**Healthy Transitions And Behavioral Health Guide For Young Adults**

Now is the Time: Healthy Transitions

Funded in part by the Department of Behavioral Healthcare, Developmental Disabilities, and Hospitals through a five-year grant from the Substance Abuse and Mental Health Services Administration, **RI Healthy Transitions** is for youth and young adults, ages 16-25 who are experiencing problems with moods, thoughts, and behaviors. Youth and young adults living in the following areas may be screened for eligibility: Woonsocket, Lincoln, Cumberland, Burriville, North Smithfield, Warwick, West Warwick, Coventry, East Greenwich, and West Greenwich.

The RI Healthy Transitions program offers access to clinicians, a wraparound case manager, nurse, psychiatrist, substance abuse specialist, and employment education specialist who work as a team to assist participants with meeting personal goals for improving mental health and making successful transitions to adulthood. Youth and young adults will receive help with housing, employment, education, care and support for an average of two years, medication treatment (if mutually decided by participant and doctor) and interviews every six months to monitor progress.

Participants will be connected to their service providers but will also connect to other participants in the program. The program is held in an open and transparent environment and participants will create their own personalized treatment plan with the help of the team.

For more information about the Healthy Transitions program, please contact:

**The Providence Center**  
520 Hope Street  
Providence, RI 02906  
Intake: 401-276-4020  
[Healthy Transitions | The Providence Center [providencecenter.org]](https://urldefense.com/v3/__https:/www.providencecenter.org/healthy-transitions?__hstc=114669208.713d7325441af28b7fdbd4dfbbdc5a31.1620225881290.1620225881290.1621363953740.2&__hssc=114669208.2.1621363953740&__hsfp=1266509579__;!!KKphUJtCzQ!abhhPaMHxTPGoYOCu5CG4oSNlIAap4bd496ZPvhU5tECKSg6yE4oMueuv420r4CG5l21mA$)

**Newport Mental Health**  
42 Valley Road  
Middletown, RI 02894  
Intake: 401-846-1213  
[Counseling & Psychiatric Services – Newport Mental Health](https://www.newportmentalhealth.org/)

**Thrive Behavioral Health**  
2756 Post Road  
Warwick, RI 02886  
Intake: 401-691-6000  
[Thrive Behavioral Health, Inc. - Thrive Behavioral Health, Inc. (thrivebhri.org) [thrivebhri.org]](https://urldefense.com/v3/__https:/www.thrivebhri.org/programs-services/healthy-transitions__;!!KKphUJtCzQ!abhhPaMHxTPGoYOCu5CG4oSNlIAap4bd496ZPvhU5tECKSg6yE4oMueuv420r4A4cOEJDA$)

**Community Care Alliance**  
181 Cumberland Street  
Woonsocket, RI 02895  
Intake: 401-235-7181  
[Healthy Transitions > Community Care Alliance (communitycareri.org) [communitycareri.org]](https://urldefense.com/v3/__https:/www.communitycareri.org/ProgramsServices/ChildFamily/HealthyTransitions.aspx__;!!KKphUJtCzQ!abhhPaMHxTPGoYOCu5CG4oSNlIAap4bd496ZPvhU5tECKSg6yE4oMueuv420r4CgebjvwQ$)

**Department of Behavioral Healthcare, Developmental Disabilities & Hospitals**  
[401-462-0421](tel:4014620421).

A Young Adult's Guide to RI's Behavioral Health System



This Guidebook provides a roadmap to help 14 – 25 year old's in navigating the sometimes complex system of behavioral healthcare services. There are many resources listed to guide you, should you need them. "Take Charge of Your Behavioral Health: A Guide for Transition Aged Youth (TAY) in Rhode Island," recently revised August 2021, was created for youth and young adults with a great deal of community input.

Each page was designed to stand alone so you can download and print the entire document or just select those pages of interest to you.

Hard copies of the ***previous version*** of the Guidebook are currently available and free of charge. For more information, contact Denise Achin at 401-462-0421 or by email at [Denise.Achin@bhddh.ri.gov](mailto:denise.achin@bhddh.ri.gov).

[***Guidebook in English- 2021***](https://bhddh.ri.gov/sites/g/files/xkgbur411/files/2021-09/august-2021-transition-guidebook_final-9.3.21_0.pdf)

[***Guidebook en Español- 2021***](https://bhddh.ri.gov/sites/g/files/xkgbur411/files/2021-09/august-2021-transition-guidebook_final_spanish_.pdf)