

Young Adult Services (YAS)

Supporting Independence. Inspiring Creativity and Success.

About the Bridges YAS Program

Our Young Adult Services mission is to assist young adults affected by serious mental illness and/or traumatic events, so they may reach their fullest potential. YAS helps participants achieve the necessary skills for a more self-sufficient adult life. Services are provided by a comprehensive team that includes clinical, case management, social, vocational, and/or educational life skills support. The YAS program is client-centered, trauma-sensitive, and community based.

Young Adult Services Include:

- Comprehensive mental health services
- Primary care services
- Wellness support
- Assistance with choosing and maintaining safe, stable, and affordable housing
- Transportation assistance and training
- Social and recreational programming
- Vocational assessment, training, and placement
- Life skills training
- 24-hour access to program staff



Who We Serve

In order to be considered for Young Adult Services, an individual must be between the ages of 18 and 25 and have a history of a major mental health condition. Many participants may often have a history of DCF involvement and/or out-of-home placements. Additional eligibility criteria may apply and will be assessed. Referrals may come from any source.

Where We Serve

Bridges YAS provides services to young adults who reside in (or may be seeking residence in) the towns of Milford, Orange, and West Haven, CT.

How to Connect & Learn More

If you would like more information about the YAS program or would like to make a referral, please contact the Clinical Director of YAS Linda Haas at lhaas@bridgesmilford.org or call (203) 937-7777 ext 642.