# HEALTHY TRANSITIONS

Elevate PRINCE GEORGE'S One County United

Aisha N. Braveboy, County Executive

PRINCE GEORGE'S COUNTY HEALTH DEPARTMENT

SAMHSA
Substance Abuse and Mental Health Services Administration

MARYLAND FAMILY RESOURCE, INC.

**The Transitional Age Youth (TAY) program at Maryland Family Resource provides care coordination, transition planning, trauma- and grief-informed care, and crisis prevention services to adolescents and young adults.**

## WHO WE SERVE

- Ages 16-25 years old
- Residents of PG County
- Individuals:
- Diagnosed with or at risk of developing serious mental health conditions
- Entering or aging out of foster care
- Entering of transitioning out of juvenile justice care and custody
- Unhoused youth

## WHAT TO EXPECT

- Group sessions with peer-to-peer activities
- Individual therapy to address trauma and grief as well as focus on crisis prevention
- Referrals for community-based needs such as housing
- Care coordination to address wrap around services for adolescent and young adult

## BENEFITS OF PARTICIPATING

- **Needs Based Assessment**
- **Individualized Care Plan**
- **Care Coordination to address needs such as housing, employment, etc**
- **Crisis prevention interventions**
- **Trauma and grief focused treatment**

## OUR PARTNERS

Maryland Family Resource

Maryland Coalition of Families

iMind Behavioral Health

Brought to you in partnership with Healthy Transitions funded by SAMHSA. If you or your loved ones are experiencing depression, anxiety, thoughts of suicide, or dealing with another type of mental health concern, please call 988.

## CONTACT US

Maryland Family Resource, Inc.
903 Brightseat Rd.
Landover, MD 20785

Phone: (301) 333-2980
Fax: (301) 333-8161
Website:
https://www.mfrinconline.com/

@MARYLAND_FAMILY_RESOURCEINC

MARYLAND FAMILY RESOURCE INC