



Challenges for Transition Age Youth and Their Families

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*"Society says "ADULT,"
we say
'they are still our children'"*

Objectives

- What changes should you be prepared for as a typical healthy child ages?
- What will be different about this process if your child has experienced a mental health condition growing up?
- What resources are available as you begin to plan for these transitions?

*What are your
expectations?*



What “transition” are we talking about?





Are you the same person you were when your child was a toddler?

Is there a difference in the amount of control the parents of these two boys have?





*Some transitions
can feel like walking
off a cliff...*



***As a parent of a child
with mental illness facing
transition into adult services...***

***it can feel like you are throwing
your child off that cliff***

What age are your kids?



*Younger than
14 years?*

*Between 14
and 17?*

*Between 18
and 21?*

*Between 22
and 26?*

Older than 26?

Challenges of Transitions for “typical” Youth



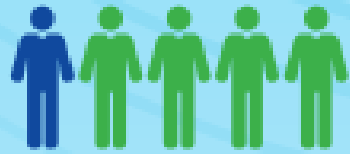
What are some of these challenges that you have already experienced with your child?

Additional challenges facing our children with a mental health condition



You are NOT ALONE

Millions of people are affected by mental illness each year. Across the country, many people just like you work, perform, create, compete, laugh, love and inspire every day.



1 in 5 U.S. adults
experience
mental illness

1 in 20

1 in 20 U.S. adults
experience serious
mental illness

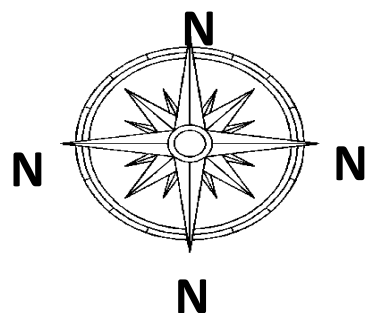
17%

of youth (6-17 years)
experience a mental
health disorder

- *50% of all mental disorders are present before age 14*
- *50% of students with mental illness will drop out of school*
- *Unemployment rates for those with mental illness are higher than their peers*

