

Young Adults Making Progress in Recovery

Individuals participating in the DMHAS Southeastern Mental Health Authority (SMHA) 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. This is one of several YAS programs around the state and is indicative of DMHAS developing service options to promote recovery choices for a younger population. YAS staff provide individual trainings and offer varied recovery-oriented educational, health, recreational activities as well as evidence-based clinical interventions. A significant component involves age-appropriate approaches facilitating progress toward independent living. As such, a special focus is on helping the young adult to identify natural supports within the community so that their developing identities span well beyond the mental health system to include community and neighborhood organizations.

1 on 1 Trainings Focus on Successful Transition to Adulthood:

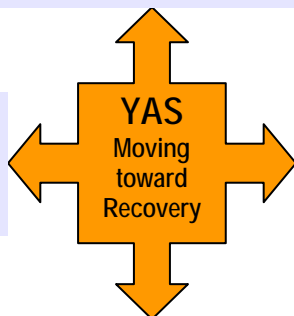
- ✓ Relaxation & Recreation
- ✓ Employment
- ✓ Creative Anger Management
- ✓ Independent Living Skills
- ✓ Cooking & Crafts
- ✓ Finances & Budgeting

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 young 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%

*By choice, not dropout, with linkage to services, including out of state.

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