



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, and bodily care.

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.

Young Adult Guide to Housing

The Housing Guide is an informational document to help prepare you for all the responsibilities that come along with living on your own.

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: **Seasoned Drivers**

Age 22-27

- 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

- Encourage your young adult to get care from their adult doctor, learn to manage their own health and health care, and update their medical summary.
- Encourage your young adult to stay insured. If they change health insurance, encourage them to make sure their doctor takes their insurance and learn if there are any charges at the visit.

Together

- Communicate; address any concerns, questions, needs.
- Discuss rights (at this age stage), boundaries, self-advocacy.
- Discuss best ways for parent/cg to provide support to youth, explore and respect youth's boundaries.
- Create a consistent communication schedule (such as: a phone call every Sunday, have dinner together once a month, etc.).

Agenda: Seasoned Drivers

22-27

SOC Provider Name: _____

NAME: _____

SOC Phone/Email: _____

Personal: Discuss the responsibilities of being a young adult, prepare for adulthood

- Driver's License or State ID
- Social Security Card ownership
- Insurance card
- Know providers

GENERAL

- ☐ Maintain a working resume & cover letter (Templates)
- ☐ Have a bank account (saving and checking)
- ☐ Independently can manage money.
- ☐ Have Professional Email & Voicemail
- ☐ Know Social Media Safety & Professionalism
- ☐ Practiced interview skills

6-Month Goal(s): _____

1 Year Goal(s): _____

5 Year Goal(s): _____

PHYSICAL HEALTH

Name of Doctor: _____

Name of Office: _____

TO DO:

- ☐ Consistent visits with Adult Health Provider
- ☐ Reliable Insurance and inform provider(s)
- ☐ Create a routine of annual health visits (physician/dentist/OBGYN/etc.)
- ☐ Independence in appointment management
- ☐ Able to maintain healthy habits (skincare, dental needs, haircuts, etc.)

MENTAL HEALTH

Name of Therapist or Provider: _____

Name of Office: _____

TO DO:

- ☐ Consistent visits with Adult Mental Health Provider(s)
- ☐ Independent medication management
- ☐ Independence in appointment management
- ☐ Able to advocate for needs and is comfortable with providers

Agenda: Seasoned Drivers

22-27

HEALTHY RELATIONSHIPS

Relationships

- ☐ Healthy relationships
 - Signs of Abuse
 - Abuse Prevention
- ☐ Communication with Peer and Family
- ☐ Online Safety
 - Sexting, Grooming, Trafficking, Social Media Image and Professionalism
- ☐ Suicide Prevention/Awareness
 - QPR Gate Keeper Training
- ☐ Sexual Identity, Gender Expression, Safe and Consensual Sex
- ☐ Education on Legal Repercussions of Drugs and Alcohol

SEXUAL WELLNESS

- ☐ Have access to sexual wellness items such as condoms, birth control, and hygiene products
- ☐ Know how and where to receive sexual wellness services
- ☐ Understand signs of trafficking and sexual manipulation

Local Health Clinic:

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?
- ☐ How and when will you use your support system?
- ☐ Complete QPR Gatekeeper Suicide Prevention course.

HOUSING

- ☐ Evaluate independent living vs living with family
- ☐ Explore student housing options if applicable

Obtain Copy & Review Housing Guide PDF

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

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)



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/>

