

# Intensive Community Services (ICS) Young Adult Therapeutic Care

Massachusetts Department of Mental Health (DMH)  
Division of Children, Youth and Families (CYF)



**Young Adult Therapeutic Care (YATC)** provides out of home treatment for young adults ages 18 through 25.



- The service has two different levels of support: staffed apartments and supported apartments.
- Both levels provide therapeutic support to help young adults live, work, attend school and participate in their communities.
- YATC providers are independent agencies that are contracted by DMH to provide this service.

## Service components and interventions include:

- Culturally sensitive, individualized assessment of young adult and family (as appropriate) to understand strengths and needs.
- Development of treatment goals based on young adult and family strengths and needs.
- Risk assessment (including substance use and suicide) and safety planning.
- Youth Peer Mentoring.
- Individual therapy.
- Family Therapy, as needed.
- Ongoing transition planning and support.
- Medication administration.
- Creating lifelong family and community connections (permanency planning).
- Respite.
- Assist in educational and pre-vocational skill attainment, such as practice in interviewing for jobs or college, appropriate dress, etc.
- Accompany and/or engage the young adult in age-appropriate social and recreational activities in which they would not be able to participate without therapeutic support.
- Assist the young adult in transportation strategies and skills, i.e., learning how to use public transportation, acquiring a driver's license, etc.
- Help the young adult access community services.
- Provide care coordination and linkage to formal and informal supports.
- Psychiatry.

## Staffed Apartments

Staffed apartments are a group living environment with onsite staff support 24/7.

## Supported Apartments

Supported apartments are individual apartments with intermittent on-site staff support. In supported apartments, staff is not present 24/7, but young adults can contact the program for support at any time. Staff make frequent visits to support the young adults in their independent living. Young adults may move from staffed apartments to supported apartments as they progress in their treatment and ability to be independent.

## The YATC staff include:

- Program Director.
- Clinician.
- Direct care staff for the staffed apartments.
- Case manager.
- Young Adult Peer Mentor and/or Family Partner.
- Nurse.
- Occupational Therapist.
- Psychiatrist.

## Role of Family

**Young Adult determines level of involvement of family in treatment and engagement with the program. Family involvement is crucial and encouraged when deemed appropriate by the young adult.**