

Successful Transitions Impact Report



SAN DIEGO
CENTER FOR
CHILDREN

Healing Hearts and Minds

Program Summary

Launched in 2018 after a one-year successful pilot, the **Successful Transitions © Program at the San Diego Center for Children** was developed to help guide at-risk transition-age youth in creating a personalized plan for the future while building the skills and community connections they need to achieve their goals and well-being.

When transition-age youth struggle with behavioral health challenges, learning differences, development disabilities, and/or history of trauma and/or abuse, becoming an adult can feel especially overwhelming. These youth are highly susceptible to school dropout, unemployment, and homelessness. Mental health challenges impact their ability to manage emotions, communicate with others, cope with stressors, plan ahead, and follow through—all needed for success in adult life. And for foster youth, **these challenges are further compounded by the lack of safety and support a family provides.**

Program Progress

- More than 100 youth in our **Residential** and **Academy programs** aged 16-18 have completed a **comprehensive proprietary assessment designed to identify needs, strengths, and aspirations** in order to develop individualized Transition Action Plan and goals.
- Trained coaches and staff provided youth participating in the program with the support and guidance needed to implement the **more than 1100 goals developed to support these youth.**
- A comprehensive web-based searchable resource database was **created to help** youth, coaches and families **identify community-based adult resources** in the areas of housing, independent living skills, mental health, and employment
- Established contracts with **Promises2Kids** and **Just-In-Time for Foster Youth** to train their staff on the use of the **Successful Transition methodology** and have access to the proprietary web-based platform to conduct assessments, develop Transition Action Plans and track outcomes.



Program Progress Cont.

Our collective-impact approach **brings together providers, agencies, and nonprofits** to adopt this new methodology as a common framework to produce **meaningful, systemic change in how at-risk youth receive the guidance and support they need to become successful members of our community.** We have recently also launched a fee-for-service program to give more youth in need access to these innovative tools and the necessary coaching to succeed.

Successful Transitions Model



Comprehensive Assessment

- Youth Aspirations, Strengths & Needs
- Planning & Implementation
- Communication & Social Skills
- Caretaker Assessment



Individualized Plan

- Goals
- Objectives
- Tasks
- Independent Living Skills
- Adult Services



Implementation

- Coaching
- Skills Building
- Connect with Adult Services
- Support for Family & Friends



Successful Transitions

- Housing
- Education
- Employment
- Health
- Mental Health
- Social Services

Founded in 1887, the San Diego Center for Children is the oldest children's nonprofit in San Diego. The Center provides evidence-based therapeutic, educational, foster care and transition age services to children and families struggling with mental, emotional and behavioral health challenges. Today, with 8 program sites and community-based services within hundreds of homes and schools across San Diego County, the Center empowers over 1,000 people every day.

