

Trinity House Therapeutic Services

Therapeutic Interventions:

- Individual Therapy
Trauma Focused Cognitive Behavioral Therapy (TF CBT) is the primary therapeutic modality utilized at Trinity House. Trauma Focused Cognitive Behavioral Therapy is an evidence-based treatment approach shown to help children, adolescents, and their caregivers overcome trauma-related difficulties. It is designed to reduce negative emotional and behavioral responses following child sexual abuse, domestic violence, traumatic loss, and other traumatic events.¹ The treatment—based on learning and cognitive theories—addresses distorted beliefs and attributions related to the abuse and provides a supportive environment in which children are encouraged to talk about their traumatic experience (Child Welfare Information Gateway 2012).
- Therapeutic Groups
- Life Skills Training and Development

Independent Living Program:

Upon completion of the Ansell-Casey Life Skills Assessment, an Indiana state-mandated, strengths-based and comprehensive assessment tool, the Therapist, Resident, Life Skills Specialist and Youth Specialists, along with the treatment team, develop an individualized plan to assist the youth develop life skills they need to exit care. Each resident receives components of each of the following domains:

- Career Planning
- Communication
- Daily Living
- Home Life
- Housing & Money Management
- Self Care
- Social relationships
- Work Life
- Work & Study Skills
- Workforce Development

The goal of Workforce Development is to provide work preparedness and employment services for the youth of Lutheran Child & Family Services. This program component provides guidance, skills, mentoring and assistance in formulating a plan to enter the workforce.

Strategies:

- Identify personal document needs, e.g. birth certificate, social security card, and photo identification card
- Outline, plan, and practice the skills required to obtain employment including the preparation of a resume, completion of an application on paper and online, and interview skills
- Provide transportation during the job application and interview phase
- Provide guidance and resources for proper dress for interviews and employment
- Provide guidance and motivation during the follow-up phase
- Develop strategies to overcome obstacles to success in the workplace
- Education

Each resident is given the same opportunity for education as other residents in the community. Transportation to schools in the community is provided when not provided by the school, which may include public transportation to foster the youth's independence and increase self reliance. The Education Coordinator assists in identifying and planning for educational needs including pursuing a GED if appropriate.

Enrichment:

For so many of our young men, survival has been their primary focus. Coming to us with minimal or no family engagement or support, many have been left to their own devices to meet their own basic needs. TRINITY HOUSE is designed not only to meet the basic needs of the youth but also to enhance their quality of life. The means by which we do so is Trinity House Enrichment. Beyond the required provision of basic needs, life skills training and assistance in maintaining good habits of personal care, we define quality of life holistically as the opportunity of an individual to engage in activities daily that enrich their being in the areas of physical well-being, emotional stability, natural/social supports, spiritual life, and community engagement.

Trinity House Enrichment are group activities typically in the community to promote the residents holistic development, encourage community engagement and create a well rounded milieu for the residents. Each month, the residents and House Manager collaborate to identify a theme for the month. Three activities are planned each week centered on the month's theme. The themes will always support the overarching goal of self sufficiency. Enrichment activities may include:

- Visiting historical museums and cultural events to foster appreciation for history and diverse cultures
- Volunteerism and attending special and unique community events to promote a sense of community and civic engagement.
- Shopping excursions to support money management and budgeting.
- Physical or sporting activities to encourage sportsmanship and teamwork, health and wellness.
- Attending performing arts events and museum to promote an appreciation for the humanities and self expression.

While we hope the outings/activities are engaging and fun, each activity links concretely to one of the Independent Living domains. Enrichment will also include seminars at Trinity House maintaining the theme and focus on independent living provided by guests with expertise in a variety of areas. Our goal over the course of the year is to have engaging speakers presenting on our core Independent Living domains i.e. Career Planning, Communication, Daily Living, Home Life, Housing & Money Management, Self Care, Social relationships, Work life, Work & Study Skills.

For more information regarding referrals please call our Referral Relations Manager, Kisha Anderson at (317) 359-5467 ext.201