



# Maryland Healthy Transitions

**One in four young adults experience mental illness.** Healthy Transitions is a SAMHSA-funded program that serves **young people ages 16-25 with** (or at risk for) **severe behavioral disorders.**

## The goals of Healthy Transitions are to:

- Raise awareness of young people's mental health challenges.
- Increase early identification of mental health conditions in young people.
- Provide services and supports to meet the needs of young people while they transition into adulthood.

## How do we accomplish these goals?

Healthy Transitions staff work to:

- Improve young adults' outcomes in employment, housing, behavioral and physical health, education, and criminal justice involvement via flexible assertive community treatment.
- Engage, educate, and support families and communities through family psycho-education and broader outreach and education.
- Enhance core competencies of behavioral health practitioners.
- Link local implementation to state-level program and policy developing to address broader system and financing issues.

## Where is Healthy Transitions?

Healthy Transitions currently serves the following Maryland counties: Anne Arundel, Caroline, Dorchester, Kent, Queen's Anne's, and Talbot.

## How can I learn more? Contact us!

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