

The Arc Prince George's County Healthy Transitions Project LIVE

YEAR 2 HIGHLIGHTS (2024-2025)





The Arc is a national organization that promotes and protects the human rights of people with intellectual and developmental disabilities and actively supports their full inclusion and participation in the community throughout their lifetimes.

1952

[The Arc Prince George's County](#) (The Arc), located in Largo, MD, was founded in 1952 with the mission of providing support, understanding, and opportunities for a lifetime to persons with intellectual and developmental disabilities (IDD) and their families. **The Arc is the largest developmental disability service provider serving Prince George's County residents.** The Arc offers a comprehensive array of programs designed specifically for transitional age youth (TAY) and their families and caregivers including community inclusion; education advocacy; employment training and career planning; housing search; financial literacy; and education, screening, and assistance to individuals over 18 years old for core federal benefits and community resources.

2023



In 2023, The Arc Prince George's County received a five-year Healthy Transitions grant from the federal Substance Abuse and Mental Health Services Administration (SAMHSA). The purpose of the Healthy Transitions grant is to improve and expand access to developmentally, culturally, and linguistically appropriate services and supports for transition age youth (TAY) and young adults (ages 16-25) who either have, or are at risk for developing, serious mental health conditions. The Arc leveraged their Healthy Transitions grant to create [Project LIVE \(Living with Intention, Vision, and Empowerment\)](#), an initiative in Prince George's County focused specifically on TAY with intellectual and/or developmental disabilities (IDD) who also have, or are at risk for developing, serious mental health conditions, especially those in need of services in Spanish. In the 2024-25 program year, Project LIVE expanded the number of therapists who support people with IDD in the program. These eight mental health providers consisting of one in-house therapist and seven contractor therapists are the result of a partnership with Synergy Family Services (SFS), an outpatient mental health center focused on providing strength-based, culturally proficient services to enhance the social, emotional, behavioral health and wellness of individuals and families.

Year 2 Goal Status

Based on the needs assessment and program activities that were conducted in Year 1, The Arc set a handful of goals for Year 2 of Project LIVE. These goals, and progress toward them, are outlined below.

#1

Fostering additional community partnerships:

The Project LIVE team has created new partnerships in Year 2, most notably with TerpsEXCEED. Additional new partners include Art Works Now in Hyattsville, Maryland and Just Rock Enterprises.

#2

Increasing Spanish-language accessibility:

In addition to ensuring that client surveys have language in Spanish, Project LIVE has also provided virtual meetings in Spanish (at a separate date and time) or had an interpreter available during meetings. Lastly, all event flyers were provided in English and Spanish.

#3

Continuing to provide professional development:

Project LIVE provided a series of targeted trainings to mental health therapists and related professionals. Project LIVE staff also participated in a number of professional development trainings in Year 2.

#4

Adjusting outreach efforts to better reach the populations specified in the disparity impact statement:

In addition to the activities listed above that increased Spanish-language accessibility, the Project LIVE team attended outreach events on Andrews Joint Airforce Base and those put on by county council members to diversify the populations for outreach.

#5

Expanding the Advisory Council:

The Arc continues to add council members from a variety of sectors. As these representatives are brought onto the council, The Arc has maintained 50% representation from TAY with IDD and their families.



Year 2 Activities

In the second year of Project LIVE, from October 2024 to September 2025, The Arc engaged in several grant activities, as highlighted below.

PROFESSIONAL DEVELOPMENT

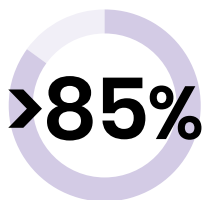
To increase opportunities for professionals serving TAY and their families in Prince George’s County, The Arc held eight trainings for 104* mental health professionals and other professionals in related fields. At the end of each training, The Arc distributed an online survey for participants. Forty-six attendees provided feedback on the survey; their responses are summarized below.

**Note: Some participants may have attended more than one training session.*

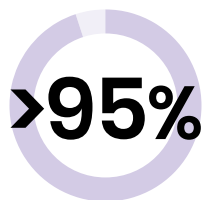


COMMUNITY PROFESSIONAL DEVELOPMENT

After The Arc’s community professional development trainings, attendees reported that they...



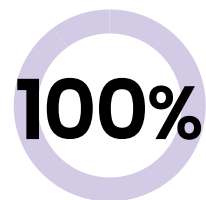
Gained knowledge & skills



Were more confident and would share info



Were satisfied with the training



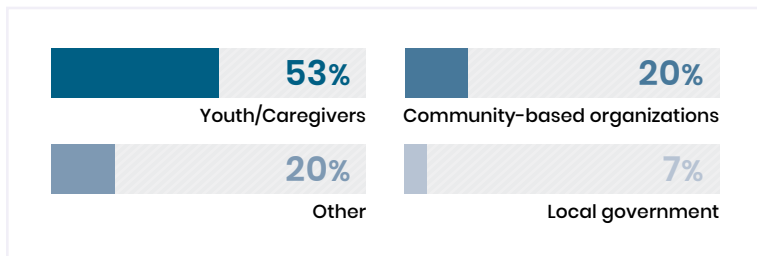
Were satisfied with the facilitator

In addition to offering professional development for professionals in the community, The Arc staff attended 12 professional development training sessions in summer 2025. Topics included caregiver empowerment, building therapeutic rapport with clients with IDD, and addressing the mental health needs of Black boys.

