

# 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 and Clark County will serve as local laboratories for the development and evaluation of TAY engagement and services. These communities will organize and develop their regional ecosystems to equip and empower TAY to assume adult roles and responsibilities. Communities will 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 will implement 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. 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. In year one (2019), we project 155 individuals will be impacted

by project interventions. In consecutive years, the goal is to increase to 330 individuals.

The overall objective of this project is to develop and refine an innovative, community-based, recovery-oriented model of engaging TAY who experience serious emotional disturbance (SED) or serious mental illness (SMI) and equipping 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 SED or 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 2019 is \$999,039.



## **FY 2019 costs and numbers served**

The Healthy Transitions Project is projected to launch early to late spring of 2019.

### **Key partners**

DBHR is partnering with

- Central Washington Comprehensive Mental Health
- Columbia River Mental Health Services
- The City of Yakima
- Klickitat County
- Skamania County
- 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**

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