

## Healthy Transitions Program

**Improving life trajectories for youth and young adults with behavioral health needs.**

### Overview

The Substance Abuse and Mental Health Administration (SAMHSA) awarded Health Care Authority (HCA) the Healthy Transitions Project (HTP) grant in 2024. It 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 and effective TAY services development in grantee regions to inform statewide infrastructure development.

Kitsap Mental Health Services serves Kitsap County for the development and evaluation of TAY engagement and services. This includes:

- Improve and expand access to developmentally, culturally, and linguistically appropriate services and supports for TAY
- Creating non-stigmatizing, trauma-informed opportunities in the community,
- Developing regional expertise in working with TAY,
- Using local youth and family voices to inform program development, collaborating with businesses, faith-based, and other local organizations,
- Enhancing the capacity of local agencies to provide relevant and effective services.
- Identified specific interventions for their regional population.
- Each implements supports and services, including employment, education, living situation, personal effectiveness, wellbeing, legal, and community-life functioning.

### Eligibility requirements

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

- Live or receive services within Kitsap County.
- Be between 16 and 25 years old.

- Have been diagnosed or at risk for serious emotional disturbance (SED) or serious mental illness (SMI)
- Be willing to be a 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.

### Budget for SFY 25

The funding amount for the Healthy Transitions Project for federal fiscal year 2025 is \$750,000. This is a Federally funded SAMHSA grant with expected funding through 2028.

### Partners

DBHR is partnering with:

- Kitsap Mental Health Services
- Washington State Department of Social and Health Services, Research and Data Analysis Division
- Washington (statewide, regional, local, family, youth, system partner round table)
- Apple Health (Medicaid) managed care

### For more information

Contact: [HCADBHRInformation@hca.wa.gov](mailto:HCADBHRInformation@hca.wa.gov)

Shelby Terry  
Healthy Transitions Project Director