



Archived Document

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TAY TIPS

TRANSITIONING TODAY'S YOUTH INTO ADULthood



County of Orange Health Care Agency Behavioral Health Services, Funded by Proposition 63 / MHSA Funds



TAY Transitional-Aged Youth

What does it mean and how can we help?

Transitional-aged youths (TAY), typically from 16-24 years of age, are beginning their *transition* into adulthood. Developmentally, the tasks of this age group are to work towards becoming a more independent adult. This task can be daunting, particularly when the transition is accompanied by a behavioral or emotional impairment.

Our goal is to provide clinicians with a variety of practical resources that may assist with increasing the success rate of transitioning our TAY clients into adulthood. Resources will include how to assist TAY with housing, schooling, job skills, and more. Additionally, community events and resources will be included.

The first issue of *TAY Tips* focuses on a variety of financial assistance programs that may be available to qualifying TAY clients, including SSI, Food Stamp benefits, and General Relief.

Look forward to monthly issues of *TAY Tips* for a variety of resources and topics relevant to this population and their successful transition into adulthood.

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SSI

Supplemental Security Income

www.ssa.gov
(800) 772-1213

SSI Offices:

Anaheim

300 S. Harbor Blvd.
Suite 310
800-772-1213

Fountain Valley

17075 Newhope St.
Suite B
800-772-1213

Garden Grove

12912 Brookhurst
Suite 130
800-772-1213

Mission Viejo

26051 Acero Rd.
800-772-1213

Santa Ana

1851 E. First St.
Fifth Floor
800-772-1213

What is SSI?

Supplemental Security Income from the Social Security Administration.

Who Qualifies?

Child: under 18 years, who has a medically determinable physical or mental impairment which:

- Results in marked and severe functional limitations

AND

- Lasted or can be expected to last for a continuous period of not less than 12 months OR can be expected to result in death

Adult: over 18 years, who has who has a medically determinable physical or mental impairment which:

- Results in the inability to do any substantial gainful activity

AND

- Lasted or can be expected to last for a continuous period of not less than 12 months OR can be expected to result in death

AND

- Limited income

- Limited resources (cash, property, life insurance, or anything that could be converted into cash for living)

- US Citizen or National

How to Apply?

Online at www.ssa.gov, on the phone, or in person.





FOOD STAMPS

www.dss.chahwnet.gov/foodstamps

What are food stamps?

Food stamps are part of a nutritional program that helps eligible low-income people purchase the food they need for good health.

Who qualifies?

Orange County residents with a social security number who meet income requirements.

Individuals receiving SSI or SSP benefits do not qualify.

How to Apply?

1. Fill out and return application: in person, online, mail, or fax. Application can be downloaded online or you can call to have one mailed.
2. Attend an interview – in person, over the phone, or have someone go with you or in your place.
3. Show proof of identification, income, and expenses (pay stubs, rent receipts, utility bills, childcare bills, etc.)

What to Bring?

- **Proof of identity** (driver's license, etc.), alien status.
- **Social Security Numbers** for all household members.
- **If employed, proof of income** (wage stubs, earning statements, etc.) for the past 30 days.
- **Bank statements** for checking accounts, savings accounts, certificates of deposit, credit union accounts, retirement accounts, stocks, bonds, dividends, etc.
- **Proof of shelter costs** (rent or mortgage payment, lot rent, household, real estate, taxes, utility bills – heat, electricity, water/sewage/garbage, telephone, etc.)

Offices:

Aliso Viejo

115 Columbia
Aliso Viejo, CA 92656
949-389-8200

Anaheim

3320 E. La Palma Ave.
Anaheim, CA 92806
714-575-2400

Cypress

6100 Chip Ave.
Cypress, CA 90630
714-503-2200

Garden Grove

12912 Brookhurst St.
Garden Grove, CA 92840
714-741-7100

Laguna Hills

23330 Moulton
Parkway
Laguna Hills, CA 92653
949-206-4000

Santa Ana

2020 W. Walnut St.
Santa Ana, CA 92703
714-834-8899
and
1928 S. Grand Ave.
Santa Ana, CA 92705
714-435-5800



GENERAL RELIEF

www.ssa.ocgov.com

2020 W. Walnut St.

Santa Ana, CA 92703

(714) 834-8899

What is General Relief (GR)?

A cash assistance program providing temporary cash aid to indigent adults with no minor children.

Who Qualifies?

Low-income adults. Application process must be in person at the office in Santa Ana. Call for an appointment (714) 834-8899.

What to expect?

Time limit for benefits will be set following application process. If you are able to work you will be assigned to work with the GR Work Program, and you must comply with the requirements of the program (i.e. reporting to job sites, complete job skills training, accept job referrals, accept employment offers that are appropriate).

What to Bring to Apply?

- Photo ID
- Social Security Card
- Verification of income
(including all benefits such as SSI, unemployment, etc.)
- Verification of any property
- General Relief
Work Application
- Alien Status
- Fingerprints will be taken

TAY Resources

Crisis and Temporary Shelter Resources

Casa Youth Shelter

Temporary shelter for runaways and youth in crisis aged 12-17. Individual, group and family counseling offered.

www.casayouthshelter.org
(800) 914-2272

Community Service Programs

Temporary shelter for youths in crisis aged 13-17. Individual, group and family counseling offered.

www.cspinc.org
Huntington Beach
(714) 842-6600

Other Resources

Orange County One-Stop

A one-stop center providing tutoring, counseling, mentoring, and job preparation assistance.

5405 Garden Grove Blvd.
Westminster, CA 92683
(714) 241-4900

and

125 Technology Way, Suite 200
Irvine, CA 92618
Telephone: (949) 341-8000

STAY, Providence Community Services

Wraparound model providing housing, employment, and education support, and counseling services. Limited enrollment.

(714) 221-6400

Mental Health Association Orange County

*Direct service, education, and advocacy services provided.

*TAY mentoring program for young adults aged 16-25 years.

*Clubhouse program, a consumer driven program to address social, recreational, and educational goals.

Clubhouse Locations: Costa Mesa, Garden Grove, and Lake Forest.

(714) 547-7559
www.mhaoc.org

For additional information about TAY resources or for referrals contact:

Jason Austin, M.F.T. (714) 796-0121 JaAustin@OCHCA.com OR Vera Grindell, M.A. (714) 896-7556 VGrindell@OCHCA.com

TAY TIPS

TRANSITIONING TODAY'S YOUTH INTO ADULthood



County of Orange Health Care Agency Behavioral Health Services, Funded by Proposition 63 / MHSA Funds



Preparing TAY for Jobs and Careers

The current unemployment rate in California is higher than it has been in over 15 years (US Dept. of Labor). With an increased number of candidates vying for open positions, youth who have limited education or work experience are at risk for being overlooked. Providing them with appropriate resources and assistance is one way to help increase their chances of gaining and maintaining employment.

This issue of **TAY Tips** will focus on resources that are available to assist TAY in making themselves more marketable in today's tough job market. Identifying and linking TAY clients to appropriate resources can be instrumental in providing a foundation for successful employment.

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Department of Rehabilitation

www.dor.ca.gov

DOR Offices:

Orange/San Gabriel

(714) 991-0800 (voice)
(714) 991-0842 (tty)
222 S. Harbor Blvd.
Suite 300
Anaheim, CA 92805

Fountain Valley Branch

(714) 593-5678 (voice)
(714) 963-5910 (tty)
10540 Talbert Ave.
Suite 250 West Bldg.
Fountain Valley, CA 92708

Laguna Hills Branch

(949) 598-7942 (voice)
(949) 598-7965 (tty)
24012 Calle De La Plata
Suite 220
Laguna Hills, CA 92653

Santa Ana Branch

(714) 662-6030
1221 E. Dyer Rd.
Suite 265
Santa Ana, CA 92705

What is Department of Rehab?

It is a state agency that assists people with disabilities to enter the work-force or return to work. Applications can be done online, through the mail, or in person. To qualify, you must be disabled, and require services to prepare for, enter, engage in, or retain employment, or to live more independently.

Services may include:

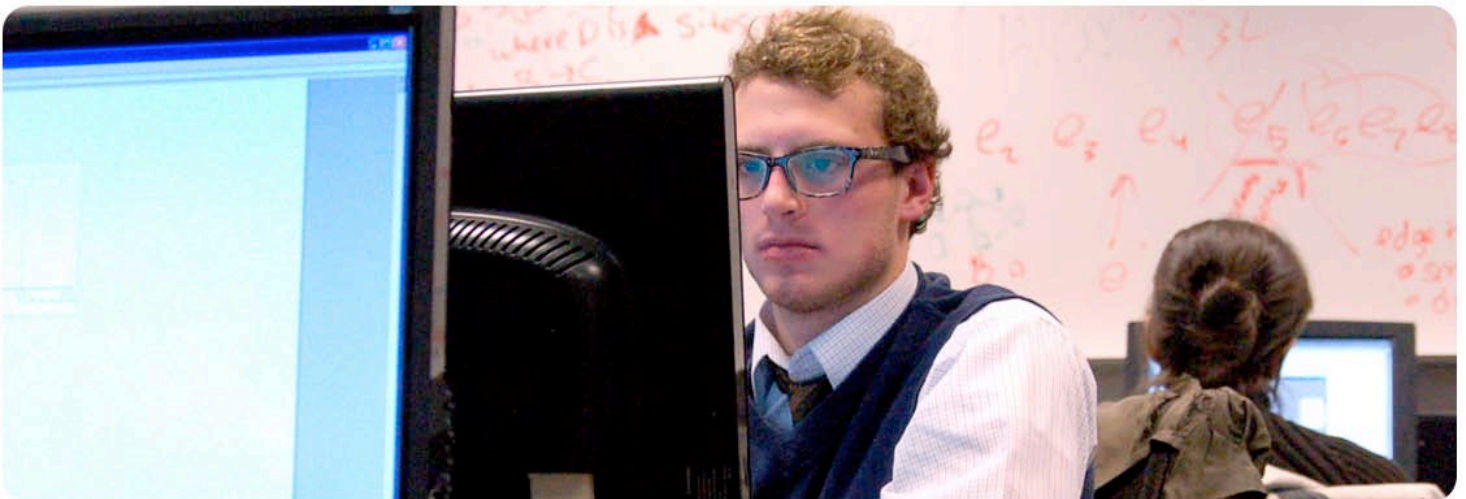
- Counseling and evaluation
- Assistive devices / adaptive equipment
- College tuition, fees, and books
- Transportation assistance
- Resume development
- Interview techniques
- Job placement
- Post employment services
- Reader, interpreter, note-taker
- Independent living skills

How to Prepare for Assessment Process

For the assessment, the client will need to bring documents verifying their disability, benefit records (i.e. SSA), and a list of names and contact numbers for doctors, professionals, or organizations that have knowledge of the client's disability.

The client is encouraged to read about and understand the rehabilitation process, and ask questions if they don't understand something at any point in the process.

Most importantly, the client needs to keep their appointments and arrive on time.



ROP

Regional Occupational Program

<http://rop.ocde.us>

What is ROP?

Provides career preparation classes and services to prepare young adults (16 and older) for successful careers. Tuition is free (although some classes have a material fee). Typical areas of careers are arts and communication, business marketing, health sciences, public service, and science and technology.

Course catalogs are available online. Consult course catalog for course availability and locations.

Central County
(714) 966-3528

Capistrano-Laguna
(949) 496-3118

Coastline
(714) 979-1955

North Orange County
(714) 502-5800



Orange County Conservation Corps (OCCC)

www.occccorps.org | 888-641-2677 | 853 North Raymond Ave., Anaheim, CA 92801

Construction, landscaping, and recycling training programs available with on-the-job training. Must be between 18 and 25 years of age, available for 40 hours per week during work and school hours, out of school, resident of Orange County, and legally eligible to work.

Educational opportunities:

- Earn high school diploma
- Life skills courses
- Computer training
- Scholarships available
- Career guidance
- Support services

Employment opportunities:

- Paid work experience
- Forklift and driver training
- Chainsaw certification
- Recycling
- Park maintenance
- Landscaping
- Construction

Workforce Investment Act Youth Services www.ocwib.org

Orange County Workforce Investment Board (WIB)

Providing educational and career development of low-income youth 16-21, with a focus on long term educational and career development.

Services Include:

- Career exploration and preparation
- Paid and unpaid work experience
- Occupational skills training
- Academic skills improvement
- Alternative secondary education services
- Summer employment
- Leadership skills development
- Supportive services (transportation, child care, school supplies)
- Guidance counseling
- Follow-up services

Locations:

Orange County Youth Café
5405 Garden Grove Blvd.
Suite 100
Westminster, CA 92683
(714) 241-4900

Irvine Unified School District-Career Link
5050 Barranca Parkway
Irvine, CA 92714
(949) 936-5040

Orange County Youth Center
1811 W. La Habra Blvd.
La Habra, CA 90631
(562) 905-7076

The BRIDGE
1407 N. Batavia St. Suite 120
Orange, CA 92867
(714) 532-6660

The BRIDGE

31736 Rancho Viejo Rd., Suite A
San Juan Capistrano, CA 92675
(949) 661-0452

La Familia Services / Fuerzas Unidas

31736 Rancho Viejo Rd., Suite A
San Juan Capistrano, CA 92675
(949) 489-9045

City of Anaheim, Workforce Development

50 South Anaheim Blvd.
Suite 200
Anaheim, CA 92905
(714) 765-4350

Santa Ana WORK Center

1000 E. Santa Ana Blvd. Suite 200
Santa Ana, CA 92701
(714) 565-2600

Taller San Jose www.tallersanjose.org

801 North Broadway
Santa Ana, CA 92701
(714) 543-5105

810 N. Poinsettia
Santa Ana, CA 92701
(714) 569-0940

Taller San Jose is an agency that provides intensive job training. Participants receive focused training in one of three areas: residential construction, medical careers, and computer technology. Graduates are work-ready and receive support that improves their ability to maintain employment. Participants may also earn their high school diploma. Must be between 18 and 28, with right to work documentation and be very motivated and dedicated to working. Pre-employment and drug screening must be passed.

Job Corps

<http://jobcorps.dol.gov>
(800) 733-5627

Job Corps is a federally funded job training and educational program for economically disadvantaged youth aged 16-24. Students receive housing, meals, basic medical care, and biweekly living allowances. It is a self-paced program, so stays can vary for up to two years.

Eligibility Requirements:

- Between 16 and 24 years of age
- US citizen, or legally authorized immigrant
- Limited financial resources
- In need of further training, education, or support service to work
- Signed consent (if applicant is minor)
- Free of behavioral problems
- Free of court or institutional supervision, or imposed fines
- Drug-free
- Have childcare plan (if have dependent child)
- Show commitment and capability to participate

Long Beach Job Corps Center
<http://longbeach.jobcorps.gov>
1903 Santa Fe Ave.
Long Beach, CA 90810
1-800-733-JOBS



Temporary Employment Agencies

Abigail Abbott Staffing Services
Clerical and administrative
www.abigailabbott.com

Coneybeare Employment Agency
Technical, administrative, clerical
www.coneybeare.com

Select Personnel Service
Broad range of jobs
www.selectstaffing.com

Apple One Employment Agency
Broad range of jobs
www.appleone.com

Helpmates Staffing Services
Administrative, Accounting, IT
www.helpmates.com

Tustin Personnel Services
Clerical, customer service
www.tustinpersonnel.com

Benchmark Staffing
Manufacturing and distribution
www.benchmarkstaffing.com

Link Staffing
Light industrial, Craft/Trade
www.linkstaffing.com

Volunteering:

NAMI

(National Alliance on Mental Illness)

www.naminc.org

A variety of opportunities sensitive to individuals with mental health needs.

Volunteer Center

Orange County

www.volunteercenter.org

Online resource with listings of different volunteer opportunities for all ages.

Volunteer Match

www.volunteermatch.com

Online resource with listings of different volunteer opportunities for all ages.

Orange County

www.egov.ocgov.com

(search volunteer)
Online resource with listings of different volunteer opportunities for all ages.

Other Resources:

Working Wardrobes

Clothing assistance for business attire.

12914 Haster St.

Garden Grove, CA 92840

(714) 971-0166

Interviewing Tips for TAY

Dressing for an Interview

First impressions are important – make sure it's positive! Select an outfit that is appropriate for the position. Dress on the conservative side, slightly nicer than the other employees. Practice good grooming and check yourself twice to make sure you look appropriate for a job interview.

Introductions

- Use a handshake with a firm grip, not limp or overly strong.
- Introduce yourself using your first and last name
- Make eye contact
- Use a salutation such as, "It is nice to meet you"
- Keep it positive - if you are asked, "How are you?" answer with a response such as, "I'm doing well," or "I'm good, thank you"
- Avoid saying, "I'm ok", or "so, so"

During the Interview

Dos

- Know about the company
- Know and understand the job qualifications and responsibilities
- Review your application beforehand
- Make sure you are answering the questions that were asked
- Talking about your EXPERIENCE and tie it in with the job expectations
- Education is also important – especially if you have little experience
- Stay focused on your positive qualities and strengths
- Have a couple of questions prepared
- Ask for a business card or contact information so you can follow-up
- Thank the interviewer for their time and consideration
- If you stumble, it's ok – interviews are stressful. Just take a moment

Don'ts

- Don't be late
- Don't bad-mouth a former employer or anyone else
- Don't answer a question with "I don't know" If you honestly don't know, say something like, "I'm not sure at this time, but can find out" or "I can learn"
- Don't go unprepared
- Don't ask questions such as: "What does this company do?" "Can I take time off for vacation?" "Can I change my schedule?" "Did I get the job?"

After the Interview

Following the interview it is acceptable (but not necessary) to send a thank-you note. If you choose to do this, keep it short and simple.

If you haven't heard back within a week, or when they told you to expect to hear back, it is acceptable to call for a follow-up. Say something like, "My name is _____. I attended an interview with (name) on (date). I haven't heard back, so I wanted to follow-up."

For additional information about TAY resources or for referrals contact:

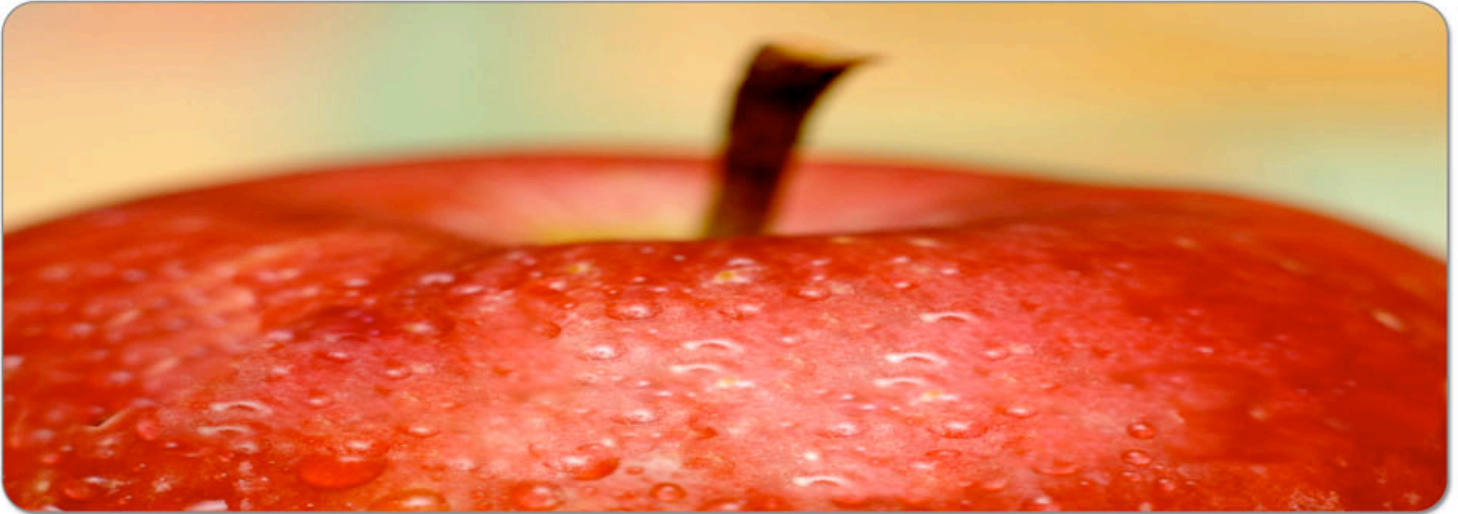
Jason Austin, M.F.T. (714) 796-0121 JaAustin@OCHCA.com OR Vera Grindell, M.A. (714) 896-7556 VGrindell@OCHCA.com

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Health & Wellness

This month's issue of TAY Tips is dedicated to providing you with information to help your TAY access necessary health and wellness resources.

This issue will provide you with information on various medical coverage options available to TAY, as well as community resources for those without health coverage. Additional information about substance abuse treatment facilities is also listed.

Lastly, we provide some tips for nutrition and relaxation to increase your TAY's overall wellness.

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Medical Services Initiative

(714) 834-6248 | (866) 979-6772 | www.ochealthinfo.com/medical/msi

Services can include:

- Hospital stays
- Skilled nursing
- Pharmaceuticals
- Medical equipment
- Case management
- Administrative services
- Outpatient services
- Laboratory
- Imaging
- Urgent care
- Surgery
- Physician
- Dental
- Community clinic services

What is MSI?

MSI is a county funded program responsible for the provision of medical care to medically indigent adults who have limited resources for medical care. Coverage is provided for 12 months and it can be extended. Applications can take up to 6 weeks to process.

Eligibility:

- Between 21 and 64 years of age
- Orange County Resident
- Proof of Alien status or U.S. Citizenship
- Cannot pay for needed care
- Meet Federal Poverty Guidelines (200% or below)
- Are not eligible for Medi-Cal

How to Apply:

Applicants need to make an appointment to complete application, and be prepared to provide proof of residency, income, age, and alien status or citizenship. A patient handbook is available for download online and includes all the detailed information about applying for coverage, as well as list of providers and covered services.

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Medi-Cal

www.dhcs.ca.gov

1-800-281-9799

Health care program in California for adults and children with limited resources. Coverage can include doctor visits, hospitalizations, medication, dental and vision.

Locations:

County Community Service Center

15460 Magnolia St.
Westminster, CA 92683
714-889-41050

Aliso Viejo Regional Center

115 Columbia
Aliso Viejo, CA 92656
949-389-8200

Anaheim Regional Center

3320 E. La Palma Ave.
Anaheim, CA 92806
714-575-2400

Garden Grove Regional Center

12912 Brookhurst St.
Garden Grove, CA 92840
714-741-7100

Santa Ana Regional Center

1928 S. Grand Ave. Bldg.B
Santa Ana, CA 92705
714-435-5900

Who Qualifies?

Children and young adults under the age of 21 who are California residents. Eligibility based on income.

Special Circumstances:

Minor who wants to seek *confidential* family planning/pregnancy related care, mental health, drug and alcohol abuse treatment, counseling, sexually transmitted disease treatment, or sexual assault – NO ID NEEDED. Services issued one month at a time

How to Apply:

In person or by mail (in person preferred). Application available in 11 languages and can be downloaded online. Response generally takes approximately 45 days.

What to bring when applying:

- Identification
- Proof of residency
- Proof of income
- Proof of pregnancy (if applicable)
- Proof of immigration status (if applicable)

California Healthy Families

www.healthyfamilies.ca.gov | 1-800-880-5305

What is HF?

Healthy Families is low cost insurance for children and teens. It provides health, dental and vision coverage to children who do not have insurance and do not qualify for Medi-Cal.

Who Qualifies?

Qualification for Healthy Families is based on income.

How to apply or get more information?

Call the number above or visit the website. Applications are available online, or one can be sent to you. Completed applications and required documents are returned by mail.

Family PACT

Planning | Access | Care | Treatment

<http://familypact.org>

Reproductive & Sexual Healthcare

Family PACT is a program that provides no-cost family planning services to low-income men and women.

How to enroll?

Just make an appointment with a Family PACT provider and fill out a two-page form. The Family PACT provider will help you find out right away if you are eligible.

What services are provided?

- Family planning services
- Reproductive healthcare
- Access to birth control methods
- Education, counseling, and treatment

Who is eligible?

- If you have no medical insurance or can't get Medi-Cal
- If you have insurance, but it doesn't cover family planning or birth control methods
- If you have insurance, but you haven't met your deductible
- If you have Medi-Cal with Share of Cost but you have not met your Share of Cost
- If you have Medi-Cal but it doesn't cover family planning
- If you have insurance or Medi-Cal, but you need to keep family planning services confidential

Maternal, Child, and Adolescent Health (MCAH)

<http://ochealthinfo.com/mcah>
(800) 564-8448

1725 W. 17th St.
Santa Ana 1725 W. 17th St.
Santa Ana, CA 92706

Family Planning Clinics offer free or low cost services for women and men, including comprehensive reproductive health exams, family planning methods and limited treatment services.

