

KAIRS

The moment when change is possible

Welcome to Momentum Residential Treatment Home



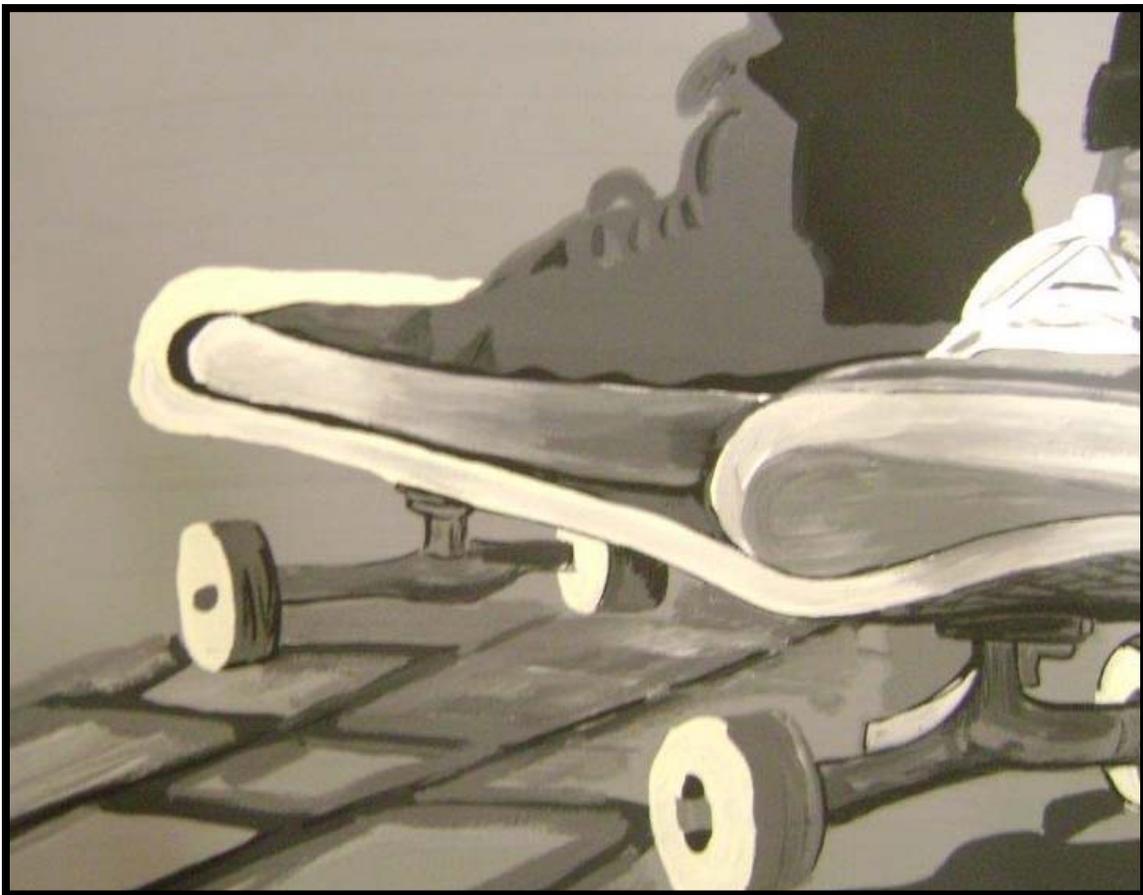
“Gaining Momentum for Life”

Momentum Vision

We aspire to provide sanctuary while supporting the individual's pursuit of independence.

Momentum Mission

Together we create a foundation of hope for people to reach personal goals and maintain success in the world.



Momentum is a coed residential home for young adults 17.5 to 24 years of age. The five bed treatment home was designed and built in 2011 specifically for the program. It is located within a short walk of downtown Grants Pass. The program goal is to help build the necessary skills and resources to enable young adults' transition into more independent living.

Momentum's staff include a include a Program Manager, an Assistant Program Manager, and Office Manager, an Individual and Family Therapist, Skills Coaches, Senior Skills Coaches, a Psychiatrist and Peer Support Specialists.

