



Transition Services Directory

Portland, Oregon
Metropolitan Area

Pathways Transition Training Collaborative

Pauline Jivanjee and Eileen M. Brennan, Co-Principal Investigators

Research and Training Center for Pathways to Positive Futures, Portland State University



Compiled by Michael Walker
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The Transition Services Directory lists programs available in the Portland, Oregon Metropolitan Area for young people ages 14-30 who are experiencing mental health difficulties. Inclusion in the list does not imply endorsement of the services by the Research and Training Center for Pathways to Positive Futures.



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Albertina Kerr (Non-Profit)

CONTACT:

424 NE 22nd Avenue, Portland, OR 97232

Phone: 503-239-8101

Fax: 503-239-8106

info@albertinakerr.org

www.albertinakerr.org

SERVICES:

- Crisis psychiatric care (Sub acute)
- Family resource center
- Foster care/ youth group homes
- Intensive treatment program
- Outpatient services

HEALTH INSURANCE/COST:

Oregon Health Plan (OHP)

ELIGIBILITY/AGE:

Serves children who are wards of the state ages 3-18, depending on the program

Asian Health & Service Center (Non-Profit)

CONTACT:

3430 SE Powell Blvd, Portland, OR 97202

Phone: (503) 872-8822

Fax: (503) 872-8825

info@ahscpx.org

<http://www.ahscpx.org>

SERVICES:

- Behavioral health programs
- Public health problems
- Community & senior programs
- Yu Miao Chinese immersion preschool

HEALTH INSURANCE/COST:

Services are available to Asian individuals and families with or without health insurance.

ELIGIBILITY/AGE:

Culturally specific to Cantonese, Mandarin, Korean and Taiwanese people of all ages.

Avel Gordly Center for Healing at OHSU

CONTACT:

621 SW Alder St, Portland, OR 97205

Phone: (503) 494-4745

503-494-9919 (direct)

Fax: (503) 494-4747

http://www.ohsu.edu/xd/about/vision/diversity/visitors/avel_gordly.cfm

SERVICES:

- Individual therapy
- Group therapy
- Marital, couples and family therapy
- Psychiatric evaluation
- Medication management
- Substance abuse/dependence
- Gambling addiction

HEALTH INSURANCE/COST:

No insurance is needed. Payment is on a sliding scale according to income.

ELIGIBILITY/AGE:

Serves only African Americans of all ages; youth must be accompanied by an adult.

A Home Within (Non-Profit)

CONTACT:

2500 18th St, San Francisco, CA 94110

Phone: 1-888-898-2249

www.ahomewithin.org/

SERVICES:

- Private practice therapy (counseling)

HEALTH INSURANCE/COST:

No insurance is needed. Pro-bono services are available.

ELIGIBILITY/AGE:

Clients are in foster care or have been in foster care in the past. No age limit but services usually end by the age of 20. Open to youth in the Portland, OR area.

Boys & Girls Aid (Non-Profit)

CONTACT:

018 SW Broadway Court, Portland, OR 97239

Phone: 503-222-9661

Fax: 503-224-5960

<http://boysandgirlsaid.org/>

SERVICES:

- Permanent housing
- Temporary safe housing
- Independent living services (girls only ages 16 to 18 who are in DHS custody in Multnomah and Clackamas counties)
- Independent living skills training
- Mentoring
- STEP Program (Stabilization, Transition, and Evaluation Program, STEP is a short-term shelter)
- Pettygrove residential program is a nine month program serving young women, 14 to 18 years of age who are in Oregon Youth Authority custody.

HEALTH INSURANCE/COST:

Free of charge if admission criteria are met.

ELIGIBILITY/AGE:

Depends on the program, ages 10-18

Cascadia Behavioral Healthcare (Non-Profit)

CONTACT:

847 NE 19th Avenue, Suite 100, Portland, OR 97232

Phone: 503-238-0769

Fax: 503-963-7711

info@cascadiabhc.org

www.cascadiabhc.org

SERVICES:

- Outpatient services for mental health disorders and alcohol and drug addictions
- Housing outreach and support
- Crisis services
- Residential services
- Supportive housing and homeless services
- Medical services and housing development
- Urgent one-time only walk-in program for adults free of charge.
- Youth program for ages 7-18.

