

**PHH is the largest program of its kind in the State of Alaska based on the number of youth served as well as the number of licensed homes, serving more than 1,900 youth in the last five years**

## The PHH Teaching Family Model & TIP Process work hand in hand for successful youth outcomes

The PHH treatment process was developed by the Bureau of Child Research at the University of Kansas and is widely recognized as an effective method of treating troubled youth. It's the cornerstone of the PHH program model, and its three tools include social reinforcement of behavior from caring and consistent Teaching Parents, a token economy appropriate to the child's age that promotes positive achievements, and a guidance system that allows youth to participate while also learning about self-governance.

Much like the Teaching Family Model, the TIP Model is a youth-driven, strength-based, evidence-supported framework that was developed for working with youth and young adults (18-23 years old) with emotional or behavioral difficulties to improve their real-life outcomes, and to live healthy and productive lives.

## 67 years of experience caring for Alaskan youth

In 1957, Mrs. Mable Rasmussen opened her home to girls coming from rural Alaskan areas as a safe place to start out in the Fairbanks community. These girls are now teachers, legislators, and leaders of their communities.

Today PHH is a 'faith-friendly' traditional foster care program for individualized care to address mental health and behavioral challenges of youth 3 to 23 years old. Like Mrs. Rasmussen, PHH creates safe spaces for Alaskan youth to rest, heal, and be successful as a part of Alaskan society.




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A Member of the United Way of the Tanana Valley

Presbyterian Hospitality House

# Transition to Independence Process® (TIP) program overview

Presbyterian Hospitality House, or PHH, is an Alaskan 501c3 that provides mental health and behavioral treatment in a community-based program as an alternative to institutional or juvenile detention placement

**www.phhalaska.org**




## PHH provides the education and support for youth to acquire the skills necessary to live on their own

Typical program participants are young adults, ages 18-23.

These youth live in a residence as a single-gender group under the supervision of an adult to support the development of skills like budgeting, paying bills, getting a job, as well as doing laundry, shopping, cooking and cleaning. They typically share a bedroom with another youth.

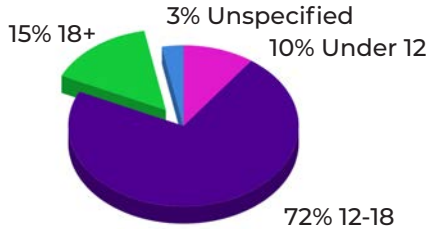
Youth have support to seek post-secondary education, vocational opportunities, and will eventually to learn the necessary skills to successfully live on their own.

## PHH and the TIP assists young adults to master the necessary skillsets while gaining confidence to take on the challenges that life throws their way

Living on your own involves mastering many skillsets that most adults take for granted like budgeting and paying bills, finding and maintaining a job, setting up and getting to appointments on time, meal planning, cooking, cleaning, and managing a household.

The PHH TIP program is voluntary; participants who choose to be a part of supervised living agree to accept terms such as curfew, program rules, and attend individual and group counseling. If at any time residents choose, they can leave the program.

**All PHH program residents by age FY2023**






## The TIP roadmap to independent living



TIP participation begins by becoming familiar with the expectations of the program and accepting the terms of program. Youth begin to gain initial freedoms and are guided to demonstrate consistency with maintaining the basics requirements like attending group and individual counseling, maintaining the shared residence, and the upkeep of their personal space (like their half of the bedroom).

Youth are asked to demonstrate a focus on their education (if relevant), employment, health and hygiene, as well as begin to budget and understand its relation to their ability to self-sustain. When these skills are successfully achieved, youth freedoms are extended to encourage practice of social interactions in the community, school, and their shared environment.

Residents demonstrate increasing accountability by consistently adding to their savings account, following their budget, and showing the ability to be compassionate towards others. When they've successfully internalized these skills and achieved the ability to self-sustain in the home, at work, at school, and in the community, residents leave the program and transition into an apartment or other family setting.

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