

**Empowering youth
and their families
to achieve their dreams.**

Being a teen or young adult can be difficult. This transition can be especially difficult for youth facing emotional or behavioral health issues.



Building a System of Care or a collaboration among youth, their families and organizations from around the community can make all the difference. It takes a village to raise a child. K-TOWN is excited to be part of that village, helping Knoxville's youth ages 14-21 succeed during their transition into adulthood.



K-TOWN Youth Empowerment Network

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  **KTownYouth**

K-TOWN is supported by a grant from the Substance Abuse and Mental Health Services Administration (SAMHSA) and the Tennessee Department of Mental Health and Substance Abuse Services. The grant is administered by a partnership of the Tennessee Department of Mental Health and Substance Abuse Services, Tennessee Voices for Children, Helen Ross McNabb Center and Centerstone Research Institute.



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Who does K-TOWN serve?

K-TOWN serves Knox County youth ages 14-21 with an Axis I mental health diagnosis (for example—Bipolar Disorder, Depression and ADHD) who are at risk for entering a higher level of care and their families. Youth must also be in need of involvement with multiple service agencies.

How do I enroll?

Our enrollment coordinator can be reached at 865-532-0701, and all calls are returned within 24 business hours. He/she will set up an appointment with the referred youth and/or family to determine program eligibility. Also, he/she will explain the services and supports offered to both enrolled and non-enrolled youth and families.

What's next?

After enrolling, youth are assigned to a Mental Health Consultant (MHC) and a Family Support Provider (FSP) or a Transition Support Provider (TSP). The K-TOWN staff use the Wraparound Process, wrapping services and supports around the youth and families based on their unique strengths and needs.

Depending on the family's choice in services, the K-TOWN staff assists them as they navigate the Knox County system, whether it be for mental health, educational and life skills or other transitional needs.

We work with the families, youth and the community to provide a coordinated system that ensures the youth has access to the services he/she needs to successfully transition into adulthood.

How do we know K-TOWN works?

Our evaluation team meets with enrolled families and youth on a voluntary basis every three months to ask them questions about youth empowerment and the services they receive at K-TOWN. Also, the team hosts monthly Evaluation Learning Group meetings open to youth, families, community members and partnering agencies that allow youth and families the opportunity to learn and discuss the data collected by the evaluation team.



Youth in Action Council

Youth ages 14-25 are welcome to participate in our weekly youth council meetings, held from 6 p.m. to 8 p.m. on Thursdays at our K-TOWN offices, 901 E. Summit Hill Dr., Suite 100. Youth learn about leadership, effective advocacy skills and the importance of being a positive role model.

What support is available for families?

Our Lead Family Contact (LFC) is available to empower and strengthen your family as your child transitions into adulthood. Whatever challenges your family faces, the LFC offers support through regular support group meetings, family-driven trainings and problem solving to meet your family's needs. The LFC serves as an advocate for family driven care in Knox County.

Family to Family Support Group

Our Family Support Group meets every Thursday from 6 p.m. to 8 p.m. at K-TOWN's offices, 901 E. Summit Hill Dr., Suite 100. The group helps families understand that they are not alone in the challenges of caring for a youth with mental illness. During the support group meetings, families meet others who are facing similar situations and can draw comfort and ideas from each other.

Trainings for families

K-TOWN provides numerous trainings each month that are geared toward strengthening families and youth. For more information contact the LFC or the Technical Assistance Coordinator. For more information on upcoming trainings, call 865-523-0701.