

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

H.E.A.R.T.S.: Program Description

Valley Counseling Services, Inc., located in Trumbull County, Ohio, created the H.E.A.R.T.S Program in 2007 to provide specialized services to youth and young adults in transition. Participants in the Program chose the name HEARTS which stands for "Helping Early Adults Reach Their Success". The Program is composed of case management (CPST) services and therapeutic (CPST) groups. Each person enrolled in the program can receive one or both of these services depending upon their needs and choices. The H.E.A.R.T.S supervisor and youth representatives serve on The Trumbull County Transition Committee. The target population for the H.E.A.R.T.S Program are those youth and young adults in transition who have emotional and/or behavioral treatment needs. The goal of HEARTS is to assist these young people in making a successful transition to adulthood. This is done by supporting youth so that they might achieve their goals in the transition domains of education, employment, living situation, and community life. Referral sources are young people, therapists, case managers, child welfare workers, schools, parent/guardians. The H.E.A.R.T.S case manager works with these young adults as they plan for their future. Case Management services can make referrals for educational and employment services; provide help with finding a place to live; and assist the youth in using those skills that are being taught in the H.E.A.R.T.S Group. A team is created with the young adult, family, friends and professionals. The approach is positive and focuses on the youth's abilities and interests in creating a plan that will meet their goals. The H.E.A.R.T.S therapeutic groups focus on the needs of the young people in the area of Community Life. Each young person has his/her own goals that they hope to achieve through the group. The topics for this curriculum include: Daily Living; Leisure Activities; Community Participation; Self Determination; Communication; and Interpersonal Relationships. Groups are offered at Valley Counseling sites and local schools. Youth who have met their goals in the transition domains will graduate from the program. The personal goals are: Employment- to obtain a job; Education- to obtain a diploma/post-secondary education/training; Living Situation- to have stability in their preferred living arrangement; Community Life Functioning- to learn daily living skills, to develop a social support network, to decrease risk behaviors, to develop leisure activities, and to engage with the community.

Operational Resources

The resources include: 3 FTE; funds for food, curriculum, minor consumer needs; available space for program; 2 vehicles; designated therapist with flexible schedule.

Financial Resources

Medicaid; limited indigent funds



Valley Counseling Services, Inc H.E.A.R.T.S Program

(Helping Early Adults Reach Their Success)

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