

Contra Costa Transition Age Youth (CCTAY)

Contra Costa Transition Age Youth (CCTAY) provides individualized, community-based mental health services to young adults ages 16–25 living in central and west Contra Costa County who experience serious mental health challenges. Participants may also face homelessness, substance use, trauma, or barriers to accessing traditional services.

Our multidisciplinary team partners with each participant to support recovery, establish stable housing, and build the skills needed to live independently and thrive in their community.



Philosophy

CCTAY takes a participant-centered, culturally responsive approach grounded in respect, compassion, and hope. We work collaboratively with each young adult to develop individualized recovery goals, build on personal strengths, and support greater independence and meaningful community connections.

- **Self-determination and empowerment:** Supporting participants in taking responsibility for their actions and choices.
- **Team-based, community-oriented, culturally competent care:** Providing services that reflect participants' needs and backgrounds.
- **Resilience and connection:** Building on hope and strengthening participants' social connections.

Our vision: For participants to leave CCTAY with the skills and stability to make choices that maximize their chances of success and self-efficacy.

Services

CCTAY provides individualized, community-based services to help young adults work toward recovery and greater independence.

Core Services Include:

- Individual, group, and family therapy
- Individual and group rehabilitation
- Case management and medication management
- Employment and educational support

Recovery and Independent Living

- Obtaining and maintaining safe, stable housing
- Developing community living and self-sufficiency skills
- Supporting recovery from substance use and emotional healing
- Learning to navigate health care services and medication
- Identifying and accessing community resources
- Building supportive relationships, social connections, and advocacy skills
- Exploring choices, recognizing personal strengths, and building self-efficacy

Eligibility

CCTAY serves young adults who:

- Are ages 16–25
- Live in central or west Contra Costa County, including the Concord/Martinez area
- Experience serious mental health challenges
- Are experiencing homelessness or are at risk of homelessness

Contact

For more information or to make a referral,
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Learn more: fredfinch.org/cctay or scan QR code below

