

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

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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