

The healthy transitions project

Improving life trajectories for youth and young adults with serious mental disorders

Overview

The Healthy Transitions Project (HTP) is designed to improve emotional and behavioral health functioning for transition-age youth and young adults, age 16 to 25 (referred to as TAY hereafter), to increase self-efficacy and maximize their potential to lead full and productive lives. The goal is to support targeted, effective services statewide through infrastructure development.

The City of Yakima, Clark County, Whatcom County and Thurston County serve as local laboratories for the development and evaluation of TAY engagement and services. These communities are organizing and developing their regional ecosystems to equip and empower TAY to assume adult roles and responsibilities. Communities do so by creating non-stigmatizing, trauma-informed opportunities in the community, developing regional expertise in working with TAY, utilizing local youth and family voices to inform program development, collaborating with businesses, faith-based, and other local organizations, and enhancing the capacity of local agencies to provide relevant and effective services. Communities identified targeted interventions that are evidence-based for their regional population. Each implements supports and services, including employment, education, living situation, personal effectiveness, wellbeing, legal, and community-life functioning.

The objective of these interventions is to increase the number of outreach and engagement contacts, facilitate participation in community-based interventions, and increase access to behavioral health services in order to reach youth and young adults that may not otherwise engage in services. Over the five years of the project (2019-2023), our goal is to have 675 outreach and engagement contacts, 440 individuals engaged in community-

based interventions, and 360 individuals that access behavioral health treatment. During the first two years of the grant program, over 91 youth were screened, 394 youth received outreach and engagement services, and 38 organizations were engaged in collaborative services for program identified youth.

The overall objective of this project is to develop and refine an innovative, community-based, recovery-oriented model(s) of engaging TAY who experience serious emotional disturbance (SED) or serious mental illness (SMI) and to equip them for their transition to adulthood. Washington is positioned to develop and implement TAY infrastructure as it moves toward full integration of behavioral and physical health care. This model will be used to further Washington's effort to expand, integrate, and sustain culturally relevant and developmentally appropriate services and supports statewide.

Eligibility requirements

To be eligible for the Healthy Transitions Project, participants must:

- Fall within the program's catchment area.
- Be between 16 and 25 years old.
- Have been diagnosed with serious emotional disturbance (SED) or serious mental illness (SMI), including those experiencing a co-occurring intellectual developmental disability and/or substance use disorder that impacts their functioning in school, home, employment, or the community.
- Be willing to be part of the Healthy Transitions Project and consent to treatment that includes, but is not limited to, individual counseling, supported employment/housing, care coordination, peer support, case management, and other recovery support services.



2019-23 budget

The funding amount for the Healthy Transitions Project for federal fiscal year 2021 is \$996,773.

FY 2020 Numbers Served

- 163 transition-age youth enrolled in behavioral health services through the project
- 394 transition-age youth were contacted through outreach and engagement activities
- 145 referrals were made as a result of outreach and engagement activities

Key partners

DBHR is partnering with

- Central Washington Comprehensive Mental Health
- Columbia River Mental Health Services
- The City of Yakima
- Educational Service District 105
- Northwest Youth Services
- Community Youth Services
- Washington State Department of Social and Health Services, Research and Data Analysis Division
- The Washington State Behavioral Health Advisory Council
- Washington (statewide, regional, local) family, youth, system partner roundtable
- Apple Health (Medicaid) managed care organizations

Oversight

- HCA Division of Behavioral Health and Recovery
- The Washington State Behavioral Health Advisory Council
- Substance Abuse and Mental Health Services Administration (SAMHSA) Center for Mental Health Services (CMHS)

For more information Contact

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