STARS Training Academy

Through its STARS Training Academy, Stars Behavioral Health Group offers a wide range of training programs on research-based models of care for treating mental health and substance use problems, including interactive workshops, educational classes, coaching, and consultation services.

Stars Behavioral Health Group is dedicated to serving clients with mental health problems with the highest dignity and quality of service through innovative and cost-effective care and treatment.

Through progressive and research-supported programs, Stars Behavioral Health Group provides a full continuum of mental health care and family-centered services to support its diverse client population.

“...The Stars trainers have brought a unique skill set that includes personal experience in the field....Trainings have proven to be very interactive and engaging... Trainers have done an excellent job in tailoring each training to be site specific...”

Bradley F. Grigg, MA
Children’s Behavioral Health Specialist
State of Alaska

“...Our agency, our staff, and our clients truly benefited from the training. ... the TIP Model helped our agency increase positive outcomes and helped our young adults become self-sufficient. ... Stars consists of brilliant training facilitators who are also very motivating, diligent and supportive...”

Joana A. Pavo, LMFT, Team Leader
Transition Age Youth Program
Mental Health America – Los Angeles, CA

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Helping to Implement and Sustain Evidence-Based Practices in Mental Health Systems of Care
Our Areas of Expertise

★ Transition to Independence Process (TIP) Model
TIP is an evidence-supported “Promising Practice” developed by Dr. Hewitt “Rusty” Clark, that addresses the unique needs of young adults (14-25 years old) with emotional and behavioral difficulties (EBD).

- The goal of TIP is to engage young people in their own future's planning process by providing them with developmentally appropriate, non-stigmatizing, culturally competent, and appealing services and supports.

- Young adults, their families, and other key players are engaged in a process that prepares and facilitates young people in their movement toward greater self-sufficiency and successful achievement of their goals.

- Stars Training Academy offers a range of training, technical support, and consultation services designed to build agency and government capacity to implement the TIP Model in their systems of care.

★ EQUIP is a multimodal psycho-educational intervention designed to improve social skill competence, anger control, moral reasoning and mutual self-help of chronically aggressive adolescents and young children ages 12 to 25.

★ SPARCS (Structured Psychotherapy for Adolescents Responding to Chronic Stress)
SPARCS is a group intervention targeting chronically traumatized adolescents ages 8 to 18; SPARCS incorporates DBT Mindfulness, Social Skillbuilding, and Coping strategies.

★ Motivational Interviewing
An effective technique for clients with alcohol and other drug abuse diagnoses.

★ Transitional Age Youth (TAY) Trainings and Consultation
- TAY & Trauma
- TAY Tool Kit
- TAY and COD
- Optimizing TAY Services in Systems of Care

★ Community Safety Intervention Trainings

★ Multi-Disciplinary Teaming
- Engagement, Collaboration, Communication, and Cultural Competency

Our Approach
STARS Training Academy employs the Accelerated Learning Approach as endorsed by The American Society for Training & Development (ASTD) that replaces the usual lecture-based training with a greater focus on group interaction.