

FACILITIES

Trinity House is a group home located in a residential neighborhood adjacent to Lutherwood Residential Treatment Center & Education Academy on Indianapolis' near east side. Accommodating up to 10 young men, the home is designed to create a home-like atmosphere that models true-to-life experiences to teach the skills necessary for becoming an independent adult. This tri-level house includes four double-occupancy bedrooms, living room, dining room, kitchen, laundry room, computer & study room, recreation room, therapy room, three restrooms, office, outdoor patio and full yard. It offers a high level of structure in a family-style environment to support and guide residents as they reintegrate into the community and become independent for the first time.

WHO IS SERVED

Trinity House residents are males age 14-21, who will soon age out of the foster care system. Some may be "stepping down" from residential placement or expect to be entirely self-sufficient when they are discharged. These youth may be experiencing chronic behavior and/or emotional problems and are learning how to better manage these issues to function as healthy adults. Although external abuse and neglect can be contributing factors, many of our residents come from stable homes but are struggling to recover from internal neurological, biological or psychiatric disorders.



REFERRALS

Our Admission team includes the psychiatry consultant (M.D.), clinical director, Lutherwood director, nursing manager and education coordinator. They review the referral information to determine if the Trinity House group home program will meet the youth's needs. Referral information should include 1) a recent psychological and/or psychiatric evaluation 2) social/developmental history 3) educational testing scores and related information 4) medical history 5) permanency plan 6) reasons for the referral and 7) source of funding.

PROGRAMMING

Independent Living is a multi-faceted, program designed to work with youth on a step-by-step basis to foster successful independence and transition into the community as adults. Residents learn about finding a job, searching for an apartment, managing finances, shopping, cooking, and exercising personal control over their decisions and behavior.

Education

Each resident must be enrolled in an educational and/or vocational program or be employed. Everyone is expected to participate in volunteer activities in the community on a regular basis. Trinity House residents are strongly encouraged to remain in school and obtain a high school degree. Youth who desire to further their education through post-secondary education or training will also be assisted in applying for Education and Training Vouchers. Additionally, LCFS assists residents in identifying and pursuing their interests through activities such as career/employment fairs and college/university tours. LCFS makes appropriate referrals for any youth requiring additional services such as vocational rehabilitation or supportive employment services.

Daily living skills

Residents learn how to do laundry, make meals, grocery shop, iron, make their bed, proper hygiene and general house cleaning and yard upkeep.

Accessing community resources

Residents learn how to utilize local resources that will help them become more independent such as navigating the bus lines, utilizing the Bureau of Motor Vehicles, public libraries, community centers and neighborhood clinics.

Financial management

Youth develop a savings plan, monitor a savings and/or checking account, and also prepare and file income taxes (if applicable). Additionally, all youth ages 17 and older will be assisted with obtaining a credit report and correcting errors.

Self care

Residents are educated on important health and self care issues including healthy relationships, sex, contraception, HIV/AIDS and other sexually transmitted diseases, personal hygiene, nutrition, medicine management and substance abuse.

Therapeutic services

Based on each resident's individual needs assessment, therapeutic services are provided in a community setting. Youth may participate in individual and group therapy at least two times per month, depending on the services indicated by their individual needs assessment. If needed, LCFS provides an 8-week parenting education class, *Toolkits for Parents* that residents will be allowed to attend to learn discipline, child development and stress management. If a Trinity House resident is identified as having drug and/or alcohol abuse issues, counseling services will be provided.

Recreation

The benefit of living in a residential neighborhood allows for a sense of family and normalcy that cannot be found in a residential dorm setting. Many residents will volunteer for community service, participate on school and community sports teams, are involved with JROTC and visit museums and other local sites of interest and much more.



SPIRITUAL GROWTH

The admission procedure includes a spirituality assessment of each child to facilitate continued spiritual growth and help connect residents with community resources of their faith. While on campus, children are invited to attend weekly Bible study and chapel services. Religious preferences are respected and youth may attend a local place of worship of their choice. A chaplain is available on campus for children and their families.

MISSION STATEMENT

In response to God's love and grace in Jesus Christ, Lutheran Child & Family Services of Indiana/Kentucky serves human needs with the support of the church and community by providing programs of compassionate care and counsel to enhance dignity and quality of life.

TREATMENT PLANS

Residents receive treatment based on evidence-based care and best practice models. The Ansel-Casey assessment tool is used to establish the treatment plan for each resident. The treatment has many different layers with different goals and objectives to provide a comprehensive program for clients with multiple needs. Youth are required to meet with clinicians every two weeks and the psychiatrist once a month to review treatment progress. Staffing is 24/7 awake supervision with a staff to youth ratio of 2:8. The average stay is six to nine months.



The basic philosophy of care is based on the "Circle of Courage" model developed by several psychologists and educators. This youth development model is a strength based model that identifies four basic needs of all children to enhance growth and development: 1) a sense of belonging; 2) a sense of mastery; 3) a sense of independence; and 4) a sense of generosity. Trinity House uses this model since it is based on resiliency research that has shown these areas to act as protective factors in managing stress and surviving life's challenges.

Join us for the GRAND OPENING of our newly constructed dormitories in June 2008!



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Lutherwood Residential Treatment Center

Open and Secure Units • Short-term Stabilization
Psychiatric Residential Treatment Facility (PRTF)
Certified Teachers • Youth Mentoring • Independent Living/
GED Program • Group/Individual/Family Counseling

Community-Based Program Services

Special Needs Adoptions
Family Preservation/Reunification Services
Trinity House • Foster Care • Parenting Education
The Sharing Place—Material Assistance Support Centers



Trinity House

Group Home



A ministry of

