

# Rocky PAL Program

## Preparing for Adult Living



### Program Coordinator:

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### Therapist:

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**Our Rocky Mountain House PAL Program is a community collaborative program created to support male youth who demonstrate readiness to move towards adulthood.**

The Rocky PAL program operates in partnership with our River's Edge program, which provides a support system for youth admitted into PAL.

The program offers supportive services for youth and an environment where they can develop and practice adult living skills. They are coached on securing suitable employment and encouraged to make positive choices which contribute to their success. This model is a House-Parent approach which builds relationships day to day with youth.

**Our philosophy at PAL is:**

**Youth desire to succeed and will do better when we help them to remove the obstacles in their way.**

**Age of Male Youth:** 16 or 17 years old

**Schooling:** Community Schooling (*as desired*)

**Recreation:** Occasional outings with program staff Staff

**Staff Training:** Therapeutic Crisis Intervention (TCI), Suicide and Self-Harm Awareness (SafeTalk), Aboriginal Awareness, Cultural Diversity, Medication Administration, First Aid

**On-Call Support:** 24 hour On Call Support

**Efforts to Outcomes (E.T.O.):** Outcome monitoring, Case planning, Goal creation and Attainment scaling

### Cultural Outings Include:

- Pipe ceremony with every season of the year;
- Sweat lodges and Sundances;
- Pow wows and Round Dances;
- Feasts with Traditional Foods;
- Skinning and Tanning of Hides;
- Cutting Wild Meat / Making Dried Meat;
- Making Drum(s) and Aboriginal Crafts;
- Traditions of Praying and Traditional Ceremonies After Hunting

**Admission Requirement:** Delegation of Powers, Signed Consent, Information Consolidation, Reason for Referral, Client Demographics, Service Plan, Highlighted Client Special Needs

**Within 2 weeks we require:** Basic start up costs\*, Furniture, TV, Electronics, etc., Kitchen setup, Cell phone, and Clothing up to date.

### \* Basic Start Up Costs

- Rent (Market Price)
- Food (\$500.00)
- Utilities (\$200.00)
- Clothing (\$100.00)
- Spending Money (\$75.00)
- Incidentals (\$55.00)

### \* Extra Billing For:

- Crisis 1 to 1 Workers @ \$30.00/hr
- Travel @ \$23.00/hr and \$0.505/km
- Community Based Assessments

*\* Note: Rent may be subject to change depending on the found living space, or future rent increase, etc.*

### Solid Support

- Adult life training skills
- Set up bank account
- Find employment
- Basic budgeting
- Obtain government I.D including photo I.D, S.I.N. number and a birth certificate, as needed

*For diem rates: please call Juan 1-403-845-8070 or call Central Referral at 1-403-505-3422*