



## **What is PII?**

**PII stands for Permanency Innovation Initiative.**

PII is a Federal grant that Illinois was one of six grantees to win. The PII initiative is intended to address barriers to permanency in foster care through a research study. The state of Illinois identified a population of youth experiencing the greatest barriers to permanency and chose an evidence based practice therapy (TARGET) intended to help the youth, family, and foster caregivers understand the impact of trauma. Illinois' ultimate goal is to improve permanency outcomes for all youth involved in the study.

## **What is TARGET (Trauma Affect Regulation Guide for Education and Therapy)?**

TARGET helps youth and adults to understand and gain control over stress. The goal in TARGET is to help people recognize their personal strengths in order to be highly mindful in making good decisions and building healthy relationships. Throughout TARGET, we place a special focus on developing a safe learning environment for you and your family so that you are able to develop an understanding of how stress impacts you while also developing the skills to increase your personal control when feeling stressed.

TARGET explains the difference between “normal stress” and “extreme stress” and “normal stress reactions” and “extreme stress reactions” and how to self-regulate in these situations.

TARGET is a 12 - 20 session program that can span over several weeks. We prefer to work with both the youth as well as the other adults in the family involved in the youth's life, especially those people who play an important role in the youth's permanency plan.

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