EMPOWER

12 WEEKS
AFTERCARE

Identity: Where do I go from here?

Skills Learned

- Independent Scheduling
- Personal Accountability
- Real-World Application of Tools
- Improved Personal & Family Relationships

Support

- Outpatient Therapy
- Peer Support Group
- Personal Mentor
- Case Manager Check Ins
- Home Visit

Qualifications

Maintains Progress Between Sessions.
Applies Therapeutic Skills.
Engages in Treatment with Purpose.

Clinical: It is recommended that clients establish an outpatient therapy provider independent of TCAR and continue weekly sessions through and post successful transition.

Experiential: Putting into practice planned personalized recreational activities, situational leadership skills, and individualized self-care, personal health, and fitness plans.

Faith: Connect with a local church community, establish and practice a long-term mentoring relationship, set up and utilize a peer support group for accountability, continue to participate in outreach and discipleship opportunities.

Education: Transition back to local school, pursue higher education, employment, trade school or service placement based on individual goals as outlined in the aftercare transition plan and progress.

Family Involvement: Parents become the primary support and TCAR staff become a resource for support and accountability for both the parents and the client during transition.

GOALS

Establish & Sustain an Independent Network of Support
Successful Reintegration at Home & School
Empowered with Practical Tools to Sustain Recovery
Successful Adoption of the Aftercare Transition Plan
Demonstrate Consistency in Recovery

RISE
TEEN CHALLENGE
ADVENTURE RANCH

EMPOWER
Identity

RISE
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ADVENTURE RANCH

Sustainable recovery is rooted in a strong sense of identity, supported by moral convictions and clear direction.

Identity is a culmination of worth, value, and purpose. Beginning with the first steps back home, teens begin to embark on a journey to create a new legacy.

Education and Exploration Topics Include:

- Defining Personal Conviction & Beliefs
- Building Healthy Connection
- Standing Firm Under Pressure
- Practicing Resilience

relational mentorship

- **Case Manager Check-Ins**
- **Mentor Meetings**
- **Peer Support Group**
- **Home Church Connection**
- **Personal Self-Reflection**
- **Discipleship**
- **Casual Conversations**

Intentional

Aftercare is a continuation of personal growth. As teens transition back home or to the next stage of their lives, they put what they have learned into practice. Teens are supported through continued mentorship and accountability.

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Relational

His community of support provides consistent guidance, encouragement, and real-world wisdom through pivotal life transitions. This community promotes continued healing through connection.



Translating identity and purpose to long-term support and recovery...

- Refining Values, Strengths & Identity
- Practicing Relisience in the Real World
- Maintaining Accountability
- Working Toward Spiritual Maturity
- Maintaining Healthy Relationships
- Pursuing Individual Purpose

MENTORSHIP THEME