

Onward Transitions, LLC

(Transitional Independent Living Program & Young Adult Program)

CONTACT

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NATSAP Member

Since: 2016

PROGRAM OUTLINE

Gender: All Genders (non-binary)
Ages: 18 - 30
Grades: N/A
Enrollment: 15
Duration: 12 - 15 months
Founded: 2015



Airport: Portland International Jetport (PWM)

Onward Transitions in Portland, Maine, and Onward Transitions Online is a small, independent, owner-operated program for up to 15 bright, motivated, emerging adults in the final stages of learning to live on their own. OT supports actual sustainable independent living and autonomy from two city locations supplemented by or pivoted to 100% virtual accommodations when necessary due to COVID. Participants (members), ages 18-30, never live with us; they live in their own apartments throughout the city, selected according to personal preferences and resources. OT Online members participate with the entire community from ANYWHERE.

Members are curious, intelligent, kind, and motivated to live on their own. Common challenges include anxiety, depression, and/or executive functioning. OT provides weekly individual and group therapy, and family work by our full-time, on-site master's level therapists trained in ACT. The typical length of stay is 12-15 months. Our Neighbors service offers step-down support, when appropriate, for the member to stay connected with therapy and milieu.

Each member has their own individual schedule based on their commitments to work, learning, service, and Onward Transitions. While operating face to face, members gather for meals, therapy, coaching, and any of our 15 group offerings at two locations; the Pine House near the campus of USM, and The Hay, a historic suite of offices, and common areas in the Arts District of Portland. Both are easily accessible by public transportation. OT runs shuttles for members twice daily to program locations. When "shelter in place mandates" occur, all program pivots to 100% virtual OT Online.

Full-time coordinators for wellness, career/academic exploration, and community connection meet with members throughout the week. OT locations are open for drop-in visits or food prep, spontaneous gatherings, snacks, and camaraderie with other members and specially trained staff. Additionally, OT provides regularly scheduled apartment consults, drop-in access and brunch and dinner at the Pine House, and events and appointments at the Hay 6 days a week.

Please call for the latest COVID program modifications.

Accreditation, Licensure: State of Maine, Department of Professional and Financial Regulation; Office of Professional and Occupational Regulation - Board of Alcohol and Drug Counselors

Professional Affiliations: NATSAP - Associate Member; Young Adult Transition Association (YATA); Northern New England Collaborative