

DBT Therapy Services:

Transitional age youth who are experiencing significant emotional dysregulation or the inability to appropriately manage emotional responses, leading to a negative impact on their daily lives may benefit from Dialectical Behavioral Therapy (DBT). Adolescents who may be experiencing emotional outbursts, failing relationships and /or engaging in self harm/ suicidal thoughts/behaviors, can participate in DBT as part of their treatment. This treatment promotes the building of skills to manage intense emotions and to create more appropriate responses to these emotions and decrease at-risk behaviors.



Psychiatric services:

A youth involved in the Transitional Program can be referred by their C&A provider for a psychiatric evaluation by a child psychiatrist or nurse practitioner on staff. A referral can be made with the agreement of the parent/legal guardian and/or client (18 and older) if deemed as medically appropriate by the service provider.



Parents of adolescents age 14 and up or young adults who are interested in Transitional Services can contact C&A for an intake assessment. A comprehensive assessment is scheduled with an assessor, who determines the appropriate services for the youth based on their needs identified in the assessment.

If an adolescent is already receiving services through C&A, they can talk to their current provider regarding services in the Transitional Program.

**For more information
please contact
(330) 433-6075**

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Transitional Program



Program Overview

The Transitional Program serves adolescents ages 14 to 19, and in some cases until the age of 24. The Transitional Program provides services to assist with the mental health needs of adolescents as well as to help promote a successful transition to adulthood by working with youth to build the skills needed in the transition to independence.

Services Offered:

Individual and Family Therapy:

Adolescents in the Transitional Program can receive mental health therapy to address social, emotional or behavioral concerns. As adolescents make the transition to adulthood, their mental wellness and ability to cope with challenges becomes essential while they build skills to help them navigate the adult world. Both individual and family therapy can be provided.



Case Management:

Adolescents can also access Case Management Services through the Transitional Program. The Case Manager provides assistance in the home, at school and in the community to assist youth by reinforcing the skills that the client learns in therapy. The case manager provides hands-on skill building and reinforcement of skills. Through this service, youth can receive assistance with rehearsing positive communication, problem solving skills, job interview skills, assistance with completing job applications and learning job related skills (teamwork, dependability, task & time management, taking public transportation, etc.)

Peer Support Services:

A Peer Support provider can be assigned to adolescents in the Transitional Program. Peer Services are unique in that the Peers are providers with lived experiences who have overcome obstacles in their own lives to be successful. Because of this lived experience, Peers use their own journey to role model their success, provide encouragement and support youth while they assist with skill building and act as more of a partner in treatment.

Substance Use Disorder Services:

Providers in the Transitional Program can assess the needs of the client for substance use/abuse. Providers in this program are required to have Chemical Dependency Counselor Assistant (CDCA) licensure to assist clients with substance use issues. Depending on the severity of the issue, Transitional providers can also refer to more specialized SUD services within the agency if needed.