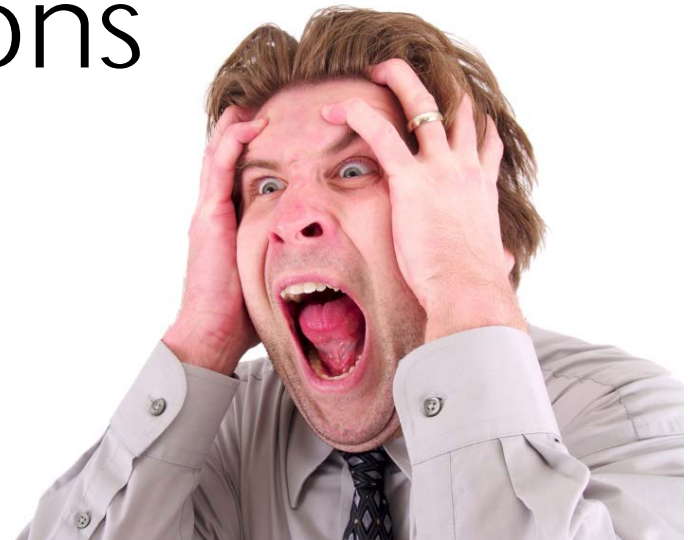
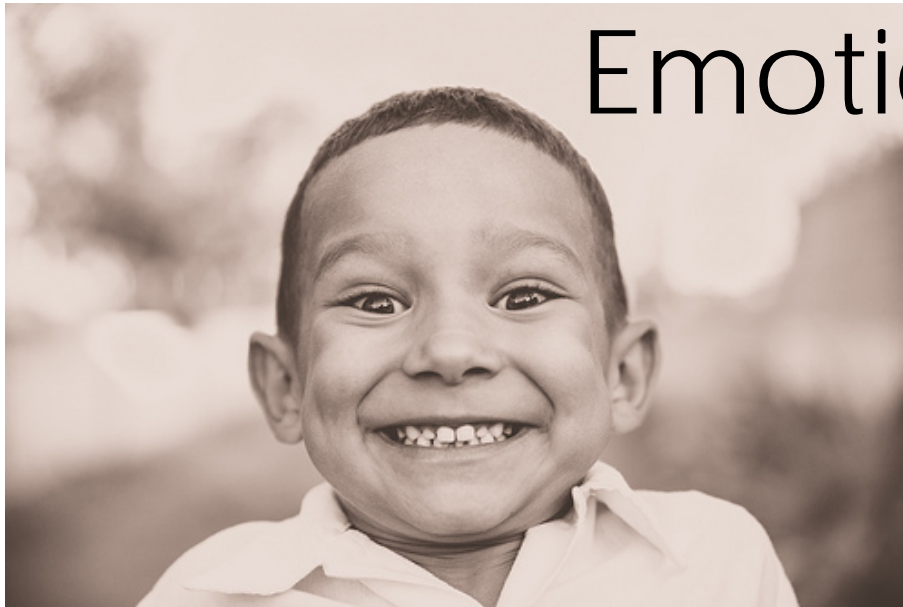


# Transitions in Independent Living (T.I.L)

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# Emotions



# What I observed in PSH living



But then...

**Teresa & Nina**

# What is T.I.L?

Transitions in Independent Living is a program that offers a series of classes designed for individuals to develop and foster the skills necessary to live independently more successfully.

- **Goal 1:** Increase life skills to retain housing
- **Goal 2:** Increase personal support when moving into permanent housing
- **Goal 3:** Increase level of self-efficacy when moving into permanent housing
- **Goal 4:** Decrease level of anxiety when moving into permanent housing

# TIL 8 Week Curriculum

- Peer Support
- Processing Thoughts, Feelings & Behaviors
- Discovering Gifts, Dreams and Skills
- Crisis Planning & Stress Regulation
- Goal Setting
- Lease Agreement (Guest Landlord or PM)
- Shared Housing
- Be A Good Neighbor (Role Plays)
- Computer Basics
- Housing Search
- Budget
- Cooking Skills
- Cleaning Skills
- Metro Navigation
- Community Mapping
- **\*Graduation – Take a moment to celebrate achievements**



# Mock class of Discovering Gifts, Dreams & Skills and Accountability Partners

# Peer Support Session

- Welcome & Icebreaker
- Group Agreements & Parking Lot
- Peer Supporters Sharing
  - These are peers who have transitioned into Permanent Housing & share their experiences and resources.
- Break
- REAL Talk – Q&A from TIL participants in small groups
- Homework
- Closing



# TIL Curriculum Layout

- Welcome
- Icebreaker
- Review from previous week
- Experience
- Break
- Parking Lot
- Homework
- Closing



# TIL Train the Trainer Curriculum

Coming soon!

# From Graduation...



# To Housed...

