



## **Transitions-Mental Health Association**

*Inspiring hope, growth, recovery and wellness in our communities*

### **Youth Treatment Program (YTP)**

The Youth Treatment Program (YTP) is an innovative residential treatment program serving young people from San Luis Obispo County who are struggling with their present living situation and need a different living structure to recover and become stable.

YTP is located in San Luis Obispo California. This program is a six-bed, Short Term Residential Therapeutic Program, licensed by Community Care Licensing, accredited by CARF, with a Mental Health Program Approval by DHCS and Medi-Cal site certified to provide Specialty Mental Health Services. The services provided by YTP are contracted by San Luis Obispo County Mental Health for AFDC eligible youth that reside in our county.

#### **What Is It Like?**

YTP's mission is to help empower each youth to live, work, and grow in their community. To this end, the goal for youth living at YTP is reunification with family and/or to achieve permanent, life-long connections with caring adults. Placement at YTP allows youth to remain in their home community and maintain their access to family, schools, and friends to continue participation in jobs, sports and extra-curricular activities within their community, if appropriate.

YTP is a restorative, trauma-informed treatment program. Treatment is rooted in the most current research on the neurobiology of human behavior and how developmental stress and trauma changes the brain and interrupts the formation of healthy attachments and relationships. The program's philosophy assumes changing behavior requires changing the brain.

The program is centered on the principle that youth heal (and behavior changes) in the context of adults who are safe, regulated, predictable, empathic, and attuned. YTP is focused on how to create the conditions for the youth's brain and body to restore as much calm and self-regulation as possible as the foundation for growth, learning and intrinsically motivated behavior change.

As a structured, therapeutic program, YTP offers a variety of services to meet the goals of the youth and their family:

- Weekly individual, group and family therapy
- Daily specialty mental health services, such as intensive home-based services and intensive case coordination
- Evidence-based treatment modalities
- "Sensory Sanctuary" to calm and regulate the nervous system (with staff support)
- Equine therapy
- Monthly Child Family Team Meetings
- Education within the public school system; support through school meetings, IEPs, and tutoring for homework
- Medical/dental services
- Psychiatric consultation and Medication Management



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- Recreational, art, and social activities within the community (i.e. gym; sports; music; yoga; dance; martial arts)
- Independent living skills training & vocational assistance
- Health/sex education
- Referral to outside therapeutic resources when applicable, such as Drug & Alcohol Services

Our restorative, trauma-informed approach is aligned with the strength-based principles of wholeness, wellness, stages of change, and resiliency at the heart of the *Wellness & Recovery Model*—a model brought to life at Transitions-Mental Health Association.

### **Who Is Eligible for the Program?**

Referrals are accepted from San Luis Obispo Child Welfare Services – Placement Unit, and San Luis Obispo Juvenile Services. Our community-based residential care and psychological services are provided to youth between the ages of 12-17 and non-minor dependents. The typical length of stay is dependent on the individual and family needs.