Momentum's treatment focus is to provide support and therapy while providing opportunities for increasing responsibility and independence. We do this through:

- Assisting residents' in identifying and building on their strengths.
- Encouraging responsibility.
- Teaching independent living skills.
- Partnering with Momentum's residents in developing goals and interventions.
- Strengthening family and community resources.
- Celebrating successes.

Collaborative Problem Solving

The primary treatment philosophy at Momentum is Collaborative Problem Solving (CPS). At the core of CPS is the belief that "people do well if they can." If a resident is struggling, CPS believes that the reason is not because he or she is "being oppositional" or "just isn't motivated"; but rather is experiencing a skill deficit. Therefore, when a resident has difficulty, staff are taught to work with the resident to identify the problem, identify mutually agreed upon solutions and implement them. In this process, lagging skills are identified and practiced.

The goals of CPS are to: Pursue expectations, reduce challenging behaviors, develop collaborative relationships, solve problems, build skills and confidence.

Services

Independent Living Skills

Skills Coaches will assist residents in learning independent living skills. An independent living skills checklist will be filled out by the resident at admission and periodically throughout his/her stay. Skills training will focus on hygiene, medication management, budgeting, transportation, menu planning and food preparation. Momentum has stepped guidelines for increasing independence in medication management as well as food preparation. Most residents will be prepared to live in his/her own apartment after discharge.

Education

Residents at Momentum have access to a variety of schools to earn their GED or high school diploma: Residents may attend class at the Merlin Alternative Center, Rogue Valley Community College or another Kairos' campus. Residents, who have their GED or Diploma, may register and take classes at Rogue Valley Community College.

Employment

Momentum staff will assist with learning job related skills such as completing applications, writing resumes and role-playing interviews. Residents also learn important job behaviors such as timeliness, dependability and communication skills. Residents are also assisted in finding volunteer jobs as well as internships. In addition, Momentum partners with Options Supportive Employment which is a community partner specializing in helping adults learn job skills and find jobs in the community.

Program Expectations

I. Maintain a safe living environment.

Momentum is committed to being a safe, violence-free environment. Momentum values creative problem solving which may involve managing intense feelings at times. However, violence and threats of violence toward oneself or others is not tolerated and may result in immediate discharge.

II. Respect yourself and others.

Momentum values respect for oneself by getting enough sleep, good nutrition, keeping good boundaries, and taking care of oneself. Momentum values respect for others by encouraging respectful interactions, cooperation, and investment in others.

III. Participate in daily expectations.

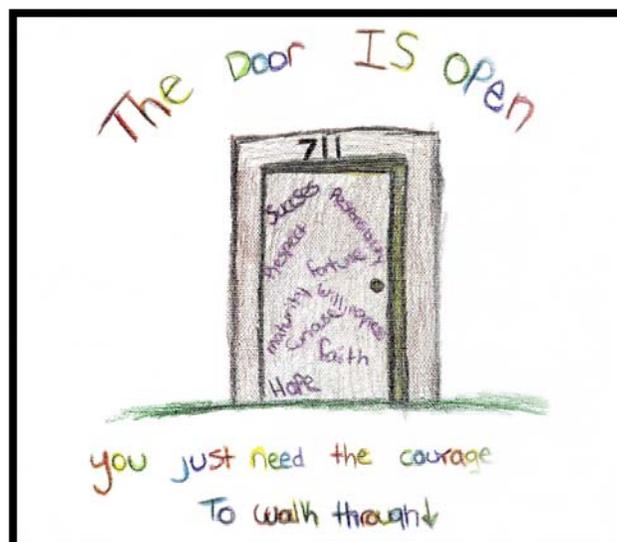
When you reside at Momentum, you are living in a community environment which means that you are expected to contribute to the well-being of the community. Daily expectations include:

1. Keeping yourself, your room and the common areas clean.
 - Given that all the residents live here and share the same living environment, everyone is expected to help keep the house clean. Residents participate in daily house cleaning and a deep clean once a week.
 - Residents are expected to bathe, brush hair, brush teeth and change into clean clothes at least once a day.
 - Residents are expected to wash their own laundry.
2. Respecting personal and community boundaries. This includes avoiding unwanted touch and avoiding romantic relationships with the other residents at Momentum.
3. Resisting impulsive reactions.
4. Resolving conflict using good communication skills and seeking staff support as needed.
5. Participate in daily chores and cooking as scheduled.