HEALTH INSURANCE/COST:

Oregon Health Plan coverage is needed. Some grants are available to clients who do not have OHP and have financial need.

ELIGIBILITY/AGE:

All ages accepted. Youth program ages 7-18.

Catholic Charities/ Housing Transitions Program/El Programa Hispano (Non-Profit)

CONTACT:

2740 SE Powell Blvd #5, Portland, OR 97202

Phone (503) 231-4866

Fax (503) 231-4327

info@catholiccharitiesoregon.org

www.catholiccharitiesoregon.org

SERVICES:

- Mental health counseling contracted with Cascadia or Lifeworks
- Housing Transitions provides permanent housing to homeless women
- Child care for women over the age of 21
- Crisis help
- El Programa Hispano Program
- Free mental health counseling through Central City Concern

HEALTH INSURANCE/COST:

Housing Transitions Program – for people with or without health insurance but access to counseling is difficult for people without insurance. El Programa Hispano Program – No health insurance is needed.

ELIGIBILITY/AGE:

Housing Transitions Program is for homeless women under 21 years of age and with no children. El Programa Hispano Program serves Latino residents of Multnomah county aged – 18 or older.

Central City Concern (Non-Profit)

CONTACT:

232 NW 6th Ave, Portland, OR 97209

Phone: (503) 294-1681

Fax: (503) 294-4321

cccadmin@ccconcern.org

www.centralcityconcern.org

SERVICES:

- Case management
- Counseling
- Addiction treatment
- Co-occurring disorder treatment
- Access to housing and eviction prevention
- Medication prescribing and management
- Access to medical professionals

HEALTH INSURANCE/COST:

Oregon Health Plan

ELIGIBILITY/AGE:

Individuals aged 18 or older with a mental illness, There is no waiting list but it takes 3 ½ weeks to get an intake appointment.

Christie Care (Non-Profit)

CONTACT:

PO Box 368, Marylhurst, OR 97036

Phone: 503-723-6005

Fax: 503-697-6932

info@christiecare.org

www.christiecare.org

SERVICES:

- Mosaic Program helps youth that are transitioning out of youth services and into adult services
- Residential services
- Education services
- Support services

HEALTH INSURANCE/COST:

Oregon Health Plan and limited insurance is accepted (check with the program)

ELIGIBILITY/AGE:

Children and families that have significant mental health issues ages 17-24

CODA (Non-Profit)

CONTACT:

15 NE 11th Ave, Portland, OR 97214

Phone: 503.239.8400

Admissions@codainc.org

<http://www.codainc.org/>

SERVICES:

- Case management
- Medication management
- Individual therapy
- group therapy

HEALTH INSURANCE/COST:

Oregon Health Plan

ELIGIBILITY/AGE:

Program participants must be 18 or older, live in Multnomah County, and have OHP, be enrolled in Verity managed care or Family care (Insurance program)

Columbia River Mental Health Services

Options Youth Program (Non-Profit)

CONTACT:

6926 NE Fourth Plain Blvd. Vancouver, WA 98666-1337

Phone: 360-993-3000

Phone: 360-750-7033

info@crmhs.org

www.crmhs.org

SERVICES:

- Outpatient therapy
- Psychiatric evaluation
- Medication management
- Individual and group therapy
- Dual diagnosis case management
- Drug and alcohol addiction therapy
- Housing services
- Employment services

- Education services
- Community life skills

HEALTH INSURANCE/COST:

Medicaid

ELIGIBILITY/AGE:

Ages 14-24 years of age

Early Assessment and Support Alliance (EASA) (Non-Profit)

CONTACT:

Department of County Human Services
Mental Health and Addiction Services Division
421 SW Oak Street
Portland, OR 97204
Phone: 503-988-EASA (3272)
Phone: 503-988-5464
Fax: 503-988-5870
<http://web.multco.us/mhas/early-assessment-and-support-alliance>

SERVICES:

- Safety planning
- Screening and individualized treatment planning
- Low-dose medication
- Regular counseling appointments
- Goal identification and planning
- Support for education, building job skills
- Group activities and community involvement activities
- Family education and support

HEALTH INSURANCE/COST:

EASA serves young people regardless of insurance.

