

Transition Age Youth (TAY)

BEACON HEALTH OPTIONS

Topics

- > Overview of Transition Age Youth
- > Potential Pitfalls
- > Key Facts
- > Effective Programs
- > Local Resources
- > Summary

Transition Age Youth

Overview

- > Transitioning from adolescence to adulthood is particularly challenging for those who also have a serious mental illness
 - > These individuals require additional support and services
- > The term transition age youth refers to individuals aged 16 to 25 years

Transition Age Youth

Potential Pitfalls

- > Onset of mental health problems peak and the vast majority of mental health disorders have onset by the early 20s
 - > (Kessler et al., 2005; Kim-Cohen et al., 2003; Newman et al., 1996; Substance Abuse and Mental Health Services Administration [SAMHSA], 2012)
- > Has the highest rates of onset problematic substance use and substance use disorders
 - > (Chassin, Flora, & King, 2004; Delucchi, Matzger, & Weisner, 2008; SAMSHA, 2009)

Transition Age Youth

Key Facts

In the US,

- > An estimated 29,500 youth were emancipated from foster care in FY 2008 (U.S. Department of Health and Human Services, 2009).
- > Approximately 100,000 youth are released from secure and residential facilities each year (Altschuler, Strangler, Berkley & Burton, 2009).
- > Reliance on social services is common among youth aging out of foster care and youth released from secure and residential facilities (Altschuler, Strangler, Berkley & Burton, 2009).
- > Young adults with disabilities are three times more likely to live in poverty as adults than their peers without disabilities (National Collaborative on Workforce and Disability, n.d.).
- > Youth transitioning from out-of-home placements, such as foster care, experience high rates of involvement in the criminal justice system (Altschuler, Strangler, Berkley & Burton, 2009).
- > The adjudication rate of youth with disabilities is four times higher than for youth without disabilities (Gagnon & Richards, 2008).

Effective Programs for TAY

- > Researchers have identified common characteristics of effective programs for teens (Hall, Israel and Shortt, 2004):
 - > Youth feel a sense of independence through participation in the program, including financial independence (wages or stipend).
 - > Programs offer job skills, job preparation, job training, and actual employment opportunities.
 - > Schools and principals are active partners.
 - > Youth are supported as they work to navigate life after high school.
 - > Youth voices are incorporated into decision making, and participants feel that the time they have dedicated counts.
 - > Youth interact with peers and adults, including community and business leaders.
 - > Youth are exposed to life outside of their immediate neighborhood.
 - > Programs are flexible.

Hall, G., Israel, L., & Shortt, J. (2004). *It's about time! A look at out of school time for urban teens*. Wellesley, MA: The National Institute on Out-of-School Time.

Transition Age Youth

- > Topics:
 - > Alcohol and Substance Abuse
 - > Developmental Information
 - > Disability Disclosure
 - > Healthcare and Wellness
 - > Life Skills and Independent Living Skills
 - > Mental Health
 - > Resilience and Recovery

Alcohol and Substance Abuse Resources

Name	Description	Link for more information
NY State Office of Alcoholism and Substance Abuse Services (OASAS) Provider Directory Search	Search engine to assist in selecting an OASAS provider within the community	http://www.oasas.ny.gov/providerDirectory/index.cfm?search_type=1
NY State HOPEline	Provides crisis intervention, referrals and community resources	1877-8-HOPENY (46-7369) http://www.oasas.ny.gov/pio/needhlp.cfm
NY State AA Meeting schedule portal	You can search by county for AA meetings throughout New York State	http://www.ny-aa.org/
Narcotics Anonymous (NA) Meetings	Search portal for NY NA meetings	http://www.drugstrategies.org/NA-Meetings/New-York/

Developmental Information Resources

Name	Description	Link for more information
Communication Skills Primer	Online workbook that can be used to explore communication and how to be successful with it	http://www.advocatesforyouth.org/storage/advfy/documents/chapter3.pdf
Assets Coming Together (ACT) for Youth Center of Excellence	The more we learn, the better we may be able to understand the abilities and vulnerabilities of teens, and the significance of this stage for life-long mental health.	http://www.nimh.nih.gov/health/publications/the-teen-brain-still-under-construction/teen-brain.pdf
National Institute of Mental Health: The Teen Brain	<p>The more we learn, the better we may be able to understand the abilities and vulnerabilities of teens, and the significance of this stage for life-long mental health.</p> <p>The fact that so much change is taking place beneath the surface may be something for parents to keep in mind during the ups and downs of adolescence.</p>	

