

# Hillsborough County Adolescent & Teen Programs

## **BEHAVIORIAL HEALTH**

### **DACCO – Adolescent Services**

813-384-4119, Jannedra Ebanks

[www.dacco.org/PROGRAMS/OutpatientPrograms/AdolescentSpecialtyProgram.aspx](http://www.dacco.org/PROGRAMS/OutpatientPrograms/AdolescentSpecialtyProgram.aspx)

- 8-12 week program
- 3 days a week from 4:00 p.m.-8:00 p.m.
- Teens age 12 -17
- Addresses issues such as self-esteem, self-loathing, anger, the consequences of alcohol and drug addiction, and understanding and building healthy relationships

### **Gracepoint**

813-272-2244

[www.gracepointwellness.org](http://www.gracepointwellness.org)

- Provides clinical services for children, adolescents and families.
- Full range of psychiatric and therapeutic services, including individual, family and group therapy, psychiatric evaluations and medication management
- Home based services are also available

### **Phoenix House – Derek Jeter Center**

813-881-1000

[www.phoenixhouse.org/locations/florida/](http://www.phoenixhouse.org/locations/florida/)

- Comprehensive outpatient services for teens
- Helps families address adolescent substance abuse
- State, Medicaid, Insurance and self-pay. Sliding scale reductions based on household income are available for adolescents.
- Monday-Thursday 10:00am-8:00pm and Friday 9:00am-6:00pm

### **Success 4 Kids & Families**

(813) 871-7412

[www.s4kf.org/services/](http://www.s4kf.org/services/)

- **Successful Kids:** This program coordinates access to mental health services and supports based on a child's individual needs and the needs of the family. The goal is to keep children in their homes, schools, and communities.
- **Successful Students:** A truancy intervention program targeting youth ages 6 through 16.
- **Successful Youth:** Intervenes when young people find themselves in the juvenile justice system. Services focused on returning youth to their homes and community.
- **Healthy Transitions:** Serving young adults ages 16 to 25 years of age struggling with mental health issues. The program strives to make mental health support services more readily available to youth through individualized and group wellness activities.

### **Supportive Therapy Empowering People**

813-892-6203

[www.supportivetherapy.net](http://www.supportivetherapy.net)

- Provides individual, family and group therapy to children, teens and adults who are experiencing challenges causing turmoil in the home, school and workplace

- Mentors provide encouragement to some of the children who tend to be scapegoated and attempt to use one-on-one time to engage in supportive and positive activities together
- Anger Management and Intensive Parenting classes
- Anger Management Court approved 6 week groups

Major Insurances such as Cigna, Aetna, Humana, Mental HealthNet, TriCare and CMS and Self-pay

## **CAREER SERVICES**

### **CareerSource**

813-930-7571, Crystal, Youth Lead Career Counselor

[www.careersourcetampabay.com/](http://www.careersourcetampabay.com/)

[www.careersourcetampabay.com/pages/youth\\_career\\_planning](http://www.careersourcetampabay.com/pages/youth_career_planning) (Youth Career Planning Resources)

- **WIOA Youth Training:** Young Talent Tampa Bay 18-24 years/out of school. Career Exploration, Employability Skills Training (Financial Literacy, Career Coaching and Guidance) Tuition Assistance, Limited Supportive Services, Paid Work Experience and On-the-Job Training Referrals
- **STEM TEC:** 14-17 years/Hillsborough Co. resident. Provides career exploration and workplace readiness training. Hands-on workplace readiness training, teambuilding, goal setting and personal motivation, in addition to employer site visits as job shadowing experiences in STEM specific fields

### **Computer Mentor Group**

813-236-1191

[www.computermentors.org/programs-2/](http://www.computermentors.org/programs-2/)

- **Teen Tech:** Guides students through Microsoft Certifications in the Microsoft Office Productivity Suite, Web Applications, Software Development, Network, Security, Server. Students are assigned to a mentor who helps them in a self-paced environment. Microsoft Certifications makes the students attractive candidates for internships and employment in the information technology industry.
- **Kidscope:** Cutting-edge curriculum to teach middle-schoolers STEM through programming.
- **Computer lab:** Available for community members to access internet and also serves as an DCF Access location

## **HOUSING SERVICES**

### **HELP Students in Transition Program - Hillsborough County Public Schools**

813-315-4357

[www.sdhc.k12.fl.us/doc/list/help-students-in-transition-program/about/161-746/](http://www.sdhc.k12.fl.us/doc/list/help-students-in-transition-program/about/161-746/)

