

# Our Specialized Treatment Team

Our dedicated team of peer specialists, therapists, social workers, psychiatrists and psychiatric rehabilitation counselors at Project Transition make all the difference in quality care.

Our program begins care planning from day one of admissions which ensures that each Member has an individualized plan in place to support successful treatment outcomes and graduation.

*“Project Transition came into my life when I felt everyone had given up on me. The staff and other members welcomed me and helped me figure out what I wanted out of my life and how to achieve it. Even though I had a few setbacks, the Project Transition team stood by me, and I am now able to be part of a community, living, paying rent, and even saving money.”*

*-Andre B. Graduate of the Project Transition-Andorra Program*

**DO YOU OR SOMEONE YOU KNOW STRUGGLE WITH CHRONIC MENTAL ILLNESS AND ARE LOOKING FOR RESIDENTIAL SUPPORT?**

We Use Evidence-based Practices:  
Dialectical Behavior Therapy  
24/7 Skills Coaching/Crisis Response Line  
Community Supports  
Trauma Treatment  
Wellness Recovery Action Plan (WRAP)  
Certified Peer Support

**More Information:**

**Want to learn more about how Project Transition can help?**

**Call: Knoxville: 865-309-5910**

**Nashville: 615-526-1916**

**Memphis: Coming Soon**

**Email: [Info@ProjectTransition.com](mailto:Info@ProjectTransition.com)**

**Web: [ProjectTransition.com](http://ProjectTransition.com)**



**“To enable each person who has Serious Mental Illness, Dual Diagnosis, Substance Use Disorder or an Intellectual Developmental Disability and Behavioral Health challenges to live a life that is meaningful to him/her/they in the community on terms he/she/they defines.”**



## Who We Are

Project Transition is a 12-18 month, community based residential treatment and recovery program that has been working with the Mental Health community for over 30 years. We have eight campuses including Nashville, Knoxville, and Memphis, Tennessee. Wilmington, North Carolina, and Philadelphia and Berks Counties, Pennsylvania. We service those 18-65 years old.

## What We Do

**“We take your dreams seriously!”**  
Project Transition offers comprehensive day programming for individuals with serious mental illness (co-occurring disorders and possibly borderline/mild I/DD). Individuals will live in fully furnished apartments that are integrated within the community.

## Blue Sky Treatment and Recovery Plan

Your Blue Sky Treatment & Recovery Plan focuses on your goals when prompted with the following scenario, “If there were no barriers, what would your ideal life look like 5 years after you graduate?” The answer to this question is then broken down into long- and short-term goals accompanied by specific action steps to help you work toward achieving them. These steps are then integrated into a Treatment and Recovery Plan so that every action step and goal is in pursuit of your identified life-worth-living and the life that you deserve.

### **We Offer Person-Centered:**

- 24/7 level of care (certain locations)
- Peer Support
- Independent Living Skills Groups
- Vocational Assistance
- Social Activities
- Wellness Services
- Individual and Group Therapy
- Psychiatry
- Medication Management