MAJOR CHANGE
YOUTH AND ADULT SUPPORT SERVICES

A MAJOR CHANGE PROGRAM

HOW SOUND MIND WORKS

From Referral to Individualized Support

Create • Heal • Connect • Belong

Stronger Youth Brighter Futures

1 Referral



Referral may come from Department of Behavioral Health, school, community partner, family, or other appropriate source.

2 Intake / Initial Screening



Basic eligibility, presenting needs, consent, and immediate safety concerns are identified.

3 Clinical Assessment



Our clinician evaluates behavioral health needs, determines appropriate clinical services, and identifies treatment and support goals.

4 Individualized Plan of Care



The clinician establishes the plan of care and identifies the appropriate mix of therapy, peer support interventions, and community health worker support.

5 Therapy / Community Health Worker Assignment



Services are assigned based on the individual's needs, strengths, goals, and level of support required.

6 Sound Mind Interventions & Support Services



Our peer support specialists facilitate assigned Sound Mind interventions. Our community health workers support navigation, linkage, and community resources. Our clinicians provide therapy and clinical services.

7 Progress Review



The team reviews participation, progress, barriers, and next steps.

8 Transition / Continued Care



Participants continue services, step down, or transition to other supports as appropriate.

ROLE CLARITY

Working Together for Greater Impact

Different roles. A shared purpose.
Better outcomes for the communities we serve.

Our Clinicians

Licensed therapy and clinical services, assessment, treatment planning, clinical review, and risk/safety decisions.

Our Peer Support Specialists

Assigned Sound Mind interventions, recovery support, strengths-based coaching, self-advocacy, and peer connection.

Our Community Health Workers

Navigation, health education, service linkage, community resources, and support with barriers that affect participation or wellness.

EXAMPLES OF ASSIGNED SOUND MIND INTERVENTIONS

Lyric Lab
Songwriting for self-expression and healing.

The Lab
Creative workshops and skill-building.

The Cypher
Peer discussion, storytelling, and connection.

The Mic Check
Reflection, goal setting, and personal growth.

The Notebook
Expressive writing and guided journaling.

Track Narrative
Turn your story into strength.

Sound Mind does not replace traditional behavioral health. It gives young people another way to engage with it.

Contact Us
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