



TIP Program

What is TIP?

The Transition to Independence Process (TIP) Model® focuses on youth engagement, futures planning, and skill-building through a person-centered, strength-based approach. The TIP Model® emphasizes youth voice and choice and supports youth and young adults with their transition to adulthood. For more information on the TIP Model®, please visit TIPstars.org.

Who does TIP serve?

TIP operates with minimal exclusionary criteria: Youth and young adults (14-29 years old) living in Northern Virginia experiencing transition to adulthood challenges related to emotional/behavioral difficulties due to mental health, substance abuse, and/or mild developmental disabilities; and/or involvement with agencies such as children's protective services, juvenile justice, or public assistance, and/or youth who are runaway, homeless, or otherwise at risk of transition to adulthood difficulties.

*PLEASE NOTE: TIP is not appropriate to treat individuals with active opioid use disorders.

What is the goal of TIP?

TIP operates over a limited period of time, averaging about 18 months, to support the transition to adulthood by:

- Engaging youth and young adults in their own futures planning process.
- Providing youth with developmentally appropriate, non-stigmatizing, culturally competent, and appealing services and supports.
- Involving youth and their families and other informal key players in a process that prepares and facilitates them in their movement toward greater self-sufficiency and successful achievement of their goals related to their relevant transition domains.

How does TIP work?

TIP operates within a team-based approach with four providers serving up to 30 individuals per team:

- Clinical Supervisor (LMHP)
- Transition Facilitator, Life Skills Focused (QMHP)
- Transition Facilitator, Supported Employment/Education Focused (QMHP)
- Youth Peer Specialist (RPRS/CPRS)

All providers work with all individuals in complementary roles to support individualized transition processes around core transition domains:

- Employment
- Education and career development
- Living situation
- Personal effectiveness and wellbeing
 - Interpersonal relationships
 - Emotional and behavioral wellbeing



- Self Determination
- Communication
- Physical health and wellbeing
- Parenting
- Community-life functioning
 - Daily living skills
 - Leisure activities
 - Community participation

The frequency of visits will be determined by individual needs, but TIP direct services will likely average 2 hours per week per individual, more intense than outpatient services but less intense than crisis stabilization programs. Services are provided primarily in the community to support building independent living skills, and HIPAA-compliant telehealth services are available to enhance access to services as needed.

What outcomes can I expect from TIP Services?

TIP operates as a trauma-informed, strengths-based prevention program with emphasis on evidence-based measurement of outcomes and compliance to TIP Model® fidelity to maximize outcomes:

- Increase in positive engagement and goal attainment in selected transition domains
- Increase in daily living skills functioning and productivity
- Increase in esteem, resilience, and self-advocacy skills
- Increase in social and community supports for continued independent community functioning through adulthood
- Decrease in human and financial costs of regular crisis services and treatment

What makes TIP different?

- Youth-driven, strengths-based, evidence-supported wraparound program with demonstrated effectiveness to improve post-secondary outcomes: increased employment and post-secondary career education, improved community-life functioning, and reductions in the use of intensive mental health services and in incarceration.
- Hybrid model offers flexibility to meet virtually and/or in the community.
- Team of providers can support individualized services across several transition areas: employment and career, education, living situation, personal effectiveness/wellbeing, and community-life functioning.
- Minimal exclusionary criteria – designed to enhance equitable access to high-quality wraparound behavioral health services for individuals in need of community-based support.

How do I access TIP services?

Referral forms will be available on the HopeLink Behavioral Health website in the coming weeks. For more information on TIP at HopeLink Behavioral Health, please contact us at TIP@prsinc.org.