

M A B S S C O

MID - AMERICAN BAPTIST
SOCIAL SERVICE CORPORATION

Healthy Independence for Every Young Adult

www.mabssco.org

Step North



MABSSCO Step North in Victoria, MN



Around the Fireplace



MABSSCO Garage Meeting Room & Offices

Mission

Our mission is to work with young men to create solid foundations for a safe and healthy life on their own, in community with others.

Core Values

- Every person, family and community has strengths to build on.
- Respectful partnership with others yields the best results.
- Interdependence enhances our results.

Vision

All young adults feel at home in their relationships with family, community and God as they venture forth to live on their own.

Profile of our clients

Our target profile can help referring agents match a young person's needs to our program services.

Young men, ages 17-20 (average age is 18+), who are leaving correctional, treatment, foster care, home, or other settings, have met primary treatment needs, and are willing to participate in structured experiences designed to prepare them for life on their own. We anticipate client discharge within six to seven months.

Outcomes we assist young men to achieve

Outcomes are how lives change and they can give direction, stimulate progress and foster accountability.

We have defined strategies to assist clients to achieve these outcomes and identified key activities and resources that staff and clients can use to achieve meaningful and practical results.

1. Have a safety and support network of caring people he can count on.
2. Find a steady, satisfying job that matches his vocational strengths and preferences.
3. Have a workable budget to sustain him.
4. Live in safe, affordable housing.
5. Maintain law abiding behavior in his community.
6. Participate in a healthy way in the life of his community.

Five phases towards independence

The five phases towards independence include independent living skills development and a series of structured experiences designed to support and challenge a young man to achieve his placement critical goals and program outcomes. The phases also communicate expectations for participation and accountability for results.

1. **Roadmap:** Develop a treatment plan, assess vocational needs, start independent living skills development, participate in employment skills training, school for some and find a job.
2. **Practice:** Practice new skills and strategies for independent living.
3. **Challenge:** Take on more challenging opportunities to practice skills for independent living.
4. **Transition:** Complete and implement the Transition and Projected Aftercare Services Plan.
5. **Aftercare:** Begin up to six months of post-discharge support to implement the Final Aftercare Plan.

Referral, Pre-Admission, Admission and Program Information at www.mabssco.org

Our website provides information for young men, families, supporters, current providers and referring agents. Go to www.mabssco.org and the “Refer” page or directly to <http://www.mabssco.org/Refer> (or use the links below to go directly to the documents and information packets to view, download or print):

- **Referral and Admission Documentation**
This easy to complete 2-page page form is our official referral form. It meets MN Rule 2960 licensing and MABSSCO requirements for the basic information we need before admission.
<http://www.sitemason.com/files/kXR4IM/Referral%20and%20Admission%20Documentationrevised%203%2007.pdf>
- **Step North Intake Packet**
This user friendly packet will help you find the form or information you want prior to an Intake meeting.
<http://www.sitemason.com/files/g6WqXK/Step%20North%20Intake%20Packet%20for%20signatures%20and%20file%2011%2008.pdf>
- **Step North Resident Information, Thinking and Progress Packet**
This document can be downloaded for client use before admission or furlough visit. It includes assignments that all new residents will complete as a part of the first phase towards independence.
<http://www.sitemason.com/files/iBilHS/Step%20North%20Info%20Thinking%20and%20Progress%20Packet%201%2023%2009.pdf>
- **Family, Friend and Supporter Involvement**
This packet is for use by family members, friends or anyone else who is a support person, or potential support person, for a young man participating with Step North.
<http://www.sitemason.com/files/iWPzAA/Family%20Friend%20and%20Supporter%20Involvement%20Packet%20revised%202%2010%2009.pdf>

Planning and Reporting Progress

We use several forms to document and communicate plans and report progress. Members of the Community Treatment Team assist with planning, support and accountability and have access to this information.

- **Treatment Plan**—developed by the case coordinator with the community treatment team and used for planning and updates of progress on placement critical and other goals.
- **Weekly Activities and Assignments**—created by residents and their assigned ILS Worker in consultation with their assigned Case Coordinator to assist in making progress each week.
- **Daily Progress Review**—daily staff documentation of resident activities and progress.
- **Weekly Report to the Referring Agency**—weekly update about progress sent to all referring agents.
- **Transition Services and Projected Aftercare Plan**—completed and implemented during the transition phase towards independence.
- **Discharge Summary and Final Aftercare Plan**—completed at discharge and the aftercare plan is implemented during the aftercare phase of up to six months.

Clinical Services

Our clinical services enhance client outcomes and provide or coordinate timely, access to clinical support. Through our Clinical Director, Mary Gales-Wenz, MSW, LICSW, we are beginning to introduce Dialectical Behavior Therapy (DBT) to enhance client outcomes. DBT is an evidence-based practice that consists of skills training and individual therapy that focuses on developing coping strategies. DBT uses mindfulness-based concepts and practices to assist clients in decreasing emotional dysregulation, improving distress tolerance and increasing interpersonal effectiveness. We are also introducing use of the Jesness Inventory-Revised

Medical Services

We contract with Health Counseling Services (HCS) to assist our staff with providing safe medication administration and quality health care. We have an assigned RN and 24-hour access to nurse consultation. We use local clinics and medical centers for routine and emergency health care.

Community Life

We are involved in a major effort to increase family and community involvement to enhance client outcomes. Our efforts to increase the support for clients include practical strategies to increase effective family and community involvement and enhance the cultural responsiveness of services. .

Referrals

Call **952-443-2859** or **952-443-5002** or e-mail us at refer@mabssco.org to make a referral.