

# **Ensuring Successful Transition To Adulthood**

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**CHILD SYSTEM**

**ADULT SYSTEM**



Special Education



Child Welfare



Juvenile Justice



Child



Mental Health

Criminal Justice

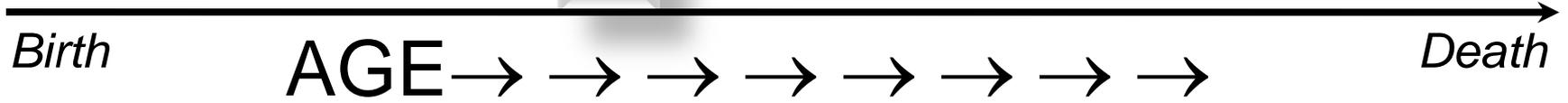
Adult Mental Health/Specialty Programs

Housing

Vocational Rehabilitation

Substance Abuse

18-  
25  
Yrs.



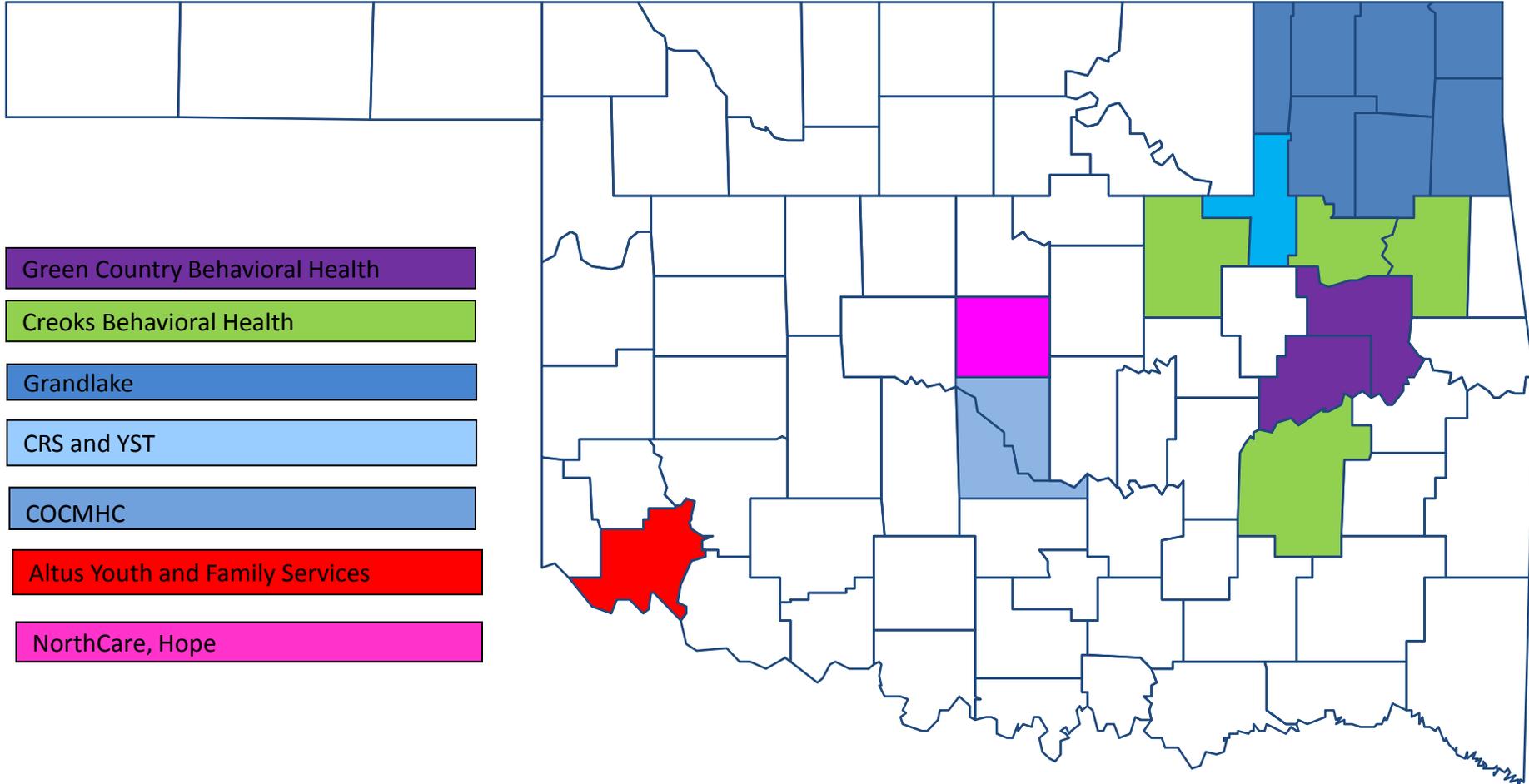
# The Reality

- Youth and young adults ages 16-25 with serious mental health and substance abuse conditions are our most vulnerable group facing transition to adulthood.
  1. Least likely to graduate from high school
  2. Three times more likely to commit a crime
  3. More likely to engage in substance abuse
  4. Less likely to find, obtain and keep a job
  5. Least likely to achieve independent living

(Hagner, et al, 1999; Vander Stoep, et al, 2000, HHS, 2002, and Pandiani et al, 2004)

