

In September 2009, the Clermont County Mental Health & Recovery Board was awarded a six year Cooperative Agreement from the Center for Mental Health Services (CMHS) of the Substance Abuse and Mental Health Services Administration (SAMHSA) to enhance Clermont County's System of Care, named FAST TRAC. It has been reported that transition-aged youth who are aging out of the care of juvenile court or children's protective services experience significantly more challenges than same-aged peers. For example, transition-aged youth with a mental health diagnosis experience lower rates of high school graduation and higher rates of poverty, unplanned pregnancy, substance use disorders, homelessness, and involvement in the criminal justice system¹. Specialized and enhanced services such as Clermont County's TIP program are greatly needed to help offset these challenges for transition-aged youth. TIP helps youth learn how to use their strengths and teaches them new skills to solve problems and plan for the future in the areas of physical and mental wellness, housing, employment, education, community involvement, and relationships.

BY BUILDING LIFE SKILLS, SELF-DETERMINATION, AND SELF-ADVOCACY THROUGH THE ASSISTANCE OF TIP STAFF, YOUTH ARE INCREASINGLY LOCATING HOUSING AND EMPLOYMENT. THIS IS FACILITATING SUCCESSFUL TRANSITION TO ADULTHOOD.

CHARACTERISTICS OF TIP YOUTH (n=115)*	
Male 49%	Female 51%
Average age	18.8 years
CURRENTLY ENROLLED IN SCHOOL (n=87)*	
8th to 9th Grade	17.2%
10th to 11th Grade	82.8%

Note: TIP youth not currently enrolled in school are employed, seeking employment, pursuing a GED, and/or have finished school.

“ I think the most important thing we do for our clients is **continue to show up for them**. No matter what situation they're in or what they've done. Providing that **unconditional support** over and over shows them that they matter, that **we believe they can achieve their goals**. ”

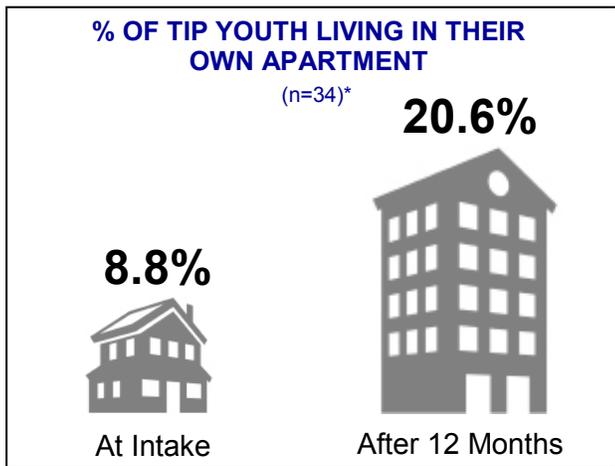
–TIP Facilitator

SALLY'S STORY

Previously, Sally and her mother questioned whether she would be **able to live on her own** due to her extreme anxiety and constant need of support. However, she did identify this as **a goal that she wanted to accomplish**.

Her Transition Facilitator (TF) worked with her on **managing her anxiety and learning problem solving techniques**. She began to put in job applications to several places with support from her TF.

At times the process seemed never-ending, but she finally **moved into her own apartment** in May. Since then, she has been maintaining well there. She **met some friends**, sees her mom every weekend, and is **managing independent life**.



*n=number of participants

¹Gilmer, T., Ojeda, V., Leich, J., Heller, R., & Garcia, P. (2012). Assessing Needs for Mental Health and Other Services Among Transition-Age Youths, Parents, and Providers. *Psychiatric Services*, 63, 338-42.



Clermont FAST TRAC, a system of care initiative of the Clermont County Mental Health & Recovery Board, is funded by a grant from the United States Department of Health and Human Services, Substance Abuse and Mental Health Services Administration.

