Are you an emerging adult? Do the challenges of adult life seem too difficult to face at times? Do you struggle to live independently? This group may be the place for you! The Young Adult Life Skills Group is an 8 week-long outpatient group for young adults (18-26) who are finding the responsibilities of "adulting" challenging and would like to be more successful in the day-to-day adult world. We will identify what gets in your way of success, and work towards specific goals to help you manage your life better as a young adult.

**TREATMENT PLAN INCLUDES**

- Coping skills
- Art therapy
- Physical activity
- Relationship skills
- Individual therapy
- Group therapy
- Medication assessment/management
- Academic support and applied life skills
- Family therapy
- Parenting skills

**YOUNGADULT LIFE SKILLS TOPICS**

- Financial planning and budgeting
- Routine and time management
- Self-care and coping mechanisms
- Creating a resume and preparing for job interviews
- Setting and implementing personal goals

**EXAMPLE SCHEDULE**

10:00am Relationship Skills
11:00 Applied Life Skills
12:00 Process Group
1:00pm End

*Patients will receive individual psychiatric and therapy visits every week*

**INSURANCE**

We are in-network with Aetna, Anthem Blue Cross, Cigna and Valley Health Plan. We also have a generous financial aid policy and work hard to negotiate with out-of-network insurance companies.

Young Adults can be referred to our website at [www.baca.org](http://www.baca.org) to request a free needs assessment. Check our website as IOP tracks may differ based on clinic.