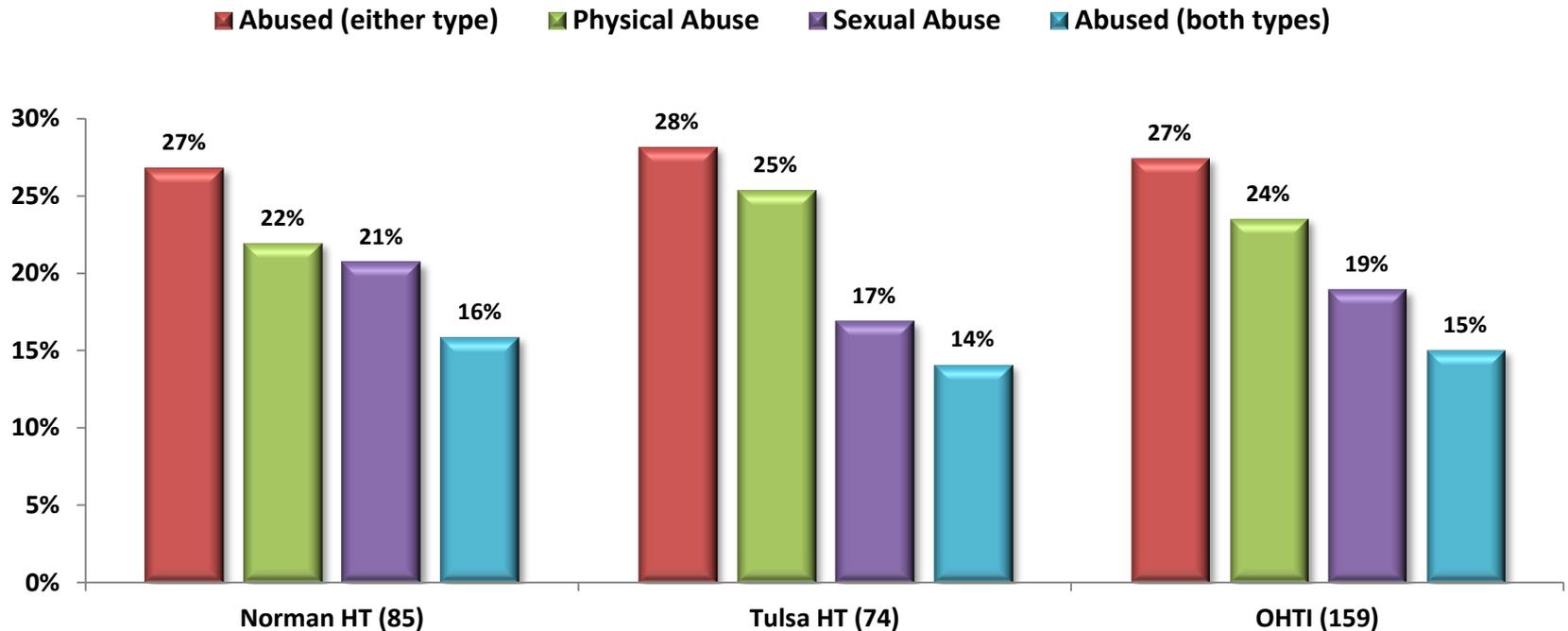


# Oklahoma Department of Mental Health and Substance Abuse Services Systems of Care Transition Services Access Points



# Reported Experiences of Abuse by OHTI Consumers

## Lifetime Experience of Abuse for OHTI Young Adults (OK Worker Baseline)

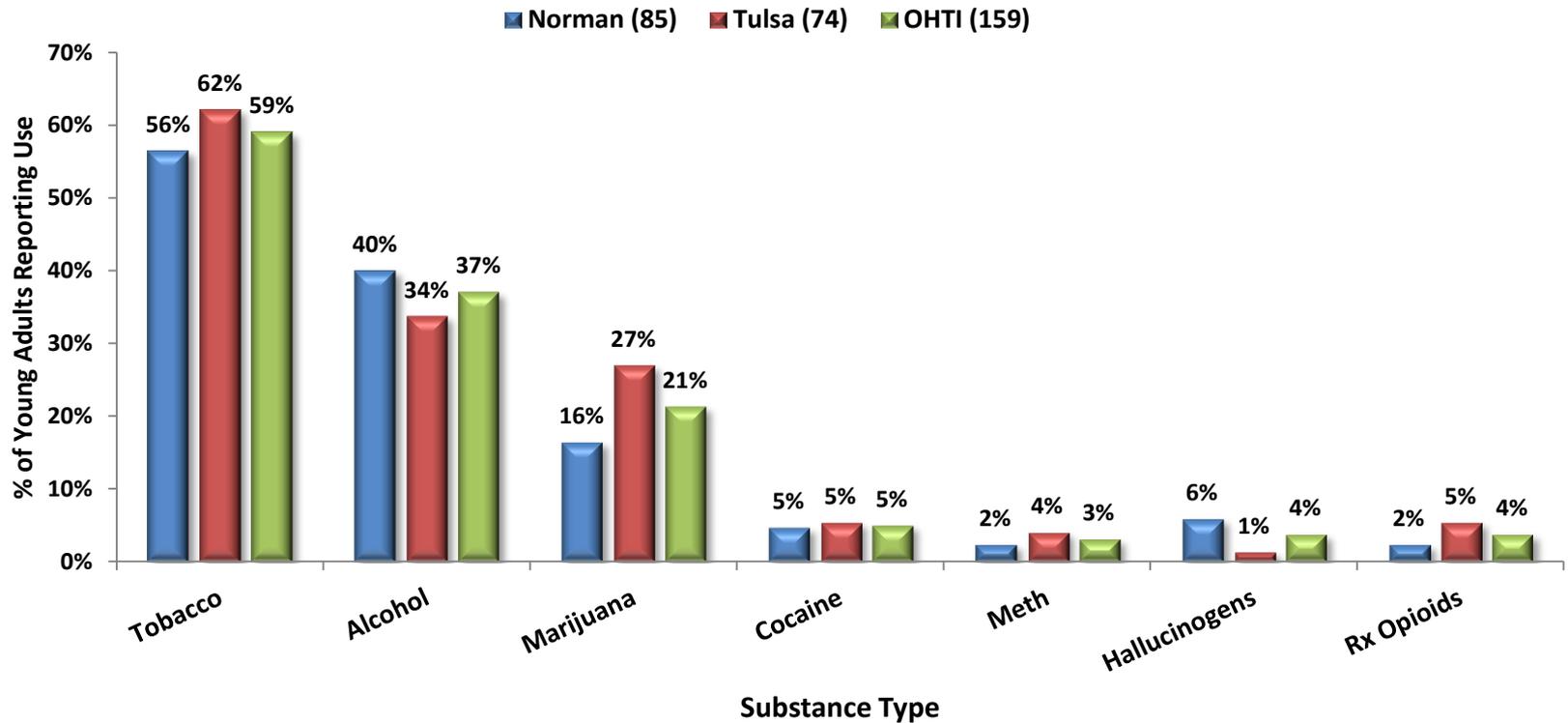


# A Trauma Informed System

- Community-Based and Easy Access
- No Wrong Door (Substance Abuse and Mental Health)
- Trauma Trained Staff
- Calming Rooms
- Therapeutic Options
- Strength Based and Consumer Driven
- Recovery, Resiliency and Empowerment

