



HUMAN PURPOSE. HUMAN IMPACT.

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6355 Woodside Court  
Columbia, MD 21046

## About Us

Humanim is committed to supporting and empowering individuals who face social or economic challenges, by building pathways to economic equity, opportunity, and independence. Our Behavioral Health Department serves individuals struggling with mental illness and substance use disorders, and has for over 40 years. We embrace a person-centered recovery culture that empowers individuals to learn from their mistakes and successes and follow their own life's plan. Like all of Humanim's programs and services, our focus is on individualized care and self-empowerment.

## Contact Us

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[www.humanim.org](http://www.humanim.org)



# Healthy Transitions

Humanim's Healthy Transitions is a youth-driven, strengths-based, and non-stigmatizing program that empowers young people who are struggling with mental illness to manage their mental health symptoms effectively and successfully transition into adulthood.

In partnership with the state of Maryland, we employ developmentally appropriate, evidence-based practices to assist youth in effectively managing their mental health symptoms, while obtaining employment, enrolling into college or trade schools, strengthening their social supports, and transitioning into housing and residential services. By providing individualized services that are unique to the needs of young adults with mental illness, youth are able to become more independent and self-sufficient, and be successful adults in the community.

Healthy Transitions provides opportunities for involvement regardless of race, ethnicity, nationality, faith groups, gender identity or sexual orientation.



## Services Include:

### Evidence Based Practices:

- Supported Employment
- Supported Education
- Family Psychoeducation

### Support around areas of need, such as:

- Independent Living Skills
- Crisis Management and Support
- Case Management
- Financial Literacy and Management
- Entitlements Counseling
- Housing and Residential Services
- Health Homes Care Coordination
- Community and Peer Engagement
- Physical, Emotional and Social Wellness Education

## Eligibility

- 16–25 years of age
- Howard County Resident
- Experiencing signs and symptoms of a mental health condition

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