



Ascension

TLP PROGRAM INFORMATION

The Transitional Living Program (TLP) at Ascension Illinois - Center for Mental Health is a treatment program that assists individuals with a diagnosed major mental illness (DSM Axis I primary diagnosis) to integrate or reintegrate into the community with the ultimate goal of successfully living independently in the community in a situation that can be sustained over time.

This is NOT a housing program and we do NOT provide housing solutions to individuals simply requiring housing. It is a treatment program and the criteria considered by the treatment team takes into consideration how *treatment* in TLP might benefit a person. Housing needs are not taken into consideration.

Treatment offered is a skills based treatment. The focus of TLP treatment includes specific skill areas including:

- Activities of Daily Living (ADL's), ie. cooking, cleaning shopping, budgeting
- Coping skills, ie. learning how to independently cope with symptoms of mental illness
- Social skills, ie. social network development to ensure support while living independently

There are a number of treatment requirements associated with participation in TLP including:

- 12 hours of day structure per week (min.) primarily consisting of TLP groups
- Weekly meetings with an assigned Case Manager (1 hour)
- Participation in medication fill training (weekly fills with Case Manager)

Individuals who participate in the program reside in a TLP apartment. All apartments are two bedrooms and house two like-gendered individuals. All apartments are semi-furnished (beds, tables, chairs, TV, sofa, tables, basic cooking implements.) Beds are assigned based on when an individual enters the program, as well as program needs.

Please call the Ascension Illinois - Center for Mental Health at 847.952.7460 for more information.