



# Empirical Underpinnings for the Transition to Independence Process

## TIP Model Guidelines and Practices

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The Transition to Independence Process (TIP) model is considered to be an evidence-supported practice that has been shown to be effective in improving the outcomes of youth and young adults with EBD. Our program development and research efforts have been guided by the voice and perspectives of young people, parents, and practitioners in the field, as well as by science. Four empirical outcome studies conducted by our research team at NNYT and two other outcome studies conducted by other researchers demonstrate improvement in real-life outcomes for these young people with EBD (e.g., Clark, Pschorr, Wells, Curtis, & Tighe, 2004; Haber, Karpur, Deschênes, & Clark, 2008; Hagner, Cheney, & Malloy, 1999; Koroloff, Pullmann, & Gordan, 2008). We also continue to strengthen the TIP model through research on its programmatic and practice components (e.g., Clark, Crosland, Geller, Cripe, Kenney, Neff, & Dunlap, 2008; Westerlund, Granucci, Gamache, & Clark, 2006).

### Empirical Underpinnings for the TIP Guidelines and Practices

In addition to these encouraging outcome research findings, each of the guidelines and their practice elements have additional empirical support. This review of the literature provides summaries of these research findings related to each of the TIP components. The studies have been organized across several table to provide the interested reader with the detail associated with each.

- [Table A: Empirical Support for the Seven TIP Guidelines and Associated Elements](#)
- [Table B: Empirical Support for TIP Core Practices](#)
- [Table C: Summary of Each of the Research Studies](#)
- [Table D: References for Research Studies](#)

### Web sites:

- Transition to Independence Process (TIP) web site: <http://tip.fmhi.usf.edu>
- National Network on Youth Transition for Behavioral Health (NNYT) web site: <http://nnyt.fmhi.usf.edu>

### **Author’s Note:**

The *National Network on Youth Transition for Behavioral Health (NNYT)* now has two “hubs” – one at the University of South Florida (USF) in Tampa FL and one at *Stars Behavioral Health Group (SBHG)* in Long Beach CA. SBHG serves as the NNYT Purveyor for the *Transition to Independence Process (TIP)* model and operates the NNYT Stars Training Academy. Although both NNYT hubs are involved in evaluation and continuing quality improvement efforts, the USF hub has more of an exclusive evaluation/research emphasis. This document has been

adapted by NNYT faculty at the Department of Child & Family Studies, College of Behavioral & Community Sciences, University of South Florida for use by SBHG and NNYT under a contract from SBHG.

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