

## Transition Age Youth (TAY) Program

### Program Description

Transition Age Youth Programs serve youth and young adults ages 15-24 who have experienced foster care, probation, or homelessness. We provide an array of programs and services including counseling, skills building, a drop-in center, and subsidized supportive housing. Our mission is to support and empower youth in making a healthy transition into successful adulthood.

### Program Philosophy

Our guiding philosophy emphasizes compassion, respect, and collaboration with the intention of creating conditions that allow youth and families to feel valued and engaged throughout their counseling experience. We strive to provide services, which promote healing and wellbeing and are dedicated to the following core values:

- **Client-Centered** – Collaborative and respectful of the individual preferences, needs, and values of each client.
- **Culturally Responsive** – Respectful, relevant, and responsive to the values, needs, and cultural framework of diverse populations.
- **Strength-Based** – Recognizing and building upon client strengths, resources, and resiliency.
- **Trauma-Informed** – Understanding, recognizing, and responding to the effects of trauma and the need for safety and choice in the client's treatment.

TAY offers a strengths-based framework of interventions, practices, services, and supports grounded in an understanding of the impact of trauma. The environment, structure, and services emphasize physical, psychological, and emotional safety to create opportunities for rebuilding a sense of self, control, and empowerment. Staff use trauma informed interventions, recognizing the need for physical and emotional safety, as well as choice and control in decision-making.

### TAY Drop-In Center

TAY Drop-In Center provides assistance in building the skills, self-esteem, and support system necessary to make a successful transition to independent living in the community. We help youth obtain jobs through groups, registration support for college, enrollment in vocational training, housing navigation support, budgeting skills workshops and encouragement on making healthy decisions and choices for their futures. We facilitate a weekly Mom's group to support young moms and their children, and have monthly on-site benefits enrollment. The Drop-In Center is equipped with a cozy living room, kitchen, laundry facility, and computer lab. We offer counseling services, food and clothing donations, as well as a daily hot meal. Most importantly, the Center is a safe place to gain support from peers and case managers.

### Independent Living Program (ILP)

ILP assists youth ages 15-21 who have experienced foster or probation placement to develop independent living skills and achieve personal, educational and vocational goals to successfully transition to self-sufficiency. ILP services include one-on-one counseling, assistance with obtaining ID Cards, Driving Permits, and Licenses, workshops on topics such as money management, personal health, finding independent housing, and obtaining financial aid for



college. We also have a rewards program that offers young people incentives for pursuing their education and participating in extra-curricular activities.

### **Housing Supportive Services**

TAY offers a variety of Housing services depending on a person's needs. These programs include: Independent Living Program, Transitional Voucher Program [TVP], Transitional Housing Program [THP Plus], and community outreach to Runaway Homeless Youth [RHY].

- **TVP** is a joint program of Encompass Independent Living Program (ILP) and the Santa Cruz Housing Authority to provide Section 8 Housing Choice Vouchers to a small number of participants, ages 18-24. The voucher allows ILP participants to secure private housing in the community and receive federal assistance in paying their rent for up to 36 months. ILP Coordinators provide counseling, support, and empowerment helping participants through a successful transition to independent living.
- **THP Plus** is a supportive housing program that serves young people 18-24 who have experienced foster care or probation, and who have some form of income to maintain housing as program subsidies decrease. Participants meet regularly with their THP Plus Coordinators setting goals for independence through life skills coaching, emotional support and connection to valuable community resources. Participants receive financial assistance with rent, utilities, food, and educational expenses while also saving money for when they leave the program.
- **RHY** is a community outreach program through which unstably-housed youth 15-21 may access shelter, housing support and other TAY services through the RHY counselors.

### **Counseling and Peer Mentoring**

Our team of skilled clinicians and counselors work closely to provide a comprehensive initial assessment determine your personal goals and to assist in developing individualized, person-centered service plans. Services may include individual counseling, crisis intervention, case management, and group counseling. The day, time and frequency of meetings is determined collaboratively.

### **Advocacy**

The Victim Advocate for the Transition Age Youth Program works with young adults who have experience of violence. The Advocate provides case management and mental health services, and acts as liaison with outside agencies to assist in developing the necessary skills to live independently and advocate for themselves in the community. Services will be delivered with dignity and respect for each individual client and a commitment to their right of choice.

### **Setting, Hours of Operation, Frequency of Services**

Services are also provided in-person. Reception at the facilities is open Monday through Friday from 9am to 4:30pm. Services are provided at the facilities Tuesday, Thursday and Friday 1 to 8pm. Individual sessions may be scheduled outside of normal business hours to meet client needs.

**Transition Age Youth Program**  
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