FAMILY LAND

Parent is CEO

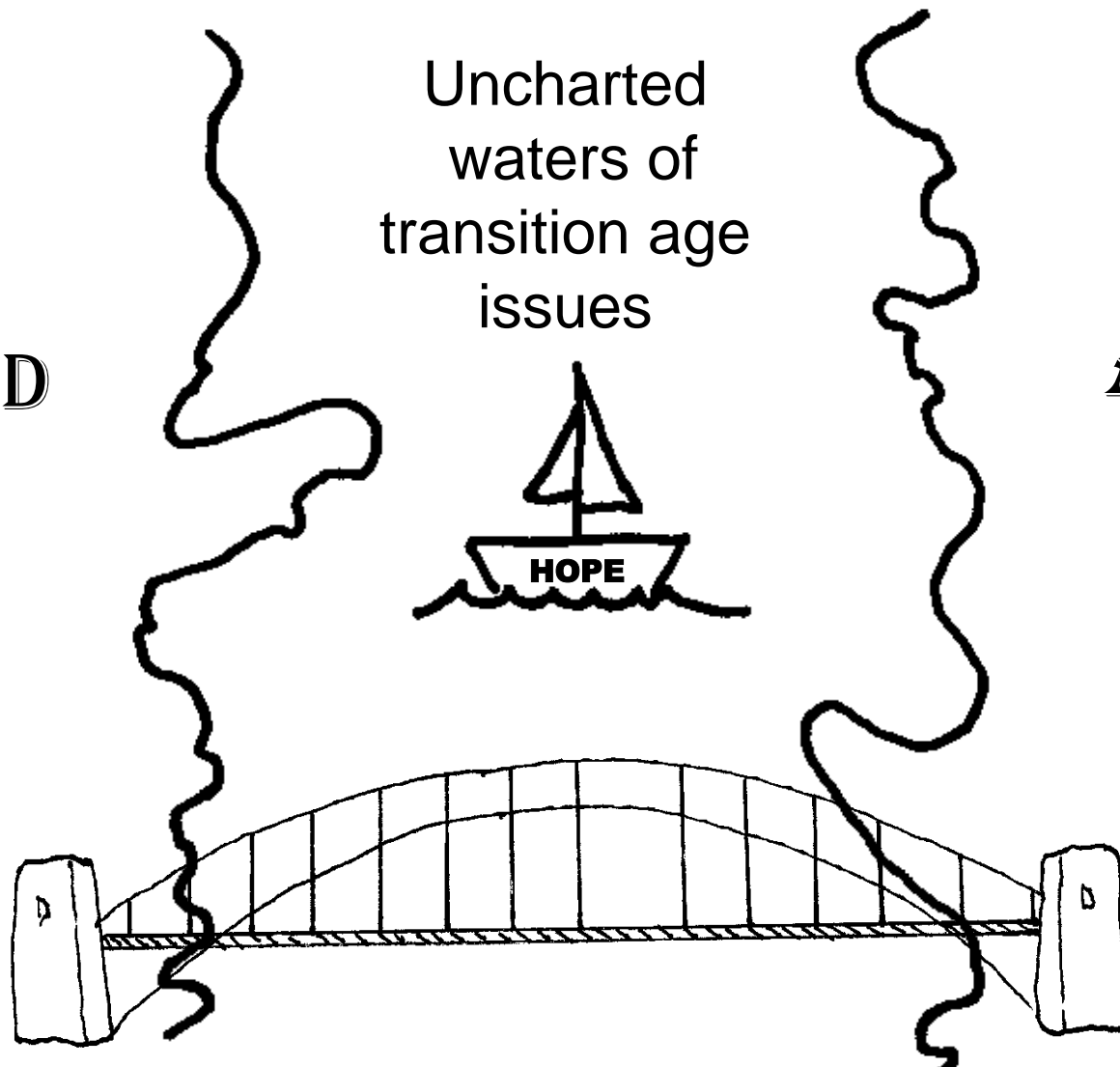


Uncharted
waters of
transition age
issues



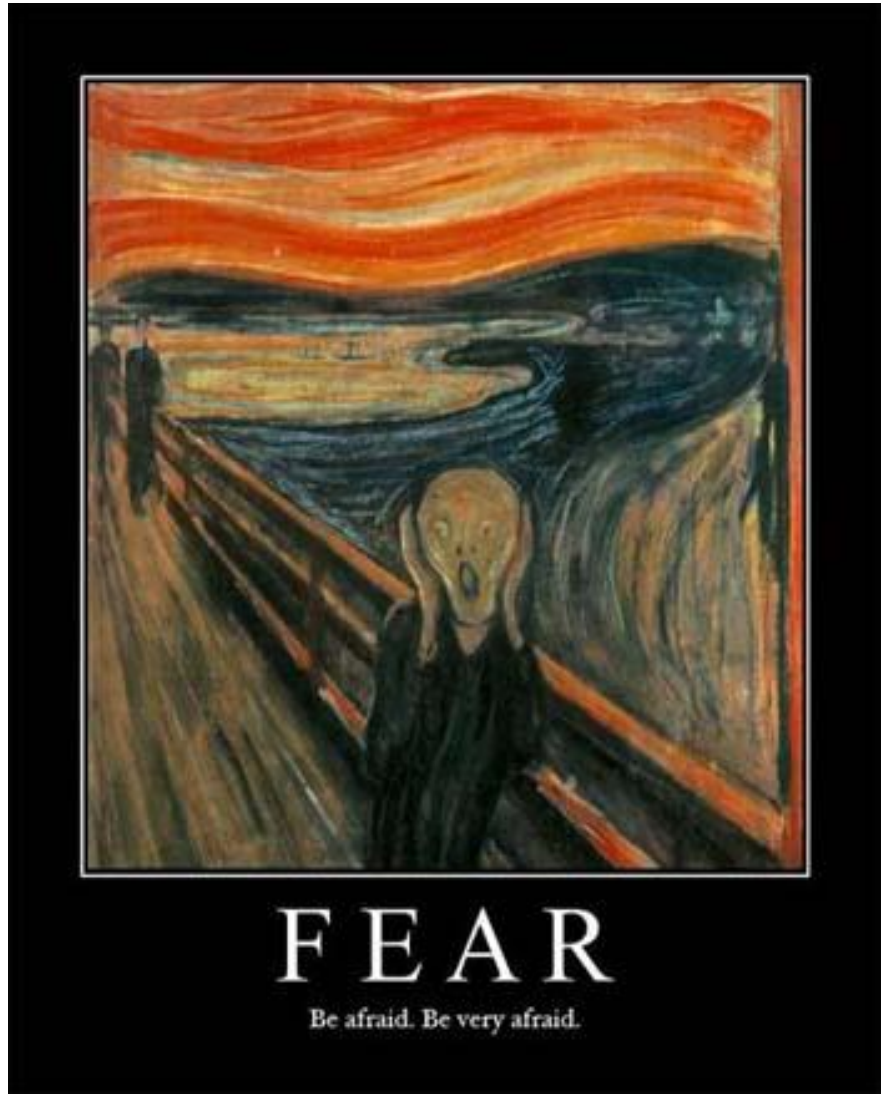
**ADULT CHILD
LAND**

Parent is Partner



What is the most difficult part of all this for us as parents?





How do we prepare?



Mental Health Week 7-13 October 2007

It's about how we treat each other. Take time to connect.

Some of the tools we will be sharing...

- *Prevention Planning for Transition*
- *Action Plan Timeline and Checklist*
- *Youth self-assessment*
- *Family/parent assessment*

What is Prevention Planning?

- *Why do we need it?*
- *Who should be involved?*
- *When should we do it?*
- *What does this plan look like?*

Getting the Youth's Perspective

- *What are his/her/their goals and dreams?*
- *What do they want to do after high school?*
- *Where do they want to live?*
- *How do they plan to make these dreams happen?*

Getting the Parent/Family's Perspective

- *What are your goals for your child's future?*
 - *Education? Employment?*
 - *Housing?*
