



# Lifetime Commitment Program

Mingus Mountain Academy “MMA” believes that the after-care process and discharge planning should begin very early in the student’s program. Through meetings with the student, MMA team members and outside agencies, goals and steps to achieve the goals are written into the individualized service plans. These goals are constantly re-visited through the education department, therapy, and dorm life.

A key component in MMA’s aftercare planning is found in the role of our Community Transitional Coordinator (CTC). The CTC also starts early on in the student’s program to create a plan and locate resources that will aid each student in their transition beyond MMA. Whether they are discharging home, to independent living, to another family member, to college, etc... the goal is to have as many resources in place to encourage a successful transition to young adulthood.

The CTC can assist the student in locating resources within many different categories, based on individual need:

- Education/Vocation, scholarships and grants
- Housing
- Employment search, resume building, interviewing skills, job applications
- Transportation, driver’s training
- Substance abuse support groups, NA and AA
- Trauma survivors and women’s empowerment support groups
- Medical services, clinical services, insurance
- Athletics, activities, clubs
- Budgeting and money management

The CTC is currently creating a resource library on campus. There will be a resource book/guide for each county that MMA contracts with. The information inside of these guides will constantly be updated and improved upon. The students will be able to check these books out, similar to a library system.

## Lifetime Commitment

Mingus Mountain Academy is dedicated to providing a lifetime commitment to all students. We have found that support systems can often be hard to come by for teenagers and want to ensure that they always have a place to turn in a time of need. That support can come in the form of a listening ear, visitations, temporary housing, and more. When a student is doing the right thing with their life, MMA stands behind them 100%.

## Lifetime Commitment Scholarship Program

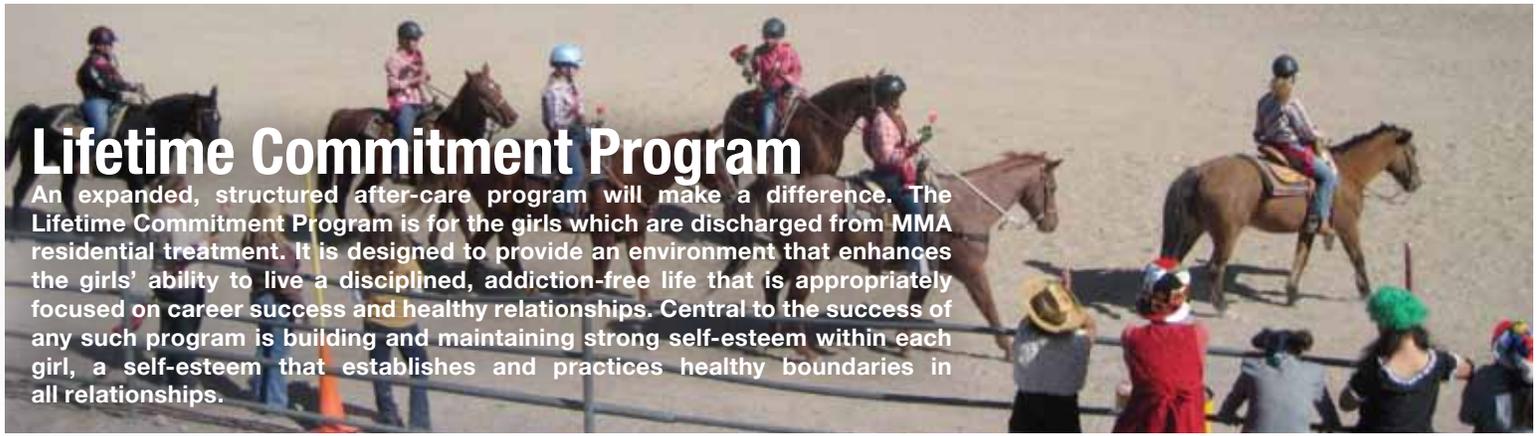
We are proud to offer a scholarship program to encourage students to further their education and career training. This scholarship program requires all applicants to meet certain requirements and is catered to individual needs. No two scholarships will be alike. Scholarship assistance can come in the form of tuition, housing, household items, groceries, and all other applicable resources needed to live independently.

### Requirements:

- Applicants must be 18 years old, or be turning 18 upon discharge from MMA, when transitioning into the scholarship program.
- Applicants must have held a position within the student government, the Mountain Lion Club, during their time at MMA.
- Applicants must be enrolled in high school classes (if diploma is not completed), GED classes, college courses, trade school courses, employed or actively seeking employment.
- Applicants must have attended MMA for a minimum of 6 months (subject to change) and must have successfully completed the program upon discharge.

Applicants must complete the scholarship application forms, write a personal statement essay, provide two letters of recommendation, provide academic transcripts, and interview with the Director Team and CTC.





# Lifetime Commitment Program

An expanded, structured after-care program will make a difference. The Lifetime Commitment Program is for the girls which are discharged from MMA residential treatment. It is designed to provide an environment that enhances the girls' ability to live a disciplined, addiction-free life that is appropriately focused on career success and healthy relationships. Central to the success of any such program is building and maintaining strong self-esteem within each girl, a self-esteem that establishes and practices healthy boundaries in all relationships.

## Recidivism / Measurable Results

Mingus Mountain Academy tracks recidivism data through the first year after a student discharges from the program. Phone calls are made at 1 month after discharge, 3 months, 6 months and 1 year later. Through these four phone calls per student, we are able to record trends and patterns. During these phone calls, we inquire on whether the student is in school, is working, was re-arrested, and where they are placed (home, detention, independent living, lower level placement, etc).

