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Metrocare Unveils Groundbreaking Initiative to Empower Dallas County's Youth on Their Path to Adulthood

Healthy Transitions Provides Mental Health Support for Transitional Youth

June 24, 2024 (Dallas, TX) – Metrocare, the leading provider of mental health services in Dallas County, is proud to announce the launch of its innovative Healthy Transitions Program. This transformative initiative addresses crucial gaps in mental health support for transitional age youth (ages 15-21) in Dallas County, providing a vital lifeline for those with, or at risk of, serious mental illness.

The Healthy Transitions Program, developed by Metrocare in collaboration with the Substance Abuse and Mental Health Services Administration (SAMHSA), is a comprehensive System of Care (SOC) designed to prepare transitional age youth for a healthy transition to adulthood. This includes assistance with employment, financial planning, social supports, parental skills, housing, and more. By focusing on the unique needs of this vulnerable population, Metrocare aims to improve outcomes and expand access to vital mental health services countywide.

"At Metrocare, we understand the hurdles that transitional age youth encounter as they transition into adulthood," says Regina Walker, Director of Child and Adolescent Services at Metrocare. "Through the Healthy Transitions Program, we provide young individuals with the support, resources, and guidance they need to thrive and succeed."

Key features of Metrocare's Healthy Transitions Program include:

- **Youth-Guided Approach:** Transitional age youth actively participate in decision-making processes and program development, ensuring their voices are heard and their needs are met.
- **Comprehensive Continuum of Care:** The program offers a range of services, including mental health treatment, education, vocational training, housing assistance, and substance use disorder intervention, tailored to the individual needs of each participant.
- **Community Engagement:** Metrocare collaborates with stakeholders from various sectors, including schools, healthcare providers, juvenile justice system, foster care agencies, and community organizations, to foster partnerships and increase awareness about mental health issues among transitional age youth.
- **Life Skills Development:** Participants receive comprehensive life skills training covering areas such as financial literacy, job readiness, interpersonal skills, and independent living skills to empower them to achieve their long-term goals.

- **Outcome Evaluation:** Metrocare conducts regular assessments to measure program effectiveness and ensure continuous improvement based on feedback from stakeholders and participants.

Metrocare's Healthy Transitions Program aims to serve 375 unduplicated transitional age youth over the next four years, with the goal of promoting positive outcomes and facilitating a smooth transition to adulthood for participants.

For more information about Metrocare's Healthy Transitions Program, visit <https://www.metrocareservices.org/healthy-transition-program/> or call (214) 333-7098.

About Metrocare: Metrocare is the largest provider of mental health, developmental disability and permanent supported housing services in Dallas County serving over 50,000 children, teens, and adults annually. For over 57 years, Metrocare has provided a broad array of services from mental health care, primary care, services for veterans and their loved ones, accessible pharmacies, homeless outreach, and supportive social services [or "more"]. Metrocare provides specialty mental health services to over 10,000 children and teens and has numerous programs for infants, children, and adults with disabilities, including Early Childhood Intervention, Flourishing Families, Nurturing Parenting, Supported Employment and two specialty autism clinics in Dallas and DeSoto. In conjunction with clinical care, Metrocare's Altshuler Center for Education and Research (ACER) is transforming the community mental health landscape of North Texas through workforce development focused on innovative partnerships and exceptional trauma-informed training.

Metrocare upholds the person-centered philosophy to **focus care on the needs of individual**. We take care to ensure that people's preferences, needs, and values guide clinical decisions and to provide care that is respectful of and responsive to those we serve. We see ourselves as partners in healing with our clients and their support network.