

Innovative Mental Health Programs for Ohio's Youth & Young Adults in Transition

Transitional Community Treatment Team North Central Mental Health Services Inc.: Program Description

North Central's Transitional Community Treatment Team was the first transitional community treatment team for adolescents in America when it was established in 1990. The team, which has expanded to serve close to 200 young adults, has been highly successful working with multi-needs, multi-system adolescents. The Transitional Team was selected as the Best Special Program in America by the National Council for Community Behavioral Health in 1993. It is featured as a best practice for service coordination in the book *Transition to Adulthood* by Hewitt B. Clark Ph.D., and Maryann Davis Ph.D. Establishing the team on the ACT coordinated multidisciplinary approach for adolescents and their families is the key. The defining features of North Central's successful adolescent transition teams include:

- A well coordinated multidisciplinary approach founded on ACT principles with team members that include a psychiatrist, nurse, team leader, team counselor (dually trained) and case managers.
- Employing a younger staff (most in their 20's) that relates well to the adolescent population.
- Training a staff well versed in adolescent development and adolescent treatment strategies.
- A program that is fluid in all aspects of both the youth and adult social service systems, with well established program linkages and relationships in both systems.
- A program philosophy that strikes an effective balance between a youth system orientation encompassing the person and family centered approach, with a young adult approach of adolescent empowerment, responsibility and developmental autonomy.
- Being situated in primarily an adult oriented treatment facility to insure that graduates move seamlessly into appropriate adult services.
- Provision of the majority of services in the community, in natural settings to promote normalization.
- Team meetings three mornings per week to insure tight communication and coordination of care.
- Flexible staff scheduling to meet individual youth needs, with 24 hour crisis supports at all times.
- Group treatment and life skills instruction (Daniel Program) to advance the development necessary for illness management and successful emancipation.
- Emancipating adolescents into safe, affordable housing arrangements.

Operational Resources

10 Case Managers, 1 team therapist, 1 nurse, 1 assessor

Financial Resources

Medicaid, County levy dollars and Chafee funds



North Central

Mental Health Services

Contact Information:

Kim Yates, LISW.

1301 North High Street
Columbus Ohio 43201
614.299.6600 ext. 2048
kyates@ncmhs.org