Disability Disclosure Resources

Name	Description	Link for more information
NCWD/Youth – The National Collaborative on Workforce and Disability for Youth	NCWD/Youth is your source for information about employment and youth with disabilities. Our partners-experts in disability, education, employment and workforce development strive to ensure you will be provided with the highest quality, most relevant information available.	http://www.ncwd-youth.info/
Youth organizing! Disabled and Proud!	Comprehensive disability and employment technical assistance agency in the U.S.	http://yodisabledproud.org/
Job Performance of Transition-Age Youth With Emotional and Behavioral Disorders	Published specifically for teachers and administrators of children with disabilities and gifts and talents	http://cec.metapress.com/

Health Care and Wellness

Name	Description	Link for more information
Adolescent Health Library	There are many materials on many topics to explore for adolescents, parents and educators. The materials are organized by the following topics: Healthy Relationships, Mental Health, Physical Health & Nutrition, Reproductive Health and Substance Abuse.	http://www.hhs.gov/ash/oah/resources-and-publications/publications/
HealthyTransitionsNY.org	Teaches skills and provides tools for care coordination, keeping a health summary, and setting priorities during the transition process	http://healthytransitionsny.org/site/view/152

Life Skills and Independent Living Resources

Name	Description	Link for information
Casey Life Skills	Casey Life Skills (CLS) is a free tool that assesses the behaviors and competencies youth need to achieve their long term goals. It aims to set youth on their way toward developing healthy, productive lives.	http://caseylifeskills.force.com/
Independent Living Centers	Independent Living Centers provide a set of core services geared toward promoting self-help, equal access, peer role modeling, personal growth, and empowerment. The core services are as follows: Peer Counseling Independent Living Skills Training Information and Referral Services Individual and Systems Advocacy	http://www.acces.nysed.gov/vr/lcn/ilc/brochure.htm

Mental Health Resources

Name	Description	Link for more information
Strength of Us	Strength of Us is an online community designed to inspire young adults impacted by mental health issues to think positive, stay strong and achieve their goals through peer support and resource sharing.	http://strengthofus.org/about
Find mental health services in NY State by County	Search for mental health programs by county, program category or subcategory	http://bi.omh.ny.gov/bridges/index
Becoming an Adult: Challenges for Those with Mental Health Conditions	This brief describes psychosocial development and family life cycle changes during the transition to adulthood in typical youth and youth with SMHC.	http://labs.umassmed.edu/transitionsRTC/Resources/publications/brief3.pdf
Youth Guide to Treatment – A Better Life	The main focus of this guide is to help you and those who care for you approach things better with a view toward youth strengths, desires, and potential.	http://files.www.cmhnetwork.org/news/Youth Guide to Treatment - A Better Life.pdf
Recovery to Practice	The Recovery to Practice (RTP) is a 5-year funded project which incorporates the vision of recovery into the concrete and everyday practices of mental health professionals in all disciplines.	http://www.samhsa.gov/recoverytopractice/
NAMI- NYC Metro Transition Age Resource List	NAMI (National Alliance on Mental Illness) has put together a resource list for support specifically for this age group with mental health issues.	http://naminycmetro.org/LinkClick.aspx?fileticket=LXjmF%2B6ypsY%3D&tabid=72

Resilience and Recovery Resources

Name	Description	Link for more information
Reach Out.com	Collection of real stories from teens and young adults that have been there and come out on top.	http://us.reachout.com/wecanhelpus/

Summary

- > There is not a seamless transition from child/youth services to adult services
- > It is important that when working with a youth in transition, that we keep in mind the difference in barriers to success and approach the support in a way that is appropriate to the age group
- > Additional information regarding TAY can be found in a presentation provided by NY State Rehabilitation Association (NYSRA) done in 2012 at:
<http://www.nyrehab.org/uploads/TransitionAgeYouthInstituteHandouts2012.pdf>