

## LIFE SKILLS

Life skills are essential building blocks that help youth communicate with others and learn to meet their life needs in appropriate ways. Through practical and engaging techniques, we equip youth with the necessary tools to develop healthy relationships with both peers and adults.



## OUR SERVICE PRINCIPLES

Zarephath believes collaboration with the child and family team is imperative to creating functional outcomes.

Zarephath fosters community enrichment and engagement, truly integrating the family into the community, promoting independence, self-sufficiency and lasting natural supports.

Zarephath utilizes Best Practices and evidence-based programs that are delivered in a culturally relevant manner.

# ZAREPHATH

## LIFE SKILLS



Zarephath's ultimate goal is to create lasting health, stability and independence for the families we serve.

## CONNECTING FAMILIES

Zarephath facilitates family groups called Connecting Families. The groups meet in a home setting centered around family meal time. The focus is to improve family dynamics and build healthy communication skills, helping families to connect. When families connect in a practical way, the quality of their daily life improves in many ways. Family engagement has also been clinically proven to substantially decrease risky behavior and substance abuse.

## QUESTIONS / REFERRALS

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## SERVING YOU AND THE COMMUNITY



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## WHAT IS THE LIFE SKILLS PROGRAM?

The Life Skills Program is designed to assist children and teens in developing skills necessary to succeed at school, home and prepare for adulthood.

### WHO IS ELIGIBLE?

The Zarephath Life Skills Program is available to all Title XIX & XXI children and families whose assessment and service plan indicates life skills services as a need to address emotional and behavioral concerns.

*(Based on clinical need determined by the Child and Family Team)*

### TO GET STARTED:

Talk with your Case Manager and Child & Family Team to determine if Zarephath Life Skills Services are an appropriate choice for your child and family.

## ZAREPHATH LIFE SKILLS

The Life Skills Program employs skilled staff who actively engage youth, facilitate discussion, coach and inspire adolescents in the following areas:

- Work & Study Habits
- Maintaining Healthy Relationships
- Planning & Goal Setting
- Community Involvement & Resources
- Daily Living, Self-Care & Recreation
- Budgeting & Household Recreation
- Computer Literacy & Social Networking Management
- Social Skills & Character Development
- Personal Safety
- Permanent Connections to Caring Adults

Zarephath staff design fun and creative activities to enhance learning in these specific areas. Research-based curriculum and evidence-based assessment tools are utilized to customize individual learning plans for maximum success.

Title XIX & XXI services are funded under a contract between AHCCCS and ADHS.

## WHY ZAREPHATH LIFE SKILLS?

Life skills assessments provide valuable information which identifies the small steps needed to move youth toward achieving their dreams and goals.

Zarephath utilizes proven curriculum to facilitate and enhance important character qualities and how they can apply them to real life situations.

CRAFFT Substance Abuse screening is used to assess potential risks and determine if further discussions regarding consequences of alcohol and drug use is warranted.

Zarephath's Transition to Adulthood Program builds independent living skills, vocational plans, educational goals and many other areas necessary for young adults to obtain success.

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