

## Why is TIP used locally?

The TIP guidelines and core practices help service providers engage youth and tailor services to the needs of the individual.



TIP facilitates the use of a common language and set of tools for service providers working with youth across service sectors.

Evidence has demonstrated positive outcomes for youth:

- Decrease in involvement with the criminal justice system
- Decrease in substance misuse
- Decrease in homelessness
- Decrease in the use of intensive mental health services
- Increase in employment
- Increase in completion of educational goals
- Increase in cost savings

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## Who is using TIP?

Some of the providers using TIP in Waterloo Region and Wellington County are:

- Avalon Treatment Programs
- Cambridge Memorial Hospital
- Family Counselling Centre of Cambridge & North Dumfries
- House of Friendship
- John Howard Society
- Lutherwood
- Youth Justice Services
- Ray of Hope
- St. Mary's Counselling Service
- Waterloo Region District School Board
- Wyndham House

For Professionals Serving Youth

## An Introduction to

# TIP

in  
Waterloo  
Wellington



For more on TIP in Waterloo-Wellington:



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 Systems  
Improvement  
through Service  
Collaboratives

**camh**PSSP  
Provincial System  
Support Program

# What is TIP?

**The Transition to Independence Process (TIP) Model** is an evidence-supported model of care. It's designed for transition age youth and young adults (14 to 29 years old) who have emotional and behavioural difficulties.

The TIP Model gives service providers tools to help youth prepare for greater self-sufficiency. It assists youth to set and achieve goals that guide them towards their desired futures. These goals can be related to school, work, housing, relationships, personal wellbeing and community life.



## The TIP Model guidelines:

1. Engage young people through relationship development, person-centred planning and a focus on their futures.
2. Tailor services and supports to be accessible, coordinated, engaging, non-stigmatizing, and appropriate for their developmental stage.
3. Acknowledge and develop personal choice and social responsibility in young people.
4. Ensure a safety net of support by involving a young person's family, friends, and other formal and informal players that the youth identifies as important.
5. Enhance young people's competencies to help them become more self-sufficient and confident.
6. Focus on outcomes at the levels of the young person, the program and the community through ongoing evaluation and continuous improvement.
7. Involve young people, parents, and other community partners in the TIP system

at the practice, program and community levels.

## TIP core practices:

1. Strength discovery and needs assessment
2. Futures planning
3. Rationales (i.e. making meaningful connections between behaviour and outcomes)
4. In-vivo teaching (i.e. learning skills in natural or simulated settings)
5. Social problem solving and decision making (SODAS)
6. Prevention planning (WHAT'S UP) (i.e. reducing risk behaviours)
7. Mediation methods (SCORA)

For general information about the TIP Model, visit [tipstars.org](http://tipstars.org).

## TIP implementation

In spring 2013, a local committee started implementing TIP in Waterloo Region and Wellington County. Since then, eight waves of community TIP training have been provided. As of December 2015, over 270 service providers in 29 organizations have been trained in TIP.