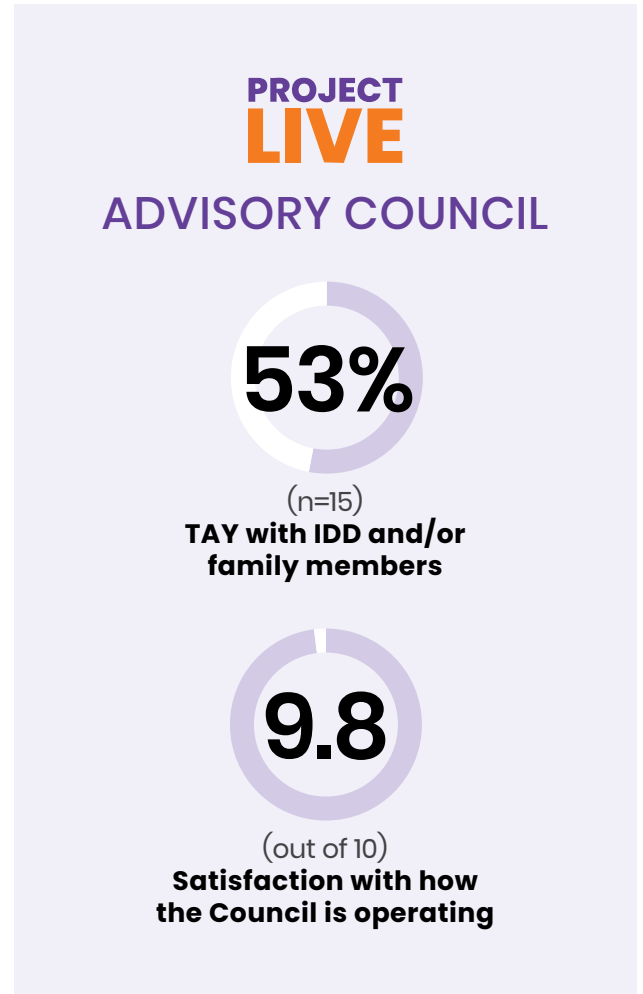
ADVISORY COUNCIL

A core requirement of Project LIVE is to convene an Advisory Council comprised of at least 50% TAY with IDD or their families alongside a multi-sectorial group of community members and professionals. In alignment with this requirement, The Arc established their Council to serve as a forum for discussing Project LIVE’s progress towards grant objectives, ideas for programmatic changes, and processing of evaluation findings.

Between December 2024 and September 2025, 15 individuals served on the Advisory Council. Of these, eight (53%) were consumers and/or family members, comprised of three parents/caregivers and five TAY. Of the remaining members, three were from related community-based organizations, three were from local government agencies/departments, one was a self-advocate, and one represented a faith-based community. Half of the members have been on the Advisory Council since Year 1, while the other half joined during the 2024-25 program year.



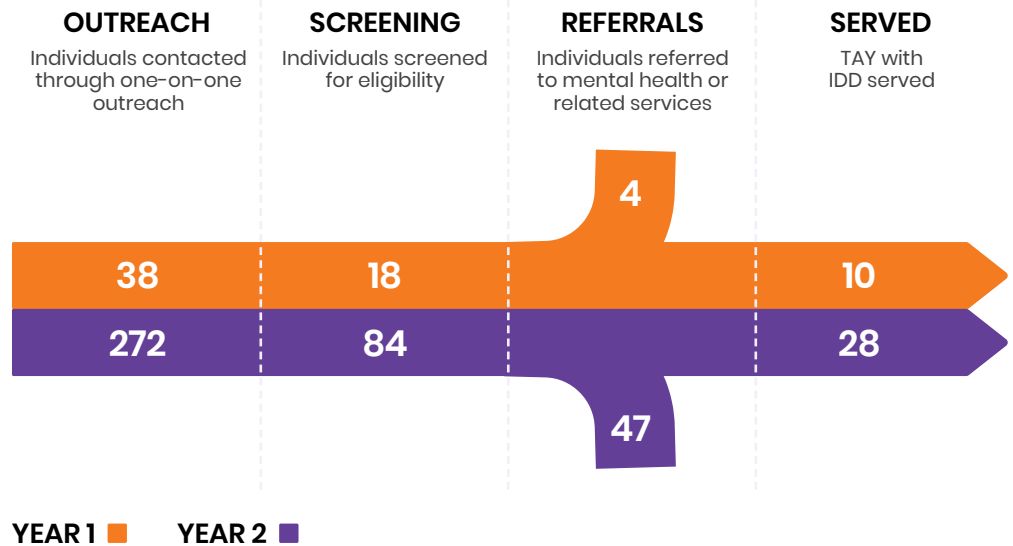
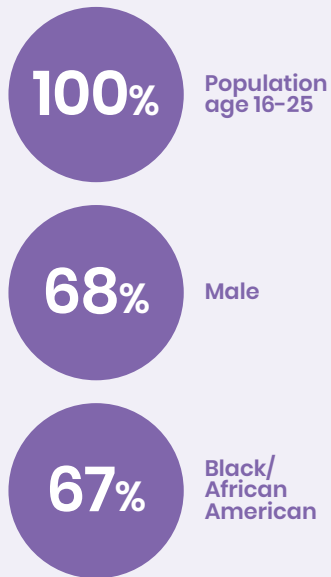
At the end of each Advisory Council meeting, members were asked to complete an exit survey to share information about themselves, their satisfaction with the Council, and, for TAY with IDD, whether they believe that the Council is helping people like them.



