



PNW Helping Hands inc.

Specialized Youth Treatment

Administration

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www.pnwhelpinghandsinc.com



Mission Statement:

PNW Helping Hands' goal is to help develop positive, functioning relationships between families, friends and the community who support our clients. To do this, **PNW Helping Hands** Residential Treatment Coaches continuously encourage positive choices and behaviors. As an organization, **PNW Helping Hands** will strive to provide the best opportunities to grow in social, developmental, cultural, medical and educational aspects.

Vision Statement:

PNW Helping Hands believes reunification with biological, adoptive or foster families is critical in helping our clients successfully become healthy members of the community. **PNW Helping Hands** works to provide our clients with the necessary tools to function and succeed in a less-restrictive setting, hoping one day they may be able to help others in similar situations.

Treatment:

We proudly utilize known treatment modalities to assist clients in meeting their individualized goals.

- **Milieu Therapy:** A form of psychotherapy in which the environment is set up to provide therapeutic interventions in the day to day events and social interactions. It is very helpful with enhancing social skills and building confidence and has been used to work with clients with behavioral issues, personality disorders and autism.
- **Behavior Modification:** A therapeutic approach meant to increase a client's motivation to engage in more acceptable behaviors while decreasing their negative/problematic behaviors. Most often positive and negative reinforces are used to accomplish behavior modification. PNW Helping Hand's Color Point System is the basis of their behavior modification program.

Behavioral Rehabilitation Services

Goals:

Each week the client's and staff join together to map out short-term goals. Clients are then encouraged throughout the week to follow through with completing those goals to the best of their abilities. Just a few examples are: anger control, personal hygiene, communicating emotions verbally and improved self-awareness.

Community Outings:

A monthly activity calendar is created for each program, allowing the clients to be active in the community. While these outings are structured and closely supervised, they do guide the youth in enjoying different events and activities within the area. Some clients even qualify for our Walk Program where they are able to go on 2(+) hour walks that they have earned through trust and demonstrating ability.

Weekly Allowance:

The youth also have the opportunity to work to earn points on a daily basis, resulting in a weekly allowance. The determined amount is based around a point system focusing on the action of earning, rather than taking away.

Color Point System:

PNW Helping Hands utilizes a system based around positive reinforcement for pro-social behavior. This system is proven in providing ample structure while simultaneously taking away the power struggle. Clients hold the power for what color they are on or color shift they may take depending on what they have earned. Colors also reflect the privileges and outings that have been earned for that shift.

Areas we serve:

Currently, **PNW Helping Hands** has seven residential homes that clients reside in. Each home is licensed for anywhere between one and five clients. Six of those homes are BRS (five located in the Spokane and Spokane Valley and one on the West side of the state in Tacoma). So as to offer the most opportunity for Washington State at-risk youth, our seventh program is a Responsible Living Skills Program.

Responsible Living Skills Program

*Providing Permanent residential placement
for dependent youth:*

Here at **PNW Helping Hands** we are proud to assist in providing our Balfour youth with services found to be critical for their transition into adulthood. Rather than focusing on identifying and *then* resolving concerns, our philosophy focuses on proactively promoting the youth's positive development. This unique program operates 24 hours a day and is located in beautiful Spokane Valley! It serves male and female youth ages 15 to 18 and clients also have the potential to sign themselves back in, allowing them to stay until the age of 21.

Balfour coaches assist the youth in job searches, registering for continuing education, giving back to the community through volunteer opportunities and sometimes most importantly by just being present to listen.

Ansell-Casey Curriculum:

Each youth is involved in co-developing an individualized Ansell-Casey life skills plan; which is a suite of comprehensive on-line assessments, learning plans and resources that can be utilized at no cost.

The plan addresses the following:

- Career Planning & Work Life
- Communication & Social Relationships
- Daily Living/Home Life & Skills
- Housing
- Money Management
- Self-Care
- Study Skills
- Healthy Lifestyle

The desired outcome for the RLSP program is for the individuals to thrive while both living and functioning independently. To assist them in becoming self-sufficient, we believe it to be extremely important for these young clients to establish and maintain connections with adults in the community. This results in the ability for them to graduate the program knowing they have access to a mentor they can count on.

Balfour:

(P) 509-924-1039

Brooke:

(P) 509- 465-4366

[Temporarily Closed]

Elgin:

(P) 509-327-0357

Hamilton:

(P) 509-928-9064

Hunter:

(P) 253-267-0478

Mikhail:

(P) 509-474-1168

[Housing the Brooke Program]

Nathan:

(P) 509-535-0335



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