



## **Maryland Healthy Transitions Initiative**

Maryland Healthy Transitions Initiative (HTI) is a five year systems change project that provides comprehensive services for transition age youth with mental health and co-occurring disorders. Funded by the Substance Abuse and Mental Health Services Administration (SAMHSA), HTI is a state/community partnership aimed at addressing issues transition-age youth encounter as they transition to adulthood. This initiative creates developmentally appropriate and effective youth-guided local systems of care that will improve outcomes in the areas of education, employment, and housing. In addition the goal is to decrease youth contact with the juvenile and criminal justice systems towards a goal of effecting statewide policy change and replication.

Maryland HTI serves transition age youth between the ages of 16 and 25 with serious mental health conditions and their families. The project is currently administered by the Mental Hygiene Administration in Frederick and Washington Counties in partnership with the Frederick County Mental Health Management Agency, Washington County Mental Health Management agency, and Way Station, Inc. In these counties, transition facilitators collaborate with youth and families to provide opportunities to:

- Experience a quality of life that includes satisfactory housing, adequate income, positive social relationships, and healthy recreation opportunities
- Feel empowered and supported throughout the process
- Receive strengths based coordinated care for a more seamless transition to adulthood
- Be involved in normative activities including employment, and/or continuing education
- Learn self-advocacy skills and build confidence as they transition to adulthood and independent living
- Increase capacity, motivation, and opportunity through active engagement in personal and social change efforts
- Contribute to policy level decision making

Maryland HTI utilizes the principles and practices of the evidence-supported Transition to Independence Process (TIP). The TIP model was developed for youth and young adults (14-29 years old) with emotional/behavioral difficulties to:

- Increase their engagement in their own futures planning process;
- Provide developmentally appropriate, non-stigmatizing, and culturally-competent services and supports;
- Involve the youth, their families, and other informal key players in the process
- Prepare and facilitate movement towards greater self-sufficiency and successful achievement of their goals
- Relate goals to relevant transition domains
  - employment/career,
  - educational opportunities,
  - living situation,
  - personal effectiveness and well-being, and
  - community-life functioning.

For more information, contact:

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