



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)**



Transition Timeline: **Permit Holders**

Age 16-17

- Make doctor's appointments, see the doctor alone, ask the doctor any questions you have, and refill medications; medication management (if applicable).
- Ask the doctor to talk with you about your privacy rights when you turn 18.
- Work with your doctor to make a medical summary. Keep a copy for yourself.
- Before you turn 18 and become a legal adult, figure out if you will need help making health care decisions. If so, request local resources.
- Discuss with parent/caregiver about the age you want to transfer to a new doctor for adult care.
- Inquiry about technology resources (apps, sites for scheduling, etc.).

Parent/Caregiver

- Encourage your teen to make doctor's appointments, see the doctor alone, ask the doctor questions they may have, and refill medications.
- Ask the doctor to talk with your teen about their privacy rights when they turn 18.
- Work with your teen and the doctor to make and share a medical summary.
- Before your teen turns 18 and becomes a legal adult, figure out if they will need help making health care decisions. If so, ask your Family Voices chapter for local resources.
- Talk with your teen about the age they want to transfer to a new doctor for adult care.

Together

- Discuss health diagnosis, medications, appointment/visit etiquette, emergencies.
- Communicate; address any concerns, questions, needs.
- Practice completing paperwork, discuss insurance, update service contact list.
- Discuss rights (at this age stage), boundaries, self-advocacy.
- ***"Don't Break the Bank" Challenge***: provide youth with a set amount of money (real or imaginary) and a list of tasks such as: "get groceries for 3 dinners, get gas, and make one credit card payment", and help them evaluate how to budget the money appropriately. Try this multiple times per year.
- Create a vision board with the youth to assess their goals for the future/early adulthood.
- Have regular family nights where you do a shared activity (watch youth's favorite movie, bike ride, game night, etc.).

Agenda: Permit Holders

16-17

NAME: _____

SOC Provider Name: _____

SOC Phone/Email: _____

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

- Driver's License or State ID
- Birth Certificate
- Emergency Contacts in Cell Phone
- Memorize SS# or safely save in Cell Phone

PHYSICAL HEALTH

Name of Office: _____

Name of Doctor: _____

TO DO:

- ☐ Know general health conditions or any allergies
- ☐ Create list of Medications and save in cell phone or secure location
- ☐ Know importance of annual visits (physician/dentist)
- ☐ Develop hygiene & skincare routines
- ☐ Able to set appointments without assistance

SEXUAL WELLNESS

- ☐ Discuss safe sex with a trusted parent or medical professional.
- ☐ Know how and where to receive sexual wellness services
- ☐ Understand signs of trafficking and sexual manipulation

Local Health Clinic: _____

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
- ☐ Create list of all current and past psychiatric medications
- ☐ Know what a healthy support system looks like and advocacy

HEALTHY RELATIONSHIPS

Relationships

- ☐ Dating Violence
- ☐ Healthy relationships
- ☐ Communication with Peer and Family
- ☐ Online Safety
 - Sexting, Grooming, Trafficking
- ☐ Bullying Prevention/Awareness
- ☐ Sexual Identity and Gender Expression Education
- ☐ Safe and Consensual Sex

Agenda: **Permit Holders**

16-17

TRANSPORTATIONLocal 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

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)





What it Means for Your Health

Turning 18 may not make you feel any different, but legally, this means you are an adult.

What does this mean?

- After you turn 18, your provider talks to **you**, not your parents/guardians, about your mental health.
- Your mental health information and medical records are private (or confidential) and can't be shared unless you give the OK.
- It is up to you to make decisions for your own mental health care, although you can always ask others for help.

Things to know

- The confidentiality between you and your doctor is legally known as the Health Insurance Portability and Accessibility Act, or HIPAA.
- This law gives privacy rights to minors (people who are under age 18) for reproductive and sexual health, mental health, and substance abuse services. Check your state's minor consent laws for more information.

What needs to be done?

- If you want to share medical information with others, your provider will ask you to fill out a form that allows them to see your medical record and be with you during your visit.
- If you need help making decisions, talk to your family, your support team, and your provider about who needs to be involved and what you need to do to make sure they can be a part of the conversations.
- If you receive SSI, your eligibility will be reviewed when you turn 18 based on disability rules for adults. The Social Security Department will contact you requesting more information.

Additional resources

- If you want extra support managing your health or making decisions, the *National Resource Center for Supported Decision-Making* has information to connect you with resources in your state.

Copyright © Got Transition®. Non-commercial use is permitted, but requires attribution to Got Transition for any use, copy, or adaptation.

Housing Guide for Young Adults



Housing Guide for Young Adults

This tool is a great way to prepare you for all the responsibilities that come with living on your own. Please complete this alongside your parent, guardian, Care Manager, or therapy provider. This is a great opportunity to ask questions about renting or ownership that you may not have thought about before.

Once completed, this guide can help you start taking steps toward your future independence.

Housing Guide

Regional Housing Authorities

Atlanta Housing Authority <http://www.atlantahousing.org/>

Housing Authority of Fulton County <https://www.hafc.org/>

The DeKalb Housing Authority <http://www.dekalbhousing.org>

Housing Authority of the City of Decatur <http://www.decaturhousing.org>

Housing Authority City of Americus <http://www.americuspha.org/>

Athens Housing Authority <http://www.athenshousing.org>

Augusta Housing Authority <http://www.augustapha.org/>

Calhoun Housing Authority <http://www.calhounhousingauthority.org/>

Housing Authority of Savannah <http://www.savannahpha.com/>

College Park Housing Authority <http://www.collegeparkhousingchoice.org/>

East Point Housing Authority <https://www.eastpointha.org/>

Jonesboro Housing Authority <http://jonesborohousing.com/>

Marietta Housing Authority <https://www.mariettahousingauthority.org/>

Fairburn Housing Authority <http://www.fairburnha.org/>

McDonough Housing Authority <https://mcdonoughha.org/>

Senoia Housing Authority <http://www.officialhousingauthority.com/georgia/senoia-housing-authority/>

Gainesville Housing Authority <https://www.gainesvillehousing.org/>

Housing Authority for the City of Norcross <https://www.norcrossga.net/113/Housing-Authority>

Housing Authority of Newnan <https://www.housingauthorityofnewnan.org/>

Douglas County Housing Authority <https://www.celebratedouglascounty.com/>

Become familiar with your local or regional Housing Authority. This is the best way to gain insight of available resources in the various Georgia regions.

Housing Guide: **Housing Assistance****Housing Opportunities**

The Georgia Department of Community Affairs (DCA) <https://www.dca.ga.gov/safe-affordable-housing> is the main government agency that addresses housing issues through temporary and permanent housing programs and funds. State budget changes may impact availability of these services.

Haven: Supportive Housing**HomeFlex****Housing Choice Voucher Program****Homeownership Down Payment Assistance Program****Shelter Plus Care****HOPWA (Housing Opportunities for People with AIDS)****VASH (Veterans Administration Supportive Housing)****Rapid Re-Housing**

Housing Guide: Transitional Living Programs

The Center for Children and Young Adults

<https://ccyakids.org/our-programs/>

Georgia Center for Youth Excellence (GACYE)

<https://gacye.org/gacye-programs>

Kija Homeless to Home Transitional Housing Inc.

<http://kijahomelesstohome.org/>

GA Alliance to End Homelessness Inc.

<https://www.gahomeless.org/>

Open Arms Inc.

<https://openarmsinc.org/programs/>

Youth Villages

<https://www.youthvillages.org/>

Rainbow Village

<https://rainbowvillage.org/>

