



The transition from adolescence to adulthood can be particularly challenging. MHALA's Transition-Age Youth program helps young adults ages 18-25 with mental health needs and emotional disturbances, to fully integrate into the community. This often includes youth who are homeless or nearly homeless, or have aged out of the foster system.

## Our Mission

The mission of TAY Academy is to mentor young adults with emotional, behavioral, and mental health difficulties. We support them as they discover their strengths and reach their goals in school, work, relationships, community living, and wellness, while developing the skills to successfully transition to adulthood.

### Let's Connect


#### Long Beach TAY

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#### Lancaster TAY

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mhala.org/tay 

Support our programs: 

**MHALA**  
Mental Health America of Los Angeles



*Mental Health America  
of Los Angeles*

# TAY

## Transition Age Youth

**MHALA**  
Mental Health America of Los Angeles

[www.mhala.org/tay](http://www.mhala.org/tay)

## Our Services

The TAY program integrates housing, work/education, community life and wellness, incorporating youth-specific strategies to help them lead independent lives. Services include:

### **Mental health services:**

Individual and group therapy, psychiatry, medication support services, crisis intervention, and coping skills training

### **Linkages to resources:**

Housing, educational and employment resources, benefits, medical services, financial aid, and more

### **Employment services:**

Opportunities for paid internships and volunteer opportunities to gain work experience and build important employable skills

### **Skill building:**

Group and individual coaching to develop personal and social skills

### **Family services:**

Counseling and education for the young person's social supporters to help them understand the young person's experience



*"TAY changed my life! I don't know where I would be without the help of my therapists and employment specialists."*

## Recovery is possible...

We believe that recovery is possible. We empower young people to explore all the possibilities for their life. We build self-responsibility in youth, teaching them the skills they need to be successful adults. We guide young people as they discover a meaningful role in their life, outside of any diagnosis or other label.

We serve 18-25 year olds with mental health issues, which are making it difficult for them to reach their personal goals. Those we serve are:

- Homeless or at-risk of becoming homeless
- Experiencing symptoms of mental illness for the first time
- Aging out of foster care, juvenile justice, or children's mental health care programs
- Transitioning back to the community from incarceration or long-term hospitalization

