

Now Is The Time: Healthy Transitions

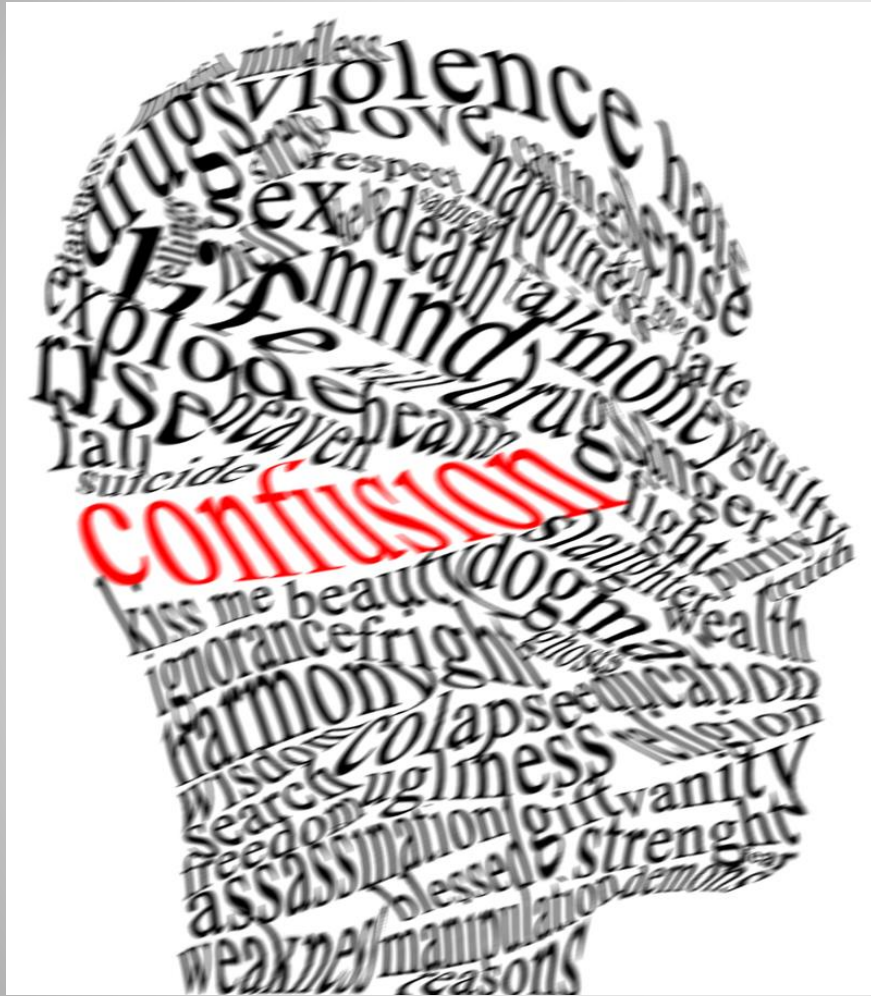
Community Connections
801 Pennsylvania Ave. SE
Washington, DC, 20003

Presenter: TAY-SOC Director, Navid Dae LPC

Filling in the Gaps:



Now Is The Time: Healthy Transitions (NITT: HT) is a new grant awarded to the Department of Behavioral Health Youth and Family Services Division to provide services to Transition Aged Youth (TAY ages 16-25) to keep them from falling through the cracks once they age out of the system.



What does that mean?

What has been the trend with TAY is that once they age out of “the system” they tend to stop receiving services for various reasons and then show back up later into their adulthood very sick, unstable and in need of an array of services.

Hence the term: Falling through the cracks.



How We Help...

The way we help TAYs and YAs is to link them with age appropriate services to address mental health needs, housing, employment, education, etc.. TAYs and YA are connected with our Core Service Agencies (CSAs).

Community Connections and MBI are at the core of our TAY SOC and have staff – Transition Specialist who specialize in the supporting the young person.

Utilizing proven evidence based practices (EBP) that works with TAY, the Transition Specialist help young people connect with professionals, informal supports and services that aid in their movement to self-sufficiency and independence.



Wait, there's more...

We also make sure the youth have a voice by inviting them to attend Youth Peer Specialist workgroups where they can be involved in the actual planning and implementation of the course and even becoming an actual Youth Peer Specialist. They can also get involved in a local Youth Move chapter which is a national youth run organization that is dedicated to improving services and systems for youth to navigate by uniting youth voices and raising awareness as advocates. In addition, youth will understand what it means to take charge of their mental health and how to do it so that the next generation can grow and not repeat the cycle.

NITT: HT on the move...

Enrichment Activities

- Urban Gardening Project
- Culinary Arts Program
- Biking Mechanics Class
- Youth Advisory Board

- Culinary Arts Program

- The Culinary Experience was a fun way for the youth to explore their “chef skills” with instruction from a professional chef. In this half day program, The youth and young adults will learn time management, how to prepare an affordable meal, and team building.



Upcoming Activities

- ❖ **Urban Gardening Project: The Youth Blossom Project** is a unique collaboration involving all-too-infrequent partners that explores innovative options for recovery, by tapping into alternative sources of funding. This is a creative partnership between Community Connections, a social service non-profit agency, Cultivate The City, a community urban farming organization, and Steel Plate Bar and Grill, a local businesses that aim to empower young adults with the tools to succeed.

The gardening location is located at 1215 Newton St NE, Washington, DC.

How to Make a Referral:

Please contact our

Transition Youth Specialist and
FEP Team to make a referral

Meet the Team!

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