

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.

Life Skills 101

The Life Skills 101 checklist is designed to provide suggestive areas of interest that you can inquire about with your family or counselor to get support or request coaching in these areas.

The Big "Why"

Let's explore these "why" questions....

- 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?



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.



Transition Timeline: Passengers



	ADVANCING CARE
	Agenda: Passengers
NAME:	SOC Provider Name:
Emergency Contact: Who to call in case of emergency:	Personal: Discuss the responsibility of being a teen/young adult:
Contact Name:	Memorize Home Address(es)
Contact Number:	Memorize Family Member's Phone Number (at least one)
PHYSICAL HEALTH	MENTAL HEALTH
Name of Office:	Name of Office:
Name of Doctor:	Name of Therapist or Provider:
 TO DO: Know general health conditions or any allergies Know all current Medications: 	<i>TO DO:</i> Know your Diagnosis: name, symptoms, age when diagnosed
	Know your Medications: how does it help, side effects,
 Know importance of annual visits (physician/dentist) Develop hygiene & skincare routines Begin appointment setting with assistance and prompting 	questions for your doctor, maintenance & self-
prompting	
HEALTHY RELATIONSHIPS	 Discuss safe sex with a trusted parent or medical professional. Know how and where to receive sexual wellness services
RelationshipsDating ViolenceHealthy relationshipsCommunication with Peer and FamilyOnline Safety	 Understand signs of trafficking and sexual manipulation Local Health Clinic:

- \circ Sexting, Grooming, Trafficking
- □ Bullying Prevention/Awareness
- Sexual Identity and Gender Expression Education
- □ Safe and Consensual Sex

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Agenda: Passengers

TRANSPORTATION

Local Bus Station (Address):

How to obtain bus tokens:

SUPPORT SYSTEM

SUPPORT SYSTEM

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

Support Person 2 (*highly encouraged):

Additional Services (Medicaid Cab, other public transit):

□ 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

NOTES:

Life Skills 101

Housekeeping Skills

- Basic housekeeping/cleaning
- How to cook
- Basic sewing
- Home repairs 101
- Using kitchen appliances

Technical Skills

- How to use a calendar and schedule
- How to write a letter/statement
- Public/effective communication
- Technology 101

Survival Skills

- How to keep yourself safe
- Emergency preparedness
- Basic first aid
- When without electricity
- How to read a map
- Car repair/flat tire
- How to write a resume/cover letter

Money Management

- How to budget
- How to avoid or get out of debt
- How to make a major purchase
- Balancing your bank account
- Couponing
- Organize financial records
- Investing
- Taxes

Self-Awareness Skills

- Understanding your "calling," purpose, mission
- Prioritizing
- Understanding your personal value
- How to focus
- Having a sense of humor
- Basic etiquette (politeness)
- Basic civics (understanding of law)
- Voting

Relationship Skills

- Listening & communication
- Respect
- Expressing love
- Compliments & criticisms
- Emotional intelligence

Wellness & MH Skills

- Critical thinking/problem solving
- Synthesizing
- Self-discipline (exercise & nutrition)
- Self-care (sleep & hygiene)

