

The Phoenix Associates **B.O.S.S.** Program

Be Outstanding Self Sufficiency



Phoenix Associates, Inc.

The BOSS program is a holistic approach to independent living skills. This program will address typical IL topics such as housing, education, and money management. What is unique about the BOSS program is IL Skill building is incorporated with Trauma Focused Care principles, and Pro Social Skills. Rather than solely providing information and tools, BOSS will address the emotional and stress factors that accompany many youth facing independence. Fear, anxiety and uncertainty are common emotions associated with any major life change, and if not addressed will allow for possible fear responses such as self sabotaging, deciding not to take the necessary steps based on fear, and continued unhealthy cycles.

BOSS will assist youth in identifying, managing, and overcoming these emotional difficulties that are often obstacles to successful independence. The goals of BOSS are to provide youth with needed tools and skills to minimize self sabotage and maximize the confidence that comes with emotional well-being. The majority of the BOSS curriculum incorporates NYTD Service Elements.

The BOSS program is an open ended program for 12 weeks. Topics will include Post-Secondary Educational Support, Career Preparation, Budget and Financial Management, Health Education and Risk Prevention, and Family Support and Healthy Marriage Education. Group topics and content will be modified based on Ansell-Casey assessment results and consultation with referral source.

Sample Curriculum

Post-Secondary Educational Support: Examples of Emotional Barriers include: Self Sabotaging, peer versus self-pressures, the "I can't mindset, and self-esteem issues.

Career Preparation: Examples of Emotional Barriers include: social anxieties, afraid to fail, and afraid to succeed.

Budget and Financial Management: Examples of Emotional Barriers include: Family of origin patterns, and impulsivity.

Housing Education: Examples of Emotional Barriers include: Boundaries, limit setting, and fear of the unknown.

Health Education and Risk Prevention: Examples of Emotional Barriers include: Mental Health issues, relationship boundaries, and healthy sexual development.

Family Support and Healthy Marriage Education: Examples of Emotional Barriers include: Family of Origin, and Shame and Guilt.

If not already completed by the referral source, an Ansell-Casey will be completed along with additional collateral mental health scales. A pre and post-test will also be utilized.

The BOSS program takes into consideration a variety of individual factors such as trauma, mental illness, family of origin, and functioning level. BOSS believes in empowering the youth to make a healthy and successful transition to becoming productive members of the community.

Referrals can be made to Phoenix Associates, Inc. A referral for General Counseling through DCS is required. Medicaid is accepted. Group time is Thursday at 5:30 p.m. to 7:00 p.m. An initial appointment is required for assessment and evaluation for enrollment to the program.

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