



MOVING FORWARD TOGETHER

## Transitional Enhanced Care Coordination (TrECC)

The Transitional Enhanced Care Coordination (TrECC) program<sup>1</sup> is designed to help youth and families who are transitioning into/out of an episode of residential treatment or psychiatric hospitalization. TrECC's focus is to assist in the coordination of care and monitor the episode of treatment to ensure that the needs and goals of the youth and families are addressed and prioritized at the forefront and throughout their treatment.

TrECC works closely with the youth, family, treatment providers, and the community to ensure that the youth's transition is well-planned with the right supports in place to allow both the youth



and their family in succeeding together. Youth and families see the most success when conversations around transition planning happen early and often. Formal and natural supports are identified by the family through the team process.

TrECC is not intended to replace existing treatments, services, or therapies. Instead, TrECC partners with youth, families, and their team to access the available services that match their goals and needs. TrECC's mission is to help families build a strong foundation to minimize crises and ensure support throughout this transitional period.

### Inside the TrECC Program

TrECC helps youth and families:

- Navigate
- Communicate
- Assess
- Plan
- Regain hope
- Reach their treatment goals
- Return to a healthier life together

TrECC requires:

- Voluntary agreement from the youth and family
- Transition planning from the start of an episode of treatment
- Family meetings once a month, including in-person visits between the youth and family
- Team meetings every 30 to 45 days

For further questions, please contact [TR-ECC@dhhs.nh.gov](mailto:TR-ECC@dhhs.nh.gov) or:

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<sup>1</sup> <https://connectedfamiliesnh.com/programs/trecc/>