

Young Adults in Transition Residential Treatment Homes (YAT RTH)

Young adults are moving through one of the most challenging developmental stages people have. They are moving from dependency on their parents and caregivers to providing for themselves, defining their values and individuality, and forging a path into adulthood. Often, young adults who have been under supported and over challenged by life and denied the opportunity to meet their developmental needs in healthy, productive ways are at-risk of not being fully prepared for moving into adulthood.

OHA has found that young adults flourish when their support and opportunities are driven by them, centered around their individual and unique needs, and designed to engage and empower them through full involvement. This is the philosophical framework that should accompany specific interventions and programming components. We strive to provide this framework underlying all young adult interventions, but especially in YAT RTH.

What are the homes designed to do?

Young adults in Transition (YAT) residential treatment homes (RTH) are for young adults (17.5 to 25 years old) who experience complex behavioral health challenges. They are also called Transition Age Youth Residential Treatment Homes (TAY RTH). YAT RTH providers:

- ▶ Focus on helping residents develop the skills they need for successful transition into adulthood and provide 24-hour supervision and support.

Services provided include, but are not limited to:

- ▶ Crisis stabilization services including therapy and medication management as needed
- ▶ Skill development focused on self-managing emotions and mental health symptoms
- ▶ Money and household management
- ▶ Skills development focused on nutrition, personal hygiene, clothing care and grooming
- ▶ Communication skills for social, health care, community resources
- ▶ Skill development on managing physical or health problems as needed
- ▶ Supported education and employment
- ▶ Recreational and social activities

Where are the homes located?

Currently there are seven YAT RTH across the state:

City	YAT RTH name	Operated by
Albany	Sender House	Trillium Family Services
Eugene	Tempo	Kairos
Grants Pass	Momentum	Kairos
Pendleton	New Roads	Columbia Care
Portland	Firefly	Cascadia Behavioral Health
Salem	Cadenza	Kairos
Tigard	Zenith House	Lifeworks NW

For referrals, or more information:

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