



Advancing Care

Transitioning to Adult Services

**The Provider Toolkit for Advancing Care &
Transition Support**

**Georgia Department of
Behavioral Health &
Developmental Disabilities
(DBHDD)
Office of Children, Young
Adults & Families (OCYF)**

The Big "Why"

The "Big Why" helps you understand the transition process and identifying areas you may need support with.

Transition Timeline

The Transition Timeline provides a broad overview of general goals that can be addressed within your age group. This timeline includes tasks, resources, and prompts for learning opportunities to help you gain experience and understanding around topics such as personal safety, mental health, social-emotional intelligence, bodily care and puberty.

Agenda

The agenda is designed to assist you with learning and tracking your personal information with some suggestive resources to coach you through the transitional age process.

The Big “Why”

Let’s explore these “why” questions....



While working with mental health providers, and when talking with family, you might hear a lot of discussions around growing up and preparing for adulthood. It is important to discuss the answers to these questions in addition to completing this toolkit.

- Why is it important to know your medical history?
- Why is it important to memorize your personal information?
- Why is it important to know who to contact for different types of help?

Why is it important to learn about your rights as a youth and as an adult?

- Why is it important to create relationships with your service providers?
- Why is it important to have access to community resources?
- Why is it important to understand healthy relationships with peers?
- Why is it important to be educated in suicide prevention and coping skills?
- Why is it important to know the basics of medical policies and laws?
- Why is it important to be an active participant in your care?
- Why is it important to role play/practice life skills before they are needed?

We hope these questions help you to navigate tough conversations, recognize the need for obtaining these skills, and give you a firm grasp on the importance of these tools.

What’s your “Big Why” for wanting to be prepared for adulthood?



Transition Timeline: **Back-Seat Driver**

Age 12-13

- Learn about your mental health diagnosis, medications, and allergies.
- Medication management education (if applicable).
- Inquiry about technology resources (apps, sites for scheduling).
- Ask your provider if and at what age they no longer care for young adults.

Parent/Caregiver

- Help your Back-Seat driver learn about their own health condition, medications, and allergies.
- Encourage your Back-Seat driver to ask their doctor questions about their own health.
- Ask your Back-Seat driver's doctor if and at what age they no longer care for young adults.
- Teach Back-Seat driver how to use a calendar and/or planner to organize daily activities.
- Create a safety plan with your Back-Seat driver and practice it twice per year (fire escape route at home, fire extinguisher location, inclement weather responses).
- Facilitate healthy conversation around sexual wellness and gender identity.
- Create a Social Media Safety Plan (what websites are allowed, internet etiquette, screen time allowance).

Together

- Discuss health diagnosis, medications, appointment/visit etiquette, and emergencies.
- Communicate; address any concerns, questions, needs.
- Have a game night 1x per month (or a family activity that suits everyone!).
- Do an outdoor activity 1x per month (walk, bike ride, scavenger hunt).
- Try to create a piece of art together (such as following a painting tutorial together or creating a vision board).

Agenda: Back-Seat Driver

12-13

NAME: _____

SOC Provider Name: _____

SOC Phone/Email: _____

Emergency Contact: Who to call in case of emergency:

- Contact Name: _____
- Contact Number: _____

Personal: Discuss the responsibility of being a teen/young adult:

- Memorize Home Address(es)
- Memorize Family Member's Phone Number (at least one)

PHYSICAL HEALTH

Name of Office: _____

Name of Doctor: _____

TO DO:

- ☐ Know general health conditions or any allergies
- ☐ Know importance of annual visits (physician/dentist)
- ☐ Learn about personal hygiene/ skincare, develop healthy habits

MENTAL HEALTH

Name of Office: _____

Name of Therapist or Provider: _____

TO DO:

- ☐ Know your Diagnosis: name, symptoms, age when diagnosed
- ☐ Know your Medications: how does it help, side effects, questions for your doctor, maintenance & self-advocacy
- ☐ Know what a healthy support system looks like

HEALTHY RELATIONSHIPS

Relationships

- ☐ Dating Violence
- ☐ Healthy relationships
- ☐ Communication with Peer and Family
- ☐ Online Safety
- ☐ Bullying Prevention/Awareness

TRANSPORTATION

Local Bus Station (Address): _____

How to obtain bus tokens: _____

Additional Services (Medicaid Cab, other public transit): _____

SUPPORT SYSTEM

SUPPORT SYSTEM

Support Person 1 (can be same as emergency contact): _____

Support Person 2 (*highly encouraged): _____

- ☐ What does a healthy support system mean to you?

RESOURCES TO KNOW

GA Crisis Hotline

1-800-7154225

National Suicide Prevention Hotline

1-800-273-8255

Trevor Project (LGBTQ+ Friendly Hotline)

1-866-488-7386