WITH ASSISTANCE FROM TIP FACILITATORS, YOUTH ARE MAKING DECISIONS THAT LEAD TO IMPROVED SELF-CARE, PHYSICAL AND MENTAL WELL-BEING, AND BETTER OVERALL HEALTH OUTCOMES.

TIP YOUTH IMPROVE DESPITE CHALLENGES

JOE'S STORY

When TIP began to work with Joe, he had missed over 60 days of school of his senior year. Despite several outreach attempts, he was **very hard to engage**. Joe's school considered expelling him due to his increased truancy.

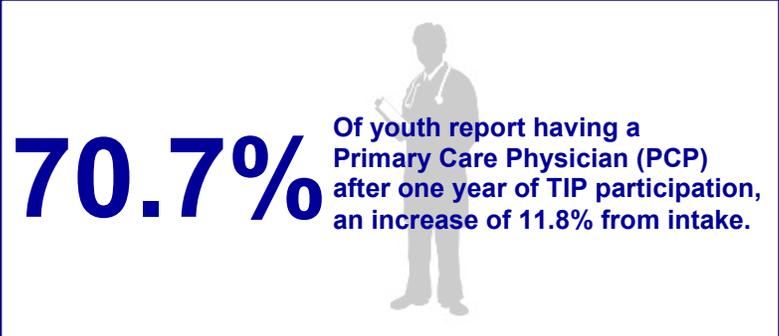
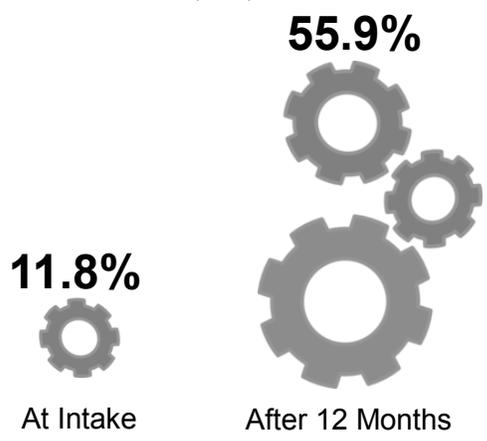
After a TIP facilitator met with him a few times, he began to engage more. **He started focusing on his goals and talked about managing the mental health symptoms he struggled with most. His school attendance began to improve.** He then decided to see the psychiatrist for the first time in several months to help him continue moving forward.

Joe **graduated with his high school diploma** in May. He is **applying for jobs and is considering going to college.**

A single mental health service provider within a system of care helps improve access and connection to much needed community resources. Greater Cincinnati Behavioral Health Services (GCBHS) is one such regional organization that provides comprehensive assistance with emotional and behavioral health challenges for adults and children.

TIP YOUTH ARE CONNECTING WITH GCBHS

(n=34)*



WITH TIP GUIDANCE, YOUTH ARE FINDING THE APPROPRIATE CARE FOR THEIR HEALTH NEEDS.

PCPs can treat acute and temporary illnesses. PCPs can also help identify and prevent health issues before they become serious, referring to other specialists if needed.

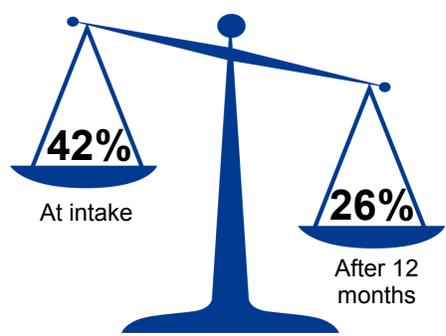
Maintaining health with a regular PCP mitigates the financial strain for the individual and the community that accompanies Emergency Room visits as a primary source for care. Within a year of receiving TIP services, only 2.9% of youth used the ER for health issues.

(n=34)*

TIP youth are experiencing **less involvement with criminal behaviors and the justice system** because they are **decreasing emotional and behavioral challenges and developing coping skills** with the assistance of TIP facilitators.

TIP YOUTH SUPERVISED BY THE COURT OR PROBATION

(n=31)*



*n=number of participants