

### What is the Transition to Independence Process (TIP)?

TIP is an evidence-supported practice that provides intensive case management and other services to help youth make successful transitions to adulthood. Youth Transition Specialists work with no more than 15 young adults at any time, focusing on individualized plans based on specific needs and goals.

#### TIP is:

- Culturally Competent
- Strengths Based
- Outcomes Oriented

Paving the Way will follow youth who participate in TIP for two years to determine long-term outcomes.

### How to Refer to Paving the Way

If you know a youth between 16 and 21 who has a diagnosed mental health issue, lives in the covered counties, and could use the support offered by TIP, go to [www.pavingthewaynorthtexas.org](http://www.pavingthewaynorthtexas.org) and download the referral form. Email it to [PavingtheWay@mhmrtc.org](mailto:PavingtheWay@mhmrtc.org), or call 817-569-4133.



For more information, call 817-569-4133  
[www.pavingthewaynorthtexas.org](http://www.pavingthewaynorthtexas.org)

Follow us on Facebook: [www.facebook.com/transitionageyouthtexas](http://www.facebook.com/transitionageyouthtexas)

Paving the Way is a four-year cooperative agreement with the Substance Abuse and Mental Health Services Administration (SAMHSA). The agreement calls for an equal in-kind match from the community.

Paving the Way is administered by MHMR of Tarrant County and governed by Mental Health Connection of Tarrant County.



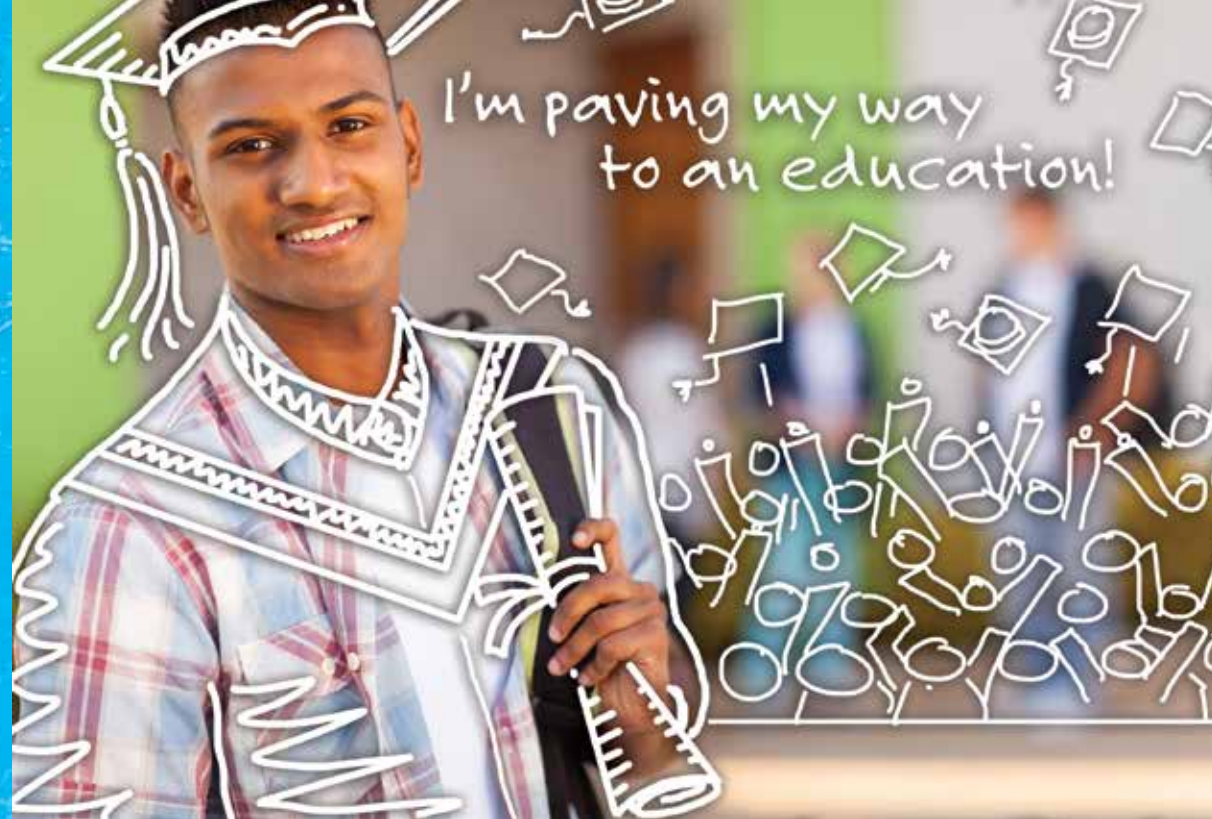
SUCCESSFUL TRANSITION TO ADULTHOOD





**M**any youth have difficulty with the transition to adulthood. For those with mental health issues, the difficulties can be magnified. They must move from the child to adult mental health system while taking greater responsibility for their care. At the same time, they have to address the typical issues of education, jobs, living situations and more. These youth are at greater risk than the rest of their age group for school failure, involvement with correctional authorities and dependency on social services.

Paving the Way, a four-year federally-funded program, provides services to help these youth identify their own goals and strengths. The program then helps youth meet their goals so they can make successful transitions. In addition to mental health services, Paving the Way focuses on employment and career, education, living situation, community life functioning and personal effectiveness and wellbeing.



#### **Paving the Way:**

- Provides peer supports for youth and young adults
- Educates and empowers youth and young adults to serve as leaders in the mental health community
- Provides culturally and linguistically competent services



#### **Paving the Way Serves:**

Youth and young adults between the ages of 16 and 21 who:

- Live in Erath, Hood, Johnson, Palo Pinto, Parker, Somervell or Tarrant County
- Have a diagnosed mental health issue

Services will be provided regardless of race, religion, ethnicity, sexual orientation, immigration status or citizenship.



#### **Paving the Way provides:**

- Leadership training for youth
- Cultural competence training for providers
- Evaluation Tools
- Training in Trauma-Informed Practices
- The Transition to Independence Process (TIP)