



## **YOUTH TREATMENT PROGRAM**

### **Transitions-Mental Health Association**

Youth Treatment Program (YTP) is a 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 a permanent, life-long connection with a caring adult; for youth living with family, the goal is reunification. 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.

YTP is a structured treatment program where each youth receives weekly individual, group and family therapy with a licensed therapist to address behavioral, emotional, and mental health issues. Family involvement in the program is a crucial component to the success of the youth.

The ultimate goal of YTP is to help young people struggling with emotional and mental disorders learn the skills to become productive adults.

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