ELIGIBILITY/AGE:

Ages 15-25 in Multnomah County

Friends of the Children (Non-Profit)

CONTACT:

44 NE Morris St, Portland, OR 97212
Phone: 503-281-6633
Fax: 503-281-6819

pdxinfo@friendsofthechildren.org

SERVICES:

- Professional mentoring for children and youth
- Teen Space and Friday at Friends program, provides a place for youths to study
- CHOICE assists 11th and 12th graders with workshops to gain life-skills, job skills, and college preparation
- Summer internships
- Fast Friends scholarships

HEALTH INSURANCE/COST:

No cost is associated with the program.

ELIGIBILITY/AGE:

Selection of participants during Kindergarten or 1st grade, services offered until high school graduation

Girls Inc. (Non-Profit)

CONTACT:

1233 SE Stark St, Portland, OR 97214

Phone: 503-230-0054

<http://www.girlsincnworegon.org/?q=home>

SERVICES:

- Residential programs
- Foster care services
- After school programs
- Girls Take Off program meets monthly. For outdoor activities to instill appreciation for physical health and the environment
- The Girls Council is an advisory council composed entirely of middle school and high school aged girls.
- Mentoring program
- Allies in Action - teaches girls how to overcome relational aggression—(bullying)
- Girls Inc. Economic Literacy - teaches girls to manage and invest money
- Girls Inc. Friendly PEERsuasion - offers gender-specific drug and alcohol abuse prevention
- Operation SMART - introduces girls to science, math, and technology-related careers
- Girls Inc. Media Literacy - teaches girls to interpret, critically analyze and respond to messages from the media
- Girls Inc. Preventing Adolescent Pregnancy
- Project BOLD - gives girls the skills, strategies, and support for personal safety and safety in their communities and beyond.

HEALTH INSURANCE/COST:

No cost (Eligibility related to attendance at specific schools.)

ELIGIBILITY/AGE:

Enrolled in one their schools (Check with the program for schools) Ages 8-21

Impact NW (Non-Profit)

CONTACT:

Brentwood-Darlington Community Center

7211 SE 62nd Ave, Portland, OR 97206

Phone: (503) 988-5961

info@impactnw.org

www.impactnw.org/

SERVICES:

- Impact mentoring ages 5-18
- Independent living program to transition youth ages 14-21 out of foster care into adulthood
- Social and Support Services for Educational Success (SSSES) provides supportive services to adolescents ages 12 to 17, who are at risk of dropping out.
- Urban Opportunities: job-training and placement program

HEALTH INSURANCE/COST:

No insurance needed, no charge

ELIGIBILITY/AGE:

Ages 5-21

Intercultural Psychiatric Program at OHSU

CONTACT:

3633 SE 35th Pl, Portland, OR 97202

Phone: 503 494-4222

Fax: 503 494-6143

www.ohsu.edu/xd/health/services/clinics/InterculturalPsychiatricProgramIPP.cfm

SERVICES:

- Mental health services for immigrants
- Torture recovery treatment services
- Intercultural support center
- Education and outreach services

HEALTH INSURANCE/COST:

No insurance is needed. Payment is on a sliding scale according to income.

ELIGIBILITY/AGE:

Serves immigrants of all ages with mental health issues

Janus Youth Programs (Non-Profit)

CONTACT:

707 NE Couch Street, Portland, OR 97232

Phone: 503.233.6090

Fax: 503.233.6093

feedback@janusyouth.org

www.janusyouth.org

SERVICES:

- Residential services
- Homeless youth services
- Runaway youth services
- Alternative education services
- Scholarship services
- Urban agriculture services

HEALTH INSURANCE/COST:

Oregon Health Plan (OHP)

ELIGIBILITY/AGE:

Residential programs serve youth ages 12-17 that are wards of the state. The runaway shelter accepts youth aged 9 and older. Homeless services are for youth up to age 24.

Kinship House (Non-Profit)

CONTACT:

1823 NE 8th Ave, Portland, OR 97212

Phone: (503) 460-2796

kinship@kinshiphouse.org

SERVICES:

- Counseling
- Child welfare assessments
- Education
- Advocacy

HEALTH INSURANCE/COST:

Oregon Health Plan, private insurance, or private pay

ELIGIBILITY/AGE:

Serve children in the foster care system and adopted children who have a mental health diagnosis.

