



Behavioral Healthcare

**Region 6 Behavioral Healthcare – Transitional Resources for Youth**

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*The Region 6 service area is Cass, Dodge, Washington, Douglas, and Sarpy counties. There are no costs for services.*

Transitional Resources for Youth (TRY) Team: The TRY Team is a case consultation team designed to support young adults experiencing behavioral health challenges in developing a plan for transitions in their lives while addressing any barriers they may experience. This is accomplished through a collaborative effort of identifying and making recommendations to existing resources and supports. *The TRY Consultation Team is available to any young adult between the ages of 16-26, who has experienced a behavioral health challenge.*

Peer Support: Peer Support fosters the development of a one-on-one relationship between two peers who have experienced similar struggles with mental health and/or substance use. Peer Support Specialists are different from other professionals because they have experienced personal challenges with mental health and/or substance use. Peer Support Specialists know how to use what they have learned from their experiences to encourage and inspire recovery. *Peer Support services are available to young adults between the ages of 16-26 who are enrolled in the Transition-Age Youth Professional Partner Program at Region 6 Behavioral Healthcare.*

Young People's Peer Support Group: The Peer Support Group provides a unique environment where young adults can connect with one another through shared experiences and develop positive social relationships to empower recovery. The group is peer run, meaning everyone who attends the group, including the group facilitator, has experienced behavioral health challenges. *The Peer Support Group is available to any young adult between the ages of 16-26, who has experienced a behavioral health challenge.*

Independent Living Classes: Independent living classes are offered on a variety of life skills topics designed to foster self-sufficiency in young people by providing them with the knowledge and skills necessary to live an independent lifestyle. The classes are presented by experts in the community and are offered on a monthly basis. *Independent Living Classes are available to any young adult between the ages of 16-26, who has experienced a behavioral health challenge.*