### What is the Transitional Age Youth Program?

TAY is a program for youth age 15-24 that may need more support in their transition to independence. This program focuses on young people who want support with challenges they face such as: anxiety, mood, self-harm, feeling suicidal, trauma, conflict in relationships, behaviors, running away, and substance abuse.

TAY offers therapy and peer counseling when and where a youth needs it. TAY therapists work with youth to create a plan that will help them to stabilize and achieve their goals. Treatment is outcome-based, individualized and adaptable to meet their specific needs while also being informed by the research on the most effective interventions.

TAY offers additional supports for youth that have a need for more intensive services. Wraparound with Intensive Services provides systems-based care coordination through a team process that is driven by the youth. Wraparound is especially helpful for youth involved in multiple systems, require assistance meeting their basic needs or have multiple providers.

### Who Can Receive TAY Services?

TAY services are for young people between 15 and 24 years who:

- Are receiving Medicaid
- Live in Thurston or Mason Counties
- Who experience challenges that can be addressed through mental health counseling

### Services to Youth and Families

All TAY services are home, school or community based services that can include:

- Evidence-based Individual Counseling/Therapy
- Peer Counseling
- Family Counseling
- Psychiatric Support and Medication Management
- Crisis Intervention and Prevention
- Linkages to Community Services
- Skill-building to stabilize and transition to independence.
- Caregiver Support

For youth who qualify for Wraparound with Intensive Services, we also provide:

- 24/7 Crisis Intervention
- Wraparound Support

### Uniquely Tailored Services

<table>
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<tr>
<th>Engagement</th>
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<tbody>
<tr>
<td>Intakes completed by the therapist who will provide their treatment</td>
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<td>Outreach provided by peer counselors</td>
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<tr>
<th>Flexibility</th>
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<td>Services provided in the location or setting that works best for the youth &amp; family</td>
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<tr>
<th>Outcome Based</th>
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<td>We use interventions that have been proven to be effective, and track individual progress throughout treatment.</td>
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<th>Strength Based</th>
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<td>We focus on building up strengths so that youth can use them to meet their own needs.</td>
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<th>Focus on Transition</th>
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<td>Informed by research to meet the unique needs of adolescents &amp; young adults, empowering them to take on adult roles</td>
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<th>Integrated Services</th>
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<tr>
<td>Cross systems care coordination</td>
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<td>Team based medication services</td>
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<tr>
<td>Integration with CYS Support Programs to meet their basic needs</td>
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TAY
Transitional Aged Youth Program
Mason and Thurston Counties

Our History
Community Youth Services was founded in 1970 as a small, non-profit social service agency. Since that time, it has grown steadily, developing responsive and innovative programs to meet the needs of high-risk youth and families in our community. Today, CYS offers more than 20 programs that service more than 6,000 people annually.

Our Mission
Community Youth Services empowers youth at-risk and their families to meet their goals for safety, stability, belonging and success by providing a continuum of individualized services and advocacy.

Our Vision
We envision every child growing up in a supportive home and community and achieving their full potential for personal growth.

CYS Programs
- AmeriCorps Youth in Service
- Family Services
- Gravity High School
- Haven House
- Independent Living Skills
- Juvenile Diversion
- Juvenile Court/Detention Transitions
- Multisystemic Therapy
- Parents as Teachers
- Transitional Housing Programs
  - (RISE, TLP, IYHP, ECHO)
- Rosie’s Place
- Street Outreach
- Transitional Age Youth Program
- Therapeutic Foster Care
- Young Adult Shelter
- YouthBuild

Locations Providing Services
- 505 Union Ave SE, Olympia WA 98501
- 601 W. Franklin St., Shelton, WA 98584

Who Can Make a Referral
Anyone can make a referral for TAY services with just a phone call

How to Make a Referral
- Referral Line: (360) 918-7860
- In person at one of our locations

TAY Program Questions? Call or e-mail:
- TAY Program Line: (360) 918-7860
- Athena Grijalva
  Program Director
  PH: 360-918-7891
  agrijalva@communityyouthservices.org
- Alicia Ferris
  Clinical Director
  PH: 360-918-7876
  aferris@communityyouthservices.org

... a voluntary program supporting youth towards achieving success in their lives.