



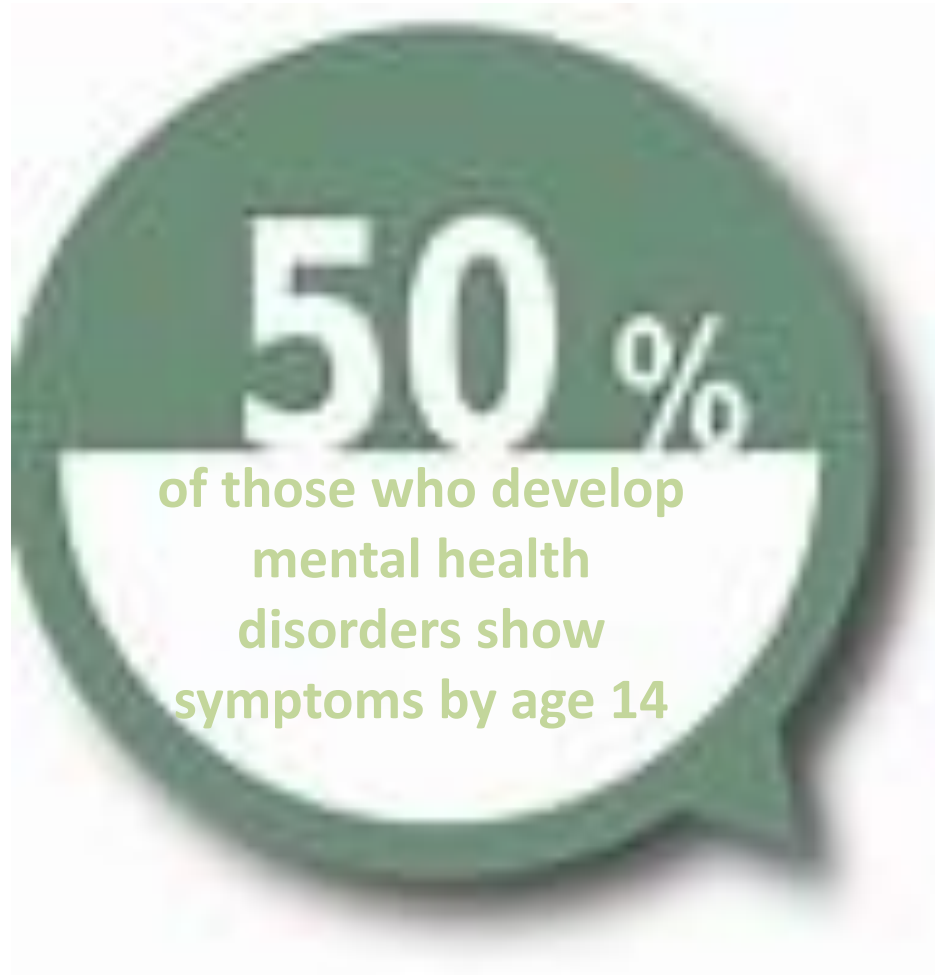
**DEPARTMENT FOR
BEHAVIORAL HEALTH,
DEVELOPMENTAL AND
INTELLECTUAL DISABILITIES**

Wendy Morris, Commissioner
Dr. Vestena Robbins, Executive Policy Advisor

Change the Future by Acting Early to Improve Life Trajectories



Rationale for Promotion, Prevention & Early Intervention



*Lowers tolerance for stress
which can result in
behaviors such as fighting,
checking out, or defiance*

*Learning and memory
problems which may be
permanent*

*Distrustful of
adults*

**May result in long-term
health problems**

Short attention span

*Increases stress hormones
which can affect body's
ability to fight infection*

*Difficulty making
friends and
maintaining
relationships*



Balancing Risk and Protective Factors & Building Resilience



Transition Age Youth Launching Realized Dreams

TAYLRD Vision

Transition-age youth in Kentucky will be able to easily access a seamless array of high-quality, culturally and developmentally appropriate, youth-driven supports and services that will help them achieve their goals and reach adulthood successfully.

