

Program Mission:

TARGET Teen Transitions Group is an intensive independent living program with the purpose of providing youth and young adults who have a serious emotional disturbance with the tools and guidance to successfully achieve independent living.

Our program presents a variety of modules that are designed to equip the participant with the ability to succeed in society and become an independent and active member of their community.

The primary goal of the TARGET program is to prepare young adults to live as successfully as possible on their own by learning and applying skills that are taught by qualified professionals through various modules.



Program Overview:

Our program admits young people between the ages of 16 and 21 on a monthly basis. The group meets four days per week (Monday – Thursday) from 12:00 pm to 4:00 p.m. Regular attendance is strongly encouraged in order to facilitate successful completion of the program. Anyone who is absent for more than three weeks will be suspended from the program for the remainder of the year.

Each participant completes a pre and post test for each of the 9 modules included in the “Casey Life Skills” Curriculum. The pre-test is used to measure current independent living skill knowledge and to individualize the program for each client’s specific needs. The post test is used to measure achievement and completion of the program.

Expectations:

Instruction occurs in group sessions and is structured, whenever possible, to encourage creative presentation and hands-on instruction. Application will be the “real world” opportunities for the participants to practice what they have learned through each module.

It is our belief that social competence is a vital part of independent living. In order to increase social comfort and awareness, monthly activities are scheduled outside of the classroom setting. Each participant is required to participate in these activities.

Since the program is part of the local high school curriculum, participants are also expected to attend class on a regular basis and complete all program requirements and achieve 16 out of 20 points awarded daily in order to receive high school credit.

For additional information about programs and services available for children and youth please contact Nikki Hitchcock at 913-682-5118. You may also obtain information through any our administrative offices located in Atchison, Jefferson and Leavenworth Counties.

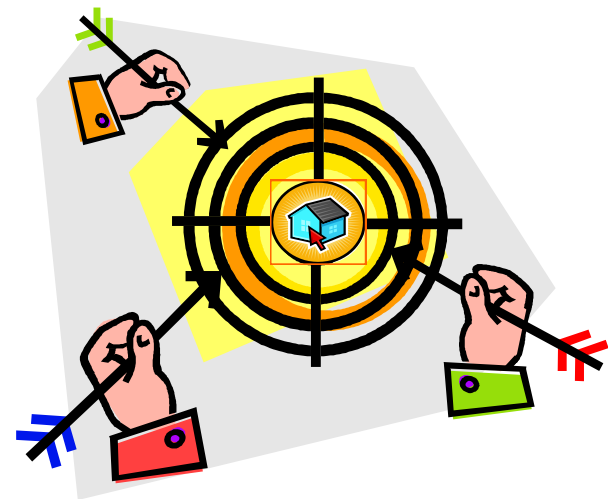
Atchison County:
201 Main St.
Atchison, KS 66002

Jefferson County:
1102 Walnut Street
Oskaloosa, KS 66066

Leavenworth County:
500 Limit Street
Leavenworth, KS 66048

www.theguidance-ctr.org

TARGET



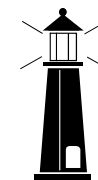
Teens Achieving, Reaching, Growing, Experiencing and Transitioning

Atchison County: (913) 367-1593

Jefferson County (785) 863-2929

Leavenworth County (913) 682-5118

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THE
GUIDANCE
CENTER

Promoting Healthy Communities

TARGET Curriculum:

The program has a time limited curriculum of seven months. The TARGET program provides educational groups, psychosocial groups and individualized case management to assist each participant in achieving his or her goals toward independent living.

The program is designed to provide the level of individual support that is necessary to assist each participant in completing the program. Measures are taken to provide assistance during group time with case managers and attendants facilitating.

Participants also receive one on one skills training in the home and school from case managers and attendant care workers who are assigned to work with each individual.



The "Casey Life Skills Curriculum" is used to prepare participants for independent living. The 9 modules are as follows:

- Career Planning
- Communication
- Daily Living
- Home Life
- Housing & Money Management
- Self – Care
- Social Relationships
- Work Life
- Work & Work Study

These modules are dispersed from week to week to engage participants and to maintain focus in order to ensure consistent and continuous learning for those participating in the program.

Speakers:

Speakers and instructors for each module

consist of a variety of volunteer community members who can offer skills specific instruction in that particular area. Volunteers consist of representatives from the local health

department, fitness centers, housing authority and/or area landlords, dieticians, mechanics, banks and or financial institutions, consumer credit counseling etc. Group instructors are asked to prepare an activity and educational group that will focus on the theme for that session.



Transportation:

Transportation is provided to and from program activities. However, if a participant is unable to attend we ask that program staff be notified by 11:00 a.m. that day. Three absences without a call to notify the program manager will result in suspension of transportation privileges. Parents/guardians will then be responsible for providing transportation to and from the group.

Other Research Based Groups Offered for Children and Youth through The Guidance Center

Morning Social Skills

- Understanding the teachers role
- Classroom Rules and Responsibilities
- Other Authority Figures
- When You Have Problems

Choices: New Beginnings

- Conflict and Underlying Needs
- Kinds of Conflict
- Identifying Conflict Within a Class
- Focus On The Positives



Challenger Group

- Age - 6 & 7 (primarily ADHD diagnosis)
- Therapeutic Interventions Using Non-Therapeutic Games to improve organizational skills, following instructions, respecting others, impulse control, making decisions etc.

Cooperation/Teamwork

- Age - 8 & 9
- Designed to improve verbal and non-verbal communication skills using props based activities such as: Blind Cards, Affirmation Jar, Feelings Flashback, Communicating With "I" statements.

Conflict Resolution

- Age - 10-12
- Activities include: Replacing negative thoughts with positive self-talk, creating your own personal treasure chest of affirmations, pushing aside aggressive behavior and handling conflicts assertively

Life Skills

- Age - 13 & 14
- Activities include - Stress management, personal independence, hygiene, community independence, interpersonal skills



Between Teens

- Age 15-16
- Activities include - Living with community, identity, family, sexuality, emotionality, discovery, and chemicals

Summer Adventurers Group

- Age 8-12
- Activities include making & keeping friends, communication, teamwork, problem solving/ decision making, self esteem and responsibility.
- Instruction consists of props based activities and role play.
- Group meets for 10 weeks, Monday-Thursday from 8-2:30.

For additional information, please contact Nikki Hitchcock at 913-682-5118.