



# Transitions (TAY)

Transitions serves adolescents and young adults ages 15 to 25 who are navigating the transition into adulthood and experiencing moderate to severe mental health challenges that impact daily functioning and goal attainment.

The program provides individualized, community-based mental health services designed to help participants stabilize, build skills, and move toward greater independence. Services are collaborative and tailored, supporting each young person in defining and achieving their short- and long-term goals.

## Services

Services are community-based and flexible, with staff meeting participants in environments where they feel most comfortable.

### Core Services Include:

- Individual, family, and group therapy
- Individual and group rehabilitation
- Comprehensive clinical case management
- Medication support
- Skill-building for independent living
- Linkage to housing, education, employment, and public benefits

### Service Approach:

- Collaborative, participant-driven goal setting
- Conversational, youth-centered engagement style
- Emphasis on building a strong therapeutic alliance
- Support in developing long-term stability and independence

## Philosophy

Transitions uses a strength-based, culturally responsive, and co-occurring friendly approach that centers each participant's voice and lived experience.

### We believe in:

- Building strong, trusting therapeutic relationships
- Meeting youth where they are—both emotionally and physically
- Engaging in authentic, nonjudgmental, and relatable communication
- Empowering participants to take ownership of their recovery and future

Our work is grounded in principles of the Transition to Independence Process (TIP) model, supporting youth in developing self-determination, resilience, and meaningful community connections.

## Contact

For additional questions about the program, please contact: **Program Director Regina Cantrell-Kinzfogel**  
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## Eligibility

- Ages 15.5 to 21 (primary population)
- Ages 21 to 25 eligible with Alameda County Behavioral Health approval and qualification for adult Specialty Mental Health Services
- Must have moderate to severe mental health symptoms and impairments
- Must have full-scope Alameda County Medi-Cal
- Must reside in Alameda County, Program is voluntary