SERVING TAY WITH IDD

Ultimately, Project LIVE seeks to support the mental health and wellbeing of TAY with IDD by connecting them with mental health providers who are qualified to meet their unique needs. Out of 28 Project LIVE clients about whom demographic data was reported, all (100%) were between the ages of 16–25, more than two-thirds identified as male (68%) while 32% identified as female, and two-thirds reported their race as Black or African American (67%) while 22% indicated Other, 7% indicated White, and 4% indicated American Indian. Fourteen percent identified as Hispanic and 11% spoke Spanish at home.

In Year 2 of Project LIVE, The Arc performed one-on-one outreach (as defined by SAMHSA) to 272 people, screened 84 TAY to determine eligibility for Project LIVE, referred 47 people for mental health or related services beyond those offered by the Project LIVE team, and has served 28 clients. At the end of Year 2, too few clients had “graduated” from Project LIVE services to report on mental health outcomes. Future reports will include baseline and follow-up measures of mental health.



“Project LIVE is a program that is dedicated to helping individuals with IDD in PG County and it helps them grow and help them become more independent and I really truly appreciate this opportunity that they have for our young adults. [Client] wants to participate. He wants to do what his peers are doing in the community. He wants to interact and socialize with his friends so that’s the growth I see in him.”
–PARENT/CAREGIVER TESTIMONIAL

CLIENT SURVEY

Every six months, Project LIVE clients are asked to complete a brief satisfaction survey to gather their perspective on their experience in the program. Clients reported high levels of satisfaction with Project LIVE (100%) but indicated that sometimes the wait times from The Arc and the mental health providers could be improved.



“*The Arc has helped my son tremendously. I am very satisfied with his services. Everyone is very professional. I am grateful to have all the help that I receive for my son.*
—PARENT/CAREGIVER SURVEY RESPONDENT

PROJECT LIVE 6-MONTH CLIENT SURVEY



**Satisfied with
The Arc**



**Satisfaction with
mental health services**



**Waited too long to
hear from the Arc**



**Waited too long for
mental health services**

Looking Ahead

Through the efforts outlined in this report, the Project LIVE team made significant progress in serving TAY with IDD in Prince George's County.

IN YEAR 3 OF THE HEALTHY TRANSITIONS GRANT, THE ARC IS COMMITTED TO:

#1

Sustainability planning:

Entering Year 3 of the Healthy Transitions grant, the Project LIVE team, in partnership with Sharp Insight, will develop a sustainability plan to ensure that TAY with IDD can continue to receive services once the grant ends.

#2

Incorporating suicide prevention:

In the coming year, Project LIVE is committed to strengthening suicide prevention efforts. The plan for this goal includes having a member of the team trained and certified as a QPR (Question, Persuade, Refer) Instructor, enabling Project LIVE to provide evidence-based suicide prevention training within the community. Additionally, the team will explore the development of a monthly suicide prevention newsletter designed specifically for PGCPS Transitioning Youth Coordinators, offering resources, strategies, and updates to support youth during critical transition periods.

#3

Addressing wait times:

Given that 15% of client survey respondents reported waiting too long to hear from The Arc or to receive mental health services, The Arc is committed to identifying ways to increase efficiency internally and collaborating with their mental health partner to identify opportunities to more quickly connect clients to provider post-intake.

#4

Expanding post-secondary/university partnerships:

This includes deepening the partnership with TerpsEXCEED at University of Maryland and fostering relationships with relevant higher education programs (e.g., nursing at Bowie State, physician assistant program at Howard).

These actions will help expand Project LIVE's impact, address identified needs, and further align with stated program objectives in the year ahead. For more detailed findings, please refer to the full technical report: [Healthy Transitions Project LIVE 2024-25 Annual Report](#).