

## The Mission of The Independent Living Skills Program

- The Independent Living Skills Program is focused around teaching adults living with mental illness to live more independently by providing life-lessons, skill building and education in natural settings with interactive approaches, through a behavioral health lens.
- Services are provided by Peer Specialists, who are individuals with lived experience and are trained to support others engaged in their own recovery.
- The goal is for individuals to learn how to manage their behavioral health during daily activities, and in turn, be able to live more independently.



Services are strengths-based and are focused around empowerment and skill-building.

Accepting referrals beginning January, 2018.

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### Modules

- The Independent Living Skills Program is a collaborative program, providing services to individuals in conjunction with their mental health care provider.
- We provide quality care and support to adults living with behavioral health condition who are experiencing homelessness or are at risk of becoming homeless.
- We provide curriculum and skill-building that support 5 general domains of life.

(Below 5 points need to be indented)

- ◆ Health Management
  - ◆ Core/Basic Skills
  - ◆ Daily Living
  - ◆ Social Skills
  - ◆ Vocational Skills
- We provide case management, groups/classes, referrals, resources, and support.



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Mental Health Services Act/Prop. 63



*“Increasing life skills, together, to build a more self-directed life.”*

- Services are directed toward enhanced self-determination, encouraging an increase in self-esteem, motivation, confidence, sobriety, and personal responsibility.
- Services Provided :
- Our team strives to create a sense of comfort, safety and genuine acceptance.
- Services are available to people of all races/ethnic origins, religions, physical challenges, and sexual orientations
- Emphasis is on “meeting the individual where they’re at” and building foundational skills that will bring greater independence and enhance their recovery journey.



Independent Living Skills Program (ILS)

2001 E. 4th Street, Suite 208  
Santa Ana, CA 92705  
Phone: Temporary: (714) 824-8150  
Email: [occalworks@earthlink.net](mailto:occalworks@earthlink.net)