

# What is TASSP?

Therapeutic After-School and Summer Programs (TASSP) are structured programs that consist of a range of individualized therapeutic, recreational and socialization activities for youth.

These individual and group therapeutic experiences assist youth in developing social, communication, behavior and basic living skills, as well as psychosocial and problem solving skills.

Therapeutic After-School and Summer Programs are a collaboration between provider agencies, community-based organizations, professionals and/or other entities.

## Questions?

If you have questions, concerns or need assistance with an issue, please call our Member Access and Crisis Line 24 hours a day, seven days a week where a behavioral health professional stands ready to help. Call us today at **1-855-202-0973** or TDD/TTY **711**.



If you're in crisis, you can also call or text 988, or chat at [988lifeline.org](https://988lifeline.org)



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*Optum Idaho does not recommend or endorse any treatment or medications, specific or otherwise. The information provided is for educational purposes only and is not meant to provide medical advice or otherwise replace professional advice. Consult with your clinician, physician or behavioral health care provider for specific health care needs, treatment or medications. Certain treatments may not be included in your insurance benefits. Check your health plan regarding your coverage of services.*

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# Therapeutic After-School & Summer Programs (TASSP)

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The goal of TASSP is to enable each youth to improve their functioning in the home, school and community by providing structured treatment services during after-school, summer or out-of-school time.

## Where does **TASSP** fit in?

TASSP expressive and experiential services may include:

- STEM
- STEAM
- Equine/animal-assisted therapy
- Horticulture
- Music classes
- Hiking/adventure activities



**Want to create a TASSP program in your organization or learn more?**

If you would like to learn more about implementing a TASSP program in your community, please email Optum Idaho's TASSP program manager at [optum.idaho.TASSP@optum.com](mailto:optum.idaho.TASSP@optum.com)