- Dedicated to meeting educational needs of students who meet eligibility under the McKinney Vento Homeless Education Assistance Act.
- Provides Bus transportation, Academic Support, Meal Assistance, School Supplies and School Enrollment Assistance

## **SCHOOL SERVICES**

### **High School Diploma Program – Seminole Heights Charter High School**

813-234-0809

[www.finishschool.com/apply](http://www.finishschool.com/apply)

- Non-traditional high school setting serves youth 16-21 in Hillsborough County
- Opportunity to complete credits towards earning a high school diploma at their own pace

### **Project Link**

813-276-5671

[www.project-link.org/](http://www.project-link.org/)

- Program focuses on improving school attendance by addressing the underlying difficulties within families that lead to truancy
- Elementary to high school students and their families in the East and West Tampa area
- Students are identified as at-risk of chronic absenteeism, social skills development, and academic achievement
- New programs for Health and Nutrition, Training and Enrichment Programs

### **Starting Right, Now**

813-868-1995

[www.startingrightnow.org](http://www.startingrightnow.org)

- Ends homelessness for youth through one-on-one mentoring, providing a stable home, obtaining employment, teaching financial literacy, life skills and promoting educational achievement.

### **Tampa Bay Academy of Hope**

813-620-4029

[www.tampahope.org](http://www.tampahope.org)

- Keep youth in school and out of the prison pipeline and help them become productive and successful citizens through mentoring, case management, tutoring, prison reentry assistance and job training.
- **YouthBuild TBAH:** 16-24 years old/Hillsborough County. Project-based academic learning and occupational skills training to prepare disadvantaged youth for career placement in construction

### **Teen Parent Program – Hillsborough County School District**

813-272-4674

[www.sdhc.k12.fl.us/doc/list/teen-parent-program/resources/162-753/](http://www.sdhc.k12.fl.us/doc/list/teen-parent-program/resources/162-753/)

- Voluntary program designed to meet the needs of expectant youth and teen parents
- Students have the option to participate in the program by choosing to go the *Traditional School* route or attend at a *Parent Teen Center*
- Student has to be enrolled in a Hillsborough County Public School to be eligible for the program

## **SUPPORT SERVICES**

### **A Center for Grieving Children and Teens – Suncoast Kids Place**

813-990-0216

[www.suncoastkidsplace.org](http://www.suncoastkidsplace.org)

- Children ages 3-18 in Hillsborough and some of Pasco County
- Provide grief and loss peer support groups to children and teens
- Use a combination of peer support groups, along with play therapy techniques, to support kids through their grief journey
- Caregiver groups offered simultaneously to kids groups

### **Columbus Youth Academy**

813-765-7639, Sam

sam.cerezo@sequelyouthservices.com (no website)

- Community case manager working with at-risk youth and families to help in prevention by mentoring and support services
- For all at-risk youth

## **Frameworks of Tampa Bay (Formerly Ophelia Project)**

813-514-9555, ext. 109

[www.myframeworks.org](http://www.myframeworks.org)

- **LifeSkills Training:** Evidence-based curriculum for middle schoolers. Substance abuse prevention program that focuses on the psychological and social factors that cause individuals to engage in risky behaviors (i.e., substance abuse, violence, etc.). The curriculum consists of 18 lessons, which focus on engaging adolescents to provide them with the confidence and skills necessary to handle various challenging situations.
- **School-Connect:** High school research-based program that targets students in grades 9-12. Goal is to increase students' sense of belonging and connectedness to school. There are 60 lessons designed to improve high school students' social, emotional, and academic skills and strengthen relationships between students and teachers.
- **Community Building Sessions:** Help in developing a positive classroom community where students feel they belong, are significant members of the group, and build connections with peers.
- **Teens In Action:** 10 month coed social and emotional learning and civic engagement leadership program for high school students. Develops strong social and emotional intelligence (EQ) and teaches the importance of life-long philanthropy and civic engagement.
- **PATHS:** Evidence-based curriculum that promotes social and emotional learning; Preventing or reducing behavioral and emotional problems in youth

## **G.E.M.S. (Girls Empowered Mentally for Success, Inc.)**

813-300-2891

[www.Girlsrgems.org](http://www.Girlsrgems.org)

- At risk girls ages 10-17 in Hillsborough County
- Addresses and meets the multiple needs of girls that are facing risk factors, such as lack of parental involvement, school dropout, substance abuse, low self-esteem
- Designed to decrease negative socioeconomic trends distressing a young girl's development from early adolescence through late adolescence
- Offers group mentoring, one to one adult mentoring, and peer mentoring at different stages of the program

## **Pace Center for Girls**

813-739-0410 x 5611, Brittany Knowles

[www.pacecenter.org](http://www.pacecenter.org)

- At-risk girls between 12-17 years old in Hillsborough County
- Social Services and Academic Day program for girls who may be struggling in their community and/or school setting; identified as dependent, truant, runaway, ungovernable, delinquent or in need of academic skills
- Serves as an alternative to incarceration by providing therapeutic support services, individualized and group counselling, a gender-specific life management curriculum, academic education, individualized attention, parental involvement, community service and 3 years of follow up transition services.

