

FRED FINCH YOUTH & FAMILY SERVICES

TRANSITIONS

For more information, call 510-667-7811 or visit

www.fredfinch.org/transitions

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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.



TRANSITIONS



Transitions provides individualized mental health services to transition age youth (TAY) and young adults transitioning into adulthood. Our services help those whose mental health symptoms interfere with their ability to identify or pursue their goals.

OVERVIEW

Transitions serves youth and young adults ages 15.5 to 21 who are transitioning into adulthood. Transitions provides individualized mental health services and comprehensive clinical case management to participants. Youth must have full-scope Alameda County Medi-Cal. Transitions services are useful for any youth whose mental health symptoms, including anxiety, stress, depression, mood swings, trauma-related symptoms, interpersonal/familial conflicts, voices/delusions interfere with their ability to identify or pursue their goals. In addition, with Alameda County Behavioral Health Care Services approval, Transitions can serve young adults ages 21 to 25 who meet the eligibility requirements for adult Specialty Mental Health Services. Our program assists youth to resolve or cope with their symptoms, as well as to create a long-term support system to make progress toward meeting their personal goals.

Transitions' goals are to assist youth and young adults to gain the skills necessary to successfully transition to adulthood: to help transition age youth (TAY) to improve their functioning and meet their personal goals, while helping them to effectively manage problems and symptoms that have previously posed barriers to achievement. Staff also helps participants use social and family supports, thereby identifying permanent healthy relationships that provide long-term support.

We work with participants in a strength-based, culturally relevant, and co-occurring friendly manner. Transitions staff members create a welcoming environment in which TAY can begin to build trust by actively listening to the values, dreams, and intentions of TAY. Transitions care providers seek to be relatable and friendly, and exercise calmness, enthusiasm, and a sense of humor in our work with TAY. Doing so helps participants feel comfortable taking risks and changing patterns of relating. Most importantly, it helps TAY feel valued and appreciated, and ultimately empowered to make positive changes in their lives. Our staff members reinforce the partnership and collaborative approach, and are dedicated and enthusiastic about helping TAY to improve their lives.

REFERRALS

Eligible youth have full scope Med-Cal in Alameda County and an Axis 1 diagnosis. Transitions is a voluntary program. To initiate a referral, contact [Program Manager DeVera Jackson-Garber, LMFT at 510-667-7811](#) with the youth's name, date of birth, Medi-Cal number, and social security number.

SERVICES

Transitions' services are unique in that our clinicians can meet participants at almost any community location to provide support. We use many principles of the Transition to Independent Program model that engages youth in their own recovery process towards healthier expressions of their lives.

Services Include:

- Intensive case management and case coordination
- Individual and family therapy (if desired)
- Individual rehabilitation
- Skill-building for community living
- Linkage to programs for housing, employment, job training, public benefits, and education

Services can begin prior to the youth leaving foster, residential, or family care and can continue until age 21 (if youth have SSI, Transitions can provide services until they are 22). The typical length of stay in the program is 1.5 to 2 years.

PHILOSOPHY

- Program participants' development of self-determination, personal empowerment, and personal responsibility for their actions and choices;
- Delivery of services that are team based, community oriented, and culturally responsive;
- Enhancing program participants' resiliency by building on hope and assisting pro-program participants with enhancing or developing a sense of social connectedness.

The vision of Transitions 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-efficacy.