



# University Health Behavioral Health Futures Community Program

The **University Health Behavioral Health Futures Community Program** team is a lively, diverse, passionate and compassionate group of peer staff, case managers, therapists and supervisors working collaboratively for our clients. Futures Community Program provides outpatient behavioral health services to youth and young adults up to age 25 and their families in a caring and trauma-informed manner. When clients trust us with their journey, we do not take that for granted. We work hard to provide a psychologically safe gathering space for them in the University Health Behavioral Health Crossroads building.

For the most part, one can easily identify a person's physical needs; however, the mental and emotional needs may not be as easy. Mental wellness allows youth and young adults to think clearly, develop self-confidence and self-esteem, and have a healthy emotional outlook on life. To help our clients accomplish this level of wellness, we provide the following services:

## Individual and Family Therapy

Individual and family therapy provides a safe place to help youth, young adults and families talk about things that may be causing stress, worry, anger, sadness or other concerns.

## Community-based Case Management

Community-based case management provides advocacy and support to youth, young adults and their families, connects them to various resources, and may work with other agencies to help young people meet their needs.

## Family Support Provider

The family support provider (FSP) is part of the community-based case management service. FSPs have a broad base of lived experiences and have navigated the same systems and walked in the same shoes as our parents. They have a diverse view of community cultures, and will listen to concerns and frustrations of the caregivers to empower the family to express their needs.

## Transition Peer Outreach Worker

The transition peer outreach worker (TPOW) is part of the community-based case management service. The TPOW has lived experience and often can relate to young people and share experiences with them in a unique way. TPOWs play an important role in helping youth and young adults navigate not only the journey toward health and wellness, but also the transition from adolescence to adulthood.

## Music Therapy

Music therapy is offered to children, adolescents and young adults with behavioral health needs to target the following areas: emotional expression, enhanced mood, social interaction, communicative skills, attentiveness and impulse control, identity awareness and self-acceptance. Music therapy treatment interventions include songwriting, lyric analysis, music-listening, improvisation, instrument play, and song development and creation through audio production. Music therapy interventions demonstrate how to self-regulate and help young people adapt healthy coping skills in their daily lives.

## Occupational Therapy

Occupational therapy provides a holistic support to individuals to be independent in meaningful life activities. Occupational therapy is provided across the lifespan to support a person's engagement in activities. Occupational therapists are able to support clients in hygiene management, regulation of emotions, increasing coping skills, organization, health and wellness management and education, community mobility and exploring healthy habits. Occupational therapy uses multiple approaches such as sensory strategies, adapting tasks, education and skills training. Through the exploration of these skills, clients are able to increase coping skills, confidence and participation in meaningful life activities.

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## Advisory Councils

### Helping Our Peers Excel (HOPE)

Founded in 2010, HOPE is dedicated to changing attitudes toward mental health *because we are more alike than different*. Our responsibility is to break the stigma about mental health, first beginning within ourselves, and then within our community.

### Families Advocating & Inspiring Through Hope (FAITH)

FAITH is a collective of parents, friends and families who are advocating for our youth and young adults at the local, state and federal levels to ensure quality mental healthcare. We strive to ensure the Futures Community Program team provides family-driven services.



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