Pathways

Maryland Healthy Transitions Program for Transitional Age Youth 16 to 25 years of age

Our Mission

We promote the mental, emotional and physical well-being of the individual, especially the marginalized and vulnerable, through the shared exploration of pathways to healthy living.

MD Healthy Transitions Overview

- This program is designed to serve transition-age youth (TAY) ages 16-25 years of age. TAY are at an especially high risk for emotional and behavioral disorders; nearly one in four young adults have a current mental health illness. However, most TAY with mental and behavioral healthy issues do not receive treatment. The goals of MD-HT are to:
- ➢**Raise** awareness of mental/behavioral health conditions by TAY;
- ➢**Increase** early identification of mental/behavioral health conditions among TAY; and
- ➢**Provide** services and supports to meet the needs of TAY as they transition into adulthood.

Pathways goal for the Maryland Healthy Transitional Age Youth Program's is to enroll 3 to 5 new consumers per month, around the Southern Maryland tri-county area, by reaching out to government agencies, public and private schools, churches and private practices.

Maryland Healthy Transitions

➢In September 2014, Maryland was awarded a grant from SAMASA called Healthy Transitions (MD-HT). Pathways was one of the two organizations, in the state, to be awarded the grant.

Who is SAMHSA?
The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities.

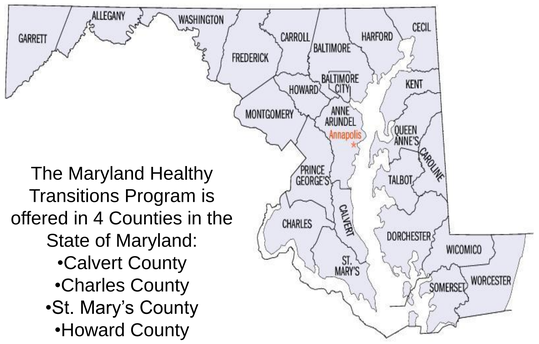
Since the beginning of 2017, Pathways has served approximately 30 new consumers and since it's inception in 2015, 92 consumers have been served.

Pathways currently has 42 Transitional Age youth enrolled in the Maryland Healthy Transitions Program. Out of the 42 youth and young adults enrolled: 26 are actively employed, 5 are in high school, 7 are working on getting their GED and 7 are currently enrolled in college classes. Our TAY consumers plan and organize two Leadership Forums on topics relevant to them.

Service Eligibility Criteria

- •Clinical/Mental Health Diagnosis
- •Willingness to receive ongoing mental and somatic health supports
- •Residency in the tri-county Southern Maryland area (Calvert/Charles/St. Mary's Counties)
- •Individuals 16 – 25 years of age with active medical assistance or eligible for medical assistance.
- •Active engagement in the educational, vocational and/or employment

Teaching daily living skills such as:
•Laundry
•Cooking and Nutrition
•Medication Management
•Budgeting
•Supported Employment
•And many other skill building needs



The Maryland Healthy Transitions Program is offered in 4 Counties in the State of Maryland:
•Calvert County
•Charles County
•St. Mary's County
•Howard County

Consumer Testimonial

Pathways has helped me by teaching me life skills I can use on a daily basis to be successful and productive member of society. When I was initially accepted into the program I had few skills, as well as a constant battle with depression due to a traumatic past. In the year I have been here, I have learned how to cook healthy foods and learned ways to maintain a healthy lifestyle through frequent exercise, proper medication management, and time management. I also consistently attend therapy and psychiatry appointments to help me express my emotions and communicate how I am feeling. Without the help of Pathways and the TAY Program, I believe that I would be homeless or in jail as I have had issues in the past that have led to legal trouble. I am very grateful for the help Pathways has given me and am thankful for the chance to change my life for the better.
Consumer: JH/2016

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