

## Specialty Behavioral Health Services Specifically for Young Adults (18-22)

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**NOTE:** This list provides behavioral health treatment resources and supports specifically designed for young adults. It is not intended to be comprehensive. Youth 18-22 may receive services through the continuum of adult behavioral treatment programs and services.

### Mental Health and/or Substance Use Treatment

**Crisis Services** : If the young adult is in IMMEDIATE danger; talking about hurting themselves or someone else **Dial 9-8-8** from anywhere in CT to be connected to **Mobile Crisis Intervention Services (Formerly 2-1-1)**

**Helping Youth and Parents Enter (HYPE) Recovery HYPE** is for adolescents and young adults up to 21 years old who: 1) are living in the community with or connected to a family; and 2) have a current opioid use disorder with or without other mental health conditions. Youth who are incarcerated can be referred to HYPE Recovery 30 days prior to anticipated community release. HYPE Recovery defines family to include significant adults who provide the youth with care, basic needs, or social and emotional support.

**Substance Screening, Treatment, and Recovery for Youth (SSTRY)** is available to youth and young adults ages 12-24 who are struggling with substance use.

**Natchaug Young Adult Services** - ages 18-25 struggling with mental illness, occupational or educational problems, relationship issues, family conflict, addictions or other influences that interfere with their day-to-day functioning.

**Pinnacle:** Intensive Outpatient program for young adults ages 18-25, struggling with depression and anxiety as well as those with self-destructive behaviors such as self-injury, suicidal ideation, maladaptive eating, substance abuse, executive functioning struggles, as well as occupational and educational challenges.

**Multisystemic Therapy for Emerging Adults (MST-EA)** is designed for young people aged 17-20 with serious mental illness and/or substance use and are aging out of foster care or involved in the child welfare system.

### First Episode Psychosis

Yale **PRIME**: Outpatient assessment and treatment for those with early symptoms/signs of serious mental illness/psychotic illness.

**Specialized Treatment in Early Psychosis (STEP)**: a collaborative program of the Connecticut Department of Mental Health & Addiction Services and Yale University Department of Psychiatry. It is based at [Connecticut Mental Health Center](#)

## Behavioral Health Services for Young Adults with Autism or Intellectual Disability

### Hospital for Special Care: Autism Center

**Clifford Beers Community Care Center**: A family-friendly resource for individuals with Autism Spectrum Disorder (ASD) or Intellectual/Developmental Disabilities (ID/DD), offering care that supports children and adults of all ages. Individuals and families will receive the support needed to improve their health and quality of life, allowing them to reach their fullest potential physically, intellectually, and socially.

### Eating Disorders

**Walden**: Inpatient, residential, partial hospitalization or intensive outpatient treatment offered.

**NAMI** help/support for an eating disorder

### Supports/Referral Resources

**NAMI Teen and Young Adult HelpLine** Information, Resources, and Support Monday-Friday, 10 a.m. – 10 p.m. ET **Call: 800-950-NAMI (6264) Text: “Friend” to 62640 Webchat: nami.org/help Email: [helpline@nami.org](mailto:helpline@nami.org)** : The NAMI Teen and Young Adult (TYA) HelpLine is a free, nationwide teen and young adult peer-support service providing information, resource referrals, and support to teens and young adults who have a mental health condition or may not have a condition but may still be going through a difficult time in their life. <https://www.nami.org/Home>

**Turning Point** : developed by young people in Connecticut who are in recovery from mental health and substance use issues. Their goal is to provide information and support to help you choose your path. Site includes personal stories, blogs and resources and can be followed in social media.

**Join Rise Be** is a program of Advocacy Unlimited, a statewide Young Adult phone-based peer support line. Staff connect callers to community resources, hold space, offer hope, and inspire their peers to live a life of self-defined purpose through sharing their own lived experience. Operators are available from 12pm – 9pm everyday of the week. **Phone:1-855-6HOPENOW or 1-855-646-7366**

**YouthRecoveryCT | Alternative Teen Addiction Support** is a self-empowering addiction recovery support group. The website provides resources for teens. They offer a youth support programs, meeting locations, and an online community.

**Connecticut Center For Recovery (CCAR)** promotes recovery from alcohol and other drug addiction through advocacy, education and service.

### Advocacy Unlimited

## Other Treatment Locators/Resources

### [DMHAS Service Locators \(ct.gov\)](#)

#### [2-1-1](#)

Substance Use Services Access Line **1-800-563-4086**

Young adults in school can contact the **counseling center** at their University or College.

Young adults with a history of complex mental health needs and DCF involvement as children can contact **DMHAS Young Adult Services** at **(860) 262-6988**

Call the care coordination/behavioral health number on the back of your insurance card to find behavioral health services near you.

### **Supports and services for caregivers/loved ones of person with behavioral health concerns:**

#### [NAMI Family Support Group](#)