Lifeline Connections (Non-Profit)

CONTACT:

1601 E Fourth Plain Blvd, Bldg 17, STE A212

Vancouver, WA. 98661

Phone: (360) 397-8246

info@lifelineconnections.org

www.lifelineconnections.org

SERVICES:

- Group and individual therapy and peer support
- Case management
- Vocational services
- Medication management

HEALTH INSURANCE/COST:

Any insurance is accepted. Clients who do not have insurance or Medicaid must meet the RSN criteria for high risk in order to have their treatment paid for by state.

ELIGIBILITY/AGE:

Clark County residents ages 18 years and up with a mental health and/or substance abuse diagnosis. Must have Medicaid or meet the RSN criteria for high risk (released from incarceration or psychiatric hospitalization in prior days or a mental health court client).

Lifeworks NW (Non-Profit)

CONTACT:

Administrative Office: 14600 NW Cornell Rd, Portland, OR 97229

Phone: 503-645-3581

Fax: 503-629-8517

www.lifeworksnw.org

SERVICES:

Counseling services for

- Anxiety

- Depression
- Past trauma
- Family relationship issues
- Challenges during adolescence
- Parenting difficulties
- Alzheimer's disease
- Other challenges that make everyday living hard

HEALTH INSURANCE/COST:

Any insurance is accepted. People without insurance can make payment arrangements.

ELIGIBILITY/AGE:

Open to all

Luke-Dorf (Non-Profit)

CONTACT:

10313 SW 69th Ave, Tigard, Or 97223
 (503) 726-3690
www.luke-dorf.org

SERVICES:

- Homeless outreach
- Dual recovery program
- Transitional housing
- Mental health counseling

HEALTH INSURANCE/COST:

Medicaid and OHP are accepted. No private insurance is accepted. Multnomah Treatment Funds are available to people who do not have insurance.

ELIGIBILITY/AGE:

Individuals aged 18 and over with a diagnosis with a serious mental health illness. There are waiting lists.

Lutheran Community Services (Non-Profit)

CONTACT:

605 SE Cesar E Chavez Blvd, Portland, OR 97214
 Phone: (503) 231-7480
 Fax: (503) 233-0667
<http://www.lcsnw.org>

SERVICES:

- Adoption services
- Mental health counseling
- Alcohol/drug treatment and education
- Parent education and support
- Community education and prevention
- Refugee resettlement
- Crisis intervention/response
- Employee assistance programs
- Transitional housing
- Family support centers and services
- Violence prevention and counseling
- Foster care
- Volunteer services

HEALTH INSURANCE/COST:

Oregon Health Plan and a few other insurance companies, sliding scale fees according to income

ELIGIBILITY/AGE:

Anyone can use these services

Mind Your Mind

CONTACT:

<http://mindyourmind.ca/>
info@mindyourmind.ca

SERVICES:

- Mind Your Mind is mental health information website for youth and emerging adults. This is a place where youth can get information, resources, and tools to help youth to manage stress, crises and mental health problems.

HEALTH INSURANCE/COST:

N/A

ELIGIBILITY/AGE:

Youth and emerging adults

Morrison Child & Family Services (Non-Profit)

CONTACT:

9911 SE Mt. Scott Blvd, Portland, OR 97266
(503) 258-4200
(503) 233-4359
intake@morrisonkids.org
www.morrisonkids.org

SERVICES:

- Prevention and education
- Outpatient
- Community and school-based
- Day treatment
- Foster care
- Residential
- Program evaluation

HEALTH INSURANCE/COST:

Oregon Health Plan

ELIGIBILITY/AGE:

Children and youth with a mental health diagnosis up to age 21

Multicultural Counseling Services (Non-Profit)

CONTACT:

605 SE Cesar E Chavez Blvd, Portland, OR 97214
Phone: (503) 231-7480
Fax: (503) 233-066
www.lcsnw.org/portland/counseling.html

SERVICES:

- Counseling
- Workshops
- Assessments (mental health/alcohol & drug)

HEALTH INSURANCE/COST:

No insurance is needed. Payment is on a sliding scale according to income.

ELIGIBILITY/AGE:

Must show financial need. English-limited individuals and families for whom existing services are inaccessible due to cost, language, and/or cultural barriers. Open to all ages.

Native American Rehabilitation Association of the Northwest, Inc.

