

# PAL Program

## Preparing for Adult Living

**Within 2 weeks we require:** Basic start up costs, Furniture, TV, Electronics, etc. Kitchen setup, cell phone, clothing up to date

**Basic Start Up Costs\*:**

- Rent (TBD) \*Market Price
- Food \$500.00
- Utilities \$200.00
- Clothing \$100.00
- Spending money \$ 80.00
- Personal 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.*

**- For per diem rates please call Central Referral at 403-505-3422**

**The Red Deer PAL Program is designed to provide support to older youth, or expectant female youth who prove ready to move towards adulthood.**

PAL operates in conjunction with our other programs, which acts as a support system for youth admitted to PAL. The program offers supportive services where youth can develop and practice adult living skills, learn how to secure suitable employment and encourage them to make positive choices.

Our model is based on approach the builds rapport with youth by establishing respect, honesty and integrity in relationships.

**Age of Youth:** 16 - 24 years, or expectant females in need of special care

**Schooling:** Community schooling available

**Recreation:** Occasional recreation outings with Heritage Families program staff

**Reporting:** Critical Incidents within 24 hours, Monthly progress reports, Care plans updated quarterly

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

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

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

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

### Highlights

- Adult life skills training
- Bank account establishment
- Employment establishment
- Budgeting and expenditures
- Acquisition of a Photo I.D., SIN number and birth certificate, if needed

