Writing of social history within 45 days
  - e. Maintenance of face sheet
  - f. Coordination of services as identified in plan (may include counseling, school, medical, shelter, food, clothing, employment, life skill training, crisis response, plan for transition)
  - g. Writing of case notes (updated at least every 30 days to include treatment and services provided, contacts related to the youth, visits between child and family, significant events)
  - h. Assessment of progress and writing of quarterly progress summaries
  - i. Reporting of serious incidents to guardian (if applicable) and licensing
  - j. Least restrictive supervision, including routine check-ins
  - k. On call services (24/7)
  - l. Discharge planning and writing of discharge summary
3. Assessment of independent living skills (using the Casey assessment) and necessary training/coaching with the Casey Curriculum according to service plan in these areas, as needed:
  - a. Daily Living
  - b. Self-Care
  - c. Relationships and Communication
  - d. Housing and Money Management
  - e. Work and Study
  - f. Career and Education Planning
  - g. Looking Forward (Confidence/Internal Sense of Control)
  - h. Permanency/Connections
  - i. Parenting skills for the youth parenting their young children
4. Engage DSS as needed for support with child(ren) care

## Procedures for Admission and Discharge

### Pre-Admission Eligibility Requirements

In order to be considered for admission, an applicant must:

1. Meet the "Youth Served" criteria above
2. Complete an admissions application (including providing supporting paperwork)
3. Participate in a face-to-face Interview

These requirements help VHBG conduct an assessment of the youth to ensure s/he is suitable for services.

### Admission & Orientation

Upon admission, the youth is oriented to the program and apartment and begins receiving individualized case management services and independent living skills development.

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## Discharge

Discharge from the program falls under three categories: voluntary discharge, involuntary discharge, or elopement.

Voluntary Discharge is based on one or more of the following:

- Youth has met the goals in the service plan
- Youth has secured housing
- At the time of the youth's eighteenth (18th) birthday, or any time thereafter, the youth requests separation from the program with notification of intent
- Youth is accepted to an educational program out of the state or locality
- Youth enters the Armed Forces

Discharge planning for Voluntary Discharge is a continuous process occurring in partnership with the youth (and guardian, as applicable) that begins at the point of admission and leads toward the goal of successful independent living in the community.

Involuntary Discharge is based on one or more of the following:

- Youth poses a serious threat to self or others due to violent behavior or criminal activities
- Youth poses an immediate or continuing substantial threat to the health, safety, and well-being of others and/or self
- The severity of the youth's psychiatric and/or medical condition requires care beyond what is provided by the program
- Youth refuses to adhere to the program agreement
- Youth under the age of eighteen elopes from the program and the legal guardian decides to terminate services

If an Involuntary Discharge is required, the Case Worker will collaborate with the youth (and guardian, as applicable) to coordinate a discharge to a more suitable environment.

Elopement: Discharge due to elopement occurs when a youth (age eighteen or older) vacates the living arrangement without notification and with no apparent intent to return.

## Fees

Case Management, Life Skills Building on Casey Identified Needs and Other Coaching Needed.

**Effective July 1, 2022, the daily rate will be \$206 per day with no level of service differentiation.**

Independent Living Arrangement - \$772 rent (covered by youth's Fostering Futures monthly stipend, and the additional \$75 will go back to youth and youth will be encouraged to save this money. No Fostering Futures Youth funding will be secured through Title IVE or CSA funds).

Rent includes:

- Landline phone
- Power
- Utilities
- Trash pick up
- \$75 per week for groceries (effective July 1, 2022)

*Note: For residents age 18 and older, payment information related to program services and supports is individualized and as such is addressed in each individual residents' Financial Agreement. For residents under the age of 18, payment information related to program services and supports is individualized and as such is addressed in each individual residents' Placement Agreement. In either instance, refunds are granted in accordance with and as stipulated by each respective locality principal contract/agreement.*