



TSI CARES FOUNDATION – EMPOWER PROGRAM

Programmatic Rules

For Residents Ages 18–22 Enrolled in the Independent Living Program

The EMPOWER Program, operated by the TSI Cares Foundation, is a structured, therapeutic interpersonal development initiative for young adults aged 18-22 enrolled in the Independent Living Program, focused on enhancing personal development, emotional well-being, and life skills through individualized and group interventions. Below is a comprehensive overview of the programs structure, eligibility criteria, and discharge requirements.

Programmatic Rules

1. Eligibility Requirement

To participate in the EMPOWER Program, applicants must meet the following criteria:

- Age: Between 18 and 22 years old.
- Residency: Must reside in the TSI Cares Foundation EMPOWER housing. This environment offers developmentally appropriate freedom and responsibility to prepare the young adult for adulthood, including life skills instruction, counseling, educational support, and employment preparation.
- Mental Health Status: Must have a documented mental health or disability diagnosis that necessitates day treatment services.
- Education: Engagement in education services related to employment is required for participants 19 years of age or younger who have not completed high school or obtained a high school equivalency diploma.

2. Attendance and Participation

- Participants are expected to attend day programming 5 days a week at partner organization from 7am to 1pm.
- Participants are expected to attend afternoon sessions M-TH, 1:30-3:30pm. Active participation in all scheduled activities, workshops, volunteer opportunities.

3. Program Overview

The Opportunity Project

Young adults accepted into the EMPOWER program begin their journey by attending The Opportunity Project, a three-week kick starter career readiness program that helps young people understand and maximize their opportunities beyond the classroom to see and achieve their full potential. The face-to-face program not only equips students with essential professional skills-such as communication, interview techniques, and networking, but also helps participants gain confidence, recognize transferable strengths, and cultivate ambition. It is here that participants gain an introduction to their adult selves and develop long term goals.

Community Rehabilitation Center

Participants will work with their IL Manager and Workforce Program to enroll in CRC Day Programming, which organizes a range of activities and group sessions every month, providing opportunities for social interaction and personal growth. Participants are given a weekly stipend of \$25 gift cards.

Level Up: Healing through Humanity

Participants will work with their Success Coach and Workforce Program to enroll in Level Up: Healing through Humanity Program. Level Up is a personal development and mental wellness program designed for those with mental health or disability related challenges. This program creates a safe, empowering space where participants build emotional resilience, social skills, and self-worth through trauma-informed care and community based-healing. We combine practical life coaching with therapeutic support to help participants gain independence with confidence, compassion, and purpose. Healing is human and everyone deserves the tools to thrive!

3. Program Components

The EMPOWER Program encompasses several key components designed to support participants' development:

- **Practical Activities:** Activities that are designed to help participants practice kindness, responsibility, and growth in real-life situations.
- **Virtual Learning:** Participants work through a series of modules to learn soft skills, professionalism, digital skills, and academic employability through Florida Youth Work.
- **Service Projects:** Service projects allow participants to make an immediate positive impact on their community. Each project encourages personal growth, responsibility, and empathy while also fostering a sense of connection and purpose.
- **Level UP Class:** Curriculum covers topics such as kindness, taking responsibility, respect to self and others, emotional accountability, empathy and understanding, honesty, growth and change, healthy boundaries, taking care of mental and physical health, and gratitude. Instruction is delivered Monday-Thursday in-person.

4. Discharge Requirements

Participants may exit the EMPOWER Program under the following conditions:

- **Age Limit:** Upon reaching 22 years of age.
- **Voluntary Withdrawal:** A participant may choose to withdraw from the program, with the decision verified by the case manager/supporting CBC.
- **Non-Compliance:** Failure to adhere to program requirements, such as participation in assigned work activities, class attendance, dismissal from Independent Living by CBC, may result in discharge. Exceptions may be made for verified medical incapacity or other circumstances beyond the participant's control.