

CITY House: TRIPS

2009 Dashboard Overview

Overview

CITY House provides both residential and nonresidential transitional living services for 16-24 year olds through the TRIPS (*Transitional Resource Intake and Placement Services*) program. TRIPS helps young adults move towards independence by assisting them in gaining the skills and knowledge to succeed on their own. TRIPS offers eight services which include: 1) individualized case management, 2) professional counseling, 3) life skills coaching, 5) educational assistance, 6) job training, 7) food pantry & clothing closet, and 8) long-term residential housing for up to eighteen months.

History

TRIPS began in 2002 so as to provide older teens and young adults with transitional living services designed to keep them off the streets and out of harms way. This program targets youth who are either homeless, at risk of becoming homeless, pregnant, parenting, or any youth who needs help in successfully transitioning to an independent living situation. In 2008, TRIPS proudly opened its two residential homes called The Nancy Boyd Home for young men and The Kay Goodman Home for young women. Both homes are located close to downtown Plano.

Community Need

Through this country every year, there are approximately 575,000 to 1.6 million unaccompanied youth who are either on the streets or in shelters, don't have enough to eat, have acute and chronic health problems, or have not completed high school. Specific to the local community, over 200 people sleep on the streets in Collin County every night; many are children and young adults. These young people are unattached to families and have no known resources for support.

Once a youth turns 17 years old, police typically do not respond to runaway reports or enforce the youth's safe return home, and youth who leave the foster care system at 18 years old often do not have any means of support. As a result, CITY House began seeing that this population often resorts to crime, drugs and other at-risk behaviors to escape the pain of living in an endless cycle of poverty and "couch hopping". If not caught in time, this lifestyle can lead to chronic homelessness and problems with addictions. The TRIPS program was implemented to address and meet the needs of these young adults.

Services Offered

Services are provided to pregnant, parenting, and/or homeless young adult, or those at risk of becoming homeless. These services include:

- Educational assistance in completing high school or getting their General Equivalency Diploma (GED)
- Academic opportunities at local colleges and universities
- Job training assistance
- Access to medical and community resources
- Clinical and care management services
- Training in parenting skills
- Training in independent living skills
- Up to 18 months of safe, secure housing

Purpose/Goal

The mission of TRIPS is to assist young adults in becoming healthy and independent by assisting them, guiding them, and helping them overcome the obstacles in their lives.

Objectives

Objectives are based upon the CITY House TRIPS eight-component resource model:

1. Provide quality, detailed assessment for all clients
2. Provide long term transitional housing for homeless young adults
3. Collaborate with Plano Housing Authority (PHA) to assist with housing needs
4. Reinforce positive personal development through case management, counseling, and life skills
5. Provide counseling and skill building opportunities that assist with self-sufficiency
6. Provide educational opportunities through community partnerships
7. Ensure that clients achieve long-term employment positions
8. Provide food, clothing, and additional items as needed to any young adult in need

Evaluation Methods

TRIPS services are extensively evaluated in the following ways:

- Client satisfaction surveys after each counseling session
- Follow-up satisfaction surveys through letter, phone, and email
- Testimonials and self-reporting by clients
- Periodic audits of client files, program budget, and site inspections by Program Director, Clinical Director, and Executive Director
- Annual audit and corrective measures
- Field inspections by the funding sources
- Field inspections by United Way
- Periodic inspections by Board Members
- Feedback from referral sources and other service providers
- Clinical evaluation: clients are given a client history and assessment upon entering a CITY House program. Progress notes describe the client's progress or lack of progress towards stated action plan goals

Outcomes

- In 2008, TRIPS served 80 clients in both residential and non-residential services.
- From January 1, 2009 to August 31, 2009, TRIPS has already served 74 clients in residential and non-residential services.

Primary Funding Sources

Funding through the RHY-TLP grant contributes to the majority of the TRIPS baseline budget. United Way funding has also been granted towards providing TRIPS services to the community.