

YOUNG ADULT SERVICES

Transitioning from adolescence to adulthood can be challenging. The emergence of behavioral health symptoms makes the transition especially difficult. New Vitae



Wellness and Recovery Young Adult Service bridges the gap for young people, ages 18–25, struggling to adjust. We assist with skill building to promote recovery and secure a foundation in the context of a safe and supportive living environment.

The Young Adult Service provides:

- **Housing:** A continuum of residential opportunities, from 24/7 supervision to supported independence, includes progressive assistance with the ability to move fluidly among those settings as needs change.
- **Employment:** Vocational skills development and supported work experiences pave the way to community-based employment opportunities.
- **Education:** Customized individual and small group instruction, testing, career exploration, educational case management and support for community post-secondary education are utilized to help individuals to achieve their personal educational and career goals. Home bound, virtual learning and traditional school options are available.
- **Life Skills:** Individual and group activities equip and enhance personalized proficiencies, including reading a cell phone bill, using an ATM, navigating a bus schedule, developing a grocery list and cooking healthy meals all to foster independence.
- **Holistic Care:** Progressive assistance is provided to develop skills in safe medication management, making and keeping appointments and dietary and nutritional needs. All individuals receive a complimentary YMCA membership. Staff support is provided for establishing or reestablishing spiritual beliefs.



New Vitae

WELLNESS AND RECOVERY

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New Vitae Wellness and Recovery offers seamless integration of clinical and residential services for adults that includes:

- **Strength-based** and **trauma-informed care**
- **Residential Treatment for Adults**, enhanced Personal Care Homes, and apartments with varying levels of supervision
- **Intensive Outpatient Services** to assist those with **alcohol** or **other drug challenges**
- **Partial Hospitalization Program** supports for more intensive services
- **Outpatient services**, including medication management, individual therapy, and group therapies
- **Deep Transcranial Magnetic Stimulation (dTMS)** and **Cranial Electrotherapy Stimulation (CES)** services
- **Mobile Psychiatric Rehabilitation Services**
- **Certified Peer Specialists**
- Clinical expertise to serve **veterans, young adults** aged 18 to 25, the **LGBT** community, and those with long-term diagnoses (e.g. **Autism** and related disorders, **co-occurring** disorders, and **brain injury**)

New Vitae Wellness and Recovery does not discriminate on the basis of race, color, gender, religious creed, disability, handicap, ancestry, sexual orientation, national origin, or limited English proficiency.