

YOUTH TREATMENT PROGRAM

Transitions-Mental Health Association



Youth Treatment Program (YTP) is an innovative residential Treatment Program serving young people from San Luis Obispo County who cannot cope with their present living situation and need a different living structure to recover and become stable.

For youth living in foster care, the goal is to achieve permanent, life-long connections with caring adults; for youth living with family, the goal is reunification. Placement at YTP allows local youth to remain in their home community and maintain their access to family, schools, and friends and to continue participation in jobs, sports, and extra-curricular activities within their community.

YTP is a structured treatment program where each youth receives weekly individual, group, and family therapy, with a licensed therapist. The Relationship-based approach in residential treatment concentrates on “connection before correction.” The first step in this approach is to understand that it is our job to form a relationship with every youth and family that comes to YTP. It is our responsibility to reach out to them, to learn about them, to pay attention, and to empower them. The Relationship-based approach concentrates on how behaviors impact relationships and how relationships impact behaviors. Family involvement in the program is a crucial component to the success of the youth.

Our goal is to provide treatment, care, supervision and guidance to all residents. Within a supportive, non-threatening environment our objective is to help each resident develop the cognitive, social, and behavioral skills needed to be safe, to increase self-esteem, to anticipate the outcome of their choices, and expand their capacity to engage in respectful and trust-building interactions with themselves, their family, and the community.

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