Ventura County
TRANSITIONS PROGRAM
Comprehensive Mental Health Program for Young Adults

Treatment ➔
Empowerment ➔
Recovery ➔
Hope ➔
Community ➔

“Transitions taught me that even though my past was hard, my future can be different. I keep my goals in mind and know I can achieve them!”
— Amanda
Are you between the ages of 18–25 (Transitional Age Youth / TAY)? Do you have a serious mental illness? Could you use help in transitioning to adulthood and independence? At Transitions, we’re here to support your wellness and recovery.

We recognize it is important for you to take charge of your life and your wellness. You set the goals — we support you as you achieve them.

- Hope
- Personal Responsibility
- Self-Advocacy

“Transitions helped me become more independent, self-empowered and hopeful for a better future.”

— Brandon
You drive your own treatment with guidance and support from the team at Transitions.

Our individual services include:
- Individual treatment
- Medication assessment & management
- Case management
- Rehabilitation

Our strong & thriving group treatment program includes:
- Seeking Safety, a skills-based group that addresses trauma and increases coping skills
- Parenting support & education
- Life skills
- Social skills
- Dual Diagnosis Treatment
- Depression Treatment
- Wellness & Recovery Action Plan (WRAP) group provided by Peer Recovery Coaches, peers with life experience who work at Transitions

Connections to community resources include:
- Education
- Employment training
- Transportation
- Housing
- Benefits
TRANSITIONS PROGRAM

For assessment, call STAR at (866) 998-2243.

Locations:
1911 Williams Drive, Suite 120
Oxnard, CA 93036

72 Moody Court, Suite 201
Thousand Oaks, CA 91360

1227 E. Los Angeles Ave.
Simi Valley, CA 93065

5470 Ralston Street
Ventura, CA 93003

For information, call (805) 981-9270.

Additional TAY Resources:
TAY Wellness & Recovery Center
141 W. 5th St., Suite D
Oxnard, CA 93030
(805) 240-2538
Monday – Friday, 9am – 5:30pm
Saturday, 11am – 3pm

Health, Recovery & Wellness
Ventura County Health Care Agency

www.WellnessEveryday.org/TAY
Feeling sad all day?
Almost every day?

WellnessEveryDay.org
VENTURA COUNTY BEHAVIORAL HEALTH
Health, Recovery & Wellness
Ventura County Health Care Agency
Signs of Depression

Do you or a family member have any of these symptoms?

- Feeling sad, “empty”, hopeless, irritable or anxious
- Loss of interest in favorite activities
- Feeling very tired
- Not being able to concentrate or remember details
- Not being able to sleep, or sleeping too much
- Overeating, or not wanting to eat at all
- Thoughts of suicide, suicide attempts

Depression is common and treatable. Talk to your health care provider.

Learn more at wellnesseveryday.org

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1911 Williams Dr., Suite #120
Oxnard
(805) 981-9270

MADE POSSIBLE THROUGH THE MENTAL HEALTH SERVICES ACT
Stressed?

WellnessEveryDay.org

VENTURA COUNTY BEHAVIORAL HEALTH
Health, Recovery & Wellness
Ventura County Health Care Agency
Tips to Reduce Stress

- Exercise on a regular basis.
- Eat regular, well-balanced meals.
- Get enough sleep.
- Listen to calming music.
- Solve the little problems.
- Prepare to the best of your ability for events you know may be stressful.
- Try to look at change as a positive challenge, not as a threat.
- Talk with a trusted friend, family member or counselor.

Learn more at wellnesseveryday.org

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