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

iMIND BEHAVIORAL HEALTH

Healthy Transitions is a program for youth who are experiencing problems with moods, thoughts, and behaviors, with an emphasis on first episode psychosis.

WHO WE SERVE

Youth and young adults, ages 18-25

Programs offer access to clinicians, a wrap around case manager, nurse, prescriber, substance use disorder specialist, and an employment education specialist who work as a team to assist participants with.

WHAT TO EXPECT

- Soft skills for employment, including interview skills, how to dress, how to fill out applications, and more
- Conversation and socialization classes
- Cooking skills-building classes
- Budgeting skills-building classes
- Apartment hunting skills-building classes
- Cleaning skills-building classes
- Group outings to work on socialization

BENEFITS OF PARTICIPATING

Youth are able to become more independent and self-sufficient, and be successful in the community.

Each participant will meet twice weekly for a half hour or more with staff and their individual program facilitator to review their goals and rehabilitation plan.

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

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