Who's eligible?

Individuals who do not have health insurance or Medi-Cal, and who meet income requirements.

Services for Women Include:

- Basic Health Assessment
- Pregnancy tests
- Pelvic exam and cervical cancer screening
- Breast exam
- Birth control methods
- Emergency contraceptives
- Other tests as needed
- Education and counseling on family planning
- Referrals

Services for Men Include:

- Basic Health Assessment
- Prostate and testicular cancer screening
- Education and information on male birth control
- Male birth control supplies (condoms)
- Testing for Sexually Transmitted Infections
- Hepatitis B immunizations
- Referrals

Residential / In-patient Substance Abuse Treatment Facilities

North Region:

Casa Elena (women)
832 S. Anaheim Blvd.
Anaheim, CA 92805
(714) 772-5580

Heritage House (women)
321 N. State College Blvd.
Anaheim, CA 92680
(714) 687-0077

Hope House
714 N. Anaheim Blvd.
Anaheim, CA 92805
(714) 776-7490

Woodglen Recovery Junction
771 W. Orangethrope Ave.
Fullerton, CA 92832
(714) 879-2741 Detox
(714) 879-0929 Recovery

South Region:

Heritage House (women)
2212-18 Placentia Ave.
Costa Mesa, CA 92627
(949) 646-2271

Mainstream Group
101 Avenida Serra
San Clemente, CA 92672
(949) 366-9210

Newport Harbor Recovery
382 Hamilton St.
Costa Mesa, CA 92627
(949) 645-5775

East Region:

Gerry House
1225 W. 6th St.
Santa Ana, CA 92703
(714) 972-1402

Phoenix House (adult and teen)
1207 E. Fruit St.
Santa Ana, CA 92701
(714) 953-9373

The Villa (women)
910 N. French St.
Santa Ana, CA 92701
(714) 541-2732

West Region:

Stanton Detox
10936 Dale St.
Stanton, CA 90680
(714) 229-9105

The Roque Center
Recovery
9842 W. 13th St.
Garden Grove, CA 92844
(714) 839-0607

Unidos Recovery Home
9842 W. 13th St. Unit B
Garden Grove, CA 92844
(714) 531-7863

SUPPORT GROUPS

**Alcoholics Anonymous
Of Orange County**
(714) 556-7231 (24 hrs)

www.aanoc.com

Information and meeting
directory available online

**Narcotics Anonymous
Orange County**
(714) 590-2388 (24 hrs.)

www.orangecountyna.org
Information and meeting
directory available online

**Al-Anon / Alateen
Of Orange County**
For families and friends
of alcoholics
(714) 748-1113

www.orangecountyalanon.org
Information and meeting
directory available online

Community Clinics

Community clinics offer free or low-cost healthcare to individuals. Many services are provided on a sliding scale.

**Healthcare
Dental
Vision**

The Gary Center

Medical | Dental

341 S. Hillcrest St.

La Habra, CA

(562) 691-3263

www.garycenter.org

Laguna Beach

Community Clinic

Medical

362 3rd. St.

Laguna Beach, CA

(949) 494-0761

Camino Health Center

Medical | Dental

30300 Camino Capistrano

San Juan Capistrano, CA

(949) 240-2272

www.mission4health.com

Community Care Health Centers

Medical | Dental | Vision

Facilities throughout Orange County

8041 Newman Ave.

Huntington Beach, CA

(714) 847-4222

www.cchcoc.org

Lestonnac Free Clinic

Medical | Dental | Mental Healthcare

1215 Chapman Ave.

Orange, CA

(714) 633-4600

www.Lestonnacfreeclinic.org



Nhan Hoa Comprehensive Health Care Clinic

Medical | Dental | Vision | Mental Healthcare

14221 Euclid St. Suite H

Garden Grove, CA 92843

(714) 539-9999

www.nhanhoa.org

Share Our Selves (SOS)

Free Medical & Dental Costa Mesa

Medical | Dental | Mental Healthcare

1550 Superior Ave. Suite E-G

Costa Mesa, CA

(949) 650-0640



Nutrition

<http://MyPyramid.gov>

Choices about food and physical activity can greatly impact an individual's health and overall wellness today, and into the future. Educating TAY toward making better choices may impact their ability to manage their overall health, including mental illness.

Types of Physical Activity:

Aerobic activities: Speed up your heart rate and breathing. They improve heart and lung fitness. Brisk walking, jogging, and swimming are some aerobic activities.

Resistance, strength building, and weightbearing activities: Work your bones and muscles against gravity. Lifting weights, walking, and yard work are all weightbearing activities. They help to build and maintain your muscles and bones.

Balance and stretching activities: Enhance your physical stability and reduce your risk of injuries. Gentle stretching, dancing, yoga, martial arts, and T'ai Chi can increase both balance and flexibility and help you relax, too.

Food Pyramid Recommendations

(from the U.S.D.A. based in a 2000 diet)

Grains:

6 oz. per day (3 oz. whole grains)

Vegetables:

2 ½ cups per day (preferable dark green, orange, or dried beans)

Fruits:

2 cups per day (fresh, frozen, or canned)
Easy on fruit juices

Meat and Beans:

5 ½ oz. per day (low-fat or lean)

Milk:

3 cups per day (low-fat or fat-free milk, yogurt, or other dairy product)
Lactose-free products or other calcium-fortified products can substitute.



Relax!

Here are a few relaxation techniques that can often be used as an easy and simple way to better manage stress.

Breathing Awareness / Deep Breathing

Lie down or sit in a comfortable chair. Your body should be as relaxed as possible. Close your eyes. Scan your body for tension.

Pay attention to your breathing - focus on having your breath go all the way to your stomach.

Breathe through your nose.

Notice if your chest is moving in harmony with your abdomen.

Exhale through your mouth, continuing.

Relax as you focus on the sound and feeling of long, slow, deep breaths.

Continue breathing in and out, noticing the rise and fall of your stomach and chest for several minutes, or until relaxed.

Guided Imagery

Lie down or sit in a comfortable chair. Your body should be as relaxed as possible. Close your eyes.

Use deep breathing and close your eyes, focusing on breathing.

Once you get to a relaxed state, begin to imagine yourself in the midst of the most relaxing environment you can imagine.

As you imagine your scene, try to involve all of your senses. What does it look like? How does it feel? What special scents are involved? Do you hear the ocean breeze, the splash of a stream or the sounds of birds? Make your vision so real you can even taste it!

Stay here for as long as you like!

Progressive Muscle Relaxation Script

Instructions: Have your client sit in a relaxed position while you read the following script slowly, allowing the client to process the exercise..

"Take a deep breath in through your nose...hold your breath for a few seconds...and now breathe out ...take another deep breath through your nose...imagine your stomach is a big balloon filling up with air...hold your breath...now breathe out and imagine that the air in the balloon is slowly escaping...Now I want you to pay attention to your body and how your it feels.... "

"Start with your legs...I want you to stretch out your legs in front of you and point your toes...squeeze the muscles in the top of your legs...now squeeze the muscles in the bottom of your legs...hold it...now relax...let your legs go limp...relax all the muscles in your legs...notice how heavy your legs feel... now take a deep breath and hold...and breathe out..." *Repeat as necessary.*

"Now focus on your arms...stretch your arms out in front of you like you are reaching out to something...keep stretching...hold it...and now relax...let your arms drop to your sides...notice how relaxed your arms feel...relax your arms...now stretch your arms up above your head...try to reach for the clouds with your finger tips...hold...keep reaching above your head...now let your arms drop to your sides...relax you arms...let them go limp ...notice how calm you feel... now take a deep breath and hold...and breathe out..." *Repeat as necessary.*

"Move to your shoulder... pull your shoulders up to your ears...hold...keep holding...now relax... notice how relaxed you feel... now take a deep breath and hold...and breathe out... " *Repeat as necessary.*

"Now, pull in your stomach muscles... tighten them as much as you can...hold it...good...now relax...let your stomach out...relax all the muscles in your stomach...notice how your muscles feel when you relax them... now take a deep breath and hold...and breathe out..." *Repeat as necessary.*

"Finally, wrinkle up your faces as much as you can...wrinkle your nose...mouth...eyes...forehead...cheeks...and push your lips together...Notice how tight the muscles in your face feel...hold it...good...now relax...let all the muscles in your face go limp...notice how relaxed you feel... now take a deep breath and hold...and breathe out... " *Repeat as necessary.*

"Now relax your whole body...imagine you're a rag doll and try and relax all the muscles in your body. Notice how good you feel...so relaxed...so calm...now take a deep breath and hold it...and breathe out...you've done very well! When you are ready, you can slowly open your eyes."

For additional information about TAY resources or for referrals contact:

Jason Austin, M.F.T. (714) 796-0121 JaAustin@OCHCA.com OR Vera Grindell, M.A. (714) 896-7556 VGrindell@OCHCA.com



TAY TIPS

TRANSITIONING TODAY'S YOUTH INTO ADULthood

County of Orange Health Care Agency Behavioral Health Services, Funded by Proposition 63 / MHSA Funds



Dual Diagnosis & Substance Abuse

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Dual diagnosis is a term that refers to individuals who have both a mental health disorder and substance use disorder. It may be used interchangeably with "co-occurring disorders" or "comorbidity."

The co-occurrence of mental illness and substance abuse is common: about 50% of individuals with severe mental illnesses are affected by substance abuse (NAMI). A dual diagnosis is also associated with a host of negative outcomes that may include higher rates of relapse, hospitalization, incarceration, violence, homelessness, and exposure to such serious infections as HIV and hepatitis.

Transitional aged youth with mental health disorders are at particular risk for a substance use disorder. Many young adults use substances as a means to self-medicate or foster social relationships; however, such efforts can have detrimental consequences.

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For additional information about TAY resources or for referrals contact:

Jason Austin, M.F.T. (714) 796-0121 JaAustin@OCHCA.com OR Vera Grindell, M.A. (714) 896-7556 VGrindell@OCHCA.com

12 - Step Programs

Twelve step programs offer a set (12) of guiding principles that outline the course of action toward recovery from addiction. The 12 steps were originally published by Alcoholics Anonymous in 1939, but have since been adapted into other many other addiction programs.

Adaptation of The 12 Steps for general use with a variety of addictions:

- Step 1** We admitted we were powerless over our addiction - that our lives had become unmanageable.
- Step 2** Came to believe that a Power greater than ourselves could restore us to sanity.
- Step 3** Made a decision to turn our will and our lives over to the care of God, as we understood God.
- Step 4** Made a searching and fearless moral inventory of ourselves.
- Step 5** Admitted to God, to ourselves, and to another human being, the exact nature of our wrongs.
- Step 6** Were entirely ready to have God remove all these defects of character.
- Step 7** Humbly asked God to remove our shortcomings.
- Step 8** Made a list of all persons we had harmed, and became willing to make amends to them all.
- Step 9** Made direct amends to such people wherever possible, except when to do so would injure them or others.
- Step 10** Continued to take personal inventory and when we were wrong promptly admitted it.
- Step 11** Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God's will for us and the power to carry that out.
- Step 12** Having had a spiritual awakening as the result of these steps, we tried to carry this message to other addicts, and to practice these principles in all our affairs.

The 12 - Step Process

Twelve-step programs symbolically represent three dimensions of humanity: physical, mental, and spiritual. For persons addicted to substances, the physical dimension is best described by the bodily reaction resulting in the compulsion to continue using substances after the initial use. The mental dimension is described as the cognitive processes that cause the individual to repeat the compulsive behavior after some period of abstinence, either knowing that the result will be an inability to stop or operating under the assumption that the result will be different. The spiritual dimension is considered to be one's self-centeredness. It is suggested that members regularly attend meetings with other members who share their particular recovery problem.

Twelve-step programs encourage less-experienced members to secure a relationship with a more-experienced member to guide them through the program and provide support in maintaining abstinence.

**Alcoholics Anonymous
Of Orange County**
(714) 556-7231 (24 hrs)
www.aanoc.com
Information and meeting
directory available online

**Narcotics Anonymous
Orange County**
(714) 590-2388 (24 hrs.)
www.orangecountyna.org
Information and meeting
directory available online

**Cocaine Anonymous
Orange County**
(949) 650-1011 (24 hrs.)
www.ca.org
Information and meeting
directory available online

**Crystal Meth Anonymous
Orange County**
www.crystallmeth.org
Information and meeting
directory available online

Residential Treatment Facilities

Adolescent:

Phoenix House of Orange County

1207 E. Fruit St., Santa Ana, CA 92701
(714) 953-9373

Touchstones

P.O. Box 849, Orange, CA 92856
(714) 639-5542

Women:

Casa Elena Recovery Home (Hispanic Women)

832 S. Anaheim Blvd., Anaheim, CA 92805
(714) 772-5580

Heritage House (Pregnant & Parenting Women)

2212-18 Placentia Ave., Costa Mesa, CA 92627
(949) 646-2271

Heritage House North (Pregnant & Parenting Women)

321N. State College, Anaheim, CA 92806
(714) 687-0077

The Villa

910 N. French St., Santa Ana, CA 92701
(714) 541-2732

Men:

Start House (HIV+)

808 La Verne Way, Santa Ana, CA 92703
(714) 954-1237

Unidos Recovery Home (Hispanic Men)

9842 W. 13th St., Ste. B, Garden Grove, CA 92844
(714) 531-4624

Hearing Impaired:

Awakenings

12322 Clearglen Ave., Apt. 2, Whittier, CA 90604
TTY (562) 947-4833

Men and Women:

Coopers Fellowship, Inc.

409 Cooper St., Santa Ana, CA 92703
(714) 554-1152

Gerry House/Gerry House West (IDU, Methadone, HIV+)

1225 W. 6th St., Santa Ana, CA 92707
(714) 972-1402

Hope House, Inc.

707 N. Anaheim Blvd., Anaheim, CA 92805
(714) 776-7490

Mainstream Group, Inc.

101 Avenida Serra, San Clemente, CA 92672
(949) 366-9210, (800) 299-4909

Newport Harbor Recovery Services Inc.

382 Hamilton St., Costa Mesa, CA 92627
(949) 645-5775

Phoenix House of Orange County

1207 E. Fruit St., Santa Ana, CA 92701
(714) 953-9373

The Roque Center

9842 W. 13th St., Garden Grove, CA 92844
(714) 839-0607

Woodglen Recovery Junction

771 W. Orangethorpe Ave., Fullerton, CA 92832
(714) 879-0929

For More information:

Health Care Agency

Behavioral Health Services

Alcohol and Drug Abuse Services

<http://ochealthinfo.com/behavioral/adas/index.htm>

Detoxification Facilities

The Roque Center Detox

(Men / Women)

9842 W. 13th St.
Garden Grove, CA 92844
(714) 839-9798

Unidos Recovery Home Detox

(Hispanic Men)

9842 W. 13th St., Ste. B
Garden Grove, CA 92644
(714) 531-4624

Woodglen Recovery Junction Detox

(Men / Women)

771 W. Orangethorpe Ave.
Fullerton, CA 92832
(714) 879-2741

Sober Living

The Breeze Home (women)
www.thebreezehome.com
 (714) 309-2584

The Cottages (women)
www.hbcottage.com
 (714) 418-6053

Five Points Sober Living (men)
www.fivepointssoberliving.com
 (714) 313-8302

Laguna Beach Sober Living
 (men and women)
www.lagunabeachsoberliving.com
 (800) 410-6552

Lisa's House (women)
www.lisashouse.org
 (877) 392-7749

Milestone (men and women)
www.milestonesoberliving.com
 (949) 690-4193

New Life Spirit
 (men and women / Christian)
www.newlifespirt.com
 (949) 721-1511

Orange County Progressives
 (men and women, children ok)
www.orangecountysober.com
 (714) 496-6464 or (949) 281-7448

Orange County Recovery (men)
www.orangecountyrecovery.net
 (714) 771-4522



The Premier Home
 (men and women)
www.soberlivingorangecounty.com
 (714) 468-9686

Ready 2 Recover
 (men and women)
www.ready2recover.com
 (800) 214-3787

Rudy's Home (men)
www.rudyshome.com
 (949) 533-2450

Serenity House (men)
www.serenityhousesjc.com
 (949) 388-9750

Sober Living Way
 (women / Christian)
www.soberlivingway.org
 (714) 906-9097 or (714) 670-9127

Sober Pacific Living
 (men and women)
www.soberpacificliving.com
 (800) 793-5596

Step-up Recovery (men)
www.stepuprecovery.com
 (714) 771-4522

Triangle Sober Living (men)
www.trianglesoberliving.com
 (949) 510-8903

Wellspring Sober Living
 (women)
www.wellspring-soberliving.com
 (949) 454-2834

Yates House (women)
www.theyateshouse.com
 (714) 396-8108

Eating Disorders Treatment Facilities

FREE Eating Disorders Support Group

Open to all ages and genders

South Coast Medical Center

31872 Coast Highway, Laguna Beach, CA 92651

RSVP to (949) 439-2607 or 499-7504 ext. 2

Up to one-half of all individuals who have an eating disorder also abuse substances (Center for Addiction and Substance Abuse). Clients who have an eating disorder that is co-morbid to a substance use disorder require specialized treatments that simultaneously address substance use, disordered eating, and other co-occurring mental health disorders.

Orange County:

Rebecca's House

23861 El Toro Road, Suite 700
Lake Forest, CA 92630
www.rebeccashouse.org
(800) 711-2062

South Coast Medical Center

31872 Coast Highway
Laguna Beach, CA 92651
www.southcoastmedcenter.com
(949) 499-7504

The Victorian of Newport Beach

2811 Villa Way
Newport Beach, CA, California 92663
www.eatingdisordertreatment.com
(866) 575-8179

San Diego County:

Casa Palmera

14750 El Camino Real
Del Mar, California 92014
www.casapalmera.com
(866) 768-6719

Montecatini

2524 La Costa Avenue
Carlsbad, California 92009
www.montecatinieatingdisorder.com
(866) 575-8179

Puente de Vida

San Diego, CA 92138
www.puentedevida.com
(858) 581-1239 or (877) 995-4337

Sharp's Eating Disorder Program

7850 Vista Hill Ave.
San Diego, CA 92123
www.sharp.com
(858) 694-8408

Los Angeles County:

Bella Vita

766 Colorado Blvd.
Los Angeles, CA 90041
www.thebellavita.com
(323) 255-0400

Center for Discovery

Locations in: Downey, La Habra, Lakewood, Long Beach, Menlo Park, and Whittier
www.centerfordiscovery.com
(800) 760-3934

Del Amo Hospital

23700 Camino del Sol
Torrance, CA 90505
www.delamohospital.com
(800) 533-5266

Monte Nido

Locations in: Brentwood, Malibu, and Agoura Hills
www.montenido.com
(310) 457-9958

Oceanaire

30175 Avenida Tranquila
Rancho Palos Verdes, CA 90275
www.oceanaireinc.com
(310) 377-3200 or (866) 406-0166

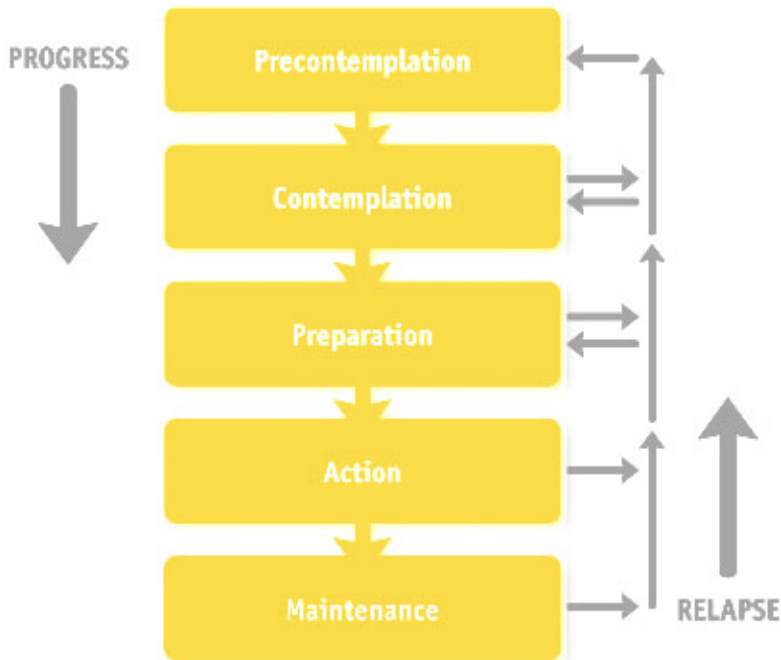
Shoreline Eating Disorders Treatment & Recovery

191 Argonne Ave. Suite 3
Long Beach, CA 90803
www.shoreline-eatingdisorders.com
(562) 434-6007



Stages of Change

Adapted from Prochaska and DiClemente



The *Stages of Change* model was conceived within the Transtheoretical Model, a theory for behavior change. The model describes how ready one is to work toward change. For clinicians, this tool can be helpful in assessing a client's readiness towards working on changing behaviors. Appropriate interventions can be selected based on the treatment goal at each stage.

The change process is cyclical by nature, and individuals typically move back and forth between the stages several times before stable change is achieved. For most substance-using individuals, progress through the stages of change is circular or spiral, not linear, and relapse is common. In addition, an individual may move between the stages at different rates for different behaviors; for example, one may be in *pre-contemplation* stage for cigarette smoking, but in *action* stage for marijuana smoking.

Stage	Characteristics	Goal for Treatment
Pre-contemplation	<ul style="list-style-type: none"> * Not yet considering change * May not believe the behavior is a problem 	<ul style="list-style-type: none"> * Increase motivation to change * Raise awareness of the seriousness of the problem behavior
Contemplation	<ul style="list-style-type: none"> * Intention to change soon * Weighing the pros and cons of change 	<ul style="list-style-type: none"> * Emphasize benefits of change * Continue to increase motivation to change
Preparation	<ul style="list-style-type: none"> * Experimenting with small changes * Formulating a plan to change 	<ul style="list-style-type: none"> * Discuss options and formulate plan * Provide appropriate support and encouragement
Action	<ul style="list-style-type: none"> * Behavior changes are occurring * Modifications to lifestyle to incorporate changes 	<ul style="list-style-type: none"> * Provide reinforcement for changes * Review plan * Plan for obstacles
Maintenance	<ul style="list-style-type: none"> * Working to prevent relapse * Maintaining new behavior * Estimated to last 6 mon. – 5 yrs. 	<ul style="list-style-type: none"> * Continue reinforcing change * Plan for obstacles * Provide appropriate support
Relapse	<ul style="list-style-type: none"> * Regressing back to a previous stage * VERY common part of change 	<ul style="list-style-type: none"> * Refer to specific stage that the individual relapsed to



TAY TIPS

TRANSITIONING TODAY'S YOUTH INTO ADULthood

County of Orange Health Care Agency Behavioral Health Services, Funded by Proposition 63 / MHSA Funds



Housing Needs

Finding and securing appropriate housing can be an overwhelming task for young adults, particularly when they are also managing mental health needs. Assisting TAY with assessing their particular housing needs and then locating and securing an appropriate placement can be an invaluable service.

The current issue of *TAY Tips* is dedicated to assisting you with understanding the housing continuum to better assist TAY clients with their housing needs. Resources for housing referrals will also be provided.

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Crisis Residential P. 6

For additional information about TAY resources or for referrals contact:

Jason Austin, M.F.T. (714) 796-0121 JaAustin@OCHCA.com OR Vera Grindell, M.A. (714) 896-7556 VGrindell@OCHCA.com

OCHCA Housing Continuum

From Lowest to Highest Level of Care

Characteristics of Housing

Independent Living:

No direct care or supervision. Includes living in own apartment/home, roommates, renting room, etc.

Short-Term Housing:

Limited supervision is provided, but NO medication is administered (residents are responsible for medication management). Very temporary placement, with a constantly changing population.

Basic Residential (Board and Care):

Facility that provides, supervision, transportation, meals, housekeeping, dispenses medication, and follows a MTP (Master Treatment Plan).

Residential Rehabilitation:

Provides basic Board and Care services with additional staff, supervision and activities. Intended to be transitional housing, preparing residents for a lower level of care.

Acute Psychiatric Hospital:

Temporary secured setting with intense staffing and supervision. Intended to stabilize symptoms and transition patients into a lower level of care. Treatment may be involuntary.

Long Term Care:

Usually locked or secured setting. Very structured with 24-hour supervision and scheduled activities.

Characteristics of Residents

* Residents must possess independent living skills that include: managing medications, finances, schedules, and basic living skills.

