

The Mobile Transition Team

The Mobile Transition Team (MTT) provides coordinated services for youth who are ready to step down from Psychiatric Residential Treatment Facilities (PRTFs) and the Child and Adolescent Behavioral Health Hospital (CABHH) in Minnesota to a less restrictive setting. MTT not only works to find the right placement fit for the youth but also provides intensive support throughout the transition and stabilization period, working side-by-side with caregivers and community services.

MTT's goal is to provide support during the transition and stabilization experience and reduce the risk of return placement. The team will travel to the youth and family to provide on-site support and services.

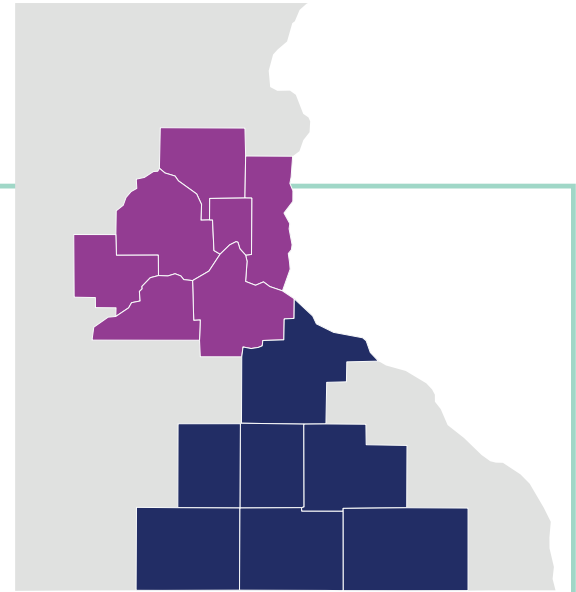
MTT serves youth returning to live in the Twin Cities Metro and southern Minnesota counties. Services are available to youth who have successfully completed their treatment objectives and are ready to step down into a less restrictive environment.

MTT is designed to be an advocate for the youth and a partner for families. Using various therapy models the team will work with the youth and family to address any behaviors, barriers, and concerns that may arise during the transition period.

The team includes:

- **Mental Health Therapist**
- **Youth and Family Skills Coach**
- **Youth Peer Specialist**
- **Parent Partner**
- **Clinical Care Manager**
- **Behavior Analyst**
- **Clinical Supervisor**

Once a youth is ready to transition out of the treatment setting, MTT will start building a relationship with the youth to understand their unique needs. The team will find the placement that best suits the youth either by reuniting them with family, finding a foster family, securing placement in a group home, or other step-down placements. Working alongside caregivers, the team provides individualized support throughout the transition.



For youth returning to live in these Minnesota counties:

METRO AREA:

Anoka, Carver, Dakota, Hennepin, Ramsey, Scott, Washington

SOUTHERN MN:

Dodge, Fillmore, Freeborn, Goodhue, Mower, Olmsted, Steele

FOR MORE INFORMATION:

[Nexusfamilyhealing.org/nexus-facts/MTT](https://nexusfamilyhealing.org/nexus-facts/MTT)

Email: NFC-MTTReferrals@nexusfacts.org

FREQUENTLY ASKED QUESTIONS

Who does MTT accept?

Any youth receiving services from a PRTF or CABHH who is returning to the Twin Cities Metro and counties in southern and southeastern Minnesota. Placement will be within the following counties.

Southern MN: Freeborn, Goodhue, Olmsted, Steele, Mower,
Dodge and Filmore Counties.

Metro Area: Anoka, Carver, Dakota, Hennepin, Ramsey,
Scott, and Washington Counties

Where are youth placed?

The priority is to reunify youth with their families if possible. MTT will engage families early in the discharge process and working side-by-side, equip them with the skills and resources needed to care for the youth. If family is not available, the team will locate other living options. Again, the team will work to build connections, establish relationships, and coordinate resources. Making stability during the transition the goal.

How are the services paid for?

All services are paid for via a grant from Minnesota Department of Human Services. There is no cost to families.

When does this service start?

MTT can be brought in as soon as a youth is identified for step-down services or even before. MTT bridges the gap from in-patient to community-based services up to 90 days.

How does it work?

Contact the team at NFC-MTTReferrals@nexusfacts.org to initiate services. Our Clinical Supervisor will reach out to you to discuss the case. The team will come onsite to meet with the youth, the care team, and the family. This will happen with enough frequency to establish a relationship, build trust, and evaluate needs. As the youth moves to their new residence, the team will work side-by-side with caregivers to remove barriers, address behaviors, and coordinate services to make a successful transition.

How about high-needs youth or those with developmental disabilities?

Yes, the Mobile Transition Team can assist with all youth.

Do you take youth from other sources?

At this time we are only working with youth from PRTFs and the CABHH in Minnesota who are returning to live in the counties mentioned above.



The MTT program is operated by Nexus-FACTS Family Healing, an agency of Nexus Family Healing. For over 50 years, Nexus Family Healing and its network of mental health agencies has restored hope for thousands of children, families, and adults through outpatient/community mental health services, foster care and adoption, and residential treatment. Learn more about MTT and Nexus-FACTS at NexusFACTS.org.