

TAY GROUP DESCRIPTIONS

Art Group

Get to know yourself through art! The focus of this group will be on developing an understanding of self and focusing on inner strengths with weekly themes. We will work with various art mediums so come and explore your creative side! No art experience needed.

Self-Esteem Workgroup

This group focuses on several skills and abilities to master such as liking yourself, conquering self-doubt, seeing your core worth, rational thinking, body appreciation, affirming thoughts, enlarging possibilities, forgiving yourself, loving meditation and liking the face in the mirror. All of which contribute to self-esteem.

Skills for Living

Dialectical Behavior Therapy (DBT)

This workgroup provides you with skills to use when dealing with overwhelming emotions, depression, anxiety and stress. You will learn Distress Tolerance Skills, Mindfulness

Skills, and Interpersonal Skills, as well as relaxation skills.

Weekly Workshops

We will have a different topic every week, including topics such as: anger management, depression, anxiety, independent living skills, job readiness, career exploration and many more.

TAY Program Hours:

Monday 9:00 a.m. to 8:00 p.m.
Tuesday 9:00 a.m. to 5:00 p.m.
Wednesday 9:00 a.m. to 8:00 p.m.
Thursday 9:00 a.m. to 5:00 p.m.
Friday 9:00 a.m. to 5:00 p.m.

Resources:

Access/Crisis 1-800-479-3339
Emergency Psychiatric Unit, 619-692-8200
3853 Rosecrans Street, San Diego, CA 92110
USA National Suicide Hotline
1-800-784-2433

Remember in an emergency always dial 911!

Maria Sardiñas Wellness &
Recovery Center

TRANSITIONAL AGE
YOUTH PROGRAM
(TAY)

1465 30th Street,
Suite J
San Diego, CA 92154
(619) 428-1000



TAY PROGRAM INFORMATION

What is a TAY?

TAY stands for **Transitional Age Youth**. That means you are between the ages of 18 and 25. You are no longer eligible for children's services and you have different challenges than older adults. TAY programs are here to assist you in a variety of ways including looking for work, applying to school, and getting connected with other resources in the community, as well as providing mental health services, to assist you in reaching mental and emotional wellness.

Program Services

Our program is meant to help get you to a more stable place in your life. *Our program is not meant for long-term therapy needs. Our goal is to create stability and provide you with the tools necessary to function in daily living.* We will then work with you to connect you to other resources in the community as needed. If you require long-term medication needs we will help you to find a medical provider who can take care of your medication needs.

Treatment Schedule

This following is the recommended treatment schedule but can vary depending on your individual needs. You will work with your counselor in order to create a treatment plan (that is, the goals you want to work on in treatment).

*Initial assessment with Intake counselor

*Initial assessment with psychiatrist

*Attend a **minimum of 6 consecutive** weekly sessions with your primary counselor. If you are feeling stable after your initial 6 sessions, appointments with your counselor may be made bi-weekly (or continue weekly)

*Attend at least one workgroup weekly

*Continue with counseling appointments at a **minimum** of once a month once you are attending a group weekly and consistently

*Attend all medical appointments as scheduled

*Apply for Medi-Cal if you are not currently a recipient

*Work with your counselor to develop a relapse prevention and discharge plan

*Transition out of the program

We also recommend that you schedule an exam with a primary care physician as your physical and mental health are connected. We can assist you in finding a community clinic if you do not have insurance.

Your health and wellness is up to you. You get out of it what you put into it. Remember, we are here to help you reach your wellness goals. We look forward to working with you.

Workgroups

Groups are offered to enhance your treatment success. Current groups include:

*Art Group

*Self-Esteem Workgroup

*Skills for Living (DBT)

*Weekly Workshops