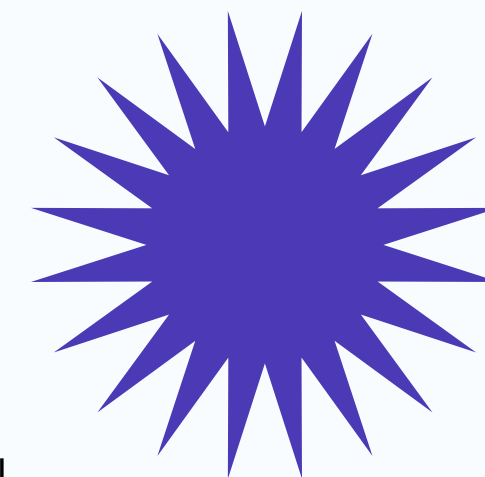





Crossroads Community, Inc.

Healthy Transitions Young Adult Program

A strengths-based, non-stigmatizing program that empowers young people living with mental illness to manage their mental health symptoms effectively and successfully transition into adulthood.





75%

**OF LIFETIME
CASES OF
MENTAL ILLNESS
BEGIN BY 24
YEARS OF AGE.**

Young Adult Mental Health Needs Are Increasing

Mental illness is becoming increasingly common among teenagers throughout the United States and globally. Mental health professionals and members of the medical community have referred to the current rising trend in teens seeking (or needing) mental health treatment as an epidemic.

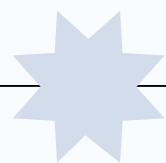
**1 in 5 teens between the ages of 12 and 18
suffer from at least one diagnosable mental
health disorder.**

What do we do?

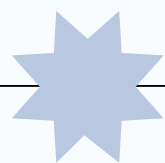
Healthy Transitions is a strengths-based, non-stigmatizing program that assists individuals with a behavioral health diagnosis to manage their symptoms and successfully transition into adulthood. Our goal is to increase access to treatment and support services for youth and young adults, 16-25 living in Kent, Queen Anne's, Caroline, Talbot and Dorchester counties who experience a serious mental illness (SMI), including those with intellectual developmental disabilities.



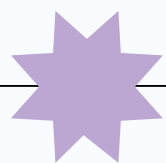
Mental Health Disorders Among Young Adults



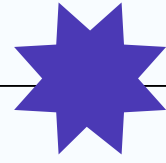
Depression



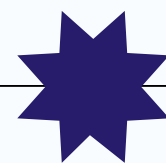
Anxiety



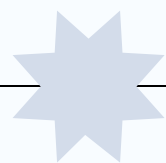
ADHD



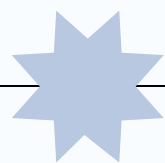
Eating
Disorders



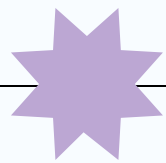
Conduct
Disorders



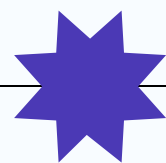
Bipolar
Disorder



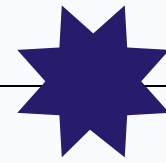
Borderline
Personality
Disorder



Post-Traumatic
Stress Disorder



Schizophrenia



*Austim
Spectrum



How do we do it?

Through education and experiential learning, we help equip young adults with the tools and resources they need to discover their personal and professional identities, and develop their gifts and talents so that they can go out into the world with the life skills they need to achieve their goals. The program emphasizes building self-reliance, creating lasting, supportive relationships, enhancing problem-solving skills, attaining/maintaining safe and stable housing, and educational and vocational development.



