

FRED FINCH YOUTH & FAMILY SERVICES

Support Services for Transition Age Youth (STAY)

For more information, call (510) 482-2244 or
visit www.fredfinch.org/stay



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.



Supportive Services for Transition Age Youth



Supportive Services for Transition Age Youth (STAY) provides a comprehensive range of support services and housing options in Alameda County for transition age young adults (TAY) 18 through 24 that have significant mental health disabilities, are homeless or at risk of homelessness, and are unserved or underserved by the current system.

OVERVIEW

The STAY program provides a comprehensive range of support services and housing options in Alameda County for transition age young adults 18 – 24 that have significant mental health disabilities and are unserved or underserved by the current system. STAY's primary program goals are to ensure that program participants have safe and permanent housing; are able to achieve their individualized, recovery-focused goals; and are able to function as self-sufficiently as possible within their homes and communities.

The length of enrollment in STAY averages about two years, but is dependent on participants' needs. STAY has the capacity to support 50 to 55 unique individuals concurrently. STAY seeks to provide an environment that treats program participants with dignity, compassion, respect, and unconditional high regard.

STAY utilizes multidisciplinary treatment teams, comprised of a Personal Service Coordinator, master's- and bachelor's- level clinicians, peer support, employment specialists and a nurse practitioner who work together to ensure the goals of the treatment plan are achieved, deliver comprehensive services to address complex situations.

Through a partnership with Abode Inc., a nonprofit housing developer, STAY is able to provide transitional or permanent housing to STAY participants. Through our Individualized Placement Support/Support Employment program, STAY provides vocational services designed to assist up to 20 of our participants with obtaining and maintaining competitive employment in their area of interest.

The STAY staff's comprehensive knowledge of community resources across multiple domains allows the STAY team to connect participants with other services and/or programs that can provide support in areas such as accessing a variety of housing options beyond what STAY offers, benefits, peer support services, healthcare, and substance abuse treatment.

REFERRALS

Youth must be Alameda County residents and must have serious mental health disabilities that significantly impair their functioning in community living. Priority will be given to TAY who are homeless or at risk for homelessness AND meet the above noted criteria.

To initiate a referral, contact **Program Director Julie Kinloch at 510-485-5363.**

SERVICES

The STAY program provides a comprehensive range of mental health and case management services as well as housing support. Services include:

- Individual and family therapy
- Rehabilitation
- Case Management
- Medical Support
- Vocational and educational support
- Crisis intervention

STAY services include 24-hour coverage which allows for effective crisis management leading to a decreased need for our participants to utilize psychiatric hospitalization for crisis stabilization.

The treatment provides services utilizing evidence based practices such as assertive community treatment, motivational interviewing, individualized placement support/supported employment, cognitive behavioral therapy, dialectical behavioral therapy, Transition to Independence, and cognitive behavioral therapy for psychosis.

PHILOSOPHY

- Self-determination, personal empowerment, and personal responsibility for their actions and choices are key factors in helping TAY accomplish their recovery-oriented goals;
- Delivery of services that is team based, community oriented, and culturally competent;
- Enhancing program participants' resiliency occurs through programming and services that create a sense of hope and foster a sense of social connectedness.

The vision of STAY is that, when program participants leave the program, they will have the skills and stability to make choices that maximize their chances of success and self-sufficiency.