

TAY GROUP DESCRIPTIONS

Art Group

Get to know yourself through art! The focus of this group is understanding yourself and focusing on inner strengths. We will work with various art mediums. Come and explore your creative side! No art experience needed.

Weekly Workgroups

We will have different topics including: dealing with emotions, independent living, career development, assertiveness, and many more. Each workgroup topic will last 3 weeks. Groups are scheduled the first Monday of the month 2:30pm-3:30pm.

Cinema Therapy

This group will meet on the 4th Tuesday of the month. Various movies will be watched followed by a discussion. Movie time is 1:00pm-3:00pm.

TAY Program Hours

As of July 1, 2011

Monday 9:00 a.m. to 5:00 p.m.
Tuesday 9:00 a.m. to 5:00 p.m.
Wednesday 9:00 a.m. to 5:00 p.m.
Thursday 9:00 a.m. to 5:00 p.m.
Friday 9:00 a.m. to 5:00 p.m.



1060 Estes St.
El Cajon, CA 92020
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Heartland BPSR Center

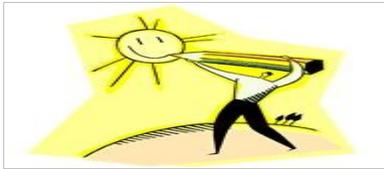
Transitional Age Youth Program

TAY



Trish Warr, MFT- TAY Lead

TAY PROGRAM INFORMATION



What is a TAY?

TAY stands for **Transitional Age Youth**. That means you are between the ages of 18 and 25. You are no longer eligible for children's services and you have different challenges than older adults. TAY programs are here to assist you in a variety of ways. That could be looking for work, applying to school, or getting connected with other resources in the community. It also means providing mental health services to assist you in reaching mental and emotional wellness.

Program Services

Our program is meant to help you get to a more stable place in your life. *Our program is not meant for long-term therapy needs. Our goal is to help you create stability and provide you with the tools necessary to function in daily living.* We will work with you to connect to other community resources as needed. If you require long-term medication needs, we will help you find a medical provider who can take care of your medication needs.

Treatment Schedule

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This following is the **recommended** treatment schedule but can vary depending on your individual needs. You will work with your counselor in order to create a treatment plan, the goals you want to work on in treatment.

*Initial assessment with Intake counselor.

*Initial assessment with Psychiatrist.

*Attend a **minimum of 6 individual** weekly sessions with your primary counselor. If you are feeling stable after your initial 6 sessions, on-going appointments with your counselor will be based on your needs.

*Attend TAY orientation to learn about what TAY has to offer.

*Attend at least one workgroup weekly.

*Continue with counseling appointments as arranged between you and your counselor.

*Attend all medical appointments as scheduled.

*Apply for Medi-Cal if you are not currently a recipient.

*Work with your counselor to develop your on-going stability plan.

*Transition and discharge out of the program.

We also recommend that you schedule an exam with a primary care physician as your physical and mental health are connected. We can assist you in finding a community clinic if you do not have insurance.

Your health and wellness is up to you. Remember, we are here to help you reach your wellness goals. We look forward to working with you.

Resources:

Access & Crisis Line 1-800-479-3339
Warm Line: 1-800-930-9276
El Cajon PERT Team: 619-579-3311
911

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