

## A History of Service

Wesley Family Services is a comprehensive human service agency that provides a wide variety of programs, services and activities for children, families, and adults living in the Western Pennsylvania region. We remain committed to our mission...

*To empower children, adults and families by providing transformational care.*

Our services are developed in accordance with national service organizations, the Alliance for Strong Families and Communities, and the National Council for Community Behavioral Health and are accredited by the Council on Accreditation of Services for Families and Children. Certification by the Council on Accreditation means that Wesley Family Services meets the highest national standards for professional performance in human services.

Personnel policies, procedures, and practices are designed and implemented to prohibit discrimination on the basis of race, color, religious creed, disability, ancestry, national origin, age, sex, or sexual orientation.



**Stepping Stones  
Supportive Living Program**

## Empowering People. Strengthening Communities. Transforming the Future.

Every day, the caring, highly trained staff of Wesley Family Services empowers children, adults and families to overcome challenges so that they can be part of a stronger community with a brighter future. When you or a loved one needs help, we'll be there.



**For more information about the  
Stepping Stones Supportive Living  
Program, please call:  
724.226.0664**

[www.wfspa.org](http://www.wfspa.org)



Providing opportunities and supports to assist individuals in achieving independent, healthy, successful living in our communities.





## Program Overview

Stepping Stones Supportive Living is a community-based program that provides services to individuals with a history of serious and persistent mental illness. The program is directed at maximizing individual independence in the community setting of his or her choice.

The focus of the program is in the teaching and development of skills and supports needed to address particular life goals. Program participants will work on goals that they have chosen as being important to their success in the community and in the enhancement of their personal life.

Stepping Stones utilizes the philosophy of rehabilitation and recovery with the intent of maximizing your independence, ensuring continuity of services and fostering dignity. The program is guided by the following principles:

- You are to be treated with respect and dignity.
- You have the capacity to learn and grow.
- You have the right to direct your own affairs.
- Consistent efforts to eliminate labeling and discrimination, particularly discrimination based on disabling conditions, are made.

## Types of Support Provided

You and the Supportive Living Specialist work together to identify needed skills and create a plan to live independently in the community. Staff will assist you in learning skills to:

- Obtain and/or maintain independent living.
- Access and participate in the community independently.
- Learn social, educational, recreational and resource supports available in the community.
- Budget money, pay bills and develop financial management skills.
- Access public transportation.
- Develop nutritional skills, plan and prepare meals, shop for groceries.
- Develop housekeeping skills.
- Develop health care and personal welfare skills including medication management.
- Sharpen employment skills: develop resumes, complete applications.
- Develop communication, assertiveness, self-advocacy, and interpersonal skills.
- Cope with their symptoms, maintain mental and physical health, and/or link with appropriate internal and external resources.

Skills are taught in the community setting of your choice, including, but not limited to, your home.

## Eligibility Requirements

- Primary psychiatric disorder and a psychiatric diagnosis or a history of psychiatric hospitalization. (Cannot have a primary MR diagnosis.)
- 18 years of age or older.
- Capable of self-preservation.
- Have basic Activities of Daily Living skills.
- Willing and able to participate in treatment.
- Free of a history of dangerous behavior towards others.
- A Westmoreland or Allegheny County resident. Westmoreland County residents must be open to WCSI for us to acquire authorization.

## Recovery Oriented Programming

All services provided through Supportive Living are geared towards:

- Facilitating the process of recovery.
- Helping to re-establish normal roles in the community and integrate into the community life.
- Actively encouraging and supporting involvement in normal community activities.
- Facilitating the development of personal support networks.
- Addressing unique needs, consistent with a person's cultural values and norms; culture and ethnicity are viewed as sources of strength and enrichment.
- Facilitating an enhanced quality of life.
- Building on one's strengths and encouraging and inspiring hope.

## Contact Information

For further information about the Stepping Stones Supportive Living Program, please contact:

**Stepping Stones Supportive Living Program**  
Wesley Family Services  
201 Corbet Street  
Tarentum, PA 15084  
Ph: 724.226.0664  
Ph: 412.342.2270