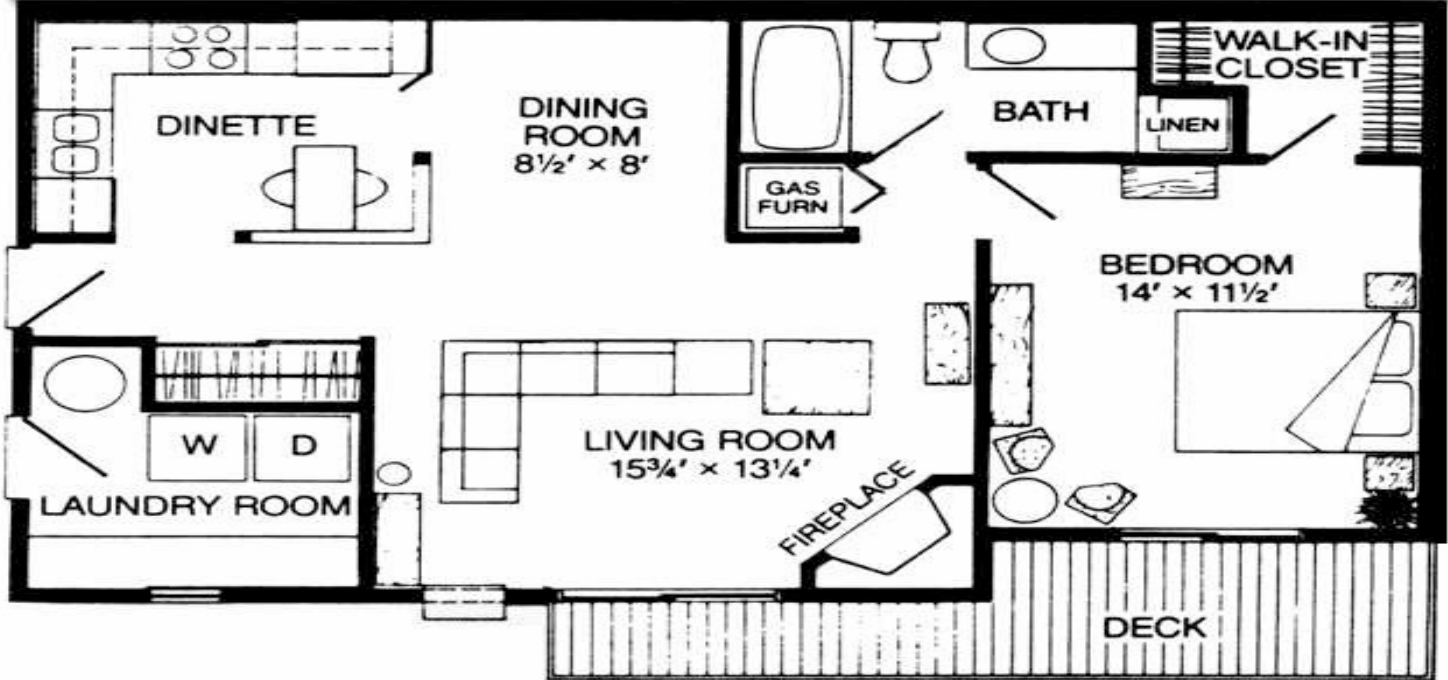
* Residents are current mental health consumers who have no funding for housing. Must not be abusing substances, and will abide by program rules. Must be actively working toward more permanent housing.

* Residents need assistance and monitoring with medications and may need prompting to perform daily living skills. May lack skills in budgeting, cooking, performing housekeeping chores, or other deficits.

* Residents often have poor symptom management, and history of challenging behaviors. Must be willing to participate in activities and be actively working toward more self-sufficiency.

* Acute symptoms requiring protection from harming self or others, or being judged as gravely disabled. May experience involuntary treatment.

* Usually conservatees, and symptoms are often resistant to medication.



Contacts and Resources

Mental Health Association of OC

(714) 668-1530

www.mhaoc.org

Provides assistance to homeless individuals with mental illness in securing permanent housing.

OCHCA Residential Care and Housing Program for Mentally Ill Adults (714) 796-0200

www.ochealthinfo.com (search housing)

Adult residential care options that are licensed by the State of California. Also includes Residential Rehabilitation facilities.

H.O.M.E.S. Inc.

Helping Our Mentally Ill Experience Success

(949) 851-2766

Provides transitional and permanent housing for adults with mental illness.

Board and Care Vacancy Hotline

(714) 834-5844

Hotline that is updated frequently with vacancies in OC Board and Care facilities. Tours, interviews and placement can also be arranged by calling this number.

Skills needed for Independent Living

- Sufficient income to live and able to responsibly manage finances.
- Be able to manage own medication.
- Able to arrange own appointments.
- Able to perform daily living skills including hygiene, household chores, and cooking.
- Maintain sobriety and abstinence from substances.
- Arrange and manage own transportation.

Independent Living Tips

Individuals who have the ability to live independently still need guidance in making sure they succeed. These tips can help you prepare youth to be independent.

- 1. Developing and Maintaining a Budget.** Young adults may need assistance in developing and maintaining a realistic budget that includes room for unexpected expenses.
- 2. Meal Planning and Grocery Shopping.** Assist the young adult in developing a list of simple meals they can prepare and a shopping list to accompany the meal plan.
- 3. Safety Plan.** Living independently for the first time can be can be overwhelming. It's important for young adults to have a safety plan in place in case of an emergency.
- 4. Identify Social Supports.** In addition to a safety plan for emergencies, young adults should also have a social support system identified.
- 5. Developing Time Management Skills.** Living independently requires many skills, and time management is very important, making sure that appointments are kept.
- 6. Understanding Rights and Responsibilities of Entering into Contracts.** It is important for young adults to understand both their rights and responsibilities of entering into contracts which can include leases, credit cards, utility contracts, and any other contracts.

Utility assistance for those who meet income requirements

Southern California Edison
(800) 655-4555

California AT&T Lifeline
(800) 288-2020

The Gas Company
(800) 427-2200

Sober Living

The Breeze Home (women)
www.thebreezehome.com
(714) 309-2584

The Cottages (women)
www.hbcottage.com
(714) 418-6053

Five Points Sober Living (men)
www.fivepointssoberliving.com
(714) 313-8302

Laguna Beach Sober Living
(men and women)
www.lagunabeachsoberliving.com
(800) 410-6552

Lisa's House (women)
www.lisashouse.org
(877) 392-7749

Milestone (men and women)
www.milestonesoberliving.com
(949) 690-4193

New Life Spirit
(men and women / Christian)
www.newlifespirt.com
(949) 721-1511

Orange County Progressives
(men and women, children ok)
www.orangecountysober.com
(714) 496-6464 or (949) 281-7448

Orange County Recovery (men)
www.orangecountyrecovery.net
(714) 771-4522



The Premier Home
(men and women)
www.soberlivingorangecounty.com
(714) 468-9686

Ready 2 Recover
(men and women)
www.ready2recover.com
(800) 214-3787

Rudy's Home (men)
www.rudyshome.com
(949) 533-2450

Serenity House (men)
www.serenityhousesjc.com
(949) 388-9750

Sober Living Way
(women / Christian)
www.soberlivingway.org
(714) 906-9097 or (714) 670-9127

Sober Pacific Living
(men and women)
www.soberpacificliving.com
(800) 793-5596

Step-up Recovery (men)
www.stepuprecovery.com
(714) 771-4522

Triangle Sober Living (men)
www.trianglesoberliving.com
(949) 510-8903

Wellspring Sober Living
(women)
www.wellspring-soberliving.com
(949) 454-2834

Yates House (women)
www.theyateshouse.com
(714) 396-8108

Crisis Residential Programs

Crisis Residential Programs are short-term facilities that provide shelter for young adults in crisis. Programs provide services that help youth acquire independent living skills, stabilization, and re-integrate into the society successfully.

South Coast Children's Society Inc.

TAY Crisis Residential Program

Costa Mesa, CA

Six-bed residential program for young adults aged 18-24. Average stay is 2-3 weeks, and services include therapy, case management, linkage and referrals, and transportation.

Call (714) 966-5338 for information.

*** Referrals made through the county
Crisis Assessment Team**

Casa Youth Shelter

Los Alamitos, CA

Twelve-bed crisis residential program for teens aged 12-17. Services include therapy, case management, linkage and referrals. Follow-up services can continue for 2-3 months.

**Call (800) 914-2272,
(562) 594-6825 or (714) 995-8601 for more
information.**

Community Service Programs

Youth Shelter

Laguna Beach, CA

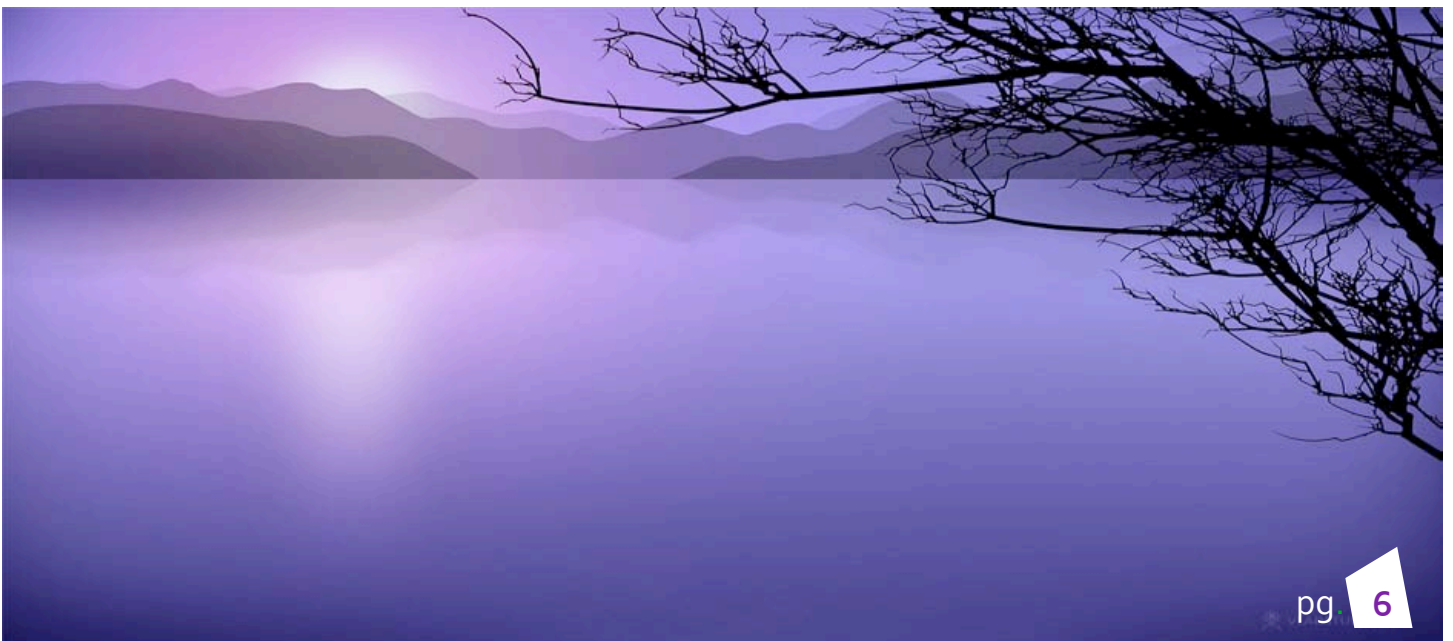
Huntington Beach, CA

Six-bed shelters for young adults aged 12-17. Average stay is 2-3 weeks, and services include therapy, case management, linkage and referrals, and transportation.

**Call (949) 494-4311 or
(714) 842-6600 for information.**

*** Referrals made through the On Call Crisis
Response Clinician or Officer of the Day**

**** Make sure to call ahead to
find out availability and
eligibility requirements****





TAY TIPS

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Education

One of the most important factors in helping TAY succeed as independent adults is assisting them with forming a solid educational foundation that fits their needs. A variety of options exist that range from learning English, completing a high school GED, obtaining vocational training, or attending a community college or university. Exploring the various options with TAY and assisting them with identifying a route that would be compatible with their abilities and goals can be motivating and empowering to young adults.

The current issue of TAY Tips is dedicated to showcasing the wide range of educational opportunities available to young adults and resources to assist with paying for higher education. Accommodations that are available to students are also presented.

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Adult Schools

Adult school is a free or low-cost educational resource for adults (18 or older), who are interested in completing their high school diploma, GED, or other vocational –related education; literacy, automotive, computers, first aid and CPR, culinary, art, and health care fields. High school students may be considered if referred by their high school counselor. Some campuses offer citizenship, ESL, parenting classes, and sporting activities.

Placentia-Yorba Linda Adult School

(multiple Locations)
4175 Fairmont Blvd.
Yorba Linda, CA 92886
(714) 779-6042
www.adultedpylud.com

Santiago Canyon College Continuing Education Orange Education Center

1465 N. Batavia St.
Orange, CA 92867
(714) 628-5900
www.sccollege.edu

Saddleback Valley Adult Ed. 25598 Peter Hartman Way

(multiple locations)
Mission Viejo, CA 92691
(949) 837-8830
www.goadulted.com

School of Continuing Ed. North Orange County Community College District

(multiple locations)
apps.sce.cc.c.us

Tustin Adult Education Center

13780 Orange St.
Tustin, CA
(714) 730-7395
www.tustin.k12.ca.us

Anaheim Adult Education

830 Dale Ave.
Anaheim, CA 92804
(714) 999-5616
arult.anaheimaltschools.org

Capistrano Adult School

31431 El Camino Real
San Juan Capistrano, CA 92675
(949) 489-1421
ww.capousd.org/adult

Garden Grove Adult Education Clinton Corner Family Groups

(multiple locations)
13581 Clinton
Garden Grove, CA 92843
(714) 663-6298
www.ggadulteducation.org

Garden Grove Adult Education

(multiple locations)
11262 Garden Grove Blvd.
Garden Grove, CA 92843
(714) 663-6291
www.ggadulteducation.org

Garden Grove Adult Ed. Chapman Hetttingna

(multiple locations)
11852 Knott St.
Garden Grove, CA 92841
(714) 663-6525
www.ggadulteducation.org

Huntington Beach Adult School

16666 Tunstall Lane
Huntington Beach, CA 92647
(714) 847-2873
www.hbadultschool.com

Irvine Adult School

3387 Barranca Pkwy.
Irvine, CA 92606
(949) 936-7457
www.irvineadultschool.com

Newport-Mesa Unified School District - Adult Ed.

(multiple locations)
2045 Meyers Place
Costa Mesa, CA 92627
(949) 515-6996
www.adulted.nmusd.us

Community College

For students with a high school diploma or GED wanting to pursue higher education. Associates degrees and a variety of certificate programs are available in addition to transfer options (to University level programs). Fees are approximately \$20 per unit, with some additional fees. Average cost per semester, based on 12 units is about \$300.

South Orange County

Saddleback College

Mission Viejo, CA
www.saddleback.edu

Irvine Valley College

Irvine, CA
www.ivc.edu

Coast District

Coastline Community College

Fountain Valley, CA
www.coastline.edu

Golden West College

Huntington Beach, CA
www.goldenwestcollege.edu

Orange Coast College

Costa Mesa, CA
www.orangecoastcollege.edu

North Orange County

Cypress College

Cypress, CA
www.cypresscollege.edu

Fullerton College

Fullerton, CA
www.fullcoll.edu

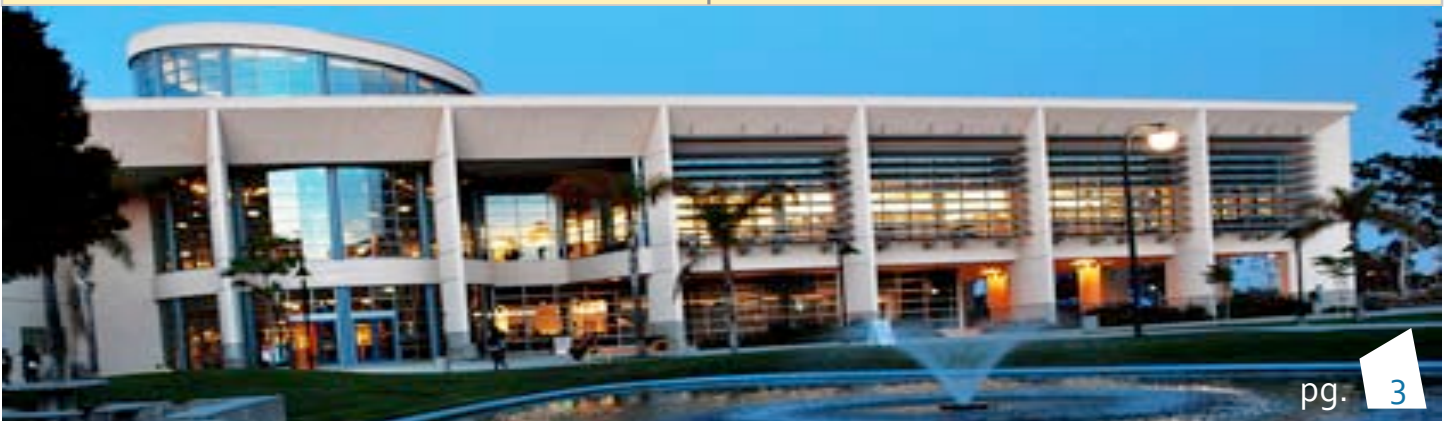
Rancho Santiago District

Santa Ana College

Santa Ana, CA
www.sac.edu

Santiago Canyon College

Orange, CA
www.sccollege.edu



For students with a high school diploma or GED wanting to pursue higher education, primarily a Bachelor's degree or higher. Tuition ranges from approximately \$2,000 - \$15,000 per semester.

4-Year Universities

California State University

www.calstate.edu

CSU Bakersfield
 CSU Channel Islands
 CSU Chico
 CSU Dominguez Hills
 CSU East Bay
 CSU Fresno
 CSU Fullerton
 Humboldt State University
 CSU Long Beach
 CSU Los Angeles
 California Maritime Academy
 CSU Monterey Bay
 CSU Northridge
 Cal State Polytechnic University,
 Pomona
 CSU Sacramento
 CSU San Bernardino
 San Diego State University
 San Francisco State University
 San Jose State University
 Cal Polytechnic State University,
 San Luis Obispo
 CSU San Marcos
 Sonoma State University
 CSU Stanislaus

Other California Colleges and Universities

Academy of Art University	Monterey Institute of International Studies
Alliant International University	Mount Saint Mary's College
Antioch University-Los Angeles	National Hispanic University
Art Center College of Design	National University
Azusa Pacific University	Naval Postgraduate School
Bethany College	Notre Dame de Namur University
Bethesda Christian University	Occidental College
Biola University	Otis College of Art & Design
California Baptist University	Pacific Oaks College
California College of the Arts	Pacific Union College
California Institute of the Arts	Pacifica Graduate Institute
California Institute of Integral Studies	Pardee RAND Graduate School
California Institute of Technology	Patten College
California Lutheran University	Pepperdine University
California Pacific University	Platt College
Chapman University	Point Loma Nazarene University
Charles R. Drew University of Medicine & Science	Saint Mary's College of California
Church Divinity School of the Pacific	Samuel Merritt College
Claremont Consortium of Colleges	San Diego Christian College
Cogswell Polytechnical College	Santa Clara University
Concordia University-Irvine	Saybrook Graduate School & Research Center
DeVry University-Long Beach	Simpson University
DeVry University-Pomona	Soka University of America
Dominican School of Philosophy & Theology	Southern California College of Optometry
Dominican University of California	Southern California Institute of Architecture
Fielding Graduate Institute	Southern California University of Health Sciences
Franciscan School of Theology	Southwestern University School of Law
Fresno Pacific University	Stanford University
Fuller Theological Seminary	Thomas Aquinas College
Golden Gate University	American Jewish University
Graduate Theological Union	University of La Verne
Holy Names University	University of Northern California
Hope International University	University of the Pacific
Humphreys College	University of Redlands
Jesuit School of Theology at Berkeley	University of San Diego
John F. Kennedy University	University of San Francisco
La Sierra University	University of Southern California
Life Pacific College	Vanguard University of Southern California
Lincoln University	Western State University College of Law
Loma Linda University	Western University of Health Sciences
Loyola Marymount University	Westminster Seminary California
Marymount College	Westmont College
The Master's College	Whittier College
The Master's Seminary	William Howard Taft University
Menlo College	William Jessup University
Mills College	Woodbury University

University of California
www.universityofcalifornia.edu

Berkeley
 Davis
 Irvine
 Los Angeles

Merced
 Riverside
 San Diego
 San Francisco

Santa
 Barbara
 Santa Cruz

Paying for College

Loans, Grants, Scholarships, Work-study, Fee Waivers: What's the difference?

Loans: need to be paid back, and are usually at a low interest rate when federally funded.

Grants and Scholarships: do not need to be paid back and are usually earned based on need or merit.

Work-study: is based on financial need, and students can work part-time at the school to earn money.

Fee waivers: Usually based on need and allow certain fees (i.e. tuition) to be waived.



Useful College Financial Sites for Students

Can help students find scholarships, grants, and resources available to help pay for college.

www.fastweb.com

www.collegescholarships.org

www.scholarships.com

www.collegeboard.com

FASFA

www.fasfa.ed.org

Federal Application for Student Financial Aid (FASFA) is a federal program in which potential students can apply for federal loans, grants, and work-study programs. This is the primary way that students become eligible for financial aid options.

Application deadlines: March 2 through September 2 for the following year (i.e. for 2010-2011 year, deadline is March 2, 2010 through September 2, 2010). The awards are based on first-come, first-served, so the earlier the better. Most grants are awarded at the first deadline. Amounts are based on income and cost of school. Applications accepted online only.

Preparation for FASFA Application:

- Social Security Number
- Drivers license number or State ID number
- W-2 forms (student and parent)
- Previous year's income tax return (student and parent)

Accommodations

Wrightslaw.com

Online resource that provides information related to accessing services.

Many Schools offer free or low-cost Counseling and Tutoring services, but the student has to seek them out on their own! Self-Advocacy is key!

Once leaving high school, the student needs to become responsible for self-advocating. Post-secondary schools no longer have the responsibility of identifying and accommodating students with special need. The student becomes responsible. Individualized Education Programs (IEP) don't work after high school. When entering a higher educational program, the student needs to contact the appropriate office to request an evaluation for services.

Test taking facilitation
Specialized counseling
Interpreter services
Note taker assistance

Reader services
Transcribing services
Specialized tutoring
Adaptive equipment

Job development / placement
Registration assistance
Specialized instruction

The school's disability office typically conducts their own assessment for eligibility of a student to receive accommodations, but occasionally, an IEP will suffice. Check with the school's office.

California Community College:
Dept. of Disabled Student Services (DSPS)

Cal State University:
Disabled Student Services

University of California:
Disability Services Center



Trade Schools

Provide vocational education, is a school in which students are taught the skills needed to perform a particular job.

Career Opportunities:

- Aircraft
- Arts & Design
- Automotive
- Bartending
- Business
- Computers & Information Technology
- Construction
- Cosmetology, Barbering & Beauty
- Criminal Justice
- Culinary
- Dental Assistant
- Digital Filmmaking and Multimedia
- Electronics & HVAC
- Fashion Design
- Gaming
- Healthcare & Medical
- Healthcare Office Management
- Inspection & Environmental
- Jewelry
- Legal
- Machinist
- Massage Therapy
- Nursing
- Plumber
- Private Investigation
- Rehabilitational Therapy
- Secretarial
- Telecommunications
- Television & Film
- Travel
- Web Design & Web Management
- Welding

Trade School Online Resources:

www.trade-school.org
www.trade-schools.net
www.tradeschools.com

www.rwm.org
www.khake.com

ROP

Regional Occupational Program
<http://rop.ocde.us>

ROP provides career preparation classes and services to prepare young adults (16 and older) for successful careers. Tuition is free (although some classes have a material fee). Typical career fields include arts and communication, business marketing, health sciences, public service, and science and technology. Course catalogs are available online. Consult course catalog for course availability and locations.

Central County	Capistrano-Laguna	Coastline	North Orange County
(714) 966-3528	(949) 496-3118	(714) 979-1955	(714) 502-5800

Literacy Programs

According to the National Assessment of Adult Literacy, it was estimated in 2003 that 26% of adults in Orange County lacked the ability to read and understand very basic written information in English. Assisting individuals who lack English literacy in locating resources that can assist with building these basic skills may help them to be more successful in their future.

