

What Is YACC?

- An evidence based early intervention program based on the Coordinated Specialty Care (CSC) model to target adolescents and young adults experiencing unusual thoughts, feelings, and behaviors.
- Developed as part of a nationwide initiative to reduce gaps between the development of symptoms and receipt of treatment.
- A time limited, team-based recovery-oriented approach to addressing symptoms and optimizing mental and physical well-being.

What Is The Goal Of YACC?

- Help adolescents and young adults (ages 15-30) successfully cope with distressing symptoms.
- Improve adolescent/young adult's ability to work, go to school, live independently, and develop healthy relationships.

Why is YACC Important?

- Each year approximately 10,000 adolescents and young adults experience symptoms of unusual thoughts, feelings, and/or behaviors with a peak onset between the ages of 15-30.
- These symptoms often have a significant impact on an individual's social, academic, and vocational/performance development.
- Early intervention has been shown to be significantly superior to other approaches of dealing with these symptoms.

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encompass
—Community Supports—

Formerly Known As –
Rappahannock-Rapidan Community Services

YOUNG ADULT COORDINATED CARE

Encompass Community Supports

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IS YACC AVAILABLE TO YOU?

You may be eligible to participate if you:

- Between the ages of 15 and 30
- Currently live in Culpeper, Fauquier, Madison, Orange and Rappahannock County or can get to one of our service locations
- Have experienced unusual thoughts, feelings, and behaviors OR sensations that others don't within the past year
- Are willing to work with the YACC treatment team to address your symptoms and concerns

WHAT DOES PARTICIPATION LOOK LIKE?

If you are eligible for and choose to participate in the YACC program, you will receive treatment including:

- Individualized care and support for up to 2 years
- Medication evaluation and treatment (as needed)
- Case management support to ensure effective coordination of necessary services
- Vocational/educational support to help in finding a job or returning to school
- Family education and peer support
- Meetings with your YACC team

SERVICES INCLUDE:

- Diagnostic Evaluation and Assessment
- Treatment Planning
- Support Coordination
- Individual Counseling
- Family Counseling
- Group Counseling
- Educational Support
- Employment Support
- Individual Peer Support
- Family Peer Support
- Medication Management
- Joint Family and Participant Groups
- Crisis Services



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WHAT IS RECOVERY LIKE?

Because each individual experiencing symptoms is unique, a personalized plan of recovery is developed with the following factors in mind:

- Symptom Reduction
- Improved Relationships
- Opportunity to Achieve Personal and Professional Goals

WHAT FACTORS SUPPORT RECOVERY?

Because each individual who experiences these symptoms is not the same, a personalized plan of recovery should be developed for each individual. We take into consideration the following factors:

- Treatment Participation
- Focus on Personal Goals
- Support Systems
- Self-Care
- Reduced or Eliminated Substance Use
- Increased Structure