

Youth Personal Supports Services

One-on-one support to help youth build skills, confidence, and independence



At Rock Creek Foundation, we believe all youth deserve to feel confident, capable, and ready for what’s next.

Our Youth Personal Supports Services provide supports to youth ages 13 and older with intellectual and developmental disabilities (IDDs) as well as those with co-occurring behavioral health needs, guided by their own Person-Centered Plan that outlines what they want for their future.

Support That Meets Your Family Where You Are

In-Person Supports	Virtual Supports
Hands-on, one-on-one support at home and in the community, helping youth build independence and reach their personal goals	Guidance and skill-building through secure, HIPAA-compliant technology, flexible for busy families

Why Rock Creek?

Flexible, individualized schedules

•In person, virtually, or a mix of both, tailored to your family's needs.

Culturally responsive and trauma-informed support staff

•Our compassionate team has experience in youth development, clinical support, and community-based services to provide effective whole-person care.

Person-centered and family-inclusive

•Every plan is built around each youth's own goals, and we work with families, schools, and care teams *not* around them, to help reach goals.



Some of the Skills We Help Youth Develop

Everyday Independence	Community & Social Skills	College & Vocational Readiness
- Personal hygiene & meal prep - Money management - Home safety & routines	- Public transportation - Self-advocacy & communication - Building friendships & natural supports	- Interview prep & workplace skills - Goal setting & travel training

We Support Youth Ages 13+ Who Have:

- Developmental Disabilities
- Intellectual Disabilities
- Co-occurring IDD's and Behavioral Health Needs
- A Community Pathways Waiver (CPW)

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rockcreek.org

FAQs

Who is eligible for this program?

Youth ages 13 and older with IDD, behavioral health needs and co-occurring IDD and behavioral health needs who are enrolled in the CPW and have needs identified in their Person-Centered Plan.

Where are services provided?

In the family home, independent living settings, schools (where appropriate), and community settings. Virtual supports are also available for eligible activities.

How many hours of support can an individual receive?

Support is individualized based on assessed need and generally ranges from 10 to 56 hours per week, with up to 82 hours per week with DDA pre- authorization.

Can services be provided virtually?

Yes. Virtual supports use HIPAA-compliant, real-time audiovisual technology. However, overnight supports are always provided in person.

How do we start the process?

Contact Rock Creek directly via email at info@rockcreek.org or by visiting rockcreek.org and completing our contact form to get started.

Are there program limitations?

Yes, limitations to the program are:

- Overnight supports cannot be provided virtually.
- Personal supports services are limited to up to 82 hours per week under the traditional model unless otherwise pre-authorized by DDA.
- All services must align with developmental appropriateness and individualized goals identified within the Person-Centered Plan.