Read Orange County

www.readoc.org

(714) 566-3070

Adult Literacy Services

Orange County Library System

Literacy Program for individuals 16 and older

Local Library Locations:

Aliso Viejo
Brea
Costa Mesa (3)
Cypress
Dana Point
El Toro
Foothill Ranch
Fountain Valley
Garden Grove (3)
Irvine (3)
La Habra
La Palma
Ladera Ranch
Laguna Beach

Laguna Hills
Laguna Nigel
Laguna Woods
Los Alamitos
Rancho Santa Margarita
San Clemente
San Juan Capistrano
Seal Beach
Silverado
Stanton
Tustin
Villa Park
Westminster

OC Literacy Council

For Non-English Speaking Adults
www.ocliteracy.org

Garden Grove
Crystal Cathedral Laubach Library
Lewis and Chapman
Garden Grove, CA
(714) 971-4047

Garden Grove Laubach Center
12741 Main St.
Garden Grove, CA
(714) 897-9591

St. Paul's Lutheran Church
13802 Bowen St.
(714) 534-4259
(714) 826-6122

Long Beach
Friends' House Literacy Center
646 W. 9th St.
Long Beach, CA
(562) 495-1729

Santa Ana
Trinity English Center
East 17th and Prospect
Santa Ana, CA
(714) 838-9328

Westminster
Journey Evangelical Church
14614 Magnolia St.
Westminster, CA
(714) 893-5500

For additional information about TAY resources or for referrals contact:

Jason Austin, M.F.T. (714) 796-0121 JaAustin@OCHCA.com OR Vera Grindell, M.A. (714) 896-7556 VGrindell@OCHCA.com



TAY TIPS

TRANSITIONING TODAY'S YOUTH INTO ADULTHOOD

County of Orange Health Care Agency Behavioral Health Services, Funded by Proposition 63 / MHSF Funds



Common Drugs of Abuse

IN THIS ISSUE...

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Individuals who have a mental illness are at a much higher risk for also abusing substances, particularly during late adolescence and young adulthood. Factors such as availability, peer pressure, and attempts to self-medicate symptoms all contribute to the risk of developing a substance use problem.

This issue of TAY Tips is dedicated to helping you understand the different substances that are commonly used and abused by many young adults. Recognizing when a substance use problem is occurring is an essential part of treatment.

pg.

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Monitoring the Future Study

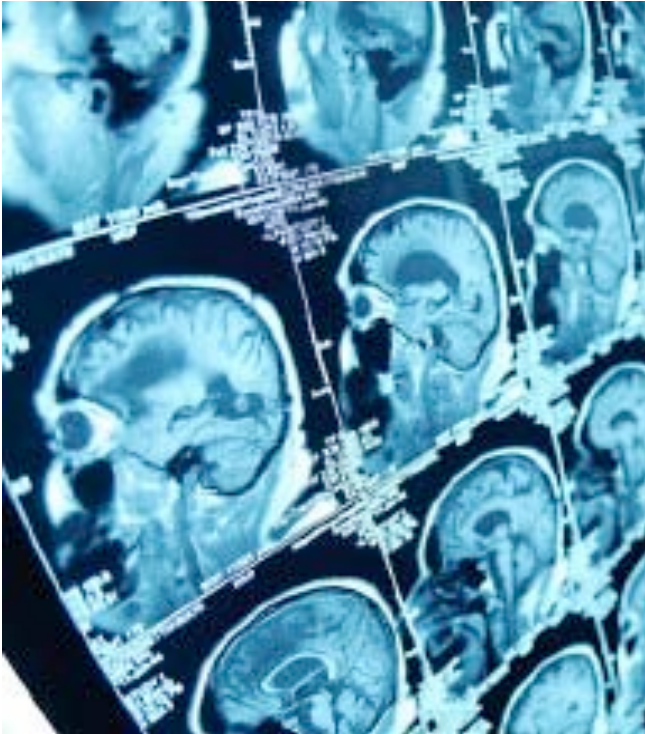
www.monitoringthefuture.org

*data presented in %

The data represents prevalence of substance use in 8th, 10th, and 12th grade students in the US. Rates among those suffering from mental health issues are much higher. An article in the Journal of the Medical Association (Drake, 2006) indicated that up to 50% of individuals with mental illness also suffer from a substance abuse problem.

		8th-Graders				10th-Graders				12th-Graders			
		2005	2006	2007	2008	2005	2006	2007	2008	2005	2006	2007	2008
Marijuana/Hashish	Lifetime	16.5	15.7	14.2	14.6	34.1	31.8	31.0	29.9	44.8	42.3	41.8	42.6
	Past Year	12.2	11.7	[10.3]	10.9	26.6	25.2	24.6	23.9	33.6	31.5	31.7	32.4
	Past Month	6.6	6.5	5.7	5.8	15.2	14.2	14.2	13.8	19.8	18.3	18.8	19.4
	Daily	1.0	1.0	0.8	0.9	3.1	2.8	2.8	2.7	5.0	5.0	5.1	5.4
Inhalants	Lifetime	17.1	16.1	15.6	15.7	13.1	13.3	13.6	12.8	11.4	11.1	10.5	9.9
	Past Year	9.5	9.1	8.3	8.9	6.0	6.5	6.6	5.9	5.0	4.5	3.7	3.8
	Past Month	4.2	4.1	3.9	4.1	2.2	2.3	2.5	2.1	2.0	1.5	1.2	1.4
Hallucinogens	Lifetime	3.8	3.4	3.1	3.3	5.8	6.1	6.4	5.5	8.8	8.3	8.4	8.7
	Past Year	2.4	2.1	1.9	2.1	4.0	4.1	4.4	3.9	5.5	4.9	5.4	5.9
	Past Month	1.1	0.9	1.0	0.9	1.5	1.5	1.7	1.3	1.9	1.5	1.7	[2.2]
LSD	Lifetime	1.9	1.6	1.6	1.9	2.5	2.7	3.0	2.6	3.5	3.3	3.4	4.0
	Past Year	1.2	0.9	1.1	1.3	1.5	1.7	1.9	1.8	1.8	1.7	2.1	2.7
	Past Month	0.5	0.4	0.5	0.5	0.6	0.7	0.7	0.7	0.7	0.6	0.6	[1.1]
Cocaine	Lifetime	3.7	3.4	3.1	3.0	5.2	4.8	5.3	4.5	8.0	8.5	7.8	7.2
	Past Year	2.2	2.0	2.0	1.8	3.5	3.2	3.4	3.0	5.1	5.7	5.2	4.4
	Past Month	1.0	1.0	0.9	0.8	1.5	1.5	1.3	1.2	2.3	2.5	[2.0]	1.9
Crack Cocaine	Lifetime	2.4	2.3	2.1	2.0	2.5	2.2	2.3	2.0	3.5	3.5	3.2	2.8
	Past Year	1.4	1.3	1.3	1.1	1.7	1.3	1.3	1.3	1.9	2.1	1.9	[1.6]
	Past Month	0.6	0.6	0.6	0.5	0.7	0.7	[0.5]	0.5	1.0	0.9	0.9	0.8
Heroin	Lifetime	1.5	1.4	1.3	1.4	1.5	1.4	1.5	[1.2]	1.5	1.4	1.5	1.3
	Past Year	0.8	0.8	0.8	0.9	0.9	0.9	0.8	0.8	0.8	0.8	0.9	0.7
	Past Month	0.5	0.3	0.4	0.4	0.5	0.5	0.4	0.4	0.5	0.4	0.4	0.4
Tranquilizers	Lifetime	4.1	4.3	3.9	3.9	7.1	7.2	7.4	6.8	9.9	10.3	9.5	8.9
	Past Year	2.8	2.6	2.4	2.4	4.8	5.2	5.3	4.6	6.8	6.6	6.2	6.2
	Past Month	1.3	1.3	1.1	1.2	2.3	2.4	2.6	[1.9]	2.9	2.7	2.6	2.6
Alcohol	Lifetime	41.0	40.5	38.9	38.9	63.2	61.5	61.7	[58.3]	75.1	72.7	72.2	71.9
	Past Year	33.9	33.6	31.8	32.1	56.7	55.8	56.3	[52.5]	68.6	66.5	66.4	65.5
	Past Month	17.1	17.2	15.9	15.9	33.2	33.8	33.4	[28.8]	47.0	45.3	44.4	43.1
	Daily	0.5	0.5	0.6	0.7	1.3	1.4	1.4	[1.0]	3.1	3.0	3.1	2.8
Cigarettes (any use)	Lifetime	25.9	24.6	[22.1]	20.5	38.9	36.1	34.6	[31.7]	50.0	47.1	46.2	44.7
	Past Month	9.3	8.7	[7.1]	6.8	14.9	14.5	14.0	[12.3]	23.2	21.6	21.6	20.4
	Daily	4.0	4.0	[3.0]	3.1	7.5	7.6	7.2	[5.9]	13.6	12.2	12.3	11.4
	1/2-pack+/day	1.7	1.5	1.1	1.2	3.1	3.3	2.7	[2.0]	6.9	5.9	5.7	5.4
Steroids	Lifetime	1.7	1.6	1.5	1.4	2.0	1.8	1.8	1.4	2.6	2.7	2.2	2.2
	Past Year	1.1	0.9	0.8	0.9	1.3	1.2	1.1	0.9	1.5	1.8	1.4	1.5
	Past Month	0.5	0.5	0.4	0.5	0.6	0.6	0.5	0.5	0.9	1.1	1.0	1.0
MDMA	Lifetime	2.8	2.5	2.3	2.4	4.0	4.5	5.2	4.3	5.4	6.5	6.5	6.2
	Past Year	1.7	1.4	1.5	1.7	2.6	2.8	3.5	2.9	3.0	4.1	4.5	4.3
	Past Month	0.6	0.7	0.6	0.8	1.0	1.2	1.2	1.1	1.0	1.3	1.6	1.8
Methamphetamine	Lifetime	3.1	2.7	[1.8]	2.3	4.1	3.2	2.8	2.4	4.5	4.4	[3.0]	2.8
	Past Year	1.8	1.8	[1.1]	1.2	2.9	1.8	1.6	1.5	2.5	2.5	[1.7]	1.2
	Past Month	0.7	0.6	0.6	0.7	1.1	0.7	0.4	[0.7]	0.9	0.9	0.6	0.6
Vicodin	Past Year	2.6	3.0	2.7	2.9	5.9	7.0	7.2	6.7	9.5	9.7	9.6	9.7
OxyContin	Past Year	1.8	2.6	1.8	2.1	3.2	3.8	3.9	3.6	5.5	4.3	5.2	4.7
Cough Medicine (non-prescription)	Past Year	--	4.2	4.0	3.6	--	5.3	5.4	5.3	--	6.9	5.8	5.5

The Brain and Drugs



The brain is the most complex organ in the human body, and it is needed for everything one does: thinking, doing, and living. The brain is made of billions of neurons, or nerve cells that work together, coordinating each and every thought, action, and sustaining one's basic existence.

Neurons in the brain communicate with each other through electrical and chemical messages. Drugs interfere with the communication process, by either causing a flood of messages, a deprivation of messages, or simply cause incorrect messages to be sent. Such malfunction in communication can alter the basic functioning of the brain, sometimes in permanent and uncorrectable ways.

There are three basic areas of the brain that are affected by recreational drugs:

Brain Stem: Regulates basic life-sustaining functions such as breathing, heartbeat, sleeping, arousal, and blood pressure.

Limbic System: Houses the brain's "reward" center and regulates the ability to experience pleasure, drive, and motivation, and is responsible for a wide range of emotions. This system motivates one to eat, drink, and have sex. Unfortunately, once drugs have been introduced into the brain, this area also motivates one to engage in continued substance use. Within this system, some drugs can release 2-10 times the amount of dopamine (a primary neurotransmitter involved in producing pleasure) than a natural reward, causing a huge potential for addiction.

Cerebral Cortex: Controls executive functions, such as thinking, planning, decision-making, and problem solving. This area is also responsible for integrating sensory input.

When an individual takes recreational drugs, the brain adjusts for the changes caused by the drug. It becomes less sensitive to pleasure and requires higher doses of the drug to feel good. It can also become dependent on the drug to maintain its function. When the drug is unavailable, an individual has increased difficulty experiencing pleasure and experiences symptoms of withdrawal as the brain struggles to re-adapt to not having the drug.

Long-term or heavy use of a substance can lead to profound changes in the brain's chemical make-up and structure, including the loss of neurons through cell death.

Alcohol

Alcohol is one of the most commonly abused substances among adolescents and young adults. Many individuals who abuse alcohol are attempting to self-medicate symptoms of anxiety or depression. Other factors that play into alcohol abuse are peer pressure and availability.

What is it? Any beverage that contains Ethanol: beers, wines, liquor, distilled spirits. Alcohol works as a depressant to the central nervous system, interfering with communication between neurons.

Alcohol affects these areas of the brain:

Limbic System: Controls memory and emotions.

Cerebral Cortex: Responsible for processing sensory information, thoughts and initiating motor movements.

Cerebellum: Coordinates muscle movements.

Hypothalamus and Pituitary Gland: Control automatic functions and the release of hormones.

Medulla: Manages heart rate, breathing, and temperature.

Immediate Effects: At low doses: relaxation, increased socialization, lowered inhibition, reduced anxiety, dizziness, slurred speech, blurred vision, difficulties with balance and coordination, impaired judgment, and aggression. At higher doses the symptoms are increased and can include vomiting, nausea, memory loss, and unconsciousness. The effects usually last into the next day as a hangover, usually consisting of a headache, dizziness, fatigue, and dehydration. Too much alcohol can lead to alcohol poisoning which can be fatal.

Long-term Effects: Prolonged, heavy use of alcohol can lead to dependence, sudden decreased in alcohol consumption can lead to withdrawal symptoms.

Symptoms of Withdrawal: Severe anxiety, tremors, hallucinations, and convulsions. Severe withdrawal symptoms can be lethal. Long-term exposure can also lead to the damage of vital organs such as the liver and brain.

Miscellaneous: When consumed during pregnancy, alcohol can cause physical abnormalities and cognitive delays in the fetus. Mixing Alcohol with other substances can increase risk factors associated with each substance.

Source: National Institute on Drug Abuse



Marijuana is another one of the most commonly abused substances among adolescents and young adults. Many individuals who abuse marijuana are attempting to self-medicate symptoms of anxiety or depression, or simply trying to escape stresses of life or fit in with peers.

Marijuana

What is it? A mixture of dried leaves, stems, seeds, and flowers from the cannabis sativa plant. The mixture can be gray, green, or brown. The psychoactive chemical in marijuana is tetrahydrocannabinol or THC. It can be rolled into marijuana cigarettes, smoked in a bong or pipe, or consumed orally, usually in baked goods.



Common Names: Pot, weed, grass, herb, Mary Jane, reefer, gangster, bud, chronic, hash, hashish.

Marijuana affects these areas of the brain:

Basal Ganglia: Controls unconscious muscle movements.

Hippocampus: Important for short-term memory.

Cerebellum: Coordinates muscle movements and coordination.

Immediate Effects: Euphoria, relaxation, pain relief, increased appetite, decreased motor activity, impaired memory, hallucinations, dizziness, nausea, paranoia, and decreased coordination, coughing and respiratory irritation.

Long-term Effects: The effects of long-term marijuana use can include impairments in memory, concentration, and motivation. Damage can also occur to the heart and lungs. Increased risk of developing symptoms of anxiety, depression, and suicidal ideation.

Symptoms of Withdrawal: Irritability, sleepiness, decreased appetite, and anxiety.

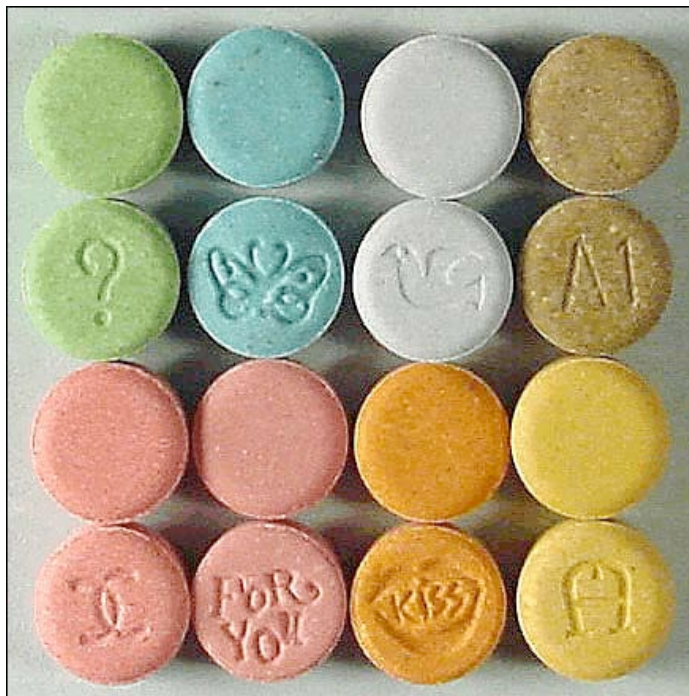
Miscellaneous: Marijuana use can exacerbate existing physical and mental health problems.

Club Drugs

Ecstasy | GHB | Rohypnol | Ketamine

Club drugs are a group of drugs that are common among adolescents and young adults at raves, parties, nightclubs, bars, and other places where dancing and socializing is occurring.

Ecstasy: 3,4-methylenedioxymethamphetamine (MDMA), commonly known as E, X, XTC, or beans. Users commonly refer to the high as “rolling”. MDMA has effects similar to hallucinogenics and stimulants, and is taken orally as a pill or capsule. The high of MDMA lasts from 3-6 hours, but the side effects of use can last for several days.



Immediate Effects: Increased alertness and energy, decreased need for sleep, a variety of enhanced sensory experiences, distortions in time and memory, muscle tension, clenching of the jaw, dilated pupils, blurred vision, nausea, increased heart-rate, blood pressure, and body temperature. Some individuals feel anxious, agitated, faint, or dizzy.

Long-term Effects: Anxiety, depression, confusion, sleep problems, memory problems, and the potential for permanent brain damage.

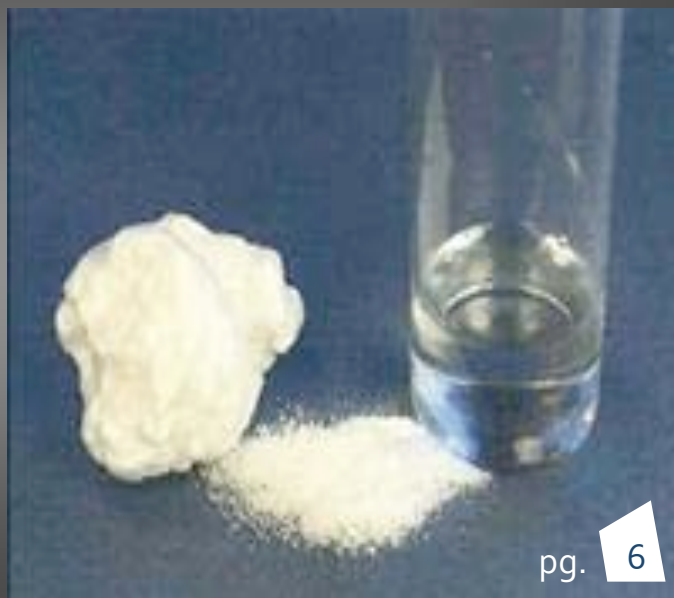
Dangers: Increases in body temperature (hyperthermia) can lead to dehydration, seizure, organ failure, permanent brain damage, or death.

GHB: Gamma hydroxy butyrate is a central nervous system depressant that is used to treat narcolepsy. It can be a white powder, tablet, or clear liquid that is taken orally. Some users take GHB voluntarily, but it is also commonly slipped into the drinks of unknowing individuals, as a “date rape” drug. It is inexpensive and known as Gamma, liquid ecstasy, liquid X, or liquid E. Effects can last up to 24 hours.

Immediate Effects: Similar to alcohol, such as relaxation, increased socialization, slurred speech, decreased motor coordination and balance, grogginess, vomiting and unconsciousness.

Long-term Effects: Long-term effects are unknown.

Dangers: Serious threat of overdose which can lead to coma or death.





Club Drugs continued...

Rohypnol: The brand name for flunitrazepam, is a central nervous system depressant that is 10 times stronger than Valium or Xanax. It is sold as a sleep aid abroad, but is illegal in the US. Commonly known as roofies, roche (roe-shay), or La Rocha. It is taken orally or dissolved in a drink, and is fairly inexpensive. It is also used as a "date rape" drug, and slipped

into the drinks of unsuspecting individuals.

Immediate Effects: Similar to alcohol and GHB, including relaxation, increased socialization, slurred speech, decreased motor coordination and balance, grogginess, physical weakness, vomiting and unconsciousness. Blackouts are common.

Long-term Effects: Physically and psychologically addictive, and long-term heavy use could lead to accidental coma or death.

Withdrawal: Symptoms of withdrawal peak 3-5 days after use and include anxiety, muscle pain, headache, hallucinations, seizures, and cardiovascular collapse that can be fatal.

Dangers: Serious threat of overdose which can lead to coma or death.

Ketamine (Special K): A dissociative anesthetic primarily for veterinary use. It is a white powder that is snorted or injected intramuscularly. It is commonly known as K, cat Valium, Vitamin K. Due to its dissociative effects, ketamine can be used as a "date rape" drug.

Immediate Effects: Euphoria, increased energy, perceptual distortions, numbness, feeling of floating, hallucinations, dissociation, analgesia, increased heart-rate, slurred speech, confusion, disorientation, paranoia, high blood pressure, and potentially fatal respiratory depression.

Long-term Effects: Physically and psychologically addictive, and long-term heavy use could lead disorganized thinking, memory loss, difficulties with attention, delirium, psychosis, and amnesia.

Dangers: Ketamine has the potential for fatal overdose.

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Stimulants

Cocaine | Methamphetamine
Methylphenidate (Ritalin)

Stimulants are drugs that elevate mood, and increase energy and alertness, and produce feelings of euphoria. They have a very high potential for dependence and tolerance.



Methylphenidate (Ritalin): A commonly prescribed medication to treat symptoms of ADHD. It comes in pill form, but is frequently crushed and snorted intranasally by abusers.

Immediate Effects: Increased focus and attention, decreased appetite, increased blood pressure and heart rate.

Long-term Effects: Addiction, fatigue, depression, disturbed sleep, and the potential for hostility and paranoia.

Cocaine: A hydrochloric salt made from the leaf of the coca plant that comes in the form of a white powder and is taken intranasally, intravenously, or rubbed into the gums or other mucous tissue. Commonly known as blow, coke, and bump. It can be processed with ammonia or baking soda to produce a smokeable form known as **Crack Cocaine**.

Immediate Effects: Increased energy, hear-rate, blood pressure, body temperature, metabolism, and euphoria.

Long-term effects: Addiction, anxiety, panic attacks, and the potential for paranoia and psychosis.

Dangers: Hyperthermia can cause everlasting damage to the brain and other organs. Overdose can lead to cardiac and respiratory arrest or seizures that can be fatal. Using Cocaine in combination with Alcohol compounds the dangers of each drug exponentially.

Methamphetamine: Similar to amphetamines, but more toxic and longer lasting. It is a white powder that dissolves in water, and can be taken orally, intranasally, by smoking, or by injection. Common names include speed, meth, crank, crystal, and ice.

Immediate Effects: Increased energy, decreased appetite, rapid heart rate, increased blood pressure, and hyperthermia. Altered judgment and decreases in inhibition.

Long-term effects: Addiction, anxiety, panic attacks, and the potential for paranoia and psychosis. Dental problems, skin lesions, confusion, mood disturbances, insomnia, and violent behavior.

Dangers: Users have an increased risk of the transmission of infection diseases including HIV and Hepatitis B and C through contaminated needles or risky sexual behaviors.

Inhalants are breathable chemical vapors that can produce psychoactive effects. Younger children more commonly abuse inhalants.

Inhalants

What are they? Household products that include nail polish remover, paint thinner, gasoline, degreaser, rubber cement, felt-tip markers, aerosol sprays, butane lighters, propane, and whipped cream cans. They are commonly referred to as snappers, poppers, and whippets, and the act of inhaling substances is referred to as “bagging”, “huffing”, or “sniffing”. The effects are felt within seconds or minutes and last for up to several minutes.

Immediate effects: Lightheadedness, slurred speech, lack of coordination, dizziness, euphoria, and the potential for hallucinations or delusions, unconsciousness and the potential for death.

Long-term effects: Addiction, and permanent brain damage that can result in muscle spasms, motor impairments, memory loss, difficulty planning and organizing thoughts, and balance deficits. Vital damage can occur to the heart, liver, kidneys, muscles, and peripheral nerves.

Danger: High potential for lethal effects that include suffocation, sudden heart failure, and the potential to choke while unconscious.

Over the Counter Medications

Cold Medications: Cold medications are commonly abused by teens and young adults due to their availability. They are commonly called Robo, Skittles, Triple C's, Vitamin D, and Tussin. Information is readily available on the Internet about dosage and preparation. The effects can include a mild depressant and euphoric feeling that can include hallucinations. Risks include impaired judgment, dependence, nausea, loss of coordination and decreased mental performance.

Diet aides: Young who are looking to lose or maintain weight commonly abuse diet aides such as weight loss pills and laxatives.

Weight loss pills can cause nervousness, restlessness, irregular heart-beat, irritability, insomnia, and headaches. Excessive use can lead to tremors, cardiovascular and respiratory problems. An overdose can be fatal.

