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Contact: [Mary Sawyers](#)
(503) 320-1966

Outside In Receives \$2.5M Grant to Start New Mental Health Program for Young Adults Experiencing Homelessness

PORTLAND, Ore. (Sept. 12, 2018) The federal grant will allow [Outside In](#) to triple the number of young adults it treats for mental health and substance use issues and to offer a new evidence-based counseling program to young adults who have experienced complex trauma.

“Many of these young adults have experienced a series of compounding traumas throughout their lives, which have caused wounds that are difficult to heal without effective treatment,” says Amanda Antenucci, Clinical Services Manager for Outside In.

“When people are experiencing homelessness and mental health challenges, it is common for them to turn to substance use and other behaviors as a means for managing symptoms. This grant will allow us to teach these young people skills that will help them effectively manage stress, and also accomplish goals like housing, education, employment and wellness,” added Antenucci.

The new program called RISE SUPPORT will provide clients (ages 18-25) with in-house Dialectical Behavior Therapy (DBT) and Acceptance Commitment Therapy (ACT), proven frameworks that combine individualized psychotherapy, group skills classes and mindfulness techniques.

Until now Outside In has had to turn away many of these young people because they didn’t meet the diagnostic criteria and need for the high level of care offered by the Agency’s existing mental health program called RISE INTENSIVE. This funding expands the availability and type of care to accommodate more diverse populations, triples the capacity of the RISE treatment programs, and drastically expands access to mental health and substance use treatment services for homeless youth in the region.

“Outside In’s treatment program should serve as a model for our country,” said Oregon [U.S. Senator Jeff Merkley](#). “The program is designed to address the unique challenges facing our young people experiencing homelessness. When we successfully intervene at this critical stage in their development, we help them build futures that encourage wellness and community connections, giving these vulnerable young people a better chance to end the cycle of poverty.”

Multnomah County’s Homeless Youth Continuum partners estimate that each year, there are over 1,000 homeless young adults in Multnomah County who could benefit from mental health and substance use

treatment, and at least 35 percent of them identify as Lesbian, gay, bi-sexual, transgender and questioning (LGBTQ).

“This project will not only increase counseling and treatment options for young adults, it will support Outside In to develop additional services that meet the cultural needs of LGBTQ young adults,” said Heather Brown, Director of Youth Services at Outside In.

The grant, which will fund the RISE SUPPORT program for five years, was awarded by the U.S Department of Health and Human Services [Substance Abuse & Mental Health Services Administration](#) (SAMHSA).

Portland State University’s Regional Research Institute will partner with Outside In to evaluate and measure the effectiveness of the new program.

Outside In is a social service agency and medical clinic that helps underserved people find housing, improve their health and become more self-sufficient.

To interview Amanda Antenucci or an Outside In client who has been helped by the organization’s mental health programs please contact:

Mary Sawyers, smartyantsmary@gmail.com, 503-320-1966.