

## MISSION STATEMENT

The TAY Tunnel empowers individuals to take an active role in creating positive lifestyle changes within a supportive, safe and understanding environment. By creating stepping stones to independent living, we can all light the path to happier and healthier lives.

## CORE VALUES

**Self-Determined:** Member peers exercise choice over, determine and control their own paths of recovery.

**Peer-Supported:** Mutual support for/from members, including sharing of social learning and experiential knowledge and skills

**Strengths-Based:** Recovery focuses on valuing and building on the multiple capacities, resiliencies, talents, coping abilities and inherent worth of clients.

**Hope-Focused:** Recovery provides an essential and motivating message of a better future.

**Responsibility-Capable:** Peers have personal accountability for their self-care and journeys of recovery

**Holistic:** Recovery encompasses the individual's entire life, including mind, body, spirit and community.

## TAY TUNNEL (Transitional Age Youth)

### VENTURA DIVISION

#### Location

141 West Fifth Street, Suite D  
Oxnard, CA 93030  
(805) 240-2538

#### Hours

Monday - Friday: 9:00 a.m. - 5:30 p.m.  
Saturday: 11:00 a.m. - 3:00 p.m.

**WE WELCOME YOUR CALLS AND  
LOOK FORWARD TO YOUR VISIT.**



Pacific Clinics  
ADVANCING BEHAVIORAL HEALTHCARE

[www.myspace.com/tay\\_tunnel](http://www.myspace.com/tay_tunnel)  
[www.pacificclinics.org](http://www.pacificclinics.org)

*There is a light at the  
end of every tunnel!*

## TAY TUNNEL (Transitional Age Youth)

### VENTURA DIVISION

A one-stop center just for you!

## WALK-INS WELCOME!

# TRANSITIONAL AGE YOUTH (TAY)

## VENTURA DIVISION

### “Who are TAY?” you might ask.

We are Transitional Age Youth, 18-25 years of age, recovering from mental illness or co-occurring mental illness and substance abuse. Our members can find a place to continue their wellness journey in the company of caring and encouraging staff and peers.



Pacific Clinics encourages persons with disabilities to participate in its programs and activities. If you require any type of special accommodations or have questions about the physical access provided, please contact the program director/office noted in this brochure in advance of your participation or visit.

## PEER CENTER COMPONENTS

- Developed and run by and for peer members
- Self-help groups include job preparation and employment readiness, computer skills, substance awareness, housing opportunities, yoga, recreational outings and more...
- Links for evaluation and support
- Housing and benefits specialists
- Community partners/resources on site

## FUNDING

Funding for TAY Tunnel comes, in part, from the Ventura County Department of Behavioral Health through the California Mental Health Service Act.



## ACTIVITIES AND FEATURES

We have air hockey, ping pong, drums, cooking classes, B-games, arts & crafts, exercise equipment and books as well as lockers, showers, laundry room and a meditation quiet room.

# About Us

Pacific Clinics, a private, non-profit behavioral healthcare agency, has been providing mental health services to individuals and families since 1926. Today the Clinics has 75 locations in the counties of Los Angeles, Orange, San Bernardino, Riverside and Ventura, serving children, youth, adults, older adults and the homeless.