Laxatives can cause cramping, dehydration, electrolyte disturbances, irregular heartbeat, mood swings, fatigue, and nausea. Excessive or long-term use can include abdominal cramping, bloating, and dependence requiring medical assistance.

Getting Help!

**Alcoholics Anonymous
Of Orange County**
(714) 556-7231 (24 hrs)
www.aanoc.com
Information and meeting
directory available online

**Narcotics Anonymous
Orange County**
(714) 590-2388 (24 hrs.)
www.orangecountyna.org
Information and meeting
directory available online

**Cocaine Anonymous
Orange County**
(949) 650-1011 (24 hrs.)
www.ca.org
Information and meeting
directory available online

**Crystal Meth Anonymous
Orange County**
www.crystallmeth.org
Information and meeting
directory available online

Stages of Change

Adapted from Prochaska and DiClemente



The *Stages of Change* model was conceived within the Transtheoretical Model, a theory for behavior change. Behavior change plays a very central role in treating a substance use problem. The model describes how ready one is to work toward change, and assists clinicians in assessing a client's readiness to work on changing behaviors and providing them guidance on appropriate interventions based on the stage that the client is in.

The change process is cyclical by nature, and individuals typically move back and forth between the stages several times before stable change is achieved. For most substance-using individuals, progress through the stages of change is circular or spiral, not linear, and relapse is common. In addition, an individual may move between the stages at different rates for different behaviors; for example, one may be in *pre-contemplation* stage for cigarette smoking, but in *action* stage for marijuana smoking.

Stage	Characteristics	Goal for Treatment
Pre-contemplation	<ul style="list-style-type: none"> * Not yet considering change * May not believe the behavior is a problem 	<ul style="list-style-type: none"> * Increase motivation to change * Raise awareness of the seriousness of the problem behavior
Contemplation	<ul style="list-style-type: none"> * Intention to change soon * Weighing the pros and cons of change 	<ul style="list-style-type: none"> * Emphasize benefits of change * Continue to increase motivation to change
Preparation	<ul style="list-style-type: none"> * Experimenting with small changes * Formulating a plan to change 	<ul style="list-style-type: none"> * Discuss options and formulate plan * Provide appropriate support and encouragement
Action	<ul style="list-style-type: none"> * Behavior changes are occurring * Modifications to lifestyle to incorporate changes 	<ul style="list-style-type: none"> * Provide reinforcement for changes * Review plan * Plan for obstacles
Maintenance	<ul style="list-style-type: none"> * Working to prevent relapse * Maintaining new behavior * Estimated to last 6 mon. – 5 yrs. 	<ul style="list-style-type: none"> * Continue reinforcing change * Plan for obstacles * Provide appropriate support
Relapse	<ul style="list-style-type: none"> * Regressing back to a previous stage * VERY common part of change 	<ul style="list-style-type: none"> * Refer to specific stage that the individual relapsed to



TAY TIPS

TRANSITIONING TODAY'S YOUTH INTO ADULthood

County of Orange Health Care Agency Behavioral Health Services, Funded by Proposition 63 / MHSA Funds



Increasing Social and Emotional Well-being

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Increasing social and emotional well-being in transitional-aged youth (TAY) can be a helpful tool in assisting them with their transition from adolescence to young adulthood. Understanding different aspects of adolescence that can affect social and emotional well-being, and ways to intervene can be a powerful tool for the TAY themselves, their family members and caretakers, and professionals involved with their care.

This issue of *TAY Tips* is devoted to identifying different issues that adolescents and young adults face. Additionally, potential interventions to minimize negative, as well as maximize positive effects will be presented.

pg.

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For additional information about TAY resources or for referrals contact:

Jason Austin, M.F.T. (714) 796-0121 JaAustin@OCHCA.com OR Vera Grindell, Ph.D. (714) 896-7556 VGrindell@OCHCA.com

Building self-esteem and self-confidence

Everyone has the right to feel good about themselves, but when a young adult struggles with self-esteem and self-confidence issues, the difficult nature of transitioning into adulthood can be greatly impacted in a negative manner. Low self-esteem and self-confidence seem to be a prevalent problem; particularly among those who struggle with mental health issues. While self-confidence and self-esteem cannot be elevated overnight, there are several things that can be done that will help over time.

1. Decrease negative or critical thinking, and replace such thoughts with more positive or realistic thoughts.
2. Practice self-care that includes healthy eating habits, getting enough sleep, and incorporating physical activities or hobbies that make you feel good.
3. Set *realistic* goals and break them into smaller steps so that progress can be seen, even before the overall goal is met.
4. View mistakes as learning opportunities rather than failures.
5. Build positive relationships with trusted adults and peers.
6. Reward accomplishments, no matter how small.

www.orangecounty.net

Resource for finding activities and events throughout Orange County; including recreation, sports, arts, and music.

www.ymcaoc.org

YMCA of Orange County, opportunities and activities for youth and adults.

www.orangecountykidsactivities.com

Website with links to a wide variety of activities for youth and young adults.

www.bgca.org

Boys and Girls Club of America. Link to your local Boys and Girls club to find local activities and opportunities for youth and young adults.

www.mhaoc.org

Mental Health Association of Orange County has programs such as the Clubhouse with social, recreational activities, education and programs for mental health consumers, as well as a mentoring program for 16-25 year-olds.

www.ocapica.org/about_programs.asp

Activities that include afterschool programs, martial arts, youth coffeehouse, and a youth newspaper for youth and young adults to become involved with their community through the Orange County Asian & Pacific Islander Community Alliance (OCAPICA).

Friendships and Peer Pressure

Helpful information for parents and caretakers

Adolescence is a time when peers play an increasingly important and central role in the lives of youth. Their relationships begin to become more exclusive, intimate, and more constant compared to earlier years.

Adolescence is also a time when individuals begin to negotiate taking on more mature roles, as well as formulating a self-identity that is increasingly independent from their family or caretakers. The shift that occurs during adolescence toward more autonomy from the family and increased closeness with peers is often the source of conflict within families. Providing parents, caretakers, and other professionals working with young adults a better understanding of the normative process that takes place and roles they can play more successfully negotiate this period may be critical in fostering a positive transition.

The pressures from peers are complex and can influence individuals in both positive and negative ways. Negative peer pressure tends to get a lot of attention, particularly when adolescents act out. However, focusing more attention on building a youth's self-esteem and social skills necessary to build positive peer relationships may be more beneficial to the teen in the long run. This may be especially important for young adults who are marginalized or have difficulties connecting with their peer group.

Maria Guzman, Ph.D., a specialist in adolescent development offered some useful information in a 2007 publication entitled *Friendships, peer influence, and peer pressure during the teen years*:

Facts about teen-parent relationships during adolescence:

- Parent relationships are not necessarily undermined by peer relationships
- While it seems that teens are influenced by their peers, parents continue to be the most influential factor in their lives.
- Parent-adolescent conflict increases between childhood and early adolescence; although in most families its frequency and intensity remain low.
- Parents who continue to communicate with their teens, even when there are conflicts, actually maintain closer relationships.

Facts about teen friendships:

- Teens often have multiple layers and groups of friendships.
- Peer friendships are dynamic.
- Peers tend to choose those who are similar to themselves.
- Peer friendships can be a healthy venue for positive youth development.

Strategies for Coping with Peer Pressure:

- Nurture teens' abilities and self-esteem so that they are equipped to foster positive peer relationships and deflect negative pressures.
- Encourage positive relationships between significant adults and teens.
- Encourage diverse relationships.
- Support parent education programs for families with teenagers.
- Equip youth with skills necessary to resist negative behaviors, as well as to make good decisions.
- Teach youth exit strategies of ways to say "no" to negative pressures.

Dating Violence

(from the National Youth Violence Prevention Resource Center)

It is difficult to report on the prevalence rates of dating violence among youth, because different studies and surveys ask about it in different ways. Some studies only ask about physical abuse, while others include questions about psychological and emotional abuse and sexual violence. Some ask about dating violence over the lifetime, while others only ask about the current relationship or the past year. Past estimates of physical and sexual dating violence among high school students typically range from 10% to 25%, and estimates for college students range from 20 to 30% (Wekerle & Wolfe, 1999). Not surprisingly, even higher estimates are found when verbal threats and emotional abuse are considered (Jezl, Molitor, & Wright, 1996).

Signs of teen dating violence

1. General signs and symptoms of distress that could be caused by dating violence or other stressful life circumstances (e.g., depression, anxiety, abdominal pain, sudden changes in relationships with family and friends or in functioning at school, and drug and alcohol abuse)
2. Specific signs and symptoms that are more specific to intentional injury, including dating violence (e.g., contusions; abrasions; lacerations; fractures, burns, multiple injuries, and a pattern of injury over time. Be suspicious if the stated explanation doesn't seem to be consistent with the injury.)

Treating Victims of Teen Dating Violence

- Treat physical injuries and sexual assault compassionately and thoroughly
- Speak with adolescent privately, taking an accurate history
- Communicate support and empathy to the patient
- Because many adolescents, both girls and boys, accept physical and sexual aggression as normal in dating relationships, it is important to talk with the patient about the types of behavior they should expect in intimate relationships and to present an alternative perspective.
- Assess potential for recurrent danger. Assess changes in the severity and frequency of the violence; weapons used or available; threats to kill; forced or threatened sexual acts; separation or break-up; drug or alcohol abuse; and history of suicide attempts.
- Help the patient to plan for safety and to get needed support. Offer information about legal resources, such as restraining orders, mandatory arrest, the police, and calling 911. Also provide information about community services, such as youth services, support groups, and legal advocacy. Encourage the patient to develop a specific safety plan.
- Make a referral, if necessary, to a medical or mental health specialist.
- Comply with all legal reporting mandates.

References:

Wekerle, C. & Wolfe, D. A. (1999). Dating violence in mid-adolescence: Theory, significance, and emerging prevention initiatives. *Clinical Psychology Review*, 19(4), 435-456.

Jezl, D. R., Molitor, C.E., & Wright, T.L. (1996). Physical, sexual, and psychological abuse in high school dating relationships: Prevalence rates and self-esteem issues. *Child and Adolescent Social Work Journal*, 13(1), 69-87.

Bullying

Unfortunately, bullying is a common occurrence among students in high school. Bullies, victims, and bully-victims (individuals who have engaged in bullying and who have been victims of bullying) are all at an increased risk for depression, anxiety, psychosomatic symptoms, and substance abuse.

Bullies tend to target individuals who are marginalized by their peers, and typically include individuals who look different, have a lower social status, who have disabilities or who have different religious or ethnic backgrounds. Lesbian, gay, bisexual, and transgender individuals are also at a higher risk for being bullied.

Traditionally, bullying has been viewed as physical aggression, verbal insults or attacks, gossiping, and rumor spreading that can damage someone's reputation. With modern technology, bullying has spread to the cyberworld and can include threatening e-mails, instant messages, and more commonly, posting information on social networks such as MySpace.

Ways to help victims:

- Increase their ability to ignore or walk away from the bully
- Increase their anger management skills so not to aggress back
- Increase self-confidence and self-esteem
- Encourage help-seeking behaviors trusted adults, counselors, or authorities if warranted
- Building positive family and peer relationships

Ways to help bullies:

- Find constructive outlets for anger
- Increase anger management skills
- Increase social skills
- Increase self-confidence and self-esteem
- Build positive family and peer relationships



Protecting Online Identity and Reputation

Many young adults may not recognize the risk associates with online identities. Consequences can be damaging to both their social relationships, as well as potential job or educational opportunities. Many employers check online social networks and forums when making hiring decisions and inappropriate language or pictures can inhibit a young adult's chances of getting a position. Educate and encourage young adults to use the internet responsibly and make protecting their online identity and reputation a priority.

Things young adults should know to protect themselves when online:

1. **Nothing posted online is temporary.** Once something is posted (text, images, videos, audio, etc) viewers can copy, save, and forward the information even after the information has been taken down.
2. **Set all profiles to "Private".** Only allow people you know and trust to access your profiles, and make sure to review all security settings to ensure you are protecting yourself. For example, some social forums have the right to use any photos posted by you in advertisements, unless you set your privacy settings to disallow this practice.
3. **Keep passwords safe and private and change them often.** Choose passwords that cannot be guessed (i.e. birthday, pets name, etc.), and change them often to avoid your online identity from being stolen. Never share passwords with anyone, including best friends, boyfriends, or girlfriends.
4. **Never post inappropriate content including pictures, comments, videos, or audio.** Even if your profile is set to private, content can still be copied and forwarded without your knowledge. You wouldn't want to loose a job or educational opportunity based on this happening.
5. **Google yourself to check your "digital footprint".** You never know what might be out there about you unless you check.



Goal Setting

Goal setting seems like a simple task, but follow-through is often a difficult task for many young adults. Self-esteem and self-confidence can be strengthened when an individual is able to successfully set and accomplish attainable goals. Assisting young adult clients with formulating realistic and clearly defined goals that are broken into manageable steps, with timelines, and a plan for overcoming potential obstacles can be very helpful in developing their skills for increased independence and personal responsibility. Metaphorically, their goals are like a planned road trip in which you plan for unexpected obstacles or detours; they are in the driver's seat when it comes to their future.

A simple form like the one below can be helpful, or a good interactive version done on the computer can be found at:

http://kidshealth.org/teen/misc/making_a_change_module.html

My Goals:		
Goal 1:	Goal 2:	Goal 3:
Goal Completion date:	Goal Completion date:	Goal Completion date:
Steps to achieve this goal:	Steps to achieve this goal:	Steps to achieve this goal:
1. _____	1. _____	1. _____
2. _____	2. _____	2. _____
3. _____	3. _____	3. _____
4. _____	4. _____	4. _____
Obstacles to achieving my goal:	Obstacles to achieving my goal:	Obstacles to achieving my goal:
_____	_____	_____
Plan to overcome obstacles:	Plan to overcome obstacles:	Plan to overcome obstacles:
_____	_____	_____

Time Management

[illegible]

Time management skills can be a pivotal skill needed for a successful transition into adulthood. Young adults need to be capable of maintaining a structured schedule so that they are more likely to take care of their responsibilities, but still have time for fun and leisure activities. A daily routine with set times for sleeping, eating, and prescribed medication can play a big role in the successful management of mental health symptoms as well.

Young adults need to be able to differentiate between things they “*have to do*” to reach their goals and stay emotionally and physically healthy, and things they “*want to do*” that may be less of a priority. Have young adults make a list that prioritizes their *Have To*’s and *Want To*’s that is in sync with their goals and responsibilities. It can also be helpful to identify activities considered time wasters and replace them with more constructive activities. When

prioritizing, make sure that there is a balance between productive time and leisure time – we all need “*Me Time*” to be at our best.

Having a calendar or planner, no matter how simple, that is kept up can greatly increase the likelihood of increased time management responsibilities.

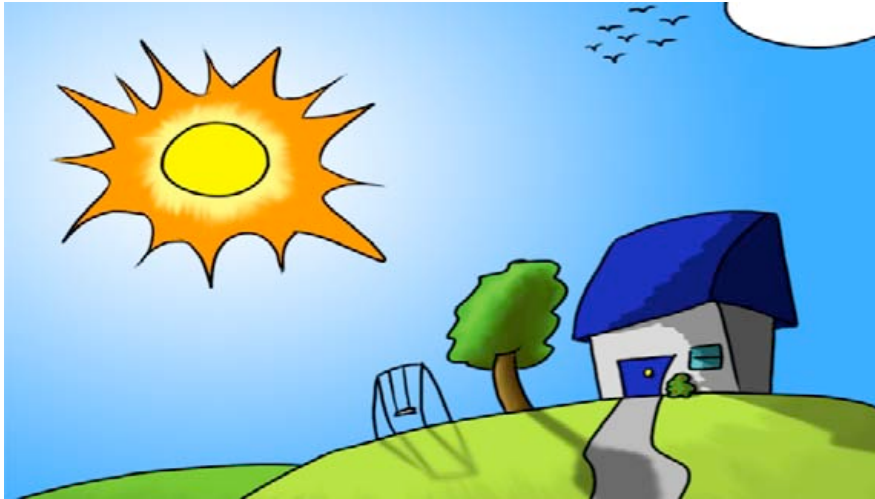
For additional information about TAY resources or for referrals contact:



TAY TIPS

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Assessing Independent Living Skills

There are many areas of life skills that are important to assess when determining a young adult's readiness to transition into more independent roles. Individuals may have an advanced competence in some areas, while lacking competence in others. It is important to assess a client's ability in each of the areas to determine his or her readiness and ability to manage their own affairs. Such an assessment can also be useful in treatment planning or determining areas of need.

This issue of *TAY Tips* outlines 8 different areas that should be considered and addressed as the TAY client makes their transition toward increased independence. The next issue will address 7 additional areas. Within each area, specific skills are listed in order, from basic to more advanced, and a variety of resources to assist with increasing the young adult's competence in each area are provided. Properly assessing a young adult's independent living abilities and providing appropriate support in areas of need can increase their chances of successfully transitioning into adulthood and becoming more independent.

SPECIAL ISSUE: PART 1 OF 2-PART SERIES IN THIS ISSUE

Money Mgt. P. 2

Food Mgt. P. 3

Health & Wellness P. 4

Housing P. 5

Housekeeping & Transportation P. 6

Interpersonal Skills P. 7

Appearance & Hygiene P. 8

Take a peek inside next Issue... P. 8

Money Management

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- Knows the value of coins and currency
- Can make a transaction in a store and count change
- Understand difference between "necessities" and "luxuries"
- Understands difference between "sale" and "regular" price
- Can identify at least 1 way to save money
- Can open a checking or savings account
- Can write checks, make withdrawals and deposits, use a debit card
- Can record banking transactions
- Can budget expenses for at least 1 week
- Understands difference between gross and take-home pay
- Can use a calculator to add, subtract, multiply, and divide
- With assistance can budget income and expenses for 1 month
- Understands and can resist deceptive marketing techniques
- Can read and understand bank statements, compare to personal records, and make adjustments as necessary
- Can compare unit pricing information (i.e price per ounce)
- Understands the importance of filing taxes and knows where to seek assistance in properly filing tax documents
- Can budget for unexpected emergency and seasonal expenses
- Understands the concept of credit, loans, and interest
- Understands payroll deductions such as FICA and insurance
- Can complete a short tax form
- Maintains a regular savings program



Food Management

- Washes hands before eating and preparing food
- Can order in a fast food restaurant or cafeteria
- Knows the food pyramid and healthy food choices
- Knows the use of a wide range of cooking utensils
- Can order a meal from a restaurant
- Can prepare a meal (breakfast, lunch, and dinner)
- Can make a grocery list
- Can safely use a variety of utensils and appliances
- Can use acceptable table manners
- Knows how to store perishables properly
- Recognizes when food is spoiled
- Can follow instructions for preparing frozen food
- Can plan a week of balanced meals
- Can shop for a week of food within a budget
- Can set a table properly
- Can prepare a meal from a recipe
- Can adjust recipes to feed more or less people
- Can prepare and maintain a balanced diet

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Food Pyramid Recommendations

(from U.S.D.A. based on a 2,000 calorie diet)

Grains:

6 oz. (3 oz. whole grains)

Vegetables:

2 ½ cups (dark green, orange, or dried beans preferred)

Fruits:

2 cups, easy on fruit juices

Meat and Beans:

5 ½ oz. (low-fat or lean)

Milk:

3 cups (milk, yogurt, etc.)

Emergency Food Assistance

South Region

Coast Hills Community
Church Food Pantry
www.coasthillschurch.org
(949) 362-0079
5 Pursuit
Aliso Viejo, CA 92656

Share Our Selves
www.shareourselves.org
(949) 642-3451
1550 Superior Ave.
Costa Mesa, CA 92627

Families Forward
(949) 552-2727
9221 Irvine Blvd.
Irvine, CA 92618

West Region

Abrazar Inc.
(714) 893-3581
7101 Wyoming St.
Westminster, CA 92683

Calvary Chapel
www.cchb.org
(714) 891-9495
7800 Edinger Ave.
Huntington Beach, CA

OC Food Bank
www.ocfoodbank.org
(714) 897-6670
12640 Knott St.
Garden Grove, CA

North Region

Access California
www.accesscal.org
(714) 917-0440
2180 W. Crescent
Ave. #C
Anaheim, CA 92804

Fullerton Interfaith
Emergency Services
www.fies.us
(714) 738-0255
611 S. Ford Ave.
Fullerton, CA 92832

East Region

Catholic Charities OC
www.ccoc.org
(714) 347-9600
(714) 668-1130
3631 W. Warner Ave.
Santa Ana, CA 92704

Eagle's Nest Ministry
www.eaglesnestministry.org
(949) 742-8803
505 E. Central Ave.
Santa Ana, CA 92707

Friendly Center
www.friendlycenter.org
(714) 771-5300
147 W Rose Ave.
Orange, CA 92867

Friendly Center
www.friendlycenter.org
(714) 919-1108
1820 E. Meats Ave.
Orange, CA 92865

St. Barbara's Catholic
Church
(714) 775-7733
730 S. Euclid St.
Santa Ana, CA 92704

Food Stamps

www.ssa.ocgov.com

Aliso Viejo

115 Columbia
949-389-8200

Anaheim

3320 E. La Palma Ave.
714-575-2400

Garden Grove

12912 Brookhurst St.
714-741-7100

Westminster

15460 Magnolia St.
714-889-4105

Santa Ana

2020 W. Walnut St.
714-834-8899

*adults with no minor
children

1928 S Grand Ave.
Bldg. B
714-435-5800

Health and Wellness Responsibilities

Advanced Basic

- Can open child-proof containers
- Knows harmful effects of using substances
- Understands how pregnancy occurs
- Knows where to get emergency health care
- Recognizes symptoms of colds, flu, etc.
- Can treat a minor cut or burn
- Understands the risks of pregnancy and STDs
- Understands the risks of substance abuse
- Can take temperature using a thermometer
- Can care for self through a cold or flu
- Can appropriately use OTC drugs for pain, upset stomach, diarrhea, fever, cold/allergy, etc.
- Can schedule a medical or dental appointment
- Can read and follow prescription labels correctly
- Can take medication without supervision
- Knows what is in a First Aid Kit and how to use it
- Can obtain immunization and medical records
- Knows how to use and obtain birth control
- Knows how to prevent the spread of STDs
- Understands the importance of medical insurance
- Is conscious of diet, exercise, good eating habits
- Can determine when to go to an emergency room
Or when to make an appointment
- Knows how to obtain medical insurance

Maternal, Child, and Adolescent Health (MCAH)

<http://ochealthinfo.com/mcah>
(800) 564-8448

1725 W. 17th St.
Santa Ana 1725 W. 17th St.
Santa Ana, CA 92706

Family Planning Clinics offer free or low cost services for women and men, including comprehensive reproductive health exams, family planning methods and limited treatment services.

Who's eligible?

Individuals who do not have health insurance or Medi-Cal, and who meet income requirements.

Medical Services Initiative

[714] 834-6248 | [866] 979-6772
www.ochealthinfo.com/medical/msi

MSI is a county funded program responsible for the provision of medical care to medically indigent adults who have limited resources for medical care.

Eligibility:

1. Between 21 and 64 years of age
2. Orange County Resident
3. Proof of Alien status or U.S. Citizenship
4. Cannot pay for needed care
5. Meet Federal Poverty Guidelines (200% or below)
6. Are not eligible for Medi-Cal

Family PACT

Planning | Access | Care | Treatment
<http://familypact.org>

Family PACT is a program that provides no-cost family planning to low-income men and women.

Who is eligible?

- No medical insurance or can't get Medi-Cal
- If you have insurance, but it doesn't cover family planning or birth control
- If you have insurance, but you haven't met your deductible
- If you have Medi-Cal with Share of Cost but you have not met your Share of Cost
- If you have Medi-Cal but it doesn't cover family planning
- If you have insurance or Medi-Cal, but you need to keep family planning services confidential

*Office of Family Planning
California Department of Public Health

Housing

Advanced Basic

- Understands the concept of renting
- Knows how to access emergency shelter
- Can read newspaper ads for vacancies
- Understands basic terms (lease, sub-let, utilities, studio, efficiency, security deposit, reference, etc.)
- Can calculate the costs associated with housing
- Can describe pros / cons of roommates
- Can identify housing that is within budget and meets current needs
- Can calculate "start up" costs (deposits, connection fees, first month's rent, purchase of furniture and all other household items)
- Can complete a rental application
- Knows to inspect the apartment to make sure appliances work and that the landlord has supplied accurate information
- Can respect the rights of other residents
- Understands the consequences if other residents are not respected
- Understands purpose of security deposit
- Knows the role of a landlord
- Can get along with other residents and landlord
- Knows how to get help if there is a conflict with the landlord
- Can access emergency assistance for utilities

Housing Resources for those with Mental Illness

Mental Health Assoc. of OC
(714) 668-1530
www.mhaoc.org
Assistance to homeless individuals with mental illness in securing permanent housing.

