

FRED FINCH YOUTH & FAMILY SERVICES

# Contra Costa Transition Age Youth

For more information, call (510) 439-3130,  
ext. 6100 or visit [fredfinch.org/cctay](http://fredfinch.org/cctay)

CCTAY is a collaboration of FFYC, Contra Costa Youth Continuum of Services, and The Latina Center. It is funded by Proposition 63: Mental Health Services Act in partnership with Contra Costa Mental Health.



**FredFinch**  
Youth & Family Services

Fred Finch Youth & Family Services is a leading mental health agency that delivers services across systems of care. Our mission is to provide innovative, effective services supporting children, youth, young adults, and families to heal from trauma and lead healthier, productive lives.

At Fred Finch, we welcome and invite people from all backgrounds to address life challenges in a safe and compassionate environment. We commit ourselves to working together with participants to navigate complex challenges that may include traumatic experience, mental health concerns, drug and alcohol use, or other disabilities. We provide innovative, effective services to support participants and their families to reach their goals.

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**FredFinch**  
Youth & Family Services

# CONTRA COSTA TRANSITION AGE YOUTH



Contra Costa Transition Age Youth provides comprehensive services for young adults grappling with homelessness and mental health challenges. Youth come from West Contra Costa County or the Concord/Martinez area.

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## OVERVIEW

Initially enacted and funded by the Mental Health Services Act, CCTAY is participant-focused, community-based, family-centered, culturally and linguistically competent in providing a wide variety of integrated services.

CCTAY's participant population includes young adults grappling with the challenges of homelessness as well as symptoms of mental illness as well as co-occurring substance abuse disorders and experiences of trauma or victimization. A participant's length of enrollment in CCTAY depends on individual assessment. The average length of stay is 1½ years.

Our compassionate, committed, multidisciplinary treatment staff is comprised of team members, including individuals and family members who have personal experience with the mental health system, who are selected based on their capability to meet participants' unique needs. Through high employee retention and a coordinated team structure, CCTAY is able to provide participants with a consistent team of staff to maintain continuity of treatment. The CCTAY staff is also diverse in terms of race, gender, culture, and age. Each young person is the leader of their own service team. Each youth receives culturally competent services from multiple FFYC program staff who can best meet their needs. We encourage and provide opportunities to youth to assist and support each other.

The goals of CCTAY include helping participants to engage in school, vocational training, volunteer activities, or work; retain permanent housing; reduce hospitalizations; and engage the participant's family in treatment.



## REFERRALS

Youth must be between 16 and 25 at intake, homeless or at imminent risk of homelessness, and currently or previously reside in Contra Costa County. To initiate a referral, call our front desk at [510-439-3130](tel:510-439-3130), ext. 6100.

## SERVICES

CCTAY's services assist youth in many areas:

- Developing community living skills
- Recovery from substance abuse
- Effective use of health care services and medication
- Obtaining and maintaining safe, stable housing
- Moving forward on the journey to emotional self-healing
- Recognizing their self-efficacy and feeling empowered in their lives
- Advocating for themselves and others
- Developing supportive relationships, and receiving and giving support
- Identifying, accessing, and utilizing community resources
- Exploring options and choices
- Recognizing and developing a supportive environment
- Learning to believe in their abilities, and acknowledge and use their strengths

## PHILOSOPHY

Program participants' development of self-determination, personal empowerment, and personal responsibility for their actions and choices;

Delivery of services that are team based, community oriented, and culturally competent

Enhancing program participants' resiliency by building on hope and assisting program participants with enhancing or developing a sense of social connectedness.

The vision of CCTAY is that, when program participants leave the program, they will have the skills and stability to make choices that maximize their chances of success and self-efficacy.