Can I participate?

You may be eligible to participate in the CSC program if you:

- Are between the ages of 15 and 25
- Currently live in Culpeper, Fauquier, Madison, Orange, or Rappahannock counties
- Have experienced unusual thoughts, feelings, and behaviors OR sensations that others don't within the past year
- Are willing to work with the CSC treatment team to address your symptoms and concerns

What does participation involve?

If you are eligible for and choose to participate in the CSC program, you will receive treatment including:

- Individualized Care and Support for up to 2 years
- Medication evaluation and treatment (as needed)
- Case Management Support to ensure effective coordination of necessary services
- Vocational and/or educational support to help in finding a job or returning to school
- Family Education and Peer Support
- Meetings with your CSC Team

Who makes up the YACC team?

- Program Manager
- Therapist
- Support Coordinator
- Employment Specialist
- Crisis Services
- Psychiatrist or Nurse Practitioner
- Peer and Family Support



Are You Experiencing Any of the Following?

Sensations (sight, smell, hearing, touch, or taste) that others don't Thoughts that don't make sense Suspiciousness or Fearfulness of Others Feelings of being "cut off" from the world Significant changes in behaviors that others may identify as not making sense

Young Adult Coordinated Care

An Investment in MY Present and Future



- 3 out of every 100 people report these feelings within their lifetime
- Left untreated, these thoughts, feelings, and behaviors can become worse over time, substantially affecting quality of life
- With treatment and support, you can feel better.

Call (540) 825-3100 ext 3153 and ask about Coordinated Specialty Services to find out more.



Phone Number: (540) 825-3100

Email:YACC@rrcsb.org

Website: www.rrcsb.org

What Is Young Adult Coordinated Care (YACC)?

- An evidence-based early intervention program based on the Coordinated Specialty Care (CSC) program to target adolescents and young adults experiencing unusual thoughts, feelings, and behaviors
- Developed as part of a nationwide initiative to reduce gaps between the development of symptoms and receipt of treatment.
- A time-limited, team-based recovery oriented approach to addressing symptoms and optimizing mental and physical well-being.

What Is the Goal of YACC?

- To help adolescents and young adults successfully cope with distressing symptoms.
- To improve adolescent and young adults' ability to work or go to school, live independently, and develop healthy and enjoyable relationships.

Why is YACC Important?

- Each year approximately 100,000 adolescents and young adults experience symptoms of unusual thoughts, feelings, and/or behaviors with a peak onset between the ages of 15 and 25.
- These symptoms often have a significant impact on an individual's social, academic, and vocational development and performance.
- Early intervention has been shown to be significantly superior to other approaches of dealing with these symptoms.

For more information on the Coordinated Specialty Care Model and how it may help you:

Centre for Addiction and Mental Health

www.camh.ca

National Alliance of Mental Illness (NAMI) -

www.nami.org

National Association of State Mental Health Program Directors –

www.nasmhpd.org

Virginia Department of Behavioral Health and Development Services –

www.dbhds.virginia.gov

*RRCS does not discriminate on the basis of race, color, national origin, sex, religion, age, disability, or any other characteristic protected by law, in employment matters and in its programs and services.
* Fees for services will be assessed based on an individual's ability to pay. Various insurance and third party payments are also accepted. Call for additional information.
*For additional information on RRCS's nondiscrimination policies and procedures, or to file a complaint, please visit the website at www.rrcsb.org or contact the Human Resources Manager, 15361 Bradford Road, P. O. Box 1568, Culpeper, VA 22701. Telephone: (540) 825-3100.

What is Recovery Like?

While each recovery experience varies, those in recovery report the following benefits of treatment.

- Symptom Reduction
- Improved Relationships
- Opportunity to Achieve Personal and Professional Goals



What Factors Support Recovery?

Because each individual who experiences these symptoms is not the same, a personalized plan of recovery should be developed. These factors include:

- Treatment Participation
- Focus on Personal Goals
- Support Systems
- Self-Care
- Reduced or Eliminated Substance Use
- Increased Structure