

What is TIP?

We are a professional support in your corner to reach your vision of a successful future.

TIP is a specialized service aimed to address common hurdles encountered by young adults. The program is designed to help individuals reach their vision of a successful future by using a strength based approach that focuses on achievement and problem solving.

Who does TIP serve?

Young people aged 16-26 trying to build a better life.

What do we do?

We help you set life goals and work together to make your vision of a successful future a reality.

TIP focuses on five key areas:

- Educational Opportunities
- Employment and Career
- Living Situation
- Community Life Functioning
- Personal Effectiveness and Wellbeing

How does the program work?

The program is driven by the voice of the individual in the program.

Each young person will create a “Futures Plan” with their individual TIP Facilitator. The Futures Plan then becomes the road map to a successful independent future. As goals are achieved, the Futures Plan is revised and updated to accommodate new goals on the road to independence.

You choose where we meet: at home, at school, at a coffee shop or in the community.

Who is eligible?

- Ages 16-26
- Valid Medical Assistance in Lehigh, Northampton, or Bucks Counties
- Psychological or Psychiatric Evaluation completed in the last 12 months

How do I get TIP?

Call or text to make a referral for yourself or someone you know.

Lehigh, Northampton & Bucks Counties
Mike McKenna / Erin Wilson
215-317-9939 / 484-934-8039
Referrals and Inquires can be sent directly to:
TIP@accessservices.org

Check out our website for more information www.accessservices.org/services/tip

TIP Frequently Asked Questions

What age range does TIP cover?

Ages 16 – 26.

What goal areas can TIP help me with?

TIP covers goals in 5 different domains: Education, Employment, Living Situation, Community Life Functioning, and Personal Effectiveness & Well-Being. Check out our TIP Goal Areas sheet for some ideas of goals you can include on your Futures Plan with your facilitator.

TIP uses a team delivered service – What does that mean?

Each facilitator on the team has different strengths and resources that could be helpful to you. While you will have a primary facilitator, you will also meet other members of our team to build your network of support.

How often will I be meeting with my TIP Facilitator?

We typically meet once a week, but it can be more or less depending on your desired level of involvement. This may change as you have more goals to work towards. We also consider several factors including scheduling, availability of staff, group events, and goals. We encourage you to discuss your needs with your facilitator.

Does TIP provide transportation and/or housing?

TIP does not directly provide housing; however, we can help you connect with housing resources and apply for housing services in your county.

While we do provide transportation, it is at the discretion of your facilitator. We encourage you to discuss a transportation plan with them. Transportation to group events will be provided if needed.

Do my parents or other professionals need to be involved?

TIP is a person-centered program which means that each individual take ownership of their own path. While we do not require parents or other professionals to be involved, we encourage all participants in TIP to identify people that are helpful and supportive in their life.

What are group events? Are they mandatory?

Group events are a good opportunity to connect with peers, use community resources and develop new skills to meet goals. These events are organized by the team of facilitators to include both recreational and skill building groups. No one is required to attend, and your facilitator will inform you about upcoming events based on your interest and willingness to participate.

We are always open to new ideas so that we can organize events that best meet the need and interest of everyone in our program. Please be encouraged to discuss your ideas with us!

Is there a way to contact someone from TIP after hours?

Yes, there is an after-hours crisis line where a facilitator can be reached outside of normal business hours. This line can be used to touch base with a TIP facilitator in the event that you have a question, concern, or need and your primary facilitator cannot be reached.

TIP Goal Areas

Employment & Career

- Part time/ full time employment assistance.
- Finding meaningful employment.
- Resume building & interview skills.
- Identifying short term jobs versus long term career options.
- Relationships with co-workers and supervisors.
- Supported employment (e.g., job coaches, etc).
- Transitional employment opportunities paid or unpaid, at a noncompetitive placement.

Educational Opportunities

- Bachelor's degree or beyond.
- Associates degree.
- Vocational or technical certification.
- High school completion or GED certificate.
- Workplace educational programs where placement is related to school/college enrollment.
- Learning new hobbies/ activities (i.e. languages, music, sports).

Living Situation

- Independent residence (e.g., living in an apartment with roommate).
- Residing with natural, adoptive, or foster family.
- Semi-independent living (e.g. service coordinator assists but does not live on-site).
- Supported living (e.g. supervised apartment with live-in mentor or on-site staff apartment complex).
- Restrictive/ group home setting (e.g. crisis unit, residential TX center, detention center).

Personal Effectiveness & Wellbeing

Interpersonal relationships: family, friends, & mentors

- Relationship development & maintenance of friendships.
- Balance of independence & interdependency with family members.
- Dating skills & development/maintenance of intimate relationships.
- Maintenance of relationships with mentors & informal key players.

Emotional & behavioral wellbeing

- Social skills (e.g. positive feedback to others, acceptance of negative feedback, self-monitoring, self-evaluation).
- Identify coping strategies.
- Management of mental health symptoms.
- Spiritual wellbeing.
- Self-management of medications & side-effects.
- Risk management.

Self-determination

- Social problem solving (e.g. generate alternative options, make informed decisions).
- Set goals & develop plans for achieving such goals.
- Identifying strengths.
- Advocate for one's rights & positions.

Communication

- Express one's ideas & feelings through speaking & listening.
- Reading & writing skills for learning, fun, & communication.
- Knowledge of information sources (e.g., use of library, authorities, internet communication, & other resources).
- Cyberspace safety (e.g. revealing personal information, meeting contacts in person, use of credit cards online).

Physical health & wellbeing

- Health care & fitness (e.g., balance diet, physical activity).
- Recognizing when to see a physician.
- Self-management of over-the-counter & prescription medications & possible side effects.
- Knowledge of sexual functioning & birth control.
- Ability to access medical & dental services.

Community-Life Functioning

Daily living

- Self-care.
- Maintenance of living space & personal possessions.
- Money management.
- Cooking & nutrition.
- Maintenance & security of personal & financial documents.
- Safety skills (e.g. avoid dangerous situations, prevent victimization).

Leisure activities

- Entertaining one's self.
- Activities with others.
- Creating indoor & outdoor activities of interest & fun.
- Places of entertainment & fun.
- Safe & healthy activities (e.g. Cyberspace safety precautions, safe routes for walking, biking, & driving at different times of the day, choice of friends).

Community participation

- Mobility around the community.
- Access & use of relevant community agencies & resources.
- Citizenship responsibilities, knowledge of basic rights & responsibilities.
- Community social support (e.g. peer groups, community organizations).
- Access to legal services.
- Cultural & spiritual resources.