IV. Invest in your treatment.

When you reside at Momentum, you are making a commitment to changing your life. This means you are expected to be focused on your treatment including:

1. Attending and participating in Momentum's therapeutic groups and activities.
2. Attending school if working toward a diploma, GED, or college degree.
3. Participating in individual therapy sessions.
4. Working with staff to develop daily agendas that focus on meeting your treatment goals and discharge plan.



Momentum Daily Program

If you have been in other treatment facilities, you might notice that Momentum’s schedule has more unstructured time. This does not mean that expectations for treatment are less, but rather, that you have more time for you to work on your own individualized treatment goals.

Schedule—Monday through Friday

8:00 am	—	8:30 am	Morning check-in meeting, identifying treatment and work goals for the day, identifying areas where support may be needed.
8:30 am	—	9:30 am	Clean room, do personal hygiene, eat breakfast, administer medication.
9:30 am	—	12:00 pm	Your “workday” starts. You will develop with your care team a menu of activities that would be appropriate for your day depending upon your treatment and discharge goals. It may involve working on specific skills training with a staff, researching jobs, practicing job skills, volunteering time, going to school, going to work, going to an “internship” job, practicing using public transportation, etc.
12:00 pm	—	1:00 pm	Lunch. If you are at Momentum at this time, you will be encouraged to make yourself lunch between 12 and 1:00 PM.
4:00 pm	—	4:30 pm	Transition Group. If you have been working on your treatment in the community, you will normally be back for this mandatory group.
4:30 pm	—	5:30 pm	Therapy Group.
5:30 pm	—	6:30 pm	Dinner and chores.
6:30 pm	—	10:00 pm	Chores, recreational time (including computers and TV, trips to YMCA), personal time.
10:00 pm	—	10:30 pm	Quiet time
10:30 pm			In room time.

Weekends

9:59 am	The latest medications can be taken without incurring a medication error.
10:30 am	Clean room, do personal hygiene, eat breakfast, administer medication.
	Saturday afternoon through weekend: free time, Momentum activities (hikes, beach, other outings)

Monthly

Care Team Meetings: Your care team meets once a month to review your progress on treatment, listen to your concerns, and help you identify and take the steps necessary for discharge.

Transportation

- Momentum vehicles:
 - ◆ The van will make trips through town once in the morning and again in the afternoon at scheduled times.
 - ◆ You will be issued 2 “trip tickets” per month for personal trips in town using Momentum staff and vehicles.
 - ◆ Staff may transport you to medical and other appointments or you may be expected to find your own way to these appointments depending on your treatment plan.
- Alternative transportation is encouraged.
 - ◆ Bus passes are available at a reduced rate.
 - ◆ Momentum has several bicycles.
 - ◆ Walking is an effective method for getting to most of Grants Pass.

Momentum Recreational Opportunities

Off campus activities like shopping, video rentals, volunteering as a group, weekly planned activities, use of “rec” room, TV, Computer, individual recreational time in the community.

What is expected in order to take advantage of these Opportunities?

Your investment in your treatment and completing daily expectations.

Things you can have at Momentum

- Approved for Room
 - ◆ Appropriate clothing
 - ◆ Approved art materials
 - ◆ Bed linens, pillows
 - ◆ Journals
 - ◆ Radio, clock, CD player, headphones
 - ◆ Stuffed animals
 - ◆ Approved posters
- Med Room
 - ◆ Meds (of course)
 - ◆ Pocket knives
 - ◆ Cigarettes/lighter
- Sent Home or to Secure Storage
 - ◆ Clothing that is too tight, too low cut, too short, low hanging pants, etc.
 - ◆ Profane, sexual, drug related, gang related, violent graphics on clothing, books, posters, notebooks, etc.
 - ◆ Items you feel are too expensive or are irreplaceable and you do not want to risk having in your room
 - ◆ All items that cannot comfortably be stored in your room
- Referred to Law Enforcement
 - ◆ Alcohol
 - ◆ Drugs, drug paraphernalia
 - ◆ Guns and other kinds of weapons