# Reported Substance Abuse by OHTI Consumers

## OHTI Young Adults: Substance Use at Baseline (NOMs)



# ODMHSAS 2011-2010 Most Frequent Treated Diagnoses

## 2011 Most Frequently Treated Diagnosis

Age	Diagnosis	Unduplicated Number Served
13-17	Substance Abuse Disorders	995
13-17	Depressive Disorders	978
13-17	Attention Deficit and Disruptive Behavior Disorders	874
18-25	Substance Abuse Disorders	3,760
18-25	Depressive Disorders	2,928
18-25	Bipolar Disorders	1,419

## 2010 Most Frequently Treated Diagnosis

Age	Diagnosis	Unduplicated Number Served
13-17	Substance Abuse Disorders	1,234
13-17	Depressive Disorders	1,031
13-17	Attention Deficit and Disruptive Behavior Disorders	811
18-25	Substance Abuse Disorders	4,699
18-25	Depressive Disorders	2,948
18-25	Bipolar Disorders	1,529

# Focused on Wellness

- COCMHC Wellness Center- Holistic Health Approach  
Hyper Tension, Diabetes, Dental Care, Smoking Cessation,  
Weight Loss
- Northcare-Variety Care partnership
- Medication
- According to the Oklahoma Health Care Authority 19-25  
year olds represent 38.4% of the Adult population  
Uninsured in Oklahoma
- 40.6 SA and MH –life expectancy
- 57.5 MH—life expectancy
- 43.2 SA—life expectancy
- 71.7 General Population– life expectancy

# Integrated Services

- Currently not integrated for young people aging out of care
- Public Mental Health and Substance Abuse System is currently based on need
- Public Mental Health and Substance Abuse System offers integrated funding streams
- Currently silo at some services access points

# Workforce

- Lowest Paid and Bachelors Level Education
- Younger Employee
- Employee Satisfaction
- Burnout
- Vicarious Trauma

# The Future for Our Transition System

- Funding Needs to Respect the Difference/ Engagement will be Different
- Respect and Understanding of Youth Culture is Critical/  
Involves Different Ways of Doing Business
- High Perception of Opportunity /Service Delivery Process that Focuses on Hopes and Dreams
- Flexibility is Necessary /Got to Build the Plane While Flying it

# Implications for Practice....Make Services Appropriate for Developmental Stage

## Examples from New Models: **Peers and Social Context**

- Peer context important
  - Group treatment settings for TAY (e.g. 16-25 yr olds)
  - Peer Mentors
  - Peers on staff
  - Hang out space for young people
- Romantic relationships – social support may come from partner/spouse/boy or girl friend
- Teach relationship skills

# Implications for Practice....Make Services Appropriate for Developmental Stage

## Examples from New Models: **Support Identity Formation**

- Resist urge to parent or be authority
- Allow for experimentation – process lessons learned
- Incorporate youth voice/ownership at every level
  - Person Centered Planning
  - Young adult advisory group for program
  - Youth Councils in each area

# Evidenced Based and Promising Practices

- Ansell-Casey Life Skills Assessment (ACLSA)
- Transition to Independence Process (TIP)
- Wraparound
- Supported Education
- Supported Employment
- Assertive Community Treatment (ACT)
- Illness Management and Recovery Program (IMR)

# Potential Possibilities'

- Raising the Medicaid age to 25
- Lowering the age you can sign an apartment for a lease
- Improving Medicaid access for juvenile justice involved youth and youthful offenders leaving medium secure/adult corrections
- Developing age requirements to seek services if you are estranged from your parent/guardian?
- Medicaid transition planning benchmarks
- Improved statewide access points
- Transition services program requirements

# Contact Information

## Transition to Adulthood Champion

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