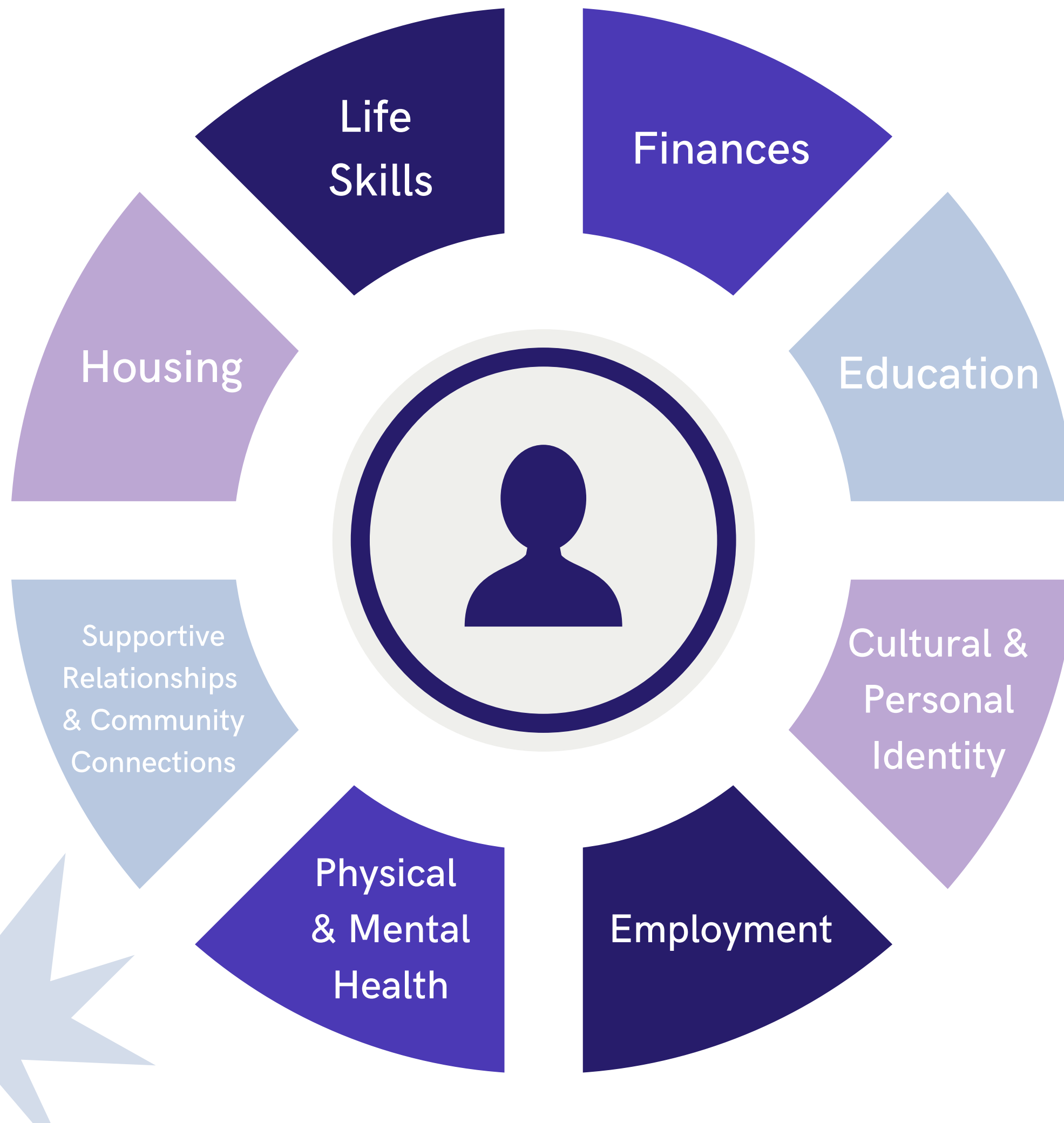
Our approach blends intensive case management, care coordination, mentoring and advocacy; taking into account the unique strengths and needs of each person.

This approach also requires consistent collaboration with referral sources, community partners, families and the young adults themselves in order to ensure they get the support they need to move into adulthood as healthy, self-sufficient adults.

Is Anyone Better Off?

Client Successes





Holistic Planning & Care Coordination

Evidence-Based Interventions

Supported Employment

An approach for people with serious mental illnesses that emphasizes helping them obtain competitive work in the community and providing the supports necessary to ensure their success in the workplace.

Supported Education

A unique, person-centered approach to supporting people with psychiatric disabilities who wanted to achieve their educational goals.

Family Psychoeducation

Group sessions that give family members have an opportunity to learn about mental illness and how it affects their loved ones. Participants learn techniques that foster hope and recovery.

Eligibility

- Between the ages of 16 and 25
- Resident of Kent, Queen Anne's, Caroline, Talbot or Dorchester County
- Have a documented mental health diagnosis
- Currently participating in mental health therapy or be willing to participate in therapy
- There are limited enrollment slots for those who do not have medical assistance





How to Make a Referral



To submit a referral online or to find a printable version, visit our website at

www.ccinonline.com/referral

Please be sure to include documentation of a diagnosed mental health condition.

The referral will go to Carla Thorpe, our Program Director and then to Jenny Saulsbury, our Program Coordinator for assessment.



Healthy Transitions Team

Jenny Saulsbury, Coordinator

Anna Ashley, Transition Support Specialist

RaeAsha Emory, Transition Facilitator

Mia Jackson, Transition Facilitator

Rebecca Lepter, Outreach & Education Specialist

Joe Sabasteanski, Transition Facilitator

Each Transition Facilitator carries a caseload of up to 20 clients at any given time

Get In Touch

Don't hesitate to reach out.

Jenny Saulsbury

HT Young Adult Program Coordinator

Email: phillipsj@ccinonline.com

Phone: 443.988.2041

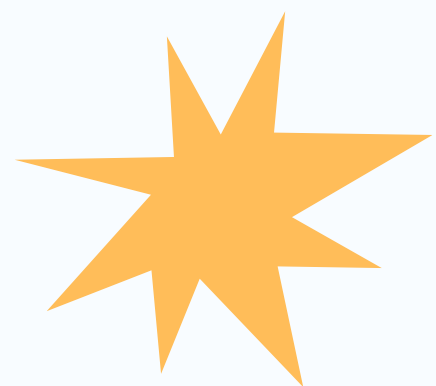
Rebecca Lepter (Becky)

HT Outreach & Education Specialist

Email: lepterr@ccinonline.com

Phone: 443.988.2101

*Raising community awareness
about the needs, signs and
symptoms of mental illness and
how the public can support
young adults living with mental
health conditions.*



*"Just because no one
can heal or do your
inner work for
you...doesn't mean
you can, should, or
need to do it alone."*

Lisa Olivera