OCHCA Residential Care and Housing Program for Mentally Ill Adults
(714) 796-0200
www.ochealthinfo.com
Adult residential care options that are licensed by the State of California. Also includes Residential Rehabilitation facilities.

H.O.M.E.S. Inc.
Helping Our Mentally Ill Experience Success
(949) 851-2766
Transitional and permanent housing options for adults with mental illness.

Board and Care Vacancy Hotline Orange County
(714) 834-5844
Hotline updated frequently with vacancies in Board and Care facilities. Tours, interviews and placement can also be arranged by calling this number.

Crisis Residential Programs and Youth Shelters

Crisis Residential Programs are short-term facilities that provide shelter for young adults in crisis. Programs provide services that help youth acquire independent living skills, stabilization, and re-integrate into the society successfully.

Casa Youth Shelter Los Alamitos, CA

Twelve-bed crisis residential program for teens aged 12-17. Services include therapy, case management, linkage and referrals. Follow-up services can continue for 2-3 months.

Call (800) 914-2272, (562) 594-6825 or (714) 995-8601 for more information

Community Service Programs

Six-bed shelters for young adults aged 12-17. Average stay is 2-3 weeks, and services include therapy, case management, linkage and referrals, and transportation.

Crisis Residential Program Laguna Beach, CA Call (949) 494-4311

* Referrals made through the county Crisis Assessment Team

Youth Shelter

Huntington Beach, CA
Call (714) 842-6600 for more information

South Coast Children's Society Inc. TAY Crisis Residential Program Costa Mesa, CA

Six-bed residential program for young adults aged 18-24. Average stay is 2-3 weeks, and services include therapy, case management, linkage and referrals, and transportation.

Call (714) 966-5338

* Referrals made through the county Crisis Assessment Team

** Make sure to call ahead to find out availability and eligibility requirements**

Utility assistance for those who meet income requirements

Southern California Edison
(800) 655-4555

California AT&T Lifeline
(800) 288-2020

The Gas Company
(800) 427-2200

Housekeeping

Advanced
Basic

- Can wash dishes with soap and hot water
- Can change a light bulb
- Can make a bed
- Knows how to dispose of garbage
- Can use vacuum cleaner
- Knows how to prevent drain clogs
- Can sweep, mop, dust, and clean a toilet, bathtub and sink
- Knows how to use different cleaning products
- Knows how to stop a toilet from running
- Knows how to use a plunger
- Can defrost the refrigerator
- Can clean a stove
- Knows how to conserve energy and water
- Perform routine house-cleaning
- Uses drawers and closets appropriately
- Knows what repairs a landlord should perform
- Can do minor household repairs
- Is able to contact the landlord and request repairs
- Can change reset a circuit breaker
- Can measure a window for coverings
- Knows how to control for roaches, ants, mice, etc.



Transportation

Advanced
Basic

- Can ride a bicycle safely
- Understands and uses seat belts
- Familiar with forms of public transportation
- Knows the nearest public bus stop
- Knows how much bus fare is
- Aware of the consequences of driving without a license or insurance
- With instructions, can ride bus to destination that involves multiple transfers
- Can give directions
- Can arrange transportation to work or school
- Knows the requirements for a driver's license
- Can make minor repairs to a bicycle
- Can read a map
- Knows how to do basic car maintenance
- Can estimate cost of owning and operating a car
- Has a driver's license

Orange County Transportation Authority OCTA www.octa.net

Online trip planner and eBusbooks available

Regular Fares and Passes:

Single Ride \$1.50
1-Day Pass \$4 (sold on bus)
7-Day Pass \$20
15-Day Pass \$35
30-Day Pass Youth (7-18) \$33
Adult (18+) \$55

Specialty Passes

Summer Youth Pass (Jun - Aug) \$50
College Semester Pass (120 days) \$150
College Quarter Pass (75 days) \$95

Interpersonal Skills

Basic
Advanced

- Can respond to introductions and answer simple questions
- Can identify one friend
- Makes eye contact and reciprocate a handshake
- Can make "small talk"
- Communicates with at least one person on a regular basis
- Can initiate an introduction
- Is aware of personal boundaries
- Is not aggressive to others
- Can ask for help
- Can verbalize feelings
- Can identify harmful or unhealthy relationships
- Can identify personal strengths and needs
- Can arrange social activities with peers
- Has some ability to resolve conflicts with others
- Does not use physical violence to solve conflict
- Understands and can decline a peer who is trying to persuade him/her to do something wrong
- Can identify realistic goals along with a plan of action
- Can carry out plans with minimal assistance
- Knows the relationship between behaviors and consequences
- Can avoid hurtful or dangerous relationships
- Can expressively "talk out" problems
- Can resist negative peer pressure
- Can anticipate, consequences associated with different choices
- Can close a relationship or say "good bye" in a healthy manner

Get Involved in community activities!

www.orangecounty.net

Resource for finding activities and events throughout Orange County; including recreation, sports, arts, and music.

www.ymcaoc.org

YMCA of Orange County, opportunities and activities for youth and adults.

www.orangecountykidsactivities.com

Website with links to a wide variety of activities for youth and young adults.

www.bgca.org

Boys and Girls Club of America. Link to your local Boys and Girls club to find local activities and opportunities for youth and young adults.

www.mhaoc.org

Mental Health Association of Orange County has programs such as the Clubhouse with social, recreational activities, education and programs for mental health consumers, as well as a mentoring program for 16-25 year-olds.

www.ocapica.org/about_programs.asp

Activities that include afterschool programs, martial arts, youth coffeehouse, and a youth newspaper for youth and young adults to become involved with their community through the Orange County Asian & Pacific Islander Community Alliance (OCAPICA).



Personal Appearance & Hygiene

Advanced Basic

- Can dress appropriately for daily activities
- Maintains clean and healthy grooming habits
- Knows how to use a variety of grooming products
- Brushes teeth regularly
- Can read clothing labels and understands the difference between washable, dry clean, and hand wash
- Can sort machine washable clothes
- Can properly use a washing machine and dryer, including appropriate setting and products
- Knows the cost of and can plan special hair, nail, or skin care as needed (haircuts, manicures, etc.)
- Can safely and properly use an iron
- Can sew on a button or do minor clothing repairs
- Can hand wash clothing items according to label
- Knows appropriate clothing for many occasions
- Knows the cost of and can arrange dry cleaning

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For additional information about TAY resources or for referrals contact:

Jason Austin, M.F.T. (714) 796-0121 JaAustin@OCHCA.com OR Vera Grindell, Ph.D. (714) 896-7556 VGrindell@OCHCA.com



TAY TIPS

TRANSITIONING TODAY'S YOUTH INTO ADULthood

County of Orange Health Care Agency Behavioral Health Services, Funded by Proposition 63 / MHSA Funds



Assessing Independent Living Skills

This special two-part issue of TAY Tips is devoted to highlighting several areas of life skills that are important to assess when determining a young adult's readiness to transition into a more independent living situation. Each of the seven areas outlined in this issue contain a list of specific skills that range from basic to advanced. Properly assessing each area will help determine how successful a young adult will be at managing independence responsibly and safely. In addition to a hierarchy of skills, each area also contains community resources that can be accessed for that particular area.

Accurately assessing an individual's relative strengths and weaknesses in each area can help determine specific skills that need to be addressed and which are sufficient for him or her to be likely to succeed.

**SPECIAL ISSUE:
PART 2 OF
2-PART SERIES**

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Educational Planning

FASFA

www.fasfa.ed.org

Federal Application for Student Financial Aid (FASFA) is a federal program in which potential students can apply for federal loans, grants, and work-study programs. This is the primary way students become eligible for financial aid options.

Application deadlines:

March 2 through September 2 for the following year (i.e. for 2010-2011 year, deadline is March 2, 2010 through September 2, 2010). Awards are based on first-come, first-served, so the earlier the better. Most grants are awarded at the first deadline. Amounts are based on income and cost of school. Applications accepted online only.

Preparation for FASFA

Application:

- Social Security Number
- Drivers license number or State ID number
- W-2 forms (student and parent)
- Previous year's income tax return (student and parent)

Advanced Basic

- Realistic view of chances for completing high school
- If graduation not realistic, knows what a GED is and how to get one
- Can fill out forms to enroll in an educational program
- Has idea of the education needed for the job wanted
- Can discuss educational/vocational plans
- Is aware of community educational resources
- Knows how to obtain school transcripts
- Is aware of current educational credits and standing
- Has an appropriate educational plan for a selected job
- Knows educational/skill requirements for a selected job
- Is aware of the cost of education/vocational training
- Knows the difference between a loan, grant, scholarship
- Knows how to access education or vocational training
- Knows how to obtain financial aid/scholarships
- Understands probable income relative to levels of education and specialized skills
- Identifies connection between courses and vocational goals

Accommodations

Wrightslaw.com

Online resource with information related to accessing services.

Many Schools offer free or low-cost Counseling and Tutoring services, but the student has to seek them out on their own! Self-Advocacy is key!

Once leaving high school, the student needs to become responsible for self-advocating. Post-secondary schools no longer have the responsibility of identifying and accommodating students with special need. The student becomes responsible. Individualized Education Programs (IEP) don't work after high school. When entering a higher educational program, the student needs to contact the appropriate office to request an evaluation for services.

The school's disability office typically conducts their own assessment for eligibility of a student to receive accommodations, but occasionally, an IEP will suffice. Check with the school's office.

Typical accommodations include:

Test taking facilitation	Reader services	Job development / placement
Specialized counseling	Transcribing services	Registration assistance
Interpreter services	Specialized tutoring	Specialized instruction
Note taker assistance	Adaptive equipment	

Useful Websites

www.fastweb.com
www.collegescholarships.org
www.scholarships.com
www.collegeboard.com

Job Seeking Skills

Advanced
Basic

- Has an idea of types of jobs available
- Can fill out a standard job application form
- Can complete a mock interview with appropriate answers to potential questions
- Knows appropriate attire for an interview
- Can write a resume with assistance
- Knows to prepare for a job interview
- Can complete a job interview
- Can follow up after an interview
- Can weigh advantages of one job over another

ROP

Regional Occupational Program

<http://rop.ocde.us>

ROP provides career preparation classes and services to prepare young adults (16 and older) for successful careers. Tuition is free (although some classes have a material fee). Typical career fields include arts and communication, business marketing, health sciences, public service, and science and technology. Course catalogs are available online. Consult course catalog for course availability and locations.

Central County
(714) 966-3528

Coastline
(714) 979-1955

Capistrano-Laguna
(949) 496-3118

North Orange County
(714) 502-5800

Workforce Investment Act Youth Services

Orange County Workforce Investment Board (WIB)

www.ocwib.org

Locations:

Orange County Youth Café
5405 Garden Grove Blvd.
Suite 100
Westminster, CA
(714) 241-4900

The BRIDGE
1407 N. Batavia St.
Suite 120
Orange, CA
(714) 532-6660

Irvine Unified School District-Career Link
5050 Barranca Parkway
Irvine, CA
(949) 936-5040

The BRIDGE
31736 Rancho Viejo Rd.
Suite A
San Juan Capistrano, CA
(949) 661-0452

Orange County Youth Center
1811 W. La Habra Blvd.
La Habra, CA
(562) 905-7076

La Familia Services / Fuerzas Unidas
31736 Rancho Viejo Rd.,
Suite A
San Juan Capistrano, CA
(949) 489-9045

Santa Ana WORK Center
1000 E. Santa Ana Blvd.
Suite 200
Santa Ana, CA
(714) 565-2600

City of Anaheim, Workforce Development
50 South Anaheim Blvd.
Suite 200
Anaheim, CA
(714) 765-4350

Department of Rehabilitation

www.dor.ca.gov

Orange/San Gabriel
(714) 991-0800 (voice)
(714) 991-0842 (tty)
222 S. Harbor Blvd.
Suite 300
Anaheim, CA 92805

Fountain Valley
(714) 593-5678 (voice)
(714) 963-5910 (tty)
10540 Talbert Ave.
Suite 250 West Bldg.
Fountain Valley, CA 92708

Laguna Hills
(949) 598-7942 (voice)
(949) 598-7965 (tty)
24012 Calle De La Plata
Suite 220
Laguna Hills, CA 92653

Santa Ana Branch
(714) 662-6030
1221 E. Dyer Rd.
Suite 265
Santa Ana, CA 92705

Job Maintenance Skills

Basic
Advanced

- Dresses for work appropriately
- Reports to work on time
- Knows job responsibilities
- Can contact employer when unable to go to work
- Can read a pay stub
- Can speak appropriately with supervisor
- Knows what behaviors will get a person fired
- Can ask for help with a problem at work
- Knows if eligible for sick, vacation, or other time
- Knows what a grievance procedure is
- Know what to do to get a raise
- Knows where and when not to talk with co-workers
- Has a plan for handling anger when angry
- Can manage anger appropriately
- Can function within limits of "unwritten" policies
- Knows how to ask for a raise
- Knows what to do to be eligible for promotion
- Knows legal rights as an employee

Working Wardrobes

12914 Haster St.
Garden Grove, CA 92840
(714) 971-0166

Provides assistance with obtaining appropriate business attire to those in need.

Orange County Conservation Corps (OCCC)

www.occccorps.org | 888-641-2677 | 853 North Raymond Ave., Anaheim, CA 92801

Construction, landscaping, and recycling training programs available with on-the-job training. Must be between 18 and 25 years of age, available for 40 hours per week during work and school hours, out of school, resident of Orange County, and legally eligible to work.

Educational opportunities:

Earn high school diploma	Scholarships available
Life skills courses	Career guidance
Computer training	Support services

Employment opportunities:

Paid work experience	Park maintenance
Forklift and driver training	Landscaping
Chainsaw certification	Construction
Recycling	

Taller San Jose

www.tallersanjose.org

801 North Broadway
Santa Ana, CA 92701
(714) 543-5105

810 N. Poinsettia
Santa Ana, CA 92701
(714) 569-0940

Taller San Jose is an agency that provides intensive job training. Participants receive focused training in one of three areas: residential construction, medical careers, and computer technology. Graduates are work-ready and receive support that improves their ability to maintain employment. Participants may also earn their high school diploma. Must be between 18 and 28, with right to work documentation and be very motivated and dedicated to working. Pre-employment and drug screening must be passed.

Community Resources

Advanced Basic

- Knows how to get emergency information by telephone
- Knows who to contact if injured or sick
- Knows where nearest supermarket or drug store is located
- Knows how to access emergency food and shelter
- Knows how to access crisis line
- Knows where personal bank is located
- Can use the yellow pages or internet to obtain information
- Knows location of nearest post office and how to use it
- Knows how to contact local utility companies
- Knows how to access local employment resources
- Can obtain a copy of birth certificate, duplicate social security card, and other documents
- Has awareness of "specialized" community resources: medical, dental, mental health, animal control, public recreation, etc.
- Knows who elected representatives are and how to contact them
- Knows what the Better Business Bureau does and how to contact it

Community Clinics

Community clinics offer free or low-cost healthcare. Many services are provided on a sliding scale.

The Gary Center
Medical | Dental
341 S. Hillcrest St.
La Habra, CA
(562) 691-3263
www.garycenter.org

Lestonnac Free Clinic
Medical | Dental | Mental
1215 Chapman Ave.
Orange, CA
(714) 633-4600
www.Lestonnacfreeclinic.org

Nhan Hoa Comprehensive Health Care Clinic
Medical | Dental | Vision | Mental
14221 Euclid St. Suite H
Garden Grove, CA
(714) 539-9999
www.nhanhoa.org

Share Our Selves (SOS)
Free Medical & Dental
Costa Mesa
Medical | Dental | Mental
1550 Superior Ave. Suite E-G
Costa Mesa, CA
(949) 650-0640

Laguna Beach Community Clinic
Medical
362 3rd St.
Laguna Beach, CA
(949) 494-0761

Camino Health Center
Medical | Dental
30300 Camino Capistrano
San Juan Capistrano, CA
(949) 240-2272
www.mission4health.com

Community Care Health Centers
Medical | Dental | Vision
Facilities throughout Orange County
8041 Newman Ave.
Huntington Beach, CA
(714) 847-4222
www.cchcoc.org

Medical Services Initiative

(714) 834-6248 | (866) 979-6772 | www.ochealthinfo.com/medical/msi

What is MSI?

MSI is a county funded program responsible for the provision of medical care to medically indigent adults who have limited resources for medical care. Coverage is provided for 12 months and it can be extended. Applications can take up to 6 weeks to process.

Eligibility:

- Between 21 and 64 years of age
- Orange County Resident
- Proof of Alien status or U.S. Citizenship
- Cannot pay for needed care
- Meet Federal Poverty Guidelines (200% or below)
- Are not eligible for Medi-Cal

Legal Matters

A d v a n c e d B a s i c

- Has the phone number of someone to call if arrested or victimized
- General understanding of what is against the law and what the consequences
- Knows personal rights if arrested
- Knows what the function of a attorney is
- Knows legal age for buying alcohol and tobacco products
- Understands the meaning of "legal age" in legal terms (what you can do, what you cannot do based on age)
- Knows how to read a contract
- Knows how and where to register to vote
- If male, knows the responsibility to register for selective service
- Aware of availability of free legal services
- Understands the consequences of signing a contract or a lease
- Knows the general legal consequences of the following:
 - Buying, possessing, selling, and smoking marijuana and other drugs
 - Buying and drinking beer and alcohol underage
 - Trespassing
 - Shoplifting
 - Burglary
 - Possession of stolen property
 - Traffic violations
- Show good citizenship and an understanding of the rights and responsibilities of a citizen
- Knows the difference between "felony," "misdemeanor," and "violation"

Orange County Public Defender

www.pubdef.ocgov.com

Provides legal representation for criminal, juvenile, mental health, and dependency cases for those with financial difficulties.

Main Office
14 Civic Center Plaza
Santa Ana, CA 92701
(714) 834-2144

Central Justice Center
600 W. Santa Ana Blvd., Suite 111
Santa Ana, CA 92701
(714) 568-4860

Harbor Justice Center
4601 Jamboree Rd., Suite 101
Newport Beach, CA 92680
(949) 476-4888

North Justice Center
1440 Harbor Blvd., 4th Floor
Fullerton, CA 92835
(714) 626-3700

South Justice Center
5000 Birch St., Suite 5700
Newport Beach, CA 92660
(949) 757-7660

West Justice Center
14120 Beach Blvd., Suite 200
Westminster, CA 92683
(714) 896-7281

Juvenile Justice Center
341 City Dr. South, Suite 307
Orange, CA 92868
(714) 935-7578

Mental Health Unit
901 Civic Center Dr. West,
Suite 200
Santa Ana, CA 92703
(714) 796-8200

Community Service Programs, Inc.

www.cspinc.org

Dispute Resolution Services
1821 E. Dyer, Suite 200
Santa Ana, CA 92705
(949) 975-0244

**Domestic Violence
Assistance Program**
341 The City Dr.
Orange, CA 92868
(714) 935-7956

Other Resources

Free information and referral
service for victims of crime.

**National Center for
Victims of Crime**
2000 M. St. NW, Suite 480
Washington, DC 20036
(800) 394-2255

Victims of Crime Resource Center
3200 5th Ave.
Sacramento, CA 95817
(800) 842-8467

Parenting & Reproductive Health

Advanced Basic

- Knows resources for reproductive healthcare
- Knows how to prevent pregnancy
- Knows dangers of drugs, alcohol, and tobacco during pregnancy
- Knows what adequate pre-natal care is
- Knows where to obtain pre-natal care
- Knows not to leave child without supervision
- Can provide appropriate supervision for child
- Knows how to bathe child and change diapers
- Knows how to access resources (WIC, MediCal)
- Knows how to engage child in appropriate play
- Knows the options for regular childcare
- Selects appropriate babysitters
- Knows where to go for help if child is sick
- Select appropriate toys for child
- Can discipline appropriately (no hitting, yelling, withholding necessary food or care)
- Can make arrangements for regular childcare
- Can drop off and pick up child from childcare on time
- Spends "quality" time with child each day (talking, playing together, listening to the child, etc.)
- Knows where to go for help with parenting
- Knows what behaviors are appropriate for the child's age and developmental level
- Can weigh costs and benefits of available childcare

Help Me Grow OC

(866) 476-9025

Toll-free hotline with resources for children 0-5 years.

WIC

Women, Infant, and Children Program

Nutritional support for pregnant women and children.

(888) WIC-WORKS

(888) 942-9675

Orange County MOMS

(800) 787-5858 | (714) 972-2610

Provides free and low-cost healthcare coordination, education and access to community resources to families.

Nurse-Family Partnership

(714) 834-7747

A program for young first time mothers that provides in-home visits, assessments, health education and referrals, case management, and linkage to community resources.

Creating Pathways

(714) 352-3190

Provides intensive in-home services that include parent education and brief mental health counseling for families with children under 5 yrs.

Families And Communities Together

Family Resource Center

Community-based sites that provide access to comprehensive prevention and treatment services.

Anaheim Harbor
Anaheim, CA
(714) 399-0590

Friendly Center
Orange, CA
(714) 771-5300

Minnie Street
Santa Ana, CA
(714) 972-5775

South OC FRC
Lake Forest
(949) 364-0500

Anaheim/Fullerton
Anaheim, CA
(714) 765-3776

La Habra FRC
La Habra, CA
(714) 447-3460

Oak View FRC
Huntington Bch.
(714) 842-4002x0

Tustin FRC
Tustin, CA
(714) 769-1430

Corbin FRC
Santa Ana, CA
(714) 480-3737 x0

Magnolia Park
Garden Grove, CA
(714) 530-7413

Stanton FRC
Stanton, CA
(714) 379-0129

Westminster FRC
Westminster, CA
(714) 903-1331

Safety and Emergency



Advanced Basic

- Knows functions of police, ambulance and fire department
- Knows how to reach emergency personnel
- Knows how to evacuate a residence in case of fire
- Knows how to lock and unlock doors and windows
- Knows how to check smoke alarm and replace battery
- Understands basic fire prevention
(No smoking in bed, using gas stove to heat, excessive use of extension cords, frayed electrical cords, etc.)
- Knows how to use a fire extinguisher
- Knows that improperly used appliances can cause fires
- Can recognize the smell of a gas leak
- Knows what to do, and whom to call if she/he smells a gas leak
- Knows the different methods for putting out different kinds of fires
- Knows how to properly store flammable materials
- Can usually determine when professional medical help is needed



For additional information about TAY resources or for referrals contact:

Jason Austin, M.F.T. (714) 796-0121 JaAustin@OCHCA.com OR Vera Grindell, Ph.D. (714) 896-7556 VGrindell@OCHCA.com

TAY TIPS

QUARTERLY

TRANSITIONING TODAY'S YOUTH INTO ADULTHOOD



County of Orange Health Care Agency Behavioral Health Services, Funded by Proposition 63 / MHSA Funds



Emancipating & Foster Youth

Approximately 4,000 youth will age out or emancipate from the foster care system each year in California (Rassen, 2009). These youth are particularly vulnerable to a variety of challenges, economically, socially, and emotionally.

This issue of TAY Tips is dedicated to providing information and resources that are available to foster and emancipated youth. Helping them access resources and reach out for can significantly increase their ability to navigate the transition from the foster care system into adulthood successfully.

Rasen, E. (2009). *Challenges faced by foster youth in California*. Insight into Student Services. Issue 21.

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For additional information about TAY resources or for referrals contact:

Jason Austin, M.F.T. (714) 796-0121 JaAustin@OCHCA.com

Housing

Beverly's House

YWCA of Central Orange County | 133 N. Grand St. | Orange, CA 92866 | (714) 633-4950

Provides shelter for young women who are transitioning from foster care, with supportive services. Clothing needs are supplied through *My Sister's Closet*, and handbags and toiletries are provided through *Joanie's Purse Project*.

Olive Crest Transition Program

2130 E. Fourth Street, Suite 200 | Santa Ana, CA 92705 | (714) 543-5437

THPP

Transitional Housing Placement Program for Current Foster/Probation Youth ages 16-18

The THPP is a transitional housing placement opportunity for foster and probation youth aged 16-18 who are currently in the child welfare system. The goal of the program is to provide a safe living environment so that youth can practice skills necessary to live on their own upon leaving the foster care support system.

Maximum length of stay is 24 months.

THP-Plus

Transitional Housing Placement Program for Emancipated Foster/Probation Youth ages 18-24

The THP-Plus is a transitional housing placement opportunity for emancipated foster youth, aged 18-24, who emancipated from the child welfare system. The goal of the program is to provide a safe living environment while helping youth achieve self-sufficiency so that they can learn life skills upon leaving the foster care support system.

Maximum length of stay is 24 months.

