

## What is the TIP Model®?

The TIP Model® emphasizes youth voice and choice while supporting young adults with their transition into adulthood.

The TIP Model® was specially developed for working with youth and young adults with emotional and/or behavioral difficulties to help:

- Engage them in their own future's planning process
- Provide them with developmentally appropriate and non-stigmatizing services and support
- Involve the youth, their families, and other informal key players in becoming planning partners who assist youth in moving toward their goals

## Planning Partners

Supportive planning partners are selected by youth to assist them in different topic needs.

Partners are both formal and informal key players in a youth's life who assist the youth in achieving their goals.

## Transition Facilitators

New Directions' Transition Facilitators are trained in the TIP Model® to help teens and young adults adapt to the world around them.

They facilitate the young person's future by implementing the TIP Model® and ensuring continuity of planning, services, and support.

## TIP Model® Transition Domains:

Transition Facilitators help youth identify 1 or 2 domains that are important to them. At New Directions, we emphasize that areas of focus are driven by youth voice and choice, rather than what Transitional Facilitators think is best.



*\*Graphic from the Transition to Independence Process (TIP) Model® [www.TIPstars.org](http://www.TIPstars.org)*

## TIP Model® Core Practices:

### 1. Strength Discovery and Needs Assessment

Techniques for engaging youth in conversations to help them redefine their dreams for the future.

### 2. Futures Planning

Defining a life the youth wishes to live and describing what will assist them in moving toward that life, all from the youth's perspective.

### 3. Rationales

Guiding youth to link their behaviors to positive or negative likely outcomes.

### 4. In-vivo Teaching

Helping the youth develop major skills necessary for self-sufficiency which includes enhancing daily living skills, improving problem solving skills, and increasing employability.

### 5. SODAS

(Situations, Options, Disadvantages, Advantages, Solutions)

A problem solving and decision-making method.

### 6. What's Up? Prevention Planning on High-Risk Behaviors & Situations

A collaborative approach for youth to decide if/when change is needed. The Transition Facilitator supports them as they work through the stages of change. It incorporates Motivational Interviewing (MI) and harm reduction strategies.

### 7. SCORA

(Situation, Concern, Options, Review Options and Agreement)

Mediation with young people and other key players to resolve conflicts.

*\*Information from the Transition to Independence Process (TIP) Model® [www.TIPstars.org](http://www.TIPstars.org)*



## Raise the Age Program Goals



Increasing engagement  
in schooling and/or  
GED programming



Increasing employment  
and possible careers



Improving stability in  
living situations in safe  
home-like settings  
versus placements in  
restrictive facilities



Learning problem-solving  
and decision-making  
skills for functioning  
in home, school, work,  
and community settings



Improving emotional  
coping and self-  
management skills



Lessening interference  
from mental health  
and/or substance use  
problems



Improving interpersonal  
skills and expanding  
relevant social supports



Decreasing involvement  
with the criminal  
system and  
incarceration

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**FosteringGood.org**



## Raise the Age Program

*Transition to Independence  
Process (TIP) Model®*

An evidence-supported practice that focuses  
on youth engagement, future planning, and  
skill building through a person-centered  
approach.

The TIP Model® is unique in its youth-driven  
approach that utilizes selected planning  
partners to support youth in their transition  
to adulthood.