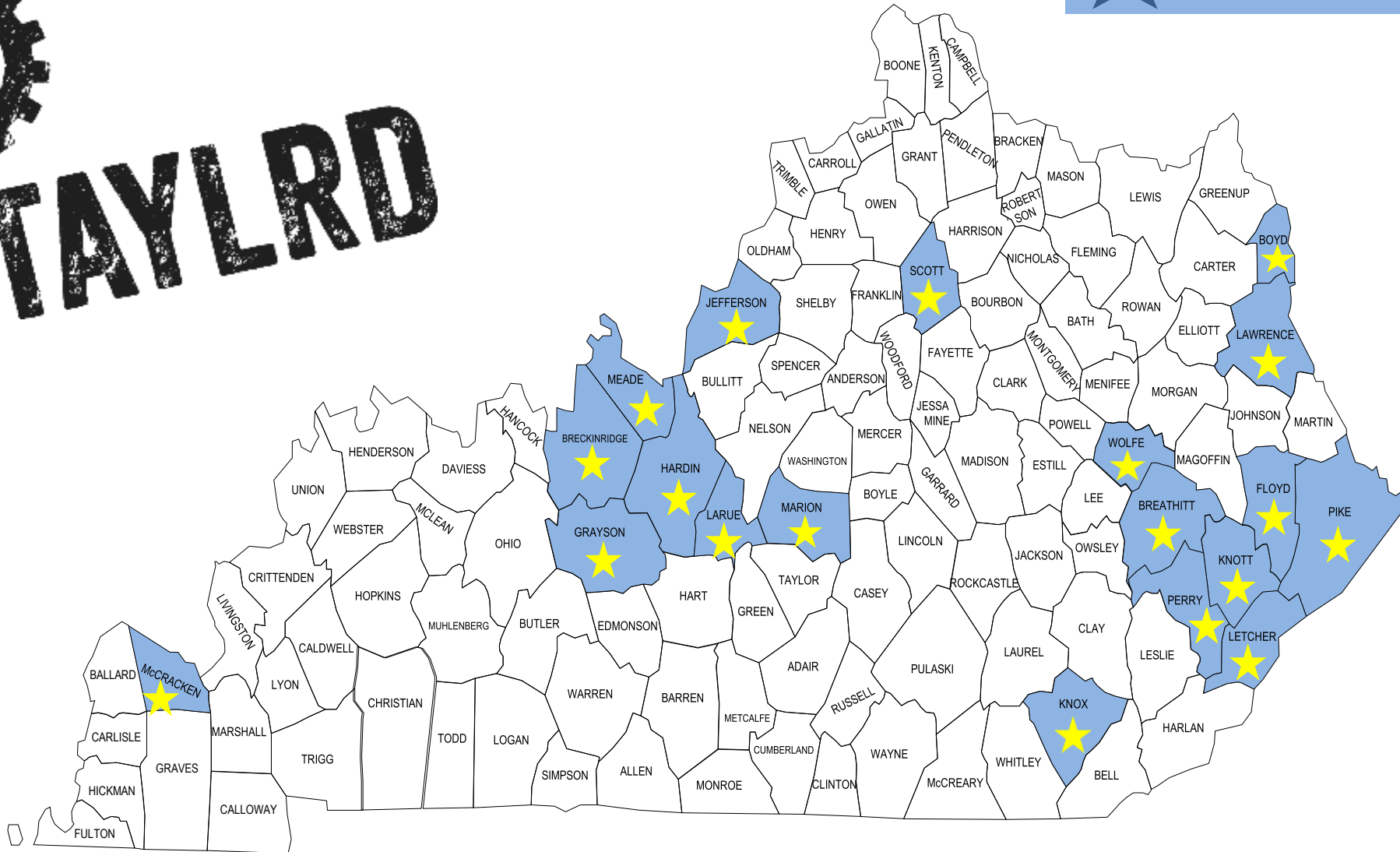
TAYLRD Mission

Transition Age Youth Launching Realized Dreams (TAYLRD) aims to positively impact the lives of Kentucky's 16-25 year olds who have, or are at-risk of developing, behavioral health challenges by improving access to high-quality, culturally and developmentally appropriate supports and services across the state.



TAYLRD

TAYLRD Sites



May 2019



reaching out
to young people and their families



engaging

those who need support



supports

that young people want

Youth Drop-In Centers

The Louisville Drop



The Ashland Drop



The Louisville Drop-In Center Recognized



Homelessness and housing instability present serious challenges to young people and their development. Young people experiencing homelessness face intense levels of stress to find options for safety and survival,¹ which often overshadow a young person's ability to explore other essential decisions that adulthood presents, such as employment and higher education. With approximately 4,025 people in Kentucky experiencing homelessness any given night,² homelessness and housing instability is a significant issue for the population of transition-age youth and young adults served by Kentucky's Healthy Transitions grant program – Transition Age Youth Launching Realized Dreams (TAYLRD). Youth drop-in centers established as part of the grant provide an important engagement environment where transition-age youth can access an array of developmentally-appropriate behavioral health and related services and supports. The TAYLRD Drop-In Centers and the services and supports they provide have played an important role in improving housing and mental health outcomes for the youth and young adults they serve. Transition-age youth and young adults were involved in the design of the TAYLRD Drop-In Centers to ensure that they are engaging, comfortable, and safe spaces where youth can access services and supports to meet their life goals. The drop-in centers provide access to peer support, case management, employment/education support, therapy, and medication services, as well

as assistance with setting personal goals and connecting to resources such as housing. To help connect and engage young people the drop-in centers also have computer labs, snacks, board games, pool tables, and video games. A young person can choose to become a TAYLRD Drop-In Center member after three visits. As a part of the membership process, peer support specialists assist young people in identifying life goals and connecting with services and supports that best match their interests and needs. A young person who identifies as being homeless or precariously housed is connected to case management and local housing services.

In 2015 when the TAYLRD Drop-In Center opened in Louisville, Kentucky's largest city, the number of young people coming to the center who were experiencing homelessness was higher than anticipated. As a result, the staff quickly established a more intentional and coordinated approach to helping young people find housing. The drop-in center became a part of the local Coalition for the Homeless, a group of leaders and staff from 30 member agencies that work collectively to serve homeless people in the community. As a part of the Coalition, TAYLRD was able to learn about and connect youth to other organizations that provide housing services and supports.

In 2017, the TAYLRD Louisville Drop-In Center director worked with the Coalition and other leaders to implement the 100-day Challenge, with the goal of providing housing supports to 100 youth in 100 days. The goal was exceeded and within 100 days, 112 youth

FOCAL POINT 9

The TAYLRD Louisville Drop-In Center was featured as a best practice model for improving housing and reducing homelessness among youth and young adults in the April issue of Focal Point, a nationally-recognized publication of the Pathways Research and Training Center at Portland State University and conducted a national webinar on their model.

<https://www.pathwaysrtc.pdx.edu/focal-point-S1903>

Outcomes

Across the state, more than 1900 young people have visited a TAYLRD site

Louisville Drop-In Center

- **Homelessness**
 - Number of youth reporting homelessness decreased from 73% to 43% at six months
- **Employment**
 - Overall, 30% moved from unemployed to being employed full or part-time at six months
- **Violence**
 - 31.4% of youth indicated a decrease in exposure to physical violence at six months

Change the Future by Acting Early to Improve Life Trajectories