Rising Tide Transitional Housing Program

Orangewood Children's Foundation | 1575 E. 17th St. | Santa Ana, CA 92705 | (714) 619-0239

Rising Tide Transitional Housing Program is an intermediate step between dependency and independent living. Motivated foster and probation youth who have emancipated are eligible to apply for affordable and quality apartment housing with a supportive community to help them become self-sufficient, responsible and caring adults.

WHO:	Emancipated Foster and Probation Youth ages 18+
WHAT:	Furnished Apartment, Mentor, Employment Guidance, Life Skills Training
WHERE:	Apartment locations in Garden Grove and Tustin
HOW LONG:	18-24 months
COST:	Starts at \$200 per month, increases \$50 every 3 months All rent paid over \$350 is reimbursed at graduation \$200 security deposit due at move-in

Independent Living Program

Orangewood Children's Foundation

Orangewood Children's Foundation | 1575 E. 17th St., Santa Ana, CA 92705 | (714) 619-0200

The Independent Living Program (ILP) provides workshops, special events and support services to foster youth between the ages of 16-21, to help prepare them for emancipation.

ILP focuses on four key areas:

1. Education
2. Career
3. Relationships
4. Daily Living

ILP participants can:

- Receive life skills instruction on the four key areas above with the help of volunteer experts from the community and former foster youth called Peer Mentors
- Attend a variety of workshops held several times each month at locations throughout Orange County
- Attend special events such as "Independent City," college tours, 3 on 3 basketball tournament, and end-of-the-school-year celebrations for students and graduates
- Receive the monthly "ILP Connection" e-newsletter containing information to help foster youth prepare for emancipation and the schedule of ILP workshops and special events
- Earn "OCF Dollars" for attendance, participation and completion of ILP homework assignments. OCF dollars can be used to purchase items such clothing, food, furniture and other household items

**For More Information (866)
OCF4Kids (866-623-4543) ext. 212**

**To RSVP for IPL Workshops (866)
OCF4Kids (866-623-4543) ext. 300**



Education

Orangewood Children's Foundation

Children's Trust Fund

Provides financial awards for foster and emancipated youth for educational-related expenses including books, tuition, driver's education, yearbook, graduation, sports and other extracurricular activities, medical and dental expenses, transportation, and work expenses. Emancipated youth can receive financial awards to assist with rent, utilities, groceries, and other miscellaneous expenses.

Youth must apply for funding during each funding cycle (July 1-June, 30). Funding is not guaranteed, and decisions are made on an individual basis.

Awards:

Dependents 0-18 yrs	up to \$250
Emancipated Non-ILP Eligible 18-21 yrs	up to \$500
Emancipated ILP-Eligible 18-21 yrs	up to \$1000

Children's Trust Fund Scholarship Program

Provides financial assistance to current and former Orange County foster youth who are pursuing higher education.

Grant amount determined by total number of units enrolled/completed within the annual grant period (July 1st - June 30th) and may be used for tuition, books, supplies and living expenses. Recipients must maintain a minimum 2.0 GPA. Applications can be filed each year until the age of 25 and supporting documentation is required.

Awards (per school year):

Community College	up to \$3500
Vocational/Trade School	up to \$3500
University	up to \$6000

FASFA

www.fasfa.ed.org

Federal Application for Student Financial Aid (FASFA) is a federal program in which potential students can apply for federal loans, grants, and work-study programs. This is the primary way that students become eligible for financial aid options. Other financial aid opportunities, such as Chafee Grants, may require that FASFA is completed. Funding can be used for tuition, books, supplies, room and board, transportation, and other education-related expenses depending on the funding source guidelines.

Application deadlines: March 2 through September 2 for the following year (i.e. for 2010-2011 year, deadline is March 2, 2010 through September 2, 2010). The awards are based on first-come, first-served, so the earlier the better. Most grants are awarded at the first deadline. Amounts are based on income and cost of school. Applications accepted online only.

Preparation for FASFA Application:

- Social Security Number
- Drivers license number or State ID number
- W-2 forms (student and parent)
- Previous year's income tax return (student and parent)

Education continued...

Chafee Grant

www.chafee.csac.ca.gov

Provides financial assistance for college, trade, or career training of up to \$5000 per year.

Eligibility Requirements:

Current or former foster youth who have not have reached their 22nd birthday as of July 1 of the award year. The court must have established your dependency when you were between the ages of 16 and 19. (KinGap youth, adopted youth, guardian placement, and voluntary placement may not be eligible for the Chafee Grant, unless court dependence was established, at anytime, between the ages of 16 and 19).

Applications: Available online at www.chafee.csac.ca.gov. FASFA must also be completed to apply for the Chafee Grant.

College Grants

Financial assistance that covers tuition and fees for qualified students. Applications available at the financial aid office or online at the school the student will attend.

Board of Governors Fee Waiver
California Community Colleges
www.cccapply.org/BOG_Waiver

State University Grant
California State Universities (CSU)
Check college financial aid office for application and additional information

University Grant
University of California (UC)
Check college financial aid office for application and additional information

Pell Grant studentaid.ed.gov

Provides financial assistance to help pay for college expenses including tuition, room and board, books, and supplies.

Application: Submit FASFA during regular filing deadlines (March 2 through September 2 for the following year).

Cal Grant www.calgrants.org

Provides financial assistance to help pay for college expenses including tuition, room and board, books, and supplies.

Application: Submit the FAFSA between January 1 and September 2 and submit a verified Cal Grant GPA anytime between November and the September 2 deadline.

Legal

For Providers and Consumers

National Center for Youth Law (NCYL)

www.youthlaw.org

NCYL is a non-profit organization that works to ensure that low-income children have the resources, support, and opportunities they need for a healthy and productive future. Much of NCYL's work is focused on children who are additionally challenged by abuse and neglect, disability, or other disadvantage.

Teen Health Rights Initiative

www.teenhealthrights.org

NCYL established Teen Health Rights Initiative to provide resources and information to health care providers about California laws pertaining to minor consent, confidentiality, child abuse reporting, and other adolescent health concerns.

NCYL is a 501(c)(3) nonprofit organization.

California Ombudsmen for Foster Care

www.fosteryouthhelp.ca.gov

The Office of the Foster Care Ombudsman was established by legislation, California Senate Bill 933 (Chapter 311/Statutes of 1998) and has been mandated to do the following:

- Ensure the voice of foster children and youth is heard, and act on their behalf.
- Create an avenue for foster children and youth to file complaints regarding their placement, care and services without fear of retribution from those who provide their care and services.
- Act as an independent forum for the investigation and resolution of complaints made by or on behalf of children placed in foster care and make appropriate referrals.
- Provide children and youth with information on their rights when placed in foster care.
- Maintain a toll-free telephone number which foster children and youth may call from anywhere in California to express their concerns and complaints.

Orange County Ombudsman
Orange County Children and Family Services
888 Main Street
Santa Ana, CA
(714) 245-6030 Fax: (714) 245-6049



Misc. Resources...

Orangewood Children's Foundation Resource Center

www.orangewoodfoundation.org

Drop-in hours: Monday-Thursday 9:00 a.m. – 5:00 p.m. | Friday 9:00 a.m. – 1:00 p.m.
1575 E. 17th St., Santa Ana, CA 92705 | (866) OCF4Kids (866-623-4543) ext. 232

OCR is a drop-in center for current and emancipated foster youth in Orange County that provides supportive services focusing on education, employment, housing and health. **Youth can** access employment leads, create professional resumes, and receive interview tips. Receive guidance and assistance when considering options after high school. Utilize career assessments and explore careers. Find shelter information and housing resources. Receive information on other Foundation programs and the application process. Access Foundation Peer Mentors, computers, a telephone, a copier, a fax machine, and a washer/dryer. Access food, hygiene items and clothing (depending on availability). Also available in the ORC is the Foundation's Education and Career Specialist, who can help with career exploration, college options (including job training, apprenticeships and vocational schools), employment goals and general resource questions.

Tips for Foster Youth from the Office of Foster Care Ombudsman

www.fosteryouthhelp.ca.gov

Go to Your Court Hearings!

You have the right to attend your court hearings and talk to the judge. Court hearings are your chance to let the judge know what you need.

Health Insurance to 21!

Foster youth who emancipated from foster care on their 18th birthday can have Medi-Cal health insurance until they turn 21, regardless of income. Contact your case worker to find out what you need to do to get coverage.

Money Available for Emancipated Foster Youth!

The Governor has budgeted money for emancipated foster youth to help cover the cost of housing, college, transportation, or other needs. There is also money available for providing housing for former foster youth.

See Your Case Plan and Your Court Report!

You have the right to see your case file, case plan, and court reports if you are 12 or over. If it doesn't include everything you need, let your social worker know. It is important that you be your own advocate and speak up for what you need.

Get Your Driver's License!

DMV will accept the signature of a guardian, biological parent, foster parent, grandparent, adult sibling, aunt or uncle who is living with you. If you get your own auto liability insurance, you can have your social worker or probation officer sign that form.

Participate in ILPI!

Make sure you participate in the Independent Living Program. You will also have access to many financial incentives and special programs and transitional housing programs.

Free Money for School!

You are eligible for free money for college. Foster youth can receive financial aid that can help pay for tuition as well many living expenses, such as rent and transportation.

Foster Youth Have Rights! Know Your Rights!

Foster youth have many rights in care. If you don't know them, you can't speak out when they are being violated.

Seal Your Court File When You Turn 18!

You have the right to ask the court to seal your case file. If you are looking for a job, this can be important if you have a delinquency record.



TAY TIPS

QUARTERLY

TRANSITIONING TODAY'S YOUTH INTO ADULthood

County of Orange Health Care Agency Behavioral Health Services, Funded by Proposition 63 / MHSA Funds



TAY In Crisis

For some youth, the transition to adulthood presents a number of challenges in meeting their basic needs. They may not be able to find employment, may no longer have healthcare benefits, have difficulty finding an affordable place to live, or have difficulty managing basic daily responsibilities.

These difficulties can be compounded when a mental health need is present or a youth does not have a strong support system. With these additional stressors, many TAY can easily be thrown into a crisis.

This issue of *TAY Tips* is dedicated to providing resources available to more effectively manage a TAY in crisis.

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Preparing for Crisis	9

For additional information about TAY resources or for referrals contact:

Jason Austin, M.F.T. (714) 796-0121 JaAustin@OCHCA.com

Psychiatric Emergencies

A psychiatric emergency can occur when a person is presenting immediate danger to themselves, to others, or is gravely disabled (unable to care for themselves). When a psychiatric emergency is suspected, there are a variety of resources to address such crises. A qualified professional will assess the situation and determine if a psychiatric hospitalization is necessary to ensure safety, or if in-home stabilization is more appropriate.

Children (under 18)

There are two teams that respond to psychiatric emergencies in children depending on the time and day.

Children and Youth Services 8 a.m. – 5 p.m. Monday through Friday

North Region:
(714) 577-5400

377 E. Chapman Ave., Ste. 110
Placentia, CA 92870

South Region:
(714) 850-8408

3115 Redhill Ave.
Costa Mesa, CA 92626

(949) 499-5346

21632 Wesley Dr.
Laguna Beach, CA 92651

East Region:
(714) 480-6600

1200 N. Main St., Ste. 500
Santa Ana, CA 92701

West Region
(714) 896-7556

14140 Beach Blvd., Ste. 155
Westminster, CA 92683

Evaluation and Treatment Services (ETS)

Weekends and Holidays 24/7

Weekdays 5 p.m. – 8 a.m.

(714) 834-6900

ETS will only respond to a hospital ER or Police Station. If a child cannot be safely transported, police may be called for assistance.

In Home Crisis Team Child Abuse Prevention Center

(714) 225-4100

www.brightfutures4kids.org

24/7, in-home crisis response providing family stabilization services to prevent hospitalization or other out-of home placement.

Adults (over 18)

There are two teams that respond to psychiatric emergencies in adults 24 hours / 7 days a week.

Centralized Assessment Team (CAT)

24 Hours / 7 Days

(866) 830-6011 | (714) 517-6353

Evaluation and Treatment Services (ETS)

24 Hours / 7 Days

(714) 834-6900

Inpatient Psychiatric Care

In addition to the psychiatric response units available in Orange County, 911 can be used when a psychiatric emergency arises. While many hospitals do not have psychiatric units, hospital emergency rooms can also respond to a crisis. Crisis inpatient psychiatric care can be accessed in many facilities in the Orange County area.

College Hospital Costa Mesa

301 Victoria Street
Costa Mesa, CA 92627
(949) 642-2734

College Hospital Cerritos

10802 College Place
Cerritos, CA 90703
(562) 924-9581

Aurora Behavioral Healthcare Charter Oaks

1161 E. Covina Blvd.
Cerritos, CA 91724
(626) 966-1632

BHC Alhambra

4619 North Rosemeade Blvd.
Rosemead, CA 91770
(626) 286-1191

Los Encinas Hospital

2900 E. Del Mar Blvd.
Pasadena, CA 91107
(626) 795-9901

Canyon Ridge Hospital

5353 G Street
Chino, CA 91710
(909) 590-4001

Aurora Hospital BHC

11878 Ave. of Industry
San Diego, CA 92128
(858) 675-4228

Del Amo Hospital

23700 Camino Del Sol
Torrance, CA 90505
(310) 530-1151

Loma Linda University

BMC1710 Barton Rd.
Redlands, CA 92373
(909) 558-9275

Sharp Mesa Vista Hospital

7850 Vista Hill Ave.
San Diego, CA 92123
(858) 278-4110

UCI Medical Center Neuropsychiatric Center

101 The City Drive South
Orange, CA 92868
(714) 456-5801



Crisis Residential Programs

Crisis Residential Programs are short-term facilities that provide shelter for young adults in crisis. Programs provide services that help youth acquire independent living skills and stabilization to help re-integrate them into society successfully.

South Coast Children's Society Inc. TAY Crisis Residential Program

Costa Mesa, CA

Call (714) 966-5338 for information.

Six-bed residential program for young adults aged 18-24. Average stay is 2-3 weeks. Services include therapy, case management, linkage and referrals, and transportation.

*** Referrals made through the county
Crisis Assessment Team**

Community Service Programs Youth Shelter

Laguna Beach, CA

Huntington Beach, CA

Call (949) 494-4311 or

(714) 842-6600 for information.

Six-bed shelters for young adults aged 12-17. Average stay is 2-3 weeks, and services include therapy, case management, linkage and referrals, and transportation.

*** Referrals made through the On Call Crisis Response
Clinician or Officer of the Day**

Casa Youth Shelter

Los Alamitos, CA

Call (800) 914-2272,

(562) 594-6825 or (714) 995-8601 for more information.

Twelve-bed crisis residential program for teens aged 12-17. Services include therapy, case management, linkage and referrals. Follow-up services can continue for 2-3 months.

*** Referrals can be made by anyone in the community**

Emergency Food Assistance

South Region

Coast Hills Community

Church Food Pantry

(949) 362-0079

5 Pursuit

Aliso Viejo, CA 92656

www.coasthillschurch.org

Share Our Selves

(949) 642-3451

1550 Superior Ave.

Costa Mesa, CA 92627

www.shareourselves.org

Families Forward

(949) 552-2727

9221 Irvine Blvd.

Irvine, CA 92618

North Region

Access California

(714) 917-0440

2180 W. Crescent Ave. #C

Anaheim, CA 92804

www.accesscal.org

Fullerton Interfaith

Emergency Services

(714) 738-0255

611 S. Ford Ave.

Fullerton, CA 92832

www.fies.us

West Region

Abrazar Inc.

(714) 893-3581

7101 Wyoming St.

Westminster, CA 92683

Calvary Chapel

(714) 891-9495

7800 Edinger Ave.

Huntington Beach, CA

www.cchb.org

OC Food Bank

(714) 897-6670

12640 Knott St.

Garden Grove, CA

www.ocfoodbank.org

East Region

Catholic Charities OC

(714) 347-9600

(714) 668-1130

3631 W. Warner Ave.

Santa Ana, CA 92704

www.ccoc.org

Eagle's Nest Ministry

(949) 742-8803

505 E. Central Ave.

Santa Ana, CA 92707

www.eaglesnestministry.org

Friendly Center

(714) 771-5300

147 W Rose Ave.

Orange, CA 92867

or

(714) 919-1108

1820 E. Meats Ave.

Orange, CA 92865

St. Barbara's Catholic Church

(714) 775-7733

730 S. Euclid St.

Santa Ana, CA 92704

Providence Community Services STAY Process

(714) 221-6400

A program for Transitional Aged Youths that utilizes a wraparound model to provide support in the areas of housing, employment, and education.

Enrollment is limited, so call for availability and eligibility criteria.

Many young adults find themselves without medical coverage or funds for needed medical treatment. Many medical and psychological conditions left untreated can escalate into a crisis. Assisting TAY with accessing affordable health care can reduce the likelihood for a crisis to develop out of neglected medical attention.

Accessing Medical Care

Medical Services Initiative

(714) 834-6248 | (866) 979-6772 www.ochealthinfo.com/medical/msi

MSI is a county funded program responsible for the provision of medical care to medically indigent adults who have limited resources for medical care.

Eligibility:

1. Between 21 and 64 years of age
2. Orange County Resident
3. Proof of Alien status or U.S. Citizenship
4. Cannot pay for needed care
5. Meet Federal Poverty Guidelines (200% or below)
6. Are not eligible for Medi-Cal

How to Apply:

Applicants need to make an appointment to complete application, and be prepared to provide proof of residency, income, age, and alien status or citizenship. A patient handbook is available for download online and includes all the detailed information about applying for coverage, as well as list of providers and covered services.



Maternal, Child, and Adolescent Health (MCAH)

<http://ochealthinfo.com/mcah>

For clinic locations and appointments call: (800) 914-4887

Monday – Friday | 8:00 a.m. - 5:00 p.m.

Offers free or low cost medical services for children, adolescents, and adults. Services include physical exams, immunizations, comprehensive reproductive health exams, family planning methods and dental health services. Services provided to those who meet income eligibility.

Mental Health Services

Maintaining continuity of care and continuing to manage mental health needs during an adolescent's transition into young adulthood is a key component to increasing their ability to avoid crises. It is important to link adolescents and young adults with providers that can address their mental health needs before a crisis.

Children and Youth Services (CYS)

Health Care Agency, Behavioral Health Services

Provides a broad range of services for behaviorally, emotionally or mentally disordered children and adolescents which include evaluation, therapy, medication, crisis intervention and collateral services to parents and families. Referral for hospitalization or residential treatment, consultation to schools and other agencies, coordination with private and public services and case management for those placed in hospitals or other 24-hour settings.

North Region

CYS Clinic

377 E. Chapman Ave., Ste. 110
Placentia, CA 92870
(714) 577-5400

CYS Contract Clinics:

Canyon Acres

233 S. Quintana Ave
Anaheim Hills, CA 92807
(714) 998-3272

Child Guidance Center, Inc.

6301 Beach Blvd., Ste. 245
Buena Park, CA 90621
(714) 736-0231

2050 Youth Way, Bldg. 1
Fullerton, CA 92835
(714) 871-9264

Kinship Center

8414 Kaiser Blvd. Ste. 100
Anaheim, CA 92808
(714) 202-2100

Providence Community Services, Inc.

217 W. Cerritos Ave., Bldg. 8
Anaheim, CA 92805
(714) 254-8473

Western Youth Services, Inc.

505 North Euclid, Suite 300
Anaheim, CA 92801
(714) 871-5646
(714) 850-8408

East Region

CYS Clinic

1200 N. Main St., Ste. 500
Santa Ana, CA 92701
(714) 480-6600

CYS Contract Clinics:

Canyon Acres

1845 W. Orangewood Ave., #300
Orange, CA 92868
(714) 383-9400

Child Guidance Center, Inc.

525 N. Cabrillo Park Dr., Ste. 300
Santa Ana, CA 92701
(714) 953-4455

Kinship Center

1504 Brookhollow, Ste. 111
Santa Ana, CA 92701
(714) 957-1004

Providence Community Services, Inc.

1633 E. 4th St., Ste. 120
Santa Ana, CA 92701
(714) 565-2830

Providence Community Services, Inc.

Families First
2130 E. 4th St., Ste. 150
Santa Ana, CA 92705
(714) 558-3807

Western Youth Services, Inc.

1666 N. Main St. Ste 400
Santa Ana, CA 92701
(714) 704-5900

South Region

CYS Clinics

3115 Redhill Ave.
Costa Mesa, CA 92626
(714) 850-8408

21632 Wesley Dr.

Laguna Beach, CA 92651
(949) 499-5346

25171 Moor Ave.

Mission Viejo, CA 92691
(949) 770-0855

CYS Contract Clinics: Providence Community Services, Inc.

2183 Fairview Rd., Ste. 100
Costa Mesa, CA 92627
(949) 515-5440

Western Youth Services, Inc.

26137 La Paz Suite 230,
Mission Viejo, CA 92691
(949) 595-8610

31882 Camino Capistrano, Ste. 108
San Juan Capistrano, CA 92675
(949) 487-6080

CYS School-based Sites

24242 La Cresta
Dana Point, CA 92629
(949) 248-2228

625 Park Ave.

Laguna Beach, CA 92651
(949) 376-8851

29296 Crown Valley Pkwy.

Laguna Niguel, CA 92677
(949) 249-9321

1101 Calle Puente

San Clemente, CA 92672
(949) 361-7890

26891 Spring St.

San Juan Capistrano, CA 92675
(949) 496-2931

25001 Veteran's Way

Mission Viejo, CA 92672
(949) 707-2110

West Region

CYS Clinic

14140 Beach Blvd., Ste. 155
Westminster, CA 92683
(714) 896-7556

CYS Contract Clinics:

Providence Community Services, Inc.

12966 Euclid St., Ste. 280
Garden Grove, CA 92840
(714) 823-4770

CYS Contract Clinics Cont': South Coast Children's Society

2124 Main St., Ste. 165
Huntington Beach, CA 92648
(714) 536-0077

Western Youth Services, Inc.

10101 Slater Ave., Ste. 241
Fountain Valley, CA 92708
(714) 378-2620

Mental Health Services

Continued...

Adult Mental Health Services (AMHS)

Health Care Agency, Behavioral Health Services

Provides recovery mental health services and episodic treatment services which emphasize individual needs, strengths, choices, and involvement in service planning and implementation. Services include assessment, evaluation, collateral therapy, individual and group therapy, substance abuse treatment, medication support, rehabilitation, linkage and consultation, placement, plan development, crisis intervention and specialized residential services.

North Region Clinic

2035 E. Ball Road, Ste. 200
Anaheim 92806
(714) 517-6300
M-Th 8 a.m. – 7 p.m. | F 8 a.m. – 5 p.m.
*Dual Diagnosis services available

West Region Clinic

14140 Beach Blvd., Ste. 223
Westminster, 92683
(714) 896-7566
M-Th 8 a.m. – 7 p.m. | F 8 a.m. – 5 p.m.
*Perinatal services available

East Region Clinic

1200 N. Main St., Suite 200
Santa Ana, 92701
(714) 480-6767
TDD (714) 480-6750
M-Th 8 a.m. – 7 p.m. | F 8 a.m. – 5 p.m.

South Region Clinics

3115 Redhill Avenue
Costa Mesa, CA 92626
(714) 850-8463
M-Th 8 a.m. – 7 p.m. | F 8 a.m. – 5 p.m.

23228 Madero
Mission Viejo, CA, 92691
(located at the Royale Mission Viejo facility)
(949) 454-3940
M-Th 8 a.m. – 7 p.m. | F 8 a.m. – 5 p.m.

Hearing Impaired Services

1200 N. Main St., Suite 200
Santa Ana, 92701
(714) 480-6767
TDD (714) 480-6750
M - Sat 8 a.m. – 5 p.m.

Services also provided at client's home or local community mental health clinic.
Call (714) 972-3700 for more information.
TDD (714) 850-8461

Pacific Asian Services

1200 N. Main St., Suite 200
Santa Ana, 92701
(714) 480-6767
M-Th 8 a.m. – 7 p.m. | F 8 a.m. – 5 p.m.

14140 Beach Blvd., Ste. 223
Westminster, 92683
(714) 896-7566
M-Th 8 a.m. – 7 p.m. | F 8 a.m. – 5 p.m.

Identifying a Crisis

Empowering individuals to identify and monitor their own symptoms can assist with identifying a potential crisis before it escalates. Assist adolescent and young adults in identifying their particular symptoms and create a way for them to monitor the frequency and severity of symptoms and signs that a crisis may be coming.

