



Transitioning into new Roles



What do we mean by **Transitional Age Youth**?

This term is often used to describe Young Adults who are approximately 16-24 years old.

This time in life may include many new roles.

Going to school

Beginning a new job/career

Decisions about housing

Even starting a family



Young Adults and Skill Building



- Relationships/Friendships
- Lifestyle
- Jobs/Education/Career
- Contracts
- Health/Wellness
- Engagement

Problem solving



Decision Making

Adolescence into young adulthood- Developing Brain



- A sensitive period - especially open to environmental input during this time
- Brain and body are rapidly developing or reorganizing
- Openness provides both opportunity and vulnerability

Young Adults



This can be a very exciting time in life

- ✦ thinking about things in new ways
- ✦ passionate about a variety of issues



Behavioral Health and Young Adults



- One half of all chronic mental illness begins by the age of 14; three quarters by the age of 24.
- Schizophrenia symptoms usually appear between ages 13 and 25.
- 70% of youth in juvenile justice systems have at least one MH condition and at least 20% live with a SMI.
- 29% of 18-24 year olds living in Missouri had a mental illness in the past year. Data retrieved <http://placesforpeople.org/hear-our-voices>

Comprehensive behavioral health assessments for individuals with mental health concerns:



- Often there is a history of at least one or more:
 - traumatic experience(s)
 - absent or poor peer and adult role models
 - episodes of child welfare services
 - juvenile and criminal court involvement
 - physical, verbal, sexual abuse
 - multiple inpatient or residential mental health stints

All of these experiences can negatively impact a Young Adult's opportunities for education, employment, and housing.

Unique Needs



- **Trafficked Youth-** low self-esteem and difficult family situation, most at risk
- **LGBTQ Youth** – significant percentage of homeless youth population
- **Mental health/Substance use/Addiction**
- **Pregnant and Parenting Youth-** resources
- **Family-** discord, rejection, abuse
- **Services for children** - drop off



Serious mental illness makes it difficult to complete high school and to find employment.



Missouri DMH-DBH and Missouri Coalition of Behavioral Health Providers are working together to provide support to young adults.

There are several initiatives working to support young adults:

- Transitional Age Youth Assertive Community Tx. Teams
- First Episode of Psychosis: Individual Resiliency Training and Supported Education and Employment training
- Certified Peer Support/Family Support Training for TAY
- Encouraging youth voice
- Learning collaborative for TAY Housing providers