

Behavioral Health Transitions through Project Transition

Navigating the process for accessing long term support services for youth aging out of custody can sometimes be confusing and difficult. We would like to be a resource for you in that process!

We will always rule out Employment and Community First (ECF) CHOICES before we pursue a Behavioral Health Transition, because ECF has higher benefit allotments available, if youth qualify. (See DCS [Policy 19.8, Transitioning Youth to the Employment and Community First \(ECF\) Choices Program for Adult Services](#)).

Did you know that Project Transition (PT) is a therapeutic residential, independent living program for adults aged 18-65 with serious mental health issues, and that services are now offered in Nashville, Knoxville and Memphis?

Criteria for admission:

- Youth must have a documented severe mental illness.
- PT will accept youth with A&D issues and if their Full Scale IQ is borderline.
- PT will review cases with threatening behaviors, such as history of sexually inappropriate behaviors, fire starting and violent behaviors, to determine if the individual is appropriate for the program.
- PT accepts Transgender youth.

Funding: Youth do not have to have SSI in place in order to qualify; this service is paid for by TennCare.

Housing options: PT's apartment selection is carefully made with members in mind, as well as their ability to access public transportation. Staff members are on-site at the recovery center daily, from 7a.m. to 9p.m. and all members have access to a 24/7 skills coaching/crisis response system. They utilize evidence-based treatment, including Dialectical Behavior Therapy (DBT), as a core part of their programming.

Supervision: There is not a house parent in the apartments. It is not supervised, but staff check in daily and as needed & residents have access to a 24/7 hotline.

Referral Process: DCS staff need to include DCS Child Health, Delora Ruffin (Delora.Ruffin@tn.gov) or Shannon Johnson (Shannon.Johnson@tn.gov), when making referrals.

FAQ page on the PT website: <https://www.projecttransition.com/frequently-asked-questions/>

If you have any questions regarding this process, feel free to reach out to me at Shannon.Johnson@tn.gov.