

YOUNG ADULT SERVICES

Transitioning from adolescence to adulthood can be challenging. The emergence of behavioral health symptoms makes the transition especially difficult. New Vitae



Wellness and Recovery Young Adult Service bridges the gap for young people, ages 18–25, struggling to adjust. We assist with skill building to promote recovery and secure a foundation in the context of a safe and supportive living environment.

The Young Adult Service provides:

- **Housing:** A continuum of residential opportunities, from 24/7 supervision to supported independence, includes progressive assistance with the ability to move fluidly among those settings as needs change.
- **Employment:** Vocational skills development and supported work experiences pave the way to community-based employment opportunities.
- **Education:** Customized individual and small group instruction, testing, career exploration, educational case management and support for community post-secondary education are utilized to help individuals to achieve their personal educational and career goals. Home bound, virtual learning and traditional school options are available.
- **Life Skills:** Individual and group activities equip and enhance personalized proficiencies, including reading a cell phone bill, using an ATM, navigating a bus schedule, developing a grocery list and cooking healthy meals all to foster independence.
- **Holistic Care:** Progressive assistance is provided to develop skills in safe medication management, making and keeping appointments and dietary and nutritional needs. All individuals receive a complimentary YMCA membership. Staff support is provided for establishing or reestablishing spiritual beliefs.



New Vitae

WELLNESS AND RECOVERY

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The hallmark of the services provided by New Vitae Wellness and Recovery is the seamless integration of clinical and residential services that promotes personal progress.

New Vitae Wellness and Recovery offers:

- Strengths-based and trauma-informed planning to provide evidence-based modalities designed to best meet individual needs.
- Clinical expertise to treat targeted populations, including veterans, transition-aged young adults, LGBTQI, those with a forensic history, and individuals with long-term diagnoses, including those on the autism spectrum, co-occurring disorders, and brain injury.
- A range of practitioners, including psychiatrists, who form a multi-disciplinary, supportive team to assist with achieving personal wellness.
- Outpatient behavioral health services including individual, family and group therapies.
- Deep Transcranial Magnetic Stimulation, for those seeking non-pharmaceutical relief from long-term depressive symptoms.
- Intensive Outpatient Program (IOP) services with three support tracks: behavioral health, alcohol and other drugs, and co-occurring (behavioral health and addiction).
- Partial Hospitalization Program for times when more intensive services best support the individual.
- Traditional or Enhanced Mobile Psychiatric Rehabilitation Services that can be engaged in a variety of settings, including at home, at work, or at school.
- Certified peer specialists to guide recovery supports using first-person experiences.
- Residential options that include: Residential Treatment for Adults, enhanced Personal Care Homes, and apartments with varying levels of supervision.

New Vitae Wellness and Recovery does not discriminate on the basis of race, color, gender, religious creed, disability, handicap, ancestry, sexual orientation, national origin, or limited English proficiency.