 - *What is your assessment of their ability to reach these goals?*
-

*Know where to look
for puzzle pieces for
your child...*



**Educational
Resources**

**Mental
Health
Resources**

**Vocational
Resources**

**Benefits
Experts**

...and for yourself!

- *Better navigation tools*
- *Support of those who have traveled the same road*



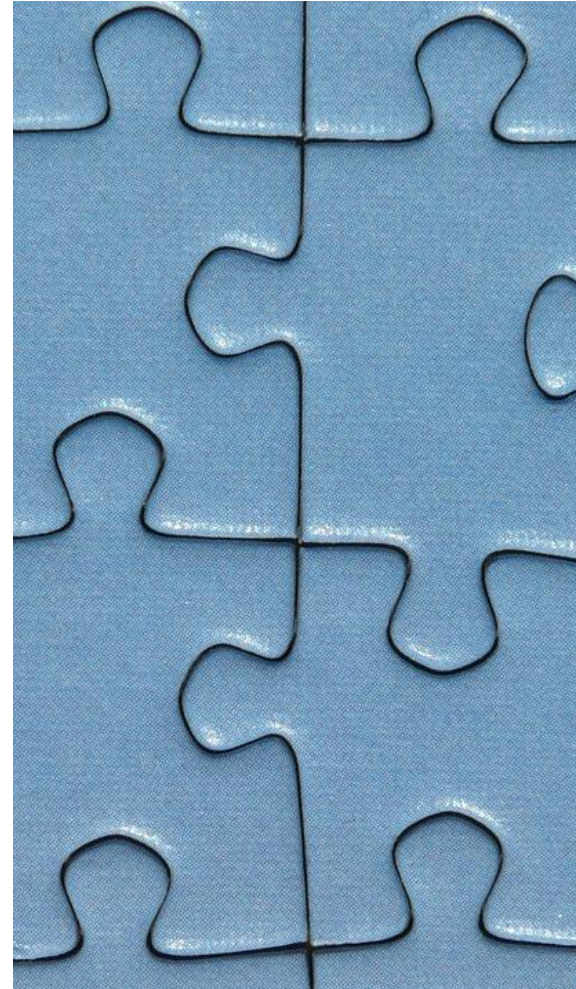
*It is possible
to navigate
the cliffs.*

- *Find the natural bridges*
 - *Look for the steps*



*'We've considered every potential risk
except the risks of avoiding all risks.'*

Put the puzzle together and keep your family as whole as possible



*What is one thing that you have heard today
that you plan to follow up on and learn more
about?*



Disability and mental health

- *Make sure your mental health provider is familiar with disability*
- *Ask the provider if the office is accessible*
- *Your insurance company or HMO case manager should have a list of disability-friendly providers, though all should be ...*

Thank you!

For more information:

- www.nami.org
- www.nami.org/basics
- www.nami.org/crisisguide