## **Peace in Action – The Spring of Tampa Bay, Inc.**

813-210-0409

[www.thespring.org](http://www.thespring.org)

- Youth between ages 10-17 charged with D.V., have been exposed to D.V., and or have the propensity to commit interpersonal violence

- Youth domestic violence intervention program designed to reduce youth violence in the home, community and school
- Goal is for participants to learn violence and abuse are not acceptable forms of behavior
- Participants are taught coping and conflict resolution skills within relationships
- Fifteen 1.5 hour weekly sessions completes the program

### **St. Joseph's Children's Wellness and Safety Center – Adolescent Programs**

813-615-0589

[www.baycare.org/sjch/services/childrens-health/our-specialties/childrens-wellness-and-safety-center](http://www.baycare.org/sjch/services/childrens-health/our-specialties/childrens-wellness-and-safety-center)

- **Life Choices:** Ages 12-14. This two-day class is for older middle school students. Material covered includes decision-making, goal-setting, puberty, sexuality, reproduction, STDs and abstinence. Students will take home infant simulators for a weekend to reinforce the responsibilities of parenthood.
- **Teen Talk for Girls:** Ages 10-14. This introductory class for girls and their parents will discuss the physical and emotional changes of adolescence. An optional abstinence-based discussion of sexuality may also be presented.
- **Teen Talk for Boys:** Ages 11-14. Boys and their parents can learn about and discuss the physical and emotional changes of adolescence. An optional abstinence-based discussion may also be presented.
- **Teen Talk 2:** Ages 14-17. Offers older teens the information necessary to make healthy choices when it comes to decisions about human sexuality. While focusing on abstinence, this program covers important topics like STDs, consequences, dating and relationship tips, and techniques for saying “no.”

### **Sylvia Thomas Center for Adoptive and Foster Families**

813-651-3150

[www.sylviathomascenter.org](http://www.sylviathomascenter.org)

- Support to pre-adoptive and post-adoptive families
- Provides in-home case management to post-adoptive families in crisis
- Four support groups for adoptive parents and adopted children

### **Tampa Housing Authority Youth and Family Services**

813-254-7568

[www.thafl.com](http://www.thafl.com)

- Youth exhibiting runaway, ungovernable, and truant behavior between the ages of 7-17 years
- Offers individual, group and family counseling, as well as case management services
- Services are provided primarily in the client's home and/or school setting.
- Offers Healthy Parenting & Anger Management classes to the parents of the clients and the community

### **Woman to Woman – Gulf Coast Jewish Family & Community Services**

813-930-7103

[www.gulfcoastjewishfamilyandcommunityservices.org/children-n-family/woman-to-woman/](http://www.gulfcoastjewishfamilyandcommunityservices.org/children-n-family/woman-to-woman/)

- Mentoring program for teenage mothers and pregnant girls who are at risk for academic failure and repeat pregnancies
- Mentors organize skill-building workshops, evening and overnight events, all geared to help the teens to recognize negative behavioral patterns and create new ones that will empower them

- Teens work with a Woman to Woman case manager to secure needed social services for themselves and their babies

### **Young Life**

813-558-8785

[www.msites.younglife.org/\\_layouts/InformationSplashPage/default.aspx?OfficeOrClubID=A-AG320](http://www.msites.younglife.org/_layouts/InformationSplashPage/default.aspx?OfficeOrClubID=A-AG320)

- Mission is to introduce adolescents to Jesus Christ and to help them grow in their faith
- brings the good news of Jesus Christ into the lives of adolescents with an approach that is respectful of who kids are and hopeful about who they can be

### **Youth Advocate Program**

813-248-3980

[www.yapinc.org](http://www.yapinc.org)

- One-to-one case management
- Gender specific
- Working to accomplish goals/needs identified by the family during initial assessment
- Youth ages 6-17
- Reside in zip codes 33610, 33612, 33617, 33604, 33619, 33569, 33605, 33607, 33511