

FRED FINCH YOUTH & FAMILY SERVICES

# Turning Point

For more information, call (510) 482-2244 or  
visit [www.fredfinch.org/turning-point](http://www.fredfinch.org/turning-point)



Fred Finch Youth & Family Services is a leading mental health agency that delivers services across systems of care. Our mission is to provide innovative, effective services supporting children, youth, young adults, and families to heal from trauma and lead healthier, productive lives.

At Fred Finch, we welcome and invite people from all backgrounds to address life challenges in a safe and compassionate environment. We commit ourselves to working together with participants to navigate complex challenges that may include traumatic experience, mental health concerns, drug and alcohol use, or other disabilities. We provide innovative, effective services to support participants and their families to reach their goals.



# Turning Point



Turning Point provides transitional housing and supportive services to  
homeless young adults age 18—25.

## OVERVIEW

Located in Berkeley, California, Turning Point is a transitional housing program designed to assist homeless youth age 18-25 to obtain and maintain independent permanent housing. Program participants may reside in the program for up to 24 months depending on their needs.

Fred Finch Youth & Family Services staff customizes a menu of services to help residents address individual goals. Turning Point provides services to up to 12 youth at any given time.

We have staff members who have worked in the program for many years, creating an environment of continuity and consistency. Additionally, we are able to provide each participant with daily meals and provide on site or on call 24/7 staffing at our location. We are able to provide supportive services that vary in setting, length, and frequency to fit each participant's need. We offer six months of aftercare services, which can include case management, therapy, or other supports.

Turning Point residents stay in the program for an average of 12 months. Three out of four youth who leave the program transitioned into permanent housing.

## REFERRALS

Eligible youth are between 18 and 25 at move-in and homeless and low income; and may face other life challenges such as a history of trauma, mental health or substance abuse problems.

Find Turning Point and other valuable community resources by calling 211 from within Alameda County or visiting [www.edenir.org](http://www.edenir.org).

To initiate a referral, please contact **Senior Director, Kellie Knox** at [kellieknox@fredfinch.org](mailto:kellieknox@fredfinch.org), (510) 485-5277

## SERVICES

Turning Point provides participants with services at its King Street site, which is staffed 24 hours a day. Phone support is available to both sites 24 hours a day. Turning Point services include:

- Transitional housing with the goal of obtaining permanent housing
- Individual, family, and group therapy
- Case management
- Psychiatric services
- Support in rapidly finding and keeping a job; career development
- Life skills training (for example, using public transportation and financial literacy, conflict resolution with roommates)
- Transportation assistance
- Health education
- Aftercare services

## PHILOSOPHY

Turning Point draws on the philosophy and techniques associated with the evidence-informed practices of the Transitions to Independence Process system and on evidence-based supported employment practices. The program aims to partner with participants to promote wellness and discovery: learning or maintaining healthy lifestyles, finding and keeping a job, living independent lives, and discovering their identities as members of society. Our approach and philosophy focus upon building supportive and respectful relationships, connecting participants with community resources, promoting sustainable changes, and navigating a pathway to permanent housing. We bring a Trauma-Informed Care approach, assisting participants to recover from trauma they may have experienced and which may be impacting their opportunities. Staff works to build active communication and collaboration with participants, working towards a common goal to create change and help the participant live the life they intend to live.

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