

IMPORTANT STATISTICS

- Of the total population served by Ohio's community mental health providers, 25% are between the ages of 14-25 (*Ohio Department of Mental Health, 2009*).
- 54% of transition-age youth nationally had clinical levels of at least one mental health problem and 20% had three or more mental health problems (*Casey Family Programs, The Northwest Foster Care Alumni Study, 2003*).
- There are approximately 8,200 youth and young adults in Ohio prisons, representing 22% of the total incarcerated inmate population (*Ohio Department of Rehabilitation and Corrections, 2009*).
- Young adults aged 18-25 had the highest rate of current use of illicit drugs in 2009. Among them, 18.1% used marijuana, 6.3% used prescription-type drugs non-medically, 1.8% used hallucinogens and 1.4% used cocaine (*National Survey on Drug Use and Health, 2009*).
- 33% of transition-age youth had household incomes at or below the poverty level, which is three times the national poverty rate (*Casey Family Programs – The Northwest Foster Care Alumni Study, 2003*).
- On daily average in Ohio, 250 unaccompanied youth are homeless (*Coalition On Homelessness and Housing In Ohio, 2009*).
- Over 33% of transition-age foster care youth receive neither a high school diploma nor a GED, compared to fewer than 10% of their same-age peers (*Casey Family Programs – The Northwest Foster Care Alumni Study, 2003*).

Interested in learning more about H.E.A.R.T.S. or want to make a referral? If so, please contact: Francine Packard at (330) 395-9563, ext. 1308

SERVICE LOCATIONS

ADULT OFFICE:
(330) 399-6451
150 E. MARKET ST.
WARREN, OH 44481

CHILDREN'S OFFICE:
(330) 395-9563
318 MAHONING AVE.
WARREN, OH 44483

SOUTHEAST OFFICE:
(330) 759-8237
4970 BELMONT AVE.
YOUNGSTOWN, OH 44505

ADMINISTRATIVE OFFICE:
(330) 394-6244
150 E. MARKET ST.
WARREN, OH 44481

TDD PHONE NUMBER:
(330) 394-6244

*VCS is a contract agency of the Trumbull County Mental Health and Recovery Board.
We are an Equal Opportunity Employer and provider of services.*



Empowering Individuals & Communities.

H.E.A.R.T.S.



Helping Early Adults Reach Their Success

www.vcsinc.org

Empowering Individuals.

H.E.A.R.T.S.

One of the most challenging times in life occurs between the ages of 16 and 22, as one transitions into adulthood. It's an especially difficult time when youth are also grappling with family problems, school concerns and mental health issues.

This population has many unique needs and are at a greater risk for school failure, court involvement and future dependence on social services. They have long presented a challenge for parents, our school personnel, practitioners, and policy makers.

That is why Valley Counseling Services started the H.E.A.R.T.S. Program for transition-aged youth. It is composed of case management services and therapeutic groups. Each person enrolled in the program can receive one or both of these services depending upon their needs and choices.



THE PROCESS OF H.E.A.R.T.S.

H.E.A.R.T.S. is structured and focused on key life areas for young adults.

- Educational Opportunities
- Employment and Career
- Living Situation
- Community Life

CASE MANAGEMENT

The case manager works with young adults as they make plans for their future. Case management services can make referrals for educational and employment services; provide help with finding a place to live; and assist the youth in using those skills that are being taught in the H.E.A.R.T.S. Group. A team is created with the young adult, family, friends and professionals. The approach is positive and focuses on the youth's abilities and interests in creating a plan that will meet their goals.

THERAPEUTIC GROUPS

The therapeutic groups focus on the needs of the young people in the area of Community Life. Each young person has his/her own goals that they hope to achieve through the group. Topics for this curriculum, for example, include:

- Daily living, self care, money management, cooking;
- Leisure activities (safe and healthy activities);
- Community Participation (transportation, citizenship, resources, street justice – proper interaction with law officials);
- Health (fitness, medications, sexual health, substance abuse);
- Self determination (goals, decision making, advocacy);
- Communication (expressing oneself effectively, cyberspace skills and interpersonal skills);
- Interpersonal relationships (developing and maintaining friends, conflict resolution, dating).

H.E.A.R.T.S. is research-based utilizing the Casey Assessment of Independent Living Skills to determine the abilities and needs of those enrolled in the program.

Case management services follow the Transition to Independence Process (TIP) model in order to utilize the individual's family culture, personal strengths and needs to create a plan to meet their goals. The TIP model, developed by the National Network on Youth Transition, is nationally recognized for its focus on improving outcomes for youth in transition by focusing on the transition domains (see chart below).

The curriculum for the H.E.A.R.T.S. group is Preparing Adolescents for Young Adulthood (PAYA), which is a four-module Handbook for Skill Development created by the Massachusetts Department of Social Services.



OUR LOCATION

The H.E.A.R.T.S. program groups are held at Valley Counseling Services, located at 318 Mahoning Avenue, in Warren. They are also held at local schools and available upon request to be held at other community locations.

Empowering Communities.