

## AT A GLANCE

Project Transition is an apartment-based community residential treatment program committed to offering hope and healing to adults who struggle with serious mental illness. Our mission is to empower and support community members to determine and live out their own path to Recovery, while maintaining and ensuring fiscal responsibility to our payors.

## OUR NICHE

- Adults 18 and over
- Individuals with a significant history of serious mental illness, including traditional psychiatric diagnoses, personality disorders and co-occurring substance use/abuse
- Individuals with an extensive trauma history
- Individuals with a history of high utilization and cost of services stemming from multiple unsuccessful treatment interventions, and who are at risk for high cost ongoing inpatient care
- Providers who struggle to find placement for these challenging and vulnerable individuals
- Families who are challenged with the service delivery system and require unique and consistent outreach, support, and education

## OUR MODEL

- Over 32 years with a proven track record of success
- Commitment to Recovery principles with an emphasis on three major components: *Setting, Experience, and Relationships*
  - Apartment living
  - Psycho-educational programs and workshops
  - Therapy and support
  - Peer-to-peer support
  - Onsite psychiatric services with full medication management
  - Social/recreational activities
  - Support networks
  - Community, relationship building and belonging
- Effective integration of Recovery and medical models
- Effective integration of physical and behavioral health
- Emphasis on evidence-based practices including; DBT, WRAP, and Peer support
- Foster sustainable recovery and the restoration of independence and reintegration into the wider community

# OUR PROGRAM

Six program sites throughout Southeastern Pennsylvania  
24/7 supportive coaching/crisis response  
All services provided at Recovery and Wellness Centers

## Staffing:

- Program Director
- Psychiatrist
- Licensed Psychologists
- Certified Addictions Counselor (CADC)
- Nurse/Wellness Coach
- Certified Peer Specialist/Recovery Specialist
- Dialectical Behavioral Therapy Specialist
- Psychiatric Rehabilitation Counselors
- Recovery Coach
- Residential Advisors

## Services:

- Medication management & education
- Individual and group therapy
- Addictions counseling and 12 step meetings
- Family outreach, education and support
- Proactive nursing interventions, programming, education and support medically high risk members
- Recovery coaching and advocacy
- Illness management and recovery
- WRAP training and support
- Vocational and educational workshops
- Expressive arts
- Recreational and leisure activities

Use of Dialectical Behavioral Therapy (DBT) practiced with full fidelity by professionals trained through Behavioral Tech, LLC

- Individual therapy
- Skills group
- Skills coaching
- Staff training, practice and consultation



Full Accreditation  
by the Joint Commission