

*"Anyone who has never  
made a mistake has never  
tried anything new."*

*-Albert Einstein*



## WHO WE ARE

Both born and raised in Vermont, Vanessa and Courtney know a bit about the state. Although currently based in Waterbury, these Young Adult Coordinators are willing and excited to hit the road and learn about your community.

While working on the Youth in Transition Grant, Vanessa and Courtney are dedicated to listening with open minds and open hearts. We want to hear your story.

Vanessa focuses on providing Technical Assistance, while Courtney can lend a hand with Social Marketing. Each of the coordinators graduated from the University of Vermont with Bachelor's Degrees and are chomping at the bit to get you, the young adult, involved!

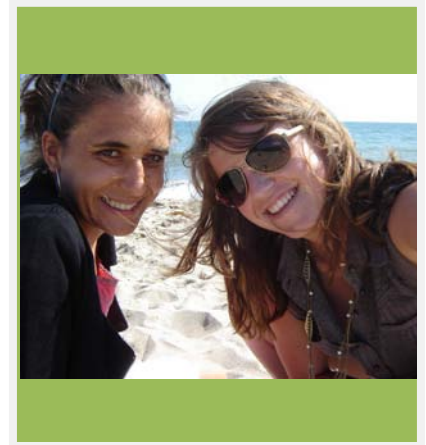
Call, text, or e-mail us!

## GET INVOLVED!

Vanessa Lang:  
802-595-5159  
vlang@vffcmh.org

Courtney Bridges  
802-595-5147  
cbridges@vffcmh.org

Made possible by CMHI Grant  
# 1U79SM058485 - 01 from SAMHSA.



## STATEWIDE YOUNG ADULT COORDINATORS

Vanessa Lang & Courtney Bridges



Vermont Youth in Transition



The Vermont Federation of Families for  
Children's Mental Health



## YOUTH IN TRANSITION GRANT

The goal of this project is to promote positive mental well being for Vermonters age 16-21. Young people should have plenty of preparation and solid support systems in place as they transition out of their teenage years.

Each of the twelve Agency of Human Services (AHS) regions in the state is reaching out to young adults in teen centers, recovery centers, shelters, alternative schools, and those involved with the criminal & juvenile justice systems. Through this we can improve access to mental health and related services and break down the barriers that prevent young people from using them.

We hope to make life as a whole better for you the young adult. This project is not about what we want to see; it is about what you want to see and move forward.

**We want you involved with  
how the money is spent and  
how the decisions are made!**

**SOCIAL MARKETING:** Social Marketing is a lot like commercial marketing, but without trying to sell a product. The goal of Social Marketing is to change people's thoughts and actions concerning an issue, or matter. For this project, we want to change the way that people think about mental health.

**TRAINING AND TECHNICAL ASSISTANCE:** Training provides great information and tools for service providers, the community, and you. Technical Assistance gives you an extra set of hands to plan events, set up trainings, or just stay on track!

•••

*"Some days are hopscotch  
kind of days, some days are  
getting-nailed-at-  
dodgeball kind of days"*



# GOALS

- Support young adult voice, leadership, and empowerment.
- Get young adults involved in making the decisions that affect their lives.
- Improve the system of care for young adults.
- Create meaningful, lasting relationships.
- Reduce stigma through social marketing.
- Provide training and technical assistance when needed.

*"Be yourself.  
Everybody else is  
already taken."*

*-Oscar Wilde*