

The transition of youth into adulthood provides challenges for the youth—and for those who are supporting them in the process. The following resources provide information that is free and can be used in a variety of ways—to inform ourselves, to help youth to see themselves in a larger context, to help them to build their skills, to help families and natural supports who wish to be useful to the young people they know.

The following items are downloadable online at no expense:

Things People Never Told Me, available at www.pathwaysrtc.pdx.edu. Click on “Publications” and enter the title. This publication provides 18 pages of information that young adults have identified that would have better prepared them for their transition into adulthood. Topics include life areas such as finances, employment, healthcare, transportation and relationships.

Making Healthy Choices, A Guide on Psychotropic Medication for Youth in Foster Care, available at <http://www.ncryd.ou.edu/learning-center/med-guide>. *Making Healthy Choices* includes useful information, questions to ask, worksheets, and tips for any youth motivated to participate in his or her health care decisions.

Strategic Sharing Workbook: Youth Voice in Advocacy, available at www.pathwaysrtc.pdx.edu. Click on “Publications” and enter the title. This workbook helps individuals to think about whether sharing information with others about their mental health issues—issues they should consider, purposes they hope to address, benefits of sharing, potential risks, etc. It is useful for anyone trying to better understand their mental health challenges.

Skills to Pay the Bills, available at <http://www.dol.gov/odep/topics/youth/softskills/>. This is a curriculum focused on teaching “soft skills” or workforce readiness skills to youth, including youth with disabilities. It is designed for individuals 14-21 and has hands-on, engaging activities that focus on six key skill areas: communication, enthusiasm and attitude, teamwork, networking, problem solving and critical thinking, and professionalism.