Symptom Tracker

Symptom Severity: 0=No Symptom 1=Mild 2=Moderate 3=Severe

		Day																														
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
Symptom(s):	am																															
	pm																															
	am																															
	pm																															
	am																															
	pm																															
Took Medication as Prescribed	yes																															
	no																															
Physical Activity	yes																															
	no																															
Alcohol or Drug Use	yes																															
	no																															
Hours of Sleep																																
Any Difficulties Sleeping																																

Comments:

Possible symptoms for daily monitoring:

- I hear voices/noises but don't know where they are from
- I see things no one else seems to see
- Things sound or smell wrong
- I think people are watching me or following me
- I feel afraid
- I don't want to do anything
- I feel hopeless
- My mood is extremely happy or elevated
- I feel nervous or anxious
- I think about hurting myself
- I feel sad or unhappy
- I get easily irritated or annoyed
- My thoughts move so fast I cannot keep up with them
- I feel tired all the time
- People tell me I talk too fast or too much
- I don't need to sleep
- My sex drive is very high, higher than normal
- I can't understand what people are saying to me
- I have trouble remembering things
- I can't keep my mind on anything
- I have trouble learning things
- I don't know how to plan for things
- I can't sleep
- I don't shower
- I don't enjoy anything
- I don't have anything to say to people
- I don't shower
- I'm using drugs or alcohol

One of the best ways to manage a crisis is to have a plan for dealing with crisis before one occurs.

Planning for a Crisis Before it Happens...

Creating a Personal Action Plan or Crisis Prevention Plan is a way to plan for a crisis before it happens. When crisis does occur, you have a well-thought out plan and supporters who can assist you what managing the crisis positively. The plan should be developed when not in crisis, and with assistance from trusted individuals such as clinicians, or family and friends. Once completed, the Plan should be kept in an easily accessed location, and copies can be provided to trusted individuals who will assist when in crisis.

Personal Action Plan / Crisis Prevention Plan

(Name)

People I can trust to help in a Crisis Situation:

Name	Relationship	Phone Number
_____	_____	_____
_____	_____	_____
_____	_____	_____

Signs that I'm doing OK:

Early signs that I'm not feeling well:

What I can do to help myself:

Ways that others can help me:

What I don't want – What doesn't help:

I know I need to get help when:

Resources

USA National Suicide Hotlines

24 hours / 7 days a week

(800) SUICIDE

(800) 784-2433

(800) 273-TALK

(800) 273-8255

TTY: (800) 799-4TTY (4889)

Suicide Prevention Center

24 hours / 7 days a week

(310) 391-1253

Crisis Line for People with Disabilities

24 hours / 7 days a week

(800) 426-4263

Domestic Violence Hotline

24 hours / 7 days a week

(800) 799-7233

Rape Crisis Hotline

24 hours / 7 days a week

(714) 957-2737

Sexual Assault Victim Services

(714) 834-4317

**FINAL
ISSUE**

Issue #13 | September '10

TAY TIPS

QUARTERLY

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County of Orange Health Care Agency Behavioral Health Services, Funded by Proposition 63 / MHSA Funds



Resources for Success

The time of transition from adolescence to adulthood is a difficult time, particularly for those who have the additional complications of mental illness. Another group of youth who are at a higher risk of experiencing an increased level of struggle during this transition are those "aging-out" of foster care, or transitioning out of other out-of home placements. The needs of these youth are wide-ranging, and providing them with the appropriate resources and support can increase their chances of developing into successful, self-sufficient adults.

Over the past 18 months, *TAY Tips* has provided resources and information to assist TAY in successfully navigating the unique challenges they face. The current, and final issue of *TAY Tips* strives to integrate a wide range of needs posed by this population.

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Education

Quick Facts:

- 80% of new jobs require some post-secondary education
(National League of Cities, Institute for Youth, Education and Families)
- More than ½ of youth with mental health needs will drop out of school; only 5-20% will enter post-secondary school
(National Collaborative on Workforce and Disability).
- Students in special-ed are more than twice as likely as their general-ed peers to drop out of high school
(National Collaborative on Workforce and Disability).
- 4 years after leaving foster care, 46% of emancipated youth lack a high-school diploma
(National League of Cities, Institute for Youth, Education and Families).

Trade Schools

Provide vocational education, is a school in which students are taught the skills needed to perform a particular job.

Online Resources:

www.trade-school.org
www.trade-schools.net
www.tradeschool.com
www.rwm.org
www.khake.com

Sunburst Youth Challenge Academy

www.ngycp.org

P.O. Box 2980
Los Alamitos, CA 90720-2980
(562) 936-1758

ROP

Regional Occupational Program
<http://rop.ocde.us>

ROP provides career preparation classes and services to prepare young adults (16 and older) for successful careers. Tuition is free (some classes have a material fee). Typical career fields include: arts and communication, business marketing, health sciences, public service, and science and technology. Course catalogs are available online. Consult course catalog for course availability and locations.

Central County
(714) 966-3528

Coastline
(714) 979-1955

Capistrano-Laguna
(949) 496-3118

North Orange County
(714) 502-5800

The Sunburst Youth Challenge Program at Los Alamitos is a Community High School, run by the California National Guard in partnership with the Orange County Department of Education. The Academy is a 5 1/2 month long residential "military style" academy structured to promote an academic environment where they will earn 55 High School credits, develop leadership, cooperation, and academic skills, while improving self esteem, pride, and confidence.

Education continued...



FASFA www.fasfa.ed.org

Federal Application for Student Financial Aid (FASFA) is a federal program in which potential students can apply for federal loans, grants, and work-study programs. This is the primary way that students become eligible for financial aid options.

Application deadlines: March 2 through September 2 for the following year (i.e. for 2011-2012 year, deadline is March 2, 2011 through September 2, 2011). The awards are based on first-come, first-served, so the earlier the better. Most grants are awarded at the first deadline. Amounts are based on income and cost of school. Applications accepted online only.

Preparation for FASFA Application:

- Social Security Number
- Drivers license number or State ID number
- W-2 forms (student and parent)
- Previous year's income tax return (student and parent)

Useful Links

www.fastweb.com
www.collegescholarships.org
www.scholarships.com
www.collegeboard.com

Accommodations

Many Schools offer free or low-cost Counseling and Tutoring services, but the student has to seek them out on their own! Self-Advocacy is key!

Once leaving high school, the student needs to become responsible for self-advocating. Post-secondary schools no longer have the responsibility of identifying and accommodating students with special need. The student becomes responsible.

Individualized Education Programs (IEP) don't work after high school. When entering a higher educational program, the student needs to contact the appropriate office to request an evaluation for services.

Wrightslaw.com
 Online resource with information
 about accessing services.

Accommodations typically offered:

- Test taking facilitation
- Specialized counseling
- Interpreter services
- Note taker assistance
- Reader services
- Transcribing services
- Specialized tutoring
- Adaptive equipment
- Job development / placement
- Registration assistance
- Specialized instruction

The school's disability office typically conducts their own assessment for eligibility of a student to receive accommodations, but occasionally, an IEP will suffice. Check with the school's office.

California Community College:
 Dept. of Disabled Student Services (DSPS)

Cal State University:
 Disabled Student Services

University of California:
 Disability Services Center

Education continued...

Chafee Grant www.chafee.csac.ca.gov

Provides financial assistance for college, trade, or career training of up to \$5,000 per year.

Eligibility Requirements: Current or former foster youth who have not have reached their 22nd birthday as of July 1 of the award year. The court must have established your dependency when you were between the ages of 16 and 19. (KinGap youth, adopted youth, guardian placement, and voluntary placement may not be eligible for the Chafee Grant, unless court dependence was established, at anytime, between the ages of 16 and 19).

Applications: Available online at www.chafee.csac.ca.gov. FASFA must also be completed to apply for the Chafee Grant.

Cal Grant

www.calgrants.org

Provides financial assistance to help pay for college expenses including tuition, room and board, books, and supplies.

Application: Submit the FAFSA between January 1 and September 2 and submit a verified Cal Grant GPA anytime between November and the September 2 deadline.

College Grants

Financial assistance that covers tuition and fees for qualified students. Applications available at the financial aid office or online at the school the student will attend.

Board of Governors Fee Waiver
California Community Colleges
www.cccapply.org/BOG_Waiver

State University Grant
California State Universities (CSU)
Check college financial aid office for application and additional information

University Grant
University of California (UC)
Check college financial aid office for application and additional information

Pell Grant studentaid.ed.gov

Provides financial assistance to help pay for college expenses including tuition, room and board, books, and supplies.

Application: Submit FASFA during regular filing deadlines (March 2 through September 2 for the following year).

Orangewood Children's Foundation www.orangewoodfoundation.org

Financial Resources specific to Foster and Emancipated Youth

Children's Trust Fund

Provides financial awards for educational-related expenses including books, tuition, driver's education, yearbook, graduation, sports and other extracurricular activities, medical and dental expenses, transportation, and work expenses. Emancipated youth can receive financial awards to assist with rent, utilities, groceries, and other miscellaneous expenses.

Youth must apply for funding during each funding cycle (July 1-June, 30). Funding is not guaranteed, and decisions are made on an individual basis.

Awards:

Dependents 0-18 yrs	up to \$250
Emancipated Non-ILP Eligible 18-21 yrs	up to \$500
Emancipated ILP-Eligible 18-21 yrs	up to \$1,000

Children's Trust Fund Scholarship Program

Provides financial for pursuing higher education.

Grant amount determined by total number of units enrolled/completed within the annual grant period (July 1st - June 30th) and may be used for tuition, books, supplies and living expenses. Recipients must maintain a minimum 2.0 GPA. Applications can be filed each year until the age of 25 and supporting documentation is required.

Awards (per school year):

Community College	up to \$3,500
Vocational/Trade School	up to \$3,500
University	up to \$6,000

Jobs

The current unemployment rate in California is higher than it has been in over 15 years (US Dept. of Labor). With an increased number of candidates vying for open positions, youth who have limited education or work experience are at risk for being overlooked. Providing them with appropriate resources and assistance is one way to help increase their chances of gaining and maintaining employment.

Interviewing Tips...

Dressing for an Interview

First impressions are important - make sure it's positive! Select an outfit that is appropriate for the position. Dress on the conservative side, slightly nicer than the other employees. Practice good grooming and check yourself twice to make sure you look appropriate for a job interview.

Introductions

- Use a handshake with a firm grip, not limp or overly strong.
- Introduce yourself using your first and last name
- Make eye contact
- Use a salutation such as, "It is nice to meet you"
- Keep it positive - if you are asked, "How are you?" answer with a response such as, "I'm doing well," or "I'm good, thank you"
- Avoid saying, "I'm ok," or "so, so"

During the Interview

Dos

- Know about the company
- Know and understand the job qualifications and responsibilities
- Review your application beforehand
- Make sure you are answering the questions that were asked
- Talk about your EXPERIENCE and tie it in with the job expectations
- Education is also important - especially if you have little experience
- Stay focused on your positive qualities and strengths
- Have a couple of questions prepared
- Ask for a business card or contact information so you can follow-up
- Thank the interviewer for their time and consideration
- If you stumble, it's ok - interviews are stressful. Just take a moment

Don'ts

- Don't be late
- Don't bad-mouth a former employer or anyone else
- Don't answer a question with "I don't know" If you honestly don't know, say something like, "I'm not sure at this time, but can find out" or "I can learn"
- Don't go unprepared
- Don't ask questions such as:
"What does this company do?"
"Can I take time off for vacation?"
"Can I change my schedule?"
"Did I get the job?"

After the Interview

Following the interview, it is acceptable (but not necessary) to send a thank-you note. If you choose to do this, keep it short and simple.

If you haven't heard back within a week, or when they told you to expect to hear back, it is acceptable to call for a follow-up. Say something like, "My name is _____. I attended an interview with (name) on (date). I haven't heard back, so I wanted to follow-up."

Department of Rehabilitation www.dor.ca.gov

What is Department of Rehab?

It is a state agency that assists people with disabilities to enter the work-force or return to work. Applications can be done online, through the mail, or in person. To qualify, you must be disabled, and require services to prepare for, enter, engage in, or retain employment, or to live more independently.

Orange/San Gabriel

(714) 991-0800 (voice)
(714) 991-0842 (tty)
222 S. Harbor Blvd.
Suite 300
Anaheim, CA 92805

Fountain Valley

(714) 593-5678 (voice)
(714) 963-5910 (tty)
10540 Talbert Ave.
Suite 250 West Bldg.
Fountain Valley, CA 92708

Laguna Hills

(949) 598-7942 (voice)
(949) 598-7965 (tty)
24012 Calle De La Plata
Suite 220
Laguna Hills, CA 92653

Santa Ana Branch

(714) 662-6030
1221 E. Dyer Rd.
Suite 265
Santa Ana, CA 92705

Jobs continued...



Job Corps <http://jobcorps.gov> (800) 733-5627

Long Beach Job Corps Center | <http://longbeach.jobcorps.gov>
1903 Santa Fe Ave. | Long Beach, CA 90810 | 1-800-733-JOBS

Job Corps is a federally funded job training and educational program for economically disadvantaged youth aged 16-24. Students receive housing, meals, basic medical care, and biweekly living allowances. It is a self-paced program, so stays can vary for up to two years.

Workforce Investment Act Youth Services

www.ocwib.org

Orange County Workforce Investment Board (WIB)

Providing educational and career development of low-income youth 16-21, with a focus on long term educational and career development. Check the website for regional providers and a full list of services offered.

Working Wardrobes
www.workingwardrobes.org
Clothing assistance
3030 Pullman
Costa Mesa, CA
(714) 210-2460

OCCC Orange County Conservation Corps

www.hireyouth.org | 888-641-2677
853 North Raymond Ave., Anaheim, CA 92801

Construction, landscaping, and recycling training programs available with on-the-job training. Must be between 18 and 25 years of age, available for 40 hours per week during work and school hours, out of school, resident of Orange County, and legally eligible to work.

Taller San Jose www.tallersanjose.org

801 North Broadway | Santa Ana, CA 92701
(714) 543-5105

Taller San Jose is an agency that provides intensive job training. Participants receive focused training in one of three areas: residential construction, medical careers, and computer technology. Graduates are work-ready and receive support that improves their ability to maintain employment. Participants may also earn their high school diploma. Must be between 18 and 28, with right to work documentation and be very motivated and dedicated to working. Pre-employment and drug screening must be passed.

Housing

Resources

Mental Health Assoc. of OC
(714) 668-1530
www.mhaoc.org

Assistance to homeless individuals
with mental illness in securing
permanent housing.

Care and Housing Program for
Mentally Ill Adults
(714) 796-0200
www.ochealthinfo.com

Adult residential care options that
are licensed by the State of
California. Also includes
Residential Rehabilitation facilities.

H.O.M.E.S. Inc.
Helping Our Mentally Ill
Experience Success
(949) 851-2766

Transitional and permanent
housing options for adults with
mental illness.

Board and Care Vacancy
Hotline Orange County
(714) 834-5844
Hotline updated frequently with
vacancies in Board and Care
facilities. Tours, interviews and
placement can also be arranged
by calling this number.

Crisis Residential and Shelters

Crisis Residential Programs are short-term facilities that provide shelter for young adults in crisis. Programs provide services that help youth acquire independent living skills, stabilization, and re-integrate into the society successfully.

Casa Youth Shelter *Los Alamitos, CA*

Twelve-bed crisis residential program for teens aged 12-17. Services include therapy, case management, linkage and referrals. Follow-up services can continue for 2-3 months.

Call (800) 914-2272, (562) 594-6825
or (714) 995-8601 for more information

Community Service Programs

Six-bed shelters for young adults aged 12-17. Average stay is 2-3 weeks, and services include therapy, case management, linkage and referrals, and transportation.

Crisis Residential Program *Laguna Beach, CA*

Call (949) 494-4311

* Referrals made through the county
Crisis Assessment Team

Youth Shelter *Huntington Beach, CA*

Call (714) 842-6600 for more information

South Coast Children's Society Inc. TAY Crisis Residential Program *Costa Mesa, CA*

Six-bed residential program for young adults aged 18-24. Average stay is 2-3 weeks, and services include therapy, case management, linkage and referrals, and transportation.

Call (714) 966-5338

* Referrals made through the county
Crisis Assessment Team

** Make sure to call ahead to find out availability and eligibility requirements**

Utility assistance for those who meet income requirements

Southern California Edison
(800) 655-4555

California AT&T Lifeline
(800) 288-2020

The Gas Company
(800) 427-2200

Housing

Specific to Foster and Probation Youth

Beverly's House

YWCA of Central Orange County | 133 N. Grand St.
Orange, CA 92866 | (714) 633-4950
www.ywcacoc.org

Provides shelter for young women who are transitioning from foster care, with supportive services. Clothing needs are supplied through *My Sister's Closet*, and handbags and toiletries are provided through *Joanie's Purse Project*.

THPP

Transitional Housing Placement Program for Current Foster/Probation Youth ages 16-18

Olive Crest Transition Program

2130 E. Fourth Street, #200 | Santa Ana, CA 92705
(714) 543-5437 | www.orangewoodfoundation.org

THPP is a transitional housing placement opportunity for foster and probation youth aged 16-18 who are currently in the child welfare system. The goal of the program is to provide a safe living environment so that youth can practice skills necessary to live on their own upon leaving the foster care support system. Maximum length of stay is 24 months.

Rising Tide Transitional Housing Program

Orangewood Children's Foundation
1575 E. 17th St., Santa Ana, CA 92705
(714) 619-0239

www.orangewoodfoundation.org

Rising Tide Transitional Housing Program is an intermediate step between dependency and independent living. Motivated foster and probation youth who have emancipated are eligible to apply for affordable and quality apartment housing with a supportive community to help them become self-sufficient, responsible and caring adults.



THP-Plus

Transitional Housing Placement Program for Emancipated Foster/Probation Youth ages 18-24

The THP-Plus is a transitional housing placement opportunity for emancipated foster youth, aged 18-24, who emancipated from the child welfare system. The goal of the program is to provide a safe living environment while helping youth achieve self-sufficiency so that they can learn life skills upon leaving the foster care support system. Maximum length of stay is 24 months.

New Alternatives

1202 @ Civic Center Dr. | Santa Anna, CA 92703
(714) 245-0047 | naithp.com

Olive Crest Transition Program

2130 E. Fourth Street, Suite 200 | Santa Ana, CA 92705
(714) 543-5437 | www.orangewoodfoundation.org

Miscellaneous

Emergency Food Assistance

South Region

Coast Hills Community
Church Food Pantry
www.coasthillschurch.org
(949) 362-0079
5 Pursuit
Aliso Viejo, CA 92656

Share Our Selves
www.shareourselves.org
(949) 642-3451
1550 Superior Ave.
Costa Mesa, CA 92627

Families Forward
www.families-forward.org
(949) 552-2727
9221 Irvine Blvd.
Irvine, CA 92618

North Region

Access California
www.accesscal.org
(714) 917-0440
2180 W. Crescent Ave. #C
Anaheim, CA 92804

West Region

Abrazar Inc.
www.abrazarinc.com
(714) 893-3581
7101 Wyoming St.
Westminster, CA 92683

Calvary Chapel
www.cchb.org
(714) 891-9495
7800 Edinger Ave.
Huntington Beach, CA

OC Food Bank
www.ocfoodbank.org
(714) 897-6670
11870 Monarch St.
Garden Grove, Ca. 92841
Phone # 714-897-6670

Fullerton Interfaith
Emergency Services
www.fies.us
(714) 738-0255
611 S. Ford Ave.
Fullerton, CA 92832

Food Stamps

www.ssa.ocgov.com

Aliso Viejo

115 Columbia
949-389-8200

Anaheim

3320 E. La Palma Ave.
714-575-2400

Garden Grove

12912 Brookhurst St.
714-741-7100

Westminster

15460 Magnolia St.
714-889-4105

Santa Ana

2020 W. Walnut St.
714-834-8899

*adults with no minor children

1928 S Grand Ave. Bldg. B
714-435-5800

East Region

Friendly Center
www.friendlycenter.org
(714) 771-5300
147 W Rose Ave.
Orange, CA 92867
(714) 919-1108
1820 E. Meats Ave.
Orange, CA 92865
(714) 524-5452
1701 Atwood Avenue
Placentia, CA 92870

Catholic Charities OC
www.ccoc.org
(714) 347-9600
1820 E. 16th St.
Santa Ana, CA 92701

Tips...

- 1. Developing and Maintaining a Budget.** Young adults may need assistance in developing and maintaining a realistic budget that includes room for unexpected expenses.
- 2. Meal Planning and Grocery Shopping.** Assist the young adult in developing a list of simple meals they can prepare and a shopping list to accompany the meal plan.
- 3. Safety Plan.** Living independently for the first time can be can be overwhelming. It's important for young adults to have a safety plan in place in case of an emergency.
- 4. Identify Social Supports.** In addition to a safety plan for emergencies, young adults should also have a social support system identified.
- 5. Developing Time Management Skills.** Living independently requires many skills, and time management is very important, making sure that appointments are kept.
- 6. Understanding Rights and Responsibilities of Entering into Contracts.** It is important for young adults to understand both their rights and responsibilities of entering into contracts, including leases, credit cards, utility contracts, and any other contracts.

Miscellaneous

Goal Setting

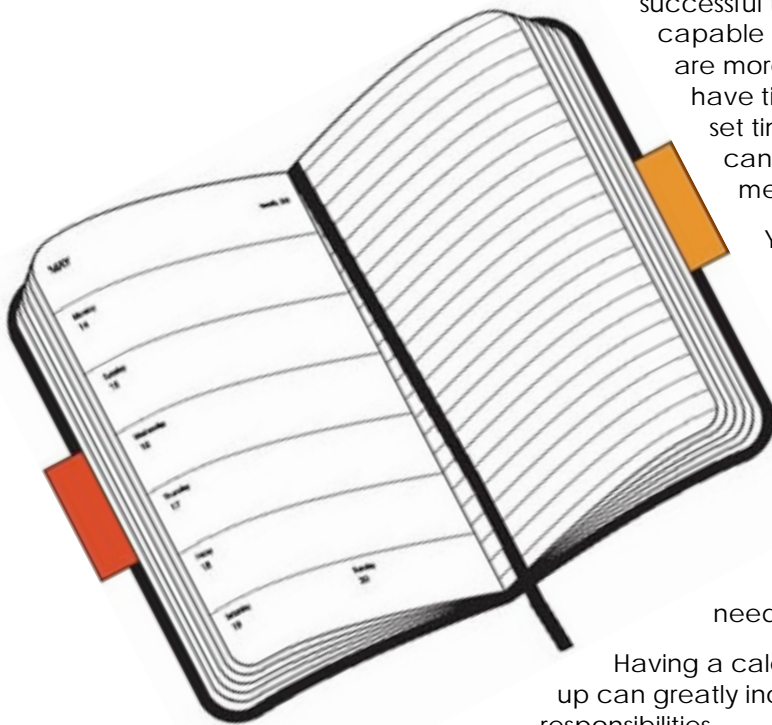
Goal setting seems like a simple task, but follow-through is often a difficult task for many young adults. Self-esteem and self-confidence can be strengthened when an individual is able to successfully set and accomplish attainable goals. Assisting young adult clients with formulating realistic and clearly defined goals that are broken into manageable steps, with timelines, and a plan for overcoming potential obstacles can be very helpful in developing their skills for increased independence and personal responsibility. Metaphorically, their goals are like a planned road trip in which you plan for unexpected obstacles or detours; they are in the driver's seat when it comes to their future.

A simple form like the one to the right can be helpful, or a good link can be found at:

http://kidshealth.org/teen/misc/making_a_change_module.html

My Goals:		
Goal 1:	Goal 2:	Goal 3:
Goal Completion date:	Goal Completion date:	Goal Completion date:
Steps to achieve this goal:	Steps to achieve this goal:	Steps to achieve this goal:
1. _____	1. _____	1. _____
2. _____	2. _____	2. _____
3. _____	3. _____	3. _____
4. _____	4. _____	4. _____
Obstacles to achieving my goal:	Obstacles to achieving my goal:	Obstacles to achieving my goal:
_____	_____	_____
Plan to overcome obstacles:	Plan to overcome obstacles:	Plan to overcome obstacles:
_____	_____	_____

Time Management



Time management skills can be a pivotal skill needed for a successful transition into adulthood. Young adults need to be capable of maintaining a structured schedule so that they are more likely to take care of their responsibilities, but still have time for fun and leisure activities. A daily routine with set times for sleeping, eating, and prescribed medication can play a big role in the successful management of mental health symptoms as well.

Young adults need to be able to differentiate between things they "have to do" to reach their goals and stay emotionally and physically healthy, and things they "want to do" that may be less of a priority. Have young adults make a list that prioritizes their Have To's and Want To's that is in sync with their goals and responsibilities. It can also be helpful to identify activities considered time wasters and replace them with more constructive activities. When prioritizing, make sure that there is a balance between productive time and leisure time – we all need "Me Time" to be at our best.

Having a calendar or planner, no matter how simple, that is kept up can greatly increase the likelihood of increased time management responsibilities.

For additional information about TAY resources or for referrals contact:

Jason Austin, M.F.T. (714) 796-0121 JaAustin@OCHCA.com