

Transition Toolkit FAQs for Youth and Young Adults

What is the Transition Toolkit?

The Transition Toolkit provides social, emotional, physical, mental, sexual, and environmental milestones for youth and young adults to work towards to ultimately facilitate independence and successful, healthy living in young adulthood. The Toolkit is designed with a balance of structure and flexibility to fit any client's needs.

How do I use the Toolkit?

Your provider will customize the toolkit to your needs, involving you and your support system with identifying strengths, areas of need, and goals.

Can I use other materials outside of the Toolkit?

Yes. While the Toolkit aims to be comprehensive, it is unlikely that it can fully address every need you may have. Work with your provider to pair the Toolkit with other intervention strategies and utilize local agencies, partners, and resources for supplemental care.

Can I share this Toolkit with my friends and family?

At this time, the Toolkit is only intended for use by providers and those who work with the provider and the client collectively (such as therapists and counselors working with the provider). This is to ensure proper usage of the Toolkit and to be able to easily track success within treatment.

What if I have further questions or ideas on how to update or improve the Toolkit?

We would love input from young people who have used the Toolkit! Please work with your provider to contact the appropriate person at DBHDD to submit your feedback.