

**Young Adults Making Progress Toward Recovery**

People in the DMHAS Southeastern Mental Health Authority Young Adult Services (YAS) Program are generally 18 to 25 years old and have serious mental health and/or substance use conditions. The emphasis of the YAS program is on community integration. Young adults are given individual trainings and variety of educational, recovery, health, and participate in recreational groups. They receive clinical interventions that are evidence-based. YAS staff have a mission statement that pertains to their role on the team in delivering recovery services to young adults. This mission statement drives the care and support needed to help young adults to live independent lives and be a part of their communities. YAS staff assist young people to develop natural supports within the community so that their developing identities span beyond the mental health system to also include community and neighborhood organizations as the next step in their recovery.

**1 on 1 Trainings Focus on Successful Transition to Adulthood:**

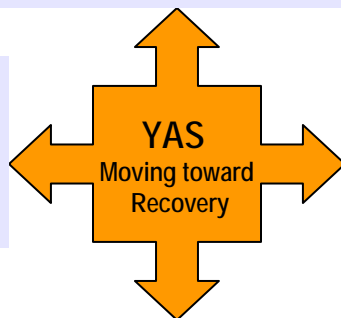
- ✓ Relaxation & Recreation
- ✓ Employment
- ✓ Creative Anger Management
- ✓ Independent Living Skills
- ✓ Cooking & Crafts
- ✓ Finances & Budgeting

**EVIDENCE-BASED PRACTICES That Promote Recovery:**

- ✓ TARGET Trauma Group
- ✓ Dialectical Behavior Therapy (DBT)
- ✓ Integrated Dual Disorder Treatment (IDDT)
- ✓ Illness Management and Recovery (IMR)
- ✓ Dartmouth Individual Placement & Support (IPS) Model

High marks on Client Satisfaction Survey:  
 Quality = **96%**, Satisfaction = **96%**,  
 Recovery = **85%**

Decreased  
 incarcerations,  
 institutionalizations  
 & teen pregnancies



**45%** of clients  
 are employed!

**What's New!**

- A Relationship Group for couples to promote healthy emotional relationships.
- Weekly Health & Wellness Group run by nurses geared to client needs and recovery.
- Larry, a trained Therapy Dog, provides animal assisted therapy.

**PEOPLE DISCHARGED FROM YAS**

**April 1, 2003 – March 30, 2006**

N = 25

Moved to be closer to family	8	32%
Obtained full time employment*	9	36%
Joined the Armed Forces	1	4%
Dropped out of services	5	20%
Incarcerated	2	8%

\*One client was named Employee of the Year at his/her place of business.