Upon comparison of the data collected over the last two years, a few obvious trends were noticed. The students who successfully completed the MMA program were more likely to re-enroll back in school, stay in school, obtain a job, and not get re-arrested. The numbers also showed that students who did not successfully complete the MMA program were, unfortunately, more likely to get re-arrested, drop out of school, and not make attempts to find employment.

Placing agencies require dependable programs that will meet their treatment and probation requirements. Staff and volunteers from the community will work together to meet the needs of the girls from Mingus Mountain Academy. The Lifetime Commitment Program will be an integral part of the MMA treatment agenda and must be reliably executed and adapted to individual needs throughout the duration of its service to the client.

## The People, Organizations, and Groups that Benefit

### Mingus Mountain Academy Discharged Clients

The program will provide tools and the motivation to stay in school and complete academic programs. The girls being discharged will be provided coaching on relationships and work skills. They will be encouraged to take care of their physical and spiritual selves. They will be taught principles of becoming a responsible citizens and neighbors.

### Families of Discharged Clients

The families of girls discharged from MMA will see significant benefits from an after-care program that is broad in scope and deep in resources. Through the coaching which keeps the discharged client more functional, her family will benefit through the lessened drama in the home and a more cooperative child and sibling. The family will also benefit through family and coaching and motivation toward healthy boundaries and relationships. Further, there will be less intervention by law enforcement and court agencies in the home and drama with peer friends encountered by the family will be substantially reduced from previous unhealthy circumstances.

### Probation and Law Enforcement Agencies

A healthier client will require less follow-up time and paper work than one who is continuously seeking drama and unhealthy relationships, or pushing limits and getting into trouble. Further, probation officer and other court officials will be able to team with after-care mentors to provide more focused and comprehensive support to their client, for less direct cost to the government agency. In the current environment of stretched state and county budgets, this may permit the continuation of services to the client, and her family, that would, otherwise, not be possible.

### Communities of Discharged Clients

Communities in which clients supported by a functioning after-care program live will also benefit from the Lifetime Commitment Program. Reduced crime rates, higher schooling completion stats, less family drama, more community volunteering, and less substance trafficking are all ways in which communities may see improvements to their neighborhoods due to the presence of responsible, focused young citizens.

Mingus Mountain Academy

Finally, Mingus Mountain Academy will benefit in their work through measurably improved treatment success rates resulting from an after-care program. The benefits will be multifaceted:

- Girls still in treatment will be aware of the support available following their discharge and be bolstered in their resolve to succeed. This can, potentially, have a noticeable effect on reducing campus drama.
- MMA family living and case management staff teams will be able to implement transitional actions with clients still in residence that provide more seamless conversion to living environments after discharge.
- Probation officers and other placing agency officials will be able to coordinate life goals and behaviors more closely with MMA residential staff in preparation for a girl's discharge. Potentially, earlier discharge dates could be set, saving government cost.
- MMA marketing staff will be able to offer a more comprehensive, and successful, treatment program to placing agencies vis-à-vis competitors' programs. This can provide a significant business advantage in a highly governmental budget-constrained environment.
- MMA staff will be able to reassure families that the MMA care does not stop when their daughter, or girl for whom they have custody, is discharged and returns home. This can add meaningfully to the confidence a family may have in accepting their daughter home.

# DONATION REQUEST FORM



***A donation, large or small, will make a difference.***

**Organization Promise:** Mingus Mountain Academy is dedicated to providing a lifetime commitment to all students. We have found that support systems can often be hard to come by for teenagers and want to ensure that they always have a place to turn in a time of need. That support can come in the form of a listening ear, visitations, temporary housing, and more. When a student is doing the right thing with their life, Mingus Mountain Academy stands behind the girls 100%.

No two scholarships will be alike. Scholarship assistance can come in the form of tuition, housing, household items, groceries, and all other applicable resources needed to live independently. Applicants must complete the scholarship application forms, write a personal statement essay, provide two letters of recommendation, provide academic transcripts, and interview with the Director Team and Community Transitional Counselors before scholarships are awarded.

***Contribution Amount:***

- \$100    \$250    \$500    \$1,000    \$2,500  
 \$5,000    \$10,000    Other \_\_\_\_\_

*I would like a receipt for my contribution*

***Please apply my donation directly to:***

- Transitional Housing Services Fund  
 Continuing Education/Vocational Fund  
 Clinical/Medical Services Fund  
 Extracurricular & Life Services Fund

**General Donation**

Please apply my donation as you see fit to the Lifetime Commitment Program. I understand whether they are discharging home, to independent living, to another family member, to college, etc... the goal is to have as many resources in place to encourage a successful transition for the girls to young adulthood.

***Thank You.  
Your Generosity is Forever Appreciated.***

***Tax ID Number: 86-0551514***

Fax Number: 800-690-1759

Send to: Mingus Mountain Academy / 346 E. Palm Lane / Phoenix, AZ 85004

Check    Cash    Visa  
 MasterCard    American Express

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*(Made Payable to: Mingus Mountain Academy)*

Credit Card Number: \_\_\_\_\_

Exp. Date: \_\_\_\_\_   Sec Code: \_\_\_\_

Print Name: \_\_\_\_\_

Signature: \_\_\_\_\_

**Contact Information:**

Name: \_\_\_\_\_

Company: \_\_\_\_\_

Address (On Card): \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_   Zip: \_\_\_\_\_   Phone: \_\_\_\_\_

Email: \_\_\_\_\_