

Temporary Rehabilitative and Life-Skills Programs

Creating options for those who have recently aged out of care and are eligible for AYA, and those already on AYA

What you need to know...

- The rehabilitative component of AYA is now easier to access for mental health support including cultural healing and wellness.
- Hours for participating in a rehabilitative or mental health program have been reduced from 15 hours weekly to 10 hours weekly, which may be met in combination with another program (i.e. life skills program or part-time school, etc.)
- Life-skills program requirements have temporarily been adjusted so you can participate in online programming.
- You must complete 5 hours a week minimum in self directed life-skills activities (1 hour/day).
- Activities can be focused in a single domain, but it is recommended you participate in a variety of activities across all domains.
- NEW Cultural Learning & Connection domain added!
- Some online programs that you can take: AgedOut.com, WorkBC & Foundry Programming.
- These Temporary COVID-19 Supports are available until September 30, 2021.

Mental Health

FOR EXAMPLE: participating in a cultural healing and wellness program, counselling sessions virtually or in-person, meeting with an art therapist, attending a treatment centre, seeing a psychologist or psychiatrist.



Education

FOR EXAMPLE: exploring educational & vocational programs, how to apply for post secondary & vocational programs, obtaining funding for post secondary, effective study habits.



Health & Wellness

FOR EXAMPLE: making healthy choices, groceries and meal planning, finding & accessing health resources, mental health, self care, coping with stress, personal hygiene, sleep hygiene, physical activity/health, sexual health, substance use.



Financial Literacy

FOR EXAMPLE: budgeting, contract knowledge, preparing taxes, accessing income assistance, setting up a bank account, credit, interest, savings.



Social Skills

FOR EXAMPLE: communication, healthy relationships, connection to community/culture, anger management, social cues, self awareness.



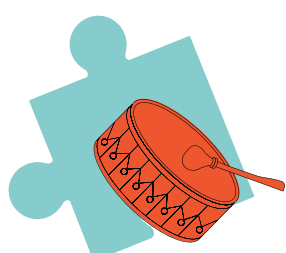
Employment

FOR EXAMPLE: career exploration, how to look for a job, resumes and cover letters, interview preparation, how to maintain a job.



Housing

FOR EXAMPLE: household maintenance, how to find housing, how to maintain housing, tenancy rights & responsibilities.



Cultural Learning & Connection

FOR EXAMPLE: knowledge of traditional territory & names, language, roots or family finding, traditional customs & activities, land based practices, connection with cultural knowledge keeper/elder/mentor.

Want to learn more about AYA or apply? Contact:

Your local Delegated Aboriginal Agency or Ministry of Children and Family Development office or call MCFD's Provincial Centralized Screening @ 1-800-663-9122.