CONTACT:

17645 NW St. Helens Hwy, Portland OR 97231

Phone: 503.621.1069

Fax: 503.621.0200

www.naranorthwest.org

SERVICES:

- Assessment and evaluation
- Individual and family counseling
- Health education groups
- Parenting groups
- Cognitive behavioral therapy group
- Mental health assessments
- Evaluations
- Early intervention counseling
- Cultural activities
- Peer support

HEALTH INSURANCE/COST:

Any insurance except Oregon Health Plan and other state insurances, but individuals must be pre-authorized to receive services. Payment is on a sliding scale according to income.

ELIGIBILITY/AGE:

Individuals over age 13 seeking treatment will need a current alcohol & drug assessment, physical exam, and TB test prior to being reviewed and approved by the admissions committee.

New Avenues for Youths (Non-Profit)

CONTACT:

1220 SW Columbia St, Portland, Oregon 97201

Phone: 503-224-4339

Fax: 503-224-3653

info@newavenues.org

www.newavenues.org

SERVICES:

- Day services

- Case management
- Transitional housing
- A.M.P. (music/arts program)
- New Avenues for Youth alternative high school
- PAVE job training program
- Ben & Jerry's partnership

HEALTH INSURANCE/COST:

There is no cost to service users because grants and other county based services cover program costs. If youth have insurance, New Avenues assists them to find a mental health provider outside of the agency.

ELIGIBILITY/AGE:

Homeless youths and young adult's -16-25 years of age

Options (Non-Profit)

CONTACT:

10011 SE Division St #305, Portland, OR 97266

Phone: 503-335-5975

Fax: 503-335-5974

options@options.org

<http://options.org/>

SERVICES:

- Outpatient mental health program for youth with mental health and behavioral problems
- Counseling
- Domestic violence program
- Family sexual abuse treatment
- Intensive family services
- Parent training

HEALTH INSURANCE/COST:

Oregon Health Plan

ELIGIBILITY/AGE:

Youth under the age of 18

Oregon Partnership Youth Line (Non-Profit)

CONTACT:

5100 SW Macadam Ave, Suite 400 Portland, OR 97239

Phone: 503-244-5211
Fax: 503-244-5506
plabberton@orpartnership.org
<http://oregonyouthline.org>

SERVICES:

A free and confidential 24-hour teen-to-teen crisis, counseling, and referral line for Oregon youth
Help Line: 800-923-HELP
Youth Line: 877-553-TEEN
Life Line: 800-273-TALK or 800-SUICIDE

HEALTH INSURANCE/COST

N/A

ELIGIBILITY/AGE

Youth

Outside In (Non-Profit)

CONTACT:

1132 SW 13th Ave
Portland, OR 97205
Phone: 503.535.3800
Fax: 503.223.6837
www.outsidein.org

SERVICES:

- Housing services
- Education services
- Employment services
- Counseling
- Medical care
- Food
- Recreation and art

HEALTH INSURANCE/COST:

No insurance is needed. Payment is on a sliding scale according to income.

ELIGIBILITY/AGE:

Young people up to age 30 without a stable living situation. Youth with medical needs may be seen at the clinic on a walk-in basis.

Pacific Psychological Clinic

CONTACT:

1411 SW Morrison St, Suite 205
Portland, OR 97205
www.pacificu.edu/spp/clinic/

SERVICES:

- Counseling for individuals, couples & families
- Assessment/testing for ADD, ADHD

HEALTH INSURANCE/COST:

Payment is on a sliding scale according to income. Full-time student rate is \$20 per session. Assessment/testing for ADD, ADHD & Learning Disabilities is \$500

ELIGIBILITY/AGE:

Anyone with a mental health issue

Self Enhancement Inc. (SEI) (Non-Profit)

CONTACT:

3920 N Kerby Ave, Portland, OR 97227-1255
Phone: 503-249-1721
www.selfenhancement.org

SERVICES:

- In-school program
- After-school enrichment
- The summer program
- Post high school support
- Parent involvement program
- Family and private counseling
- Domestic violence classes and support groups
- Parenting courses

HEALTH INSURANCE/COST:

No insurance is needed; funded through Healthy Kids Program.

ELIGIBILITY/AGE:

Students ages 8-25, Participants usually graduate from the program when they have completed college, have gainful employment, and are considered positive contributing citizens.

