

“One of the most exciting stages of becoming an adult with a behavioral health disorder is when you realize that you can do many things to help yourself get and stay well!”

Please ask about new Recovery tools to help you stay well. Ask about:

- Wellness Recovery Action Plans
- Mental Health Advance Directives
- Personal Medicine
- Peer Support Services

Mental Health Supports

Recovery Center: Provides Peer Advocacy and Peer Support Services, Recovery Workshops, self-help education, and social activities. No appointments necessary. Just drop-in at 825 Jefferson Avenue, Scranton, PA 18510. (570)558-3220

WARM LINE: Non-crisis, peer operated and confidential telephone support from 6:00 PM to 10:00 PM, 365 days of the year. 1(866)654-8114

Support Groups: At the center of the healing process is interaction and discussion among participants who find relief in talking with others who understand. Call Voluntary Action Center at (570)961-1234 for updated information on groups.

Physical Health Care Options for Underinsured

Scranton Wright Center:
(570)941-0630

Planned Parenthood:
(570)344-2626

Scranton Primary Health Care Center:
(570)344-9684

Miscellaneous

Free Information and Referral System (FIRST): (570)961-1234

Voluntary Action Center Directory:
www.lackawannainfo.org

National Alliance for Mental Illness (NAMI) (570)342-1047

Food/Clothing

Salvation Army:
(570)969-6399

St. Francis of Assisi Kitchen:
(570)342-5556

Friends of the Poor:
(570)348-4429

Bread Basket:
(570)343-2324

INFORMATION FOR FAMILIES AND YOUNG PEOPLE WITH MENTAL ILLNESSES TRANSITIONING INTO ADULTHOOD

Transitioning into adulthood means you have the authority to choose from a range of options and to participate in all decisions.

You also have personal responsibility for your own self-care and your journey of Recovery.



Toll Free 1-877-315-6855
www.theadvocacyalliance.org

Recovery is a way of living a satisfying, hopeful, and contributing life even with limitations caused by your illness.

The mental health services/supports of transition age young adults, 18-25 years old, with mental health illness are very different than the services/supports for older adolescents. Preparing for independent living requires a mindset of understanding that Recovery from a mental disorder requires personal responsibility. Young adults benefit greatly by developing a Recovery and Wellness lifestyle. As a young adult there are more opportunities to make your own decisions as well as more responsibility for oneself to live a full and satisfying life.

As a young adult, you may need assistance in the following areas:

- Increasing education
- Finding a job or a better job
- Finding housing
- Developing independent living skills
- Balancing a budget
- Deciding treatment preferences
- Developing self-advocacy skills
- Building a healthy support system

Education and Job Assistance

Job Corps: Offers free education and training programs to prepare young people for a career, high school diploma or GED, or finding and keeping a job. Must be at least 16 years of age. 1(800)733-JOBS or 1(800)733-5627

Hiram G. Andrews Center (HGAC): Offers quality individualized post-secondary education, which provides career opportunities and independent life skills. 1(800)762-4211

Lackawanna County CareerLink: Provides job referral, counseling, higher education and training opportunities. (570)963-3110

Supported Community Employment Programs

Allied Services: (570)341-4695

Goodwill Industries: (570)343-6765

Housing Assistance

Section 8 Housing Choice Vouchers (HUD) awards rent-subsidy vouchers to individuals who seek to rent privately owned housing.

Lackawanna County Housing Authority: (570)342-7629

Scranton Housing Authority: (570)348-4400

United Neighborhood Centers Housing Information: (570)343-8835 or (570)346-0759

Mental Health Services

Mental Health housing for adults with serious mental health disorders.

Community Residential Rehabilitation (CRR), Supported Living and Transitional Living Programs.

Allied Services: (570)346-9558

Step-By-Step: (570)829-3477

Catholic Social Services: (570)207-2283

Treatment Services

Scranton Counseling Center (Scranton Area): (570)348-6100

NHS of Northeastern PA (Carbondale Area): (570)282-1732

Catholic Social Services: (570)207-2283

Jewish Family Services: (570)344-1186

Ask about support groups!

Recovery is not a step-by-step process but one based on continual growth, occasional setbacks, and learning from experience.