
Youth Transitional Services provides support to the most at risk 16 - 22 year old youth who are experiencing mental health obstacles to a successful adulthood transition. Upon accessing the program, an assessment is conducted to determine the most appropriate service intervention within the system of care. Services within the program are dependent upon funding and program availability. Some of the more common obstacles experienced by youth in the program include:

- ◆ Homelessness and/or at risk for becoming homeless
- ◆ Dropped out of school or at risk for dropping out
- ◆ Substance abuse and/or dependency
- ◆ Conflict within the family system
- ◆ Difficulty establishing independence
- ◆ Interactions with the legal system
- ◆ Challenges related to living with a psychiatric disorder
- ◆ Peer or other social problems

Simple ways for improving one's life:

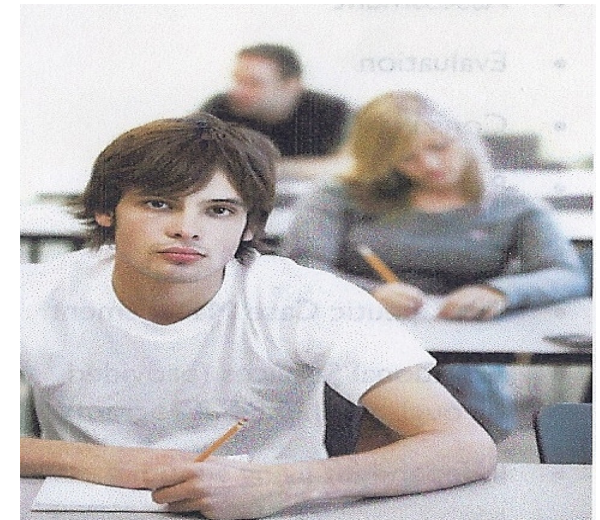
- ◆ Keep doing what works
- ◆ Stop doing what doesn't work
- ◆ Start doing what works



**For additional information
or referral, please contact:
Scott Louiselle
Youth Transitional Services
(802) 775-2381
Rutland Mental Health Services
78 South Main Street**

Youth Transitional Services

**Supporting a responsible
transition to adulthood.**



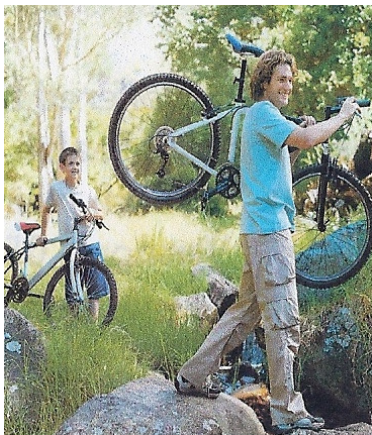
**Program offered by
Rutland Mental Health Services
located at
78 South Main Street
Rutland, Vermont 05701
(802) 775-2381**

What is Youth Transitional Services (YTS)?

Youth Transitional Services is a program focused on the empowerment of youth in making healthy life choices. This is accomplished by providing youth with options for treatment and support.

These include:

- ♦ Assessment
- ♦ Evaluation
- ♦ Consultation
- ♦ Referral
- ♦ Outpatient Therapy
- ♦ Therapeutic Case Management
- ♦ Vocational Services (provided through the J.O.B.S. Program)



Assessment, Evaluation, Consultation and Referral

- ♦ Identification and assessment of transitional needs
- ♦ Evaluation of mental health issues
- ♦ Treatment planning and goal setting
- ♦ Treatment recommendations
- ♦ Networking with community resources

Outpatient Therapy

- ♦ Identification and treatment for a trauma history
- ♦ Treatment for mental health disorders
- ♦ Resolution of family systems issues
- ♦ Managing healthy relationships
- ♦ Adjustment to life stressors
- ♦ Promotion of strengths and abilities

Therapeutic Case Management

- ♦ Assistance with setting life goals
- ♦ Stress management
- ♦ Conflict resolution
- ♦ Decision making/problem solving skills
- ♦ Communication skills
- ♦ Increase self-awareness, self-advocacy, self-esteem and self-motivation
- ♦ Support with adaptive functioning in educational, home and community environments

Vocational Services

- ♦ Vocational assessment
- ♦ Career counseling
- ♦ Employment search
- ♦ Interview skill building
- ♦ Supports for networking with potential employers
- ♦ Employer development
- ♦ Initial on the job support
- ♦ Ongoing support to maintain employment

Independent Living Support

- ♦ Accessing community supports
- ♦ Budgeting and responsible management of financial resources
- ♦ Pursuing and continuing educational goals