Serendipity Center (Non-Profit)

CONTACT:

14815 SE Division St, Portland, OR 97236

Phone: (503) 761-7139

Fax: (503) 761-7917

www.serendipitycenter.org

SERVICES:

- Education and treatment services for children
- Therapeutic school program for mental health for K-12 students
- North Star, an alternative program for middle school and high school students
- Transition to Independence program helps youths transitioning into adulthood

HEALTH INSURANCE/COST:

No insurance is needed. The cost is paid through the school district.

ELIGIBILITY/AGE:

Ages 17-21 with a mental health issue and developmental disability

Sexual & Gender Minority Youth Resource Center (SMYRC) (Non-Profit)

CONTACT:

3024 NE M.L. King, Jr. Blvd, Portland, OR 97212

Phone: 503-872-9664

Fax: 503-231-3051

info@smyrc.org

www.smyrc.org

SERVICES:

- Support system for sexual minority youth
- Support system for education
- Counseling services

HEALTH INSURANCE/COST:

Oregon Health Plan - Counseling is free for anyone under the age of 17. For people ages 18-23, the sliding scale cost begins at \$10 per session.

ELIGIBILITY/AGE:

Sexual Minority (LGBTQ) 12-23 years of age, also counseling for adults

Shellmire Unlimited

CONTACT:

4134 N Vancouver Ave Suite102, Portland, OR 97217

Phone: 503-331-2548

Fax: 503-331-2549

Cell: 503-803-2309

rsunlimited@qwestoffice.net

www.shellmireunlimited.com

SERVICES:

- Counseling services for individuals, families and small groups
- Anger management
- Domestic violence
- Conflict resolution services

HEALTH INSURANCE/COST:

All insurance is accepted (No Oregon Health Plan)

ELIGIBILITY/AGE:

Ages 6 and older

The Children's Center (Non-Profit)

CONTACT:

415 W 11th St, Vancouver, WA 98660

Phone: (360) 699-2244

Fax: (360) 699-1900

www.thechildrenscenter.org/

SERVICES:

- Mental health counseling for youths
- School-based mental health program for children and youth identified as having behavioral or emotional problems that impact their ability to function successfully in school.

HEALTH INSURANCE/COST:

No insurance is needed. Donations accepted to alleviate costs.

ELIGIBILITY/AGE:

Children and youth aged 2-18 who have been screened by a therapist.

Trillium Family Services (Non-Profit)

CONTACT:

3415 SE Powell Blvd, Portland, OR 97202

503-234-9591

services@trilliumfamily.org

www.trilliumfamily.org

SERVICES:

- Psychiatric residential treatment
- Outpatient therapy
- Community-based programs
- School and community programs
- Mentoring programs
- Day treatment programs

HEALTH INSURANCE/COST:

Most Insurance is accepted including, Oregon Health Plan; self-pay accepted.

ELIGIBILITY/AGE:

Children and adults ages 5-24 with an emotional or behavioral disorder or mental illness.

Western Psychological & Counseling Services, P.C.

CONTACT:

12636 SE Stark St. Plaza 125, Building J, Portland, OR 97233

amandap@westernpsychservices.com

www.westernpsych.com

SERVICES:

- Adult individual therapy
- Child and adolescent therapy
- Family therapy
- Group therapy
- Medication evaluation and management
- Psychological testing and evaluations
- Drug and alcohol assessment / treatment, DUI assessments

HEALTH INSURANCE/COST:

Various private insurances that cover mental health; Self-pay participants pay the standard rates which are \$228 for the initial appointment and \$130-\$135 for follow ups; some providers work on a "sliding scale."

ELIGIBILITY/AGE:

There are no eligibility requirements, no age restrictions, and no waiting list.

Youth M.O.V.E. Portland (Non-Profit)

CONTACT:

4837 NE Couch St. Portland, OR 97213

luis@youthmoveoregon.com

<http://youthmoveoregon.org/>

SERVICES:

- Improving services and systems that support positive growth and development by uniting the voices of individuals who have lived experience in various systems including (and not limited to) mental health, juvenile justice, education, and child welfare.
- Peer mentoring

HEALTH INSURANCE/COST:

No insurance is needed.

ELIGIBILITY/AGE:

Youth that have personally experience in one of the service systems listed above.