

What is the Transition to Independence Process (TIP)?

TIP teams you with a Transition Specialist whose goal is to help you achieve YOUR goals. Each Specialist will work with no more than 15 youth and young adults at any time, meaning the services you receive will be intensive and personalized, as well as individually developed for your specific needs.

Evaluation

You can help determine whether TIP is truly a useful process for youth and young adults by participating in the evaluation process. You will meet periodically with an individual who is skilled in interviewing and who will keep all of your information private. The only times an evaluator – or Transition Specialist – will share your information is with your permission or if there is a danger to yourself or someone else.

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

How to Sign Up for Paving the Way

You can refer yourself to Paving the Way if you:

- Are between 16 and 21;
- Have a diagnosed issue, such as ADHD, anxiety, depression or bipolar disorder;
- Live in one of the covered counties; and
- Could use the support offered by TIP.

If you are interested, go to www.pavingthewaynorthtexas.org to find the referral form or call **817-569-4133**.



Are you
between the
ages of
16 and 21?

Helping youth
and young adults
between 16 and 21
move from the child to
the adult mental health
systems in Erath, Hood,
Johnson, Palo Pinto,
Parker, Somervell and
Tarrant Counties.



For more information, call **817-569-4133**
www.pavingthewaynorthtexas.org

Follow us on Facebook: 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

PAVING THE WAY

It's not easy to move into adulthood, no matter what anyone tells you. You have to think about education, a job, where to live and more. Older adults at school, home and elsewhere often try to tell you what they think you should do, but you want to make your own choices. You fear failure, but – even more – you fear missing out on something you are too afraid to try.

If you have to deal with an issue such as ADHD, anxiety, depression or bipolar disorder while making the move into adulthood, it can be even harder. A birthday may mean you have to change the services you receive just because the calendar says you are an adult. Maybe you'd like to try different forms of treatment, but you're not sure where to start.

All of that is where Paving the Way comes in. You get to work with a Transition Specialist who is not much older than you and who has faced some of the same issues you face now. The Specialist will help you find the tools and resources you need to move successfully into adulthood. Instead of struggling through the systems on your own, you will have a partner who helps you identify your strengths, develop the goals you want to achieve, and come up with ways you can reach those goals. But the Transition Specialist will not tell you what to do – you guide your own transition with support where you need it.



Paving the Way:

- Provides you with support from your peers.
- Helps you find ways to be heard throughout areas of the community that affect your life.
- Provides leadership training.
- Provides Transition to Independence Process (TIP) services that are sensitive to your background, language and culture.



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 been diagnosed with an issue such as ADHD, anxiety, depression or bipolar disorder.

Paving the Way provides services regardless of race, religion, ethnicity, gender, sexual orientation, immigration status or citizenship.



Paving the Way provides you with:

- The tools you need to make a successful transition to your adult life:
 - Education
 - Housing
 - Jobs/Career
 - Community Life
 - Physical and Mental Wellbeing
- Mentors who have been through many of the same experiences you have.