

 **Hello there case  
managers!**

Here is a program for adult independent  
living in Lincoln Nebraska



- ❖ A supported housing program for adults that have severe and persistent mental illness
- ❖ The program was created 1978 with Junior League volunteers and County Employees
- ❖ A recovery program for Community Mental Health



\*What is ILP ?

# \*The last residence before referral to ILP

- ❖ Group homes or assisted living facilities
- ❖ Parents or families homes
- ❖ Living on own but not succeeding
- ❖ Homeless shelters
- ❖ Institutional settings (hospitals etc)

- By community support workers/ case managers only
- In house mental health community support workers/ case managers
- Other mental health center with community support / case management assigned



\*Referral sources



# \* Facilities



- ☐ Cooking utensils
- ☐ Bedding
- ☐ Two bedroom apartment with up to three residents in each apartment
- ☐ Cable TV
- ☐ All utilities paid including phone (local and 800 numbers only)

**\*Completely furnished**

- Mental health center rents the apartment
- No lease for the resident
- No alcohol or illegal drugs
- Integrated with non-mental health population
- No more than three apartments in one apartment building
- Rent is \$295 a month plus a one time deposit of \$103

 **Facilities continued**



- \* 15 to 20 hours a week of
  - Volunteering
  - School
  - Employment or work training
  - Adult day program
  - Psychosocial program
  - Can be excused for health or family reasons

\* **Responsibility of each resident**

- Goal setting meetings (once a week)
- House meetings (once a week)
- Social activity (one outing once a month)
- All program house meeting (once a month)



## \*Mandatory Meetings

Consumer will be able to identify progress in areas of

- Symptom management
- Daily structured activities
- Medication self management
- Socialization
- Household chores
- Sleep regulation

 **Goal setting meeting**

\* Areas chosen by consumer goals such as

- Healthy diet
- Exercise
- Sobriety
- Budgeting
- Smoking cessation
- Looking for work
- Etc



\*Self goals

- Practice social interactions with other ILP residents and ILP staff
- Create an environment for hosting a meeting
- More peer involvement
- Sharing information and community resources
- Time to communicate with staff any issues that need attention



\*House meetings

- \* Learn and practice social skills with all ILP residents and the community at large
- \* Practice communication skills
- \* Improve knowledge of community leisure activity
- \* Practice budgeting skills
- \* Learn the benefits of social and leisure activities as healthy coping skills



\* Social activity



- ❖ Practice organizational skills
- ❖ Learn about affordable community resources
- ❖ Practice consensus building
- ❖ Practice social skills
- ❖ Develop ability to work along side others
- ❖ Learn about living a healthy well rounded life style

\* All program house  
meeting

- ☐ Grocery shopping (twice a month)
- ☐ Cooking Group (once a month)
- ☐ Birthday cake
- ☐ Laundry trips (necessity provides)
- ☐ ILP club
- ☐ Extended ILP



\*Optional non-mandatory

- Agency client
- Has an assigned case manager (community support)
- Has independent living goals
- Financial capability
- Ability to supervise their own medications
- Capable of giving and receiving feedback

## \* Admission Criteria

- \*To provide the consumer experience and practice with interviewing
- \*Receive information on skills necessary to live independently
- \*Information on ILP and whether it is a good next step for them
- \*Inform consumer of the rules, rights and responsibilities and expectations when they move into ILP



\*Interview

- ❖ Program manager (less than half time)
- ❖ Program coordinator (half time ILP-half time case manager)
- ❖ 2 Community Support workers (half time ILP-half time case managers)
- ❖ Peer support worker (half time)
- ❖ Finance Manager (two to three hours a week)
- ❖ Clerical staff and On duty staff (only as needed basis)

 **Staffing for program**

- 73% success rate on consumer moving out into their own apartment.
- 27% return to supervised living facilities, nursing homes or to their families
- Average stay as a resident of ILP is 18 months
- Residents can stay as long as they want. As long as they are progressing in their independent living goals.



## \* Program Statistics



\*Thank you for your interest in our program



\***Sam Ridge Lincoln  
Nebraska**