

SUPERVISED INDEPENDENT LIVING

RESIDENTIAL PROGRAM



HOPE HAS A HOME.

The Village's Supervised Independent Living Program (SIL) provides a transitional living experience for young women preparing for independence, particularly those who have been in foster care or a residential program. Our goal is to assist them in securing opportunities and to learn to work with community agencies for support and assistance—ensuring that transition to independence will be a positive experience and not an isolated and frightening proposition.

OUR CAMPUS IN ROSEMONT, PA

Housed in on-campus apartments, our 10-bed, Joint Commission accredited program, is located on a 43-acre campus in the suburbs of Philadelphia. With a low client-to-staff ratio and peaceful suburban surroundings, the program optimizes every opportunity for successful transition to independence.

Upon admission, each young woman is evaluated using the Casey Life Skills Assessment, which guides the development of an Individual Service Plan (ISP) and identifies goals and steps for achieving these goals. Weekly case management meetings address progress toward goals, access to community services, and coordination of mental health, physical health, or educational and vocational needs. A full-time Life Skills Counselor provides young women with tools to navigate through everyday situations and is available to offer “hurdle help” to get them past barriers when they appear.

The support of caring and generous donors helps provide many “normalizing” opportunities for each young woman to enable her to participate in social, academic, recreational, and enrichment experiences.

SERVING YOUNG WOMEN

Our single gender focus enables us to provide specific programming that is particularly effective with young women, leading them on a path of self-discovery, self-confidence, and self-reliance. Our comprehensive approach addresses the physical, mental, and spiritual well-being of the individual, helping her to identify, appreciate, and develop her unique character and gifts.



LIFE SKILLS FOR INDEPENDENT LIVING

Independence with rules:

The Village SIL program combines freedom with structure and support. Each young woman creates a weekly schedule that includes work, school, appointments, visits, and any other activities. Our SIL staff assists them with planning their transportation and budget in addition to learning other important life skills. The young women are expected to attend all scheduled appointments and return by curfew each night.

Apartment amenities:

Each apartment is fully furnished, has central air conditioning and Wifi. The young women receive a weekly food allowance, a clothing allowance, bedding, housewares, all necessary supplies, and personal products. Residents are encouraged to add a personal touch to their apartments with decorations and art.

Additional support:

Our program provides a supportive living environment with access to staff 24 hours, 7 days a week. Experienced staff members in each area communicate closely with each other and with the residents to provide needed support.

The Village has a nurse on campus 7 days a week from 8:00 a.m. – 11:00 p.m. and is available to administer prescription medications and provide first aid treatment.



EVIDENCE-BASED, TRAUMA-INFORMED CARE

- S** **SAFETY**
What do I need to feel safe?
- E** **EMOTIONAL MANAGEMENT**
How do I control my emotions?
- L** **LOSS**
How do I deal with the loss I feel?
- F** **FUTURE**
What are my goals for the future?

TheVillage, a leader in trauma-informed care, utilizes the Sanctuary Model as a framework for healing. This model focuses treatment around the concept of “SELF.”

Using the Sanctuary Model and trauma-informed interventions as a guide for all activities, the young women soon learn to develop their own coping and calming activities and focus on healthy choices and the hope for a brighter future.

Working within this framework, young women are assigned to on-campus apartments and share living and community space. The SIL program provides a full range of services designed to assist, support, and educate the participant as she moves through a series of stages from dependence to independence.

These young women are involved in an educational program, employment, or a program that removes barriers to employment. They participate in a

combination of educational and life skills groups. Life skills education takes place during the daily routine of independent living as staff members guide and model for participants. The focus is mastering basic life skills, including money management, cooking meals, taking public transportation, and housekeeping.

The transition from dependence to independence is often very difficult for a young person with emotional problems who has been in residential treatment and/or in multiple foster placements. Staff works closely with every young woman in the program. The frequency of contact decreases gradually over the course of the program and as she demonstrates the level of personal responsibility needed to manage independently.

theVillage: Hope in Action since 1877

The work we do here at theVillage makes a difference for individuals, families, and communities.

Founded in 1877, theVillage is committed to reaching the most vulnerable children and families in our communities and delivering assistance that lasts. Through trust, compassion, commitment, and faith, we work with children and families to focus on the future—defining their unique goals and paving the specific steps needed to achieve those goals with stability and wholeness. We are persistent in the face of major challenges, assisting our clients to overcome trauma and a spectrum of circumstances arising from poverty, mental illness, addiction, and abuse.

We are hope in action, healing in purpose, organized around evidence-based, innovative practices, in collaboration with individuals, families, and communities.

TheVillage is accredited by The Joint Commission (TJC), certified by the Sanctuary Institute, and is an active member of the Pennsylvania Council of Children, Youth and Family Services.

“TheVillage SIL program was a stepping stone for me to adulthood and to living on my own. Outside of theVillage, there was no one else to help me learn to be independent. At theVillage, I never felt alone.”

- Tina B., Former SIL Client

Call today to schedule an appointment to visit and tour our campus. Our experienced admissions staff is here to meet with you and to answer all of your questions.

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