

# Transitional Resources for Youth (TRY) Consultation Team



- Do you know a young adult who is facing obstacles in transitioning to adulthood and is between the ages of 16-26 years?
- Has this young adult experienced behavioral health challenges?
- Does this young adult reside in Cass, Dodge, Douglas, Sarpy, or Washington counties?
- Does the young adult need assistance with planning he/she transitions into adulthood?

If you answered **YES** to the questions above, we may be able to help!  
(See reverse side)

## Connecting Resources for Youth in Transition

The TRY Consultation Team addresses any challenges a young adult may face in the transition to adulthood by looking at his or her unique situation and making suggestions and recommendations for services using existing community resources. It is the focus of the TRY Team to improve the young adult's opportunities in the following areas:

- **Physical and Behavioral Health** - assisting with access to both medical and mental health services that are sufficient and affordable.
- **Daily Living and Housing** - locating safe, stable and cost effective living conditions in proximity to public transportation, work and/or school.
- **Personal and Community Engagement** - ensuring young adults have supportive relationships, access to services and a voice in the community.
- **Education** - enabling young adults to achieve their education goals through high school and beyond.
- **Employment** - providing opportunities to gain and retain steady employment.

# It's Time to See Change

## TRY Consultation Team FAQ

### Partners

Branching Out  
Child Saving Institute  
Central Plains/PALS  
Community Alliance  
Lutheran Family Services  
Omaha Home for Boys/Jacob's Place  
OMNI Behavioral Healthcare  
Project Everlast  
PromiseShip  
Region 6 Behavioral Healthcare  
Vocational Rehabilitation  
Youth Emergency Services

### Contact

If you would like more information or are interested in referring a young adult, please contact the TRY Coordinator:

Region 6 Behavioral Healthcare  
4715 S 132nd Street  
Omaha, NE 68137  
Phone: (402)996-8193  
(402)444-6573

Q. **What is the TRY Team?**

A. The TRY Team is a case consultation team that assists young adults in developing a plan and addressing challenges they face as they transition into adulthood.

Q. **Who is part of the TRY Team?**

A. Representatives of the TRY Team include community providers who offer a wide range of services for young adults. Each member brings valuable knowledge and expertise to the TRY Team. Participating agencies are listed on the left.

Q. **When would it be appropriate to make a referral to the TRY Team?**

A. Anytime a young adult, family member or provider is struggling to identify resources and/or to develop a transition plan for a young adult with behavioral health needs. The TRY Team is available for young adults, ages 16-26 years, who reside in Cass, Dodge, Douglas, Sarpy or Washington Counties.

Q. **What is the process to refer to the TRY Team?**

A. Anyone interested in making a referral should contact the TRY Coordinator at Region 6. The referring party will be asked to complete a short referral form. The guardian and/or young adult will be asked to complete an authorization to disclose information granting permission for their information to be shared at the meeting. The TRY Coordinator will contact the referring party to coordinate a date and time to attend the TRY Team meeting based on availability.

Q. **Who should attend the TRY Team meeting?**

A. The referring party will be required to attend the TRY Team meeting and it is strongly recommended the young adult attend. In addition, the young adult is welcome to invite any supportive people in their lives they would like to attend.

Q. **What can I expect if I attend a TRY Team meeting?**

A. Each young adult is assigned a 20 minute block of time during the meeting. During this time, the young adult or referring party will be asked to share historical information with the TRY Team and to identify the young adult's goals. The team will provide suggestions for existing services and resources available in the community to assist the young adult with their transition plan. A copy of the transition plan and recommendations will be provided to the young adult and referring party at the conclusion of the staffing.

Q. **When and where are TRY Team meetings held?**

TRY Team meetings are held at Region 6 Behavioral Healthcare (4715 South 132nd St) on the first Wednesday of every month from 3:00-5:00 PM.