

ACCESS SERVICES

**TIP**

A young adult mental  
health program



# Navigating independence can be difficult.

TIP (Transition to Independence Process) is a young adult mental health program. Our dedicated facilitators work with youth 16 –26 years of age to help them overcome any barriers to independence they may have.

## Personalized Plans

Each plan is tailored to the youth and their personal goals.

Some examples include:



An employment goal may help the youth obtain their driver's license to make access to employment attainable.



A social goal may have the youth out in the community engaging with peers in activities that help them build lasting friendships and navigate relationships.

**Each youth has different goals and it is our  
desire to see them reach every single one.**

**For more information, contact**

**TIP@accessservices.org**

**or fill out an inquiry form.** ➔



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## Key Focus Areas

*We build plans around goals that TIP youth personally choose in five key areas.*



### Living & Housing Support

Help connect with housing resources such as independent residence, residing with natural, adoptive, or foster family, other family situation (e.g., girlfriend's family, extended family), semi-independent living, supported living, and group home.



### Educational Opportunities

Vocational or technical certification, high school completion or GED certificate, workplace educational programs where placement is related to college/school enrollment, Associate's degree, Bachelor's degree and beyond.



### Employment & Career Advisory

Competitive employment site, work experience, paid or unpaid, at competitive or entrepreneurial worksite, supported employment with a job coach, transitional employment opportunities, paid or unpaid, at a noncompetitive worksite placement.



### Community Life Functioning

Daily living and self-care, maintenance of living space and personal possessions, money management, cooking and nutrition, safety skills and activities, social activities, mobility around the community, access to community agencies and resources, legal services and cultural and spiritual resources.



### Personal Effectiveness and Well-Being

Interpersonal relationships, emotional and behavioral well-being, self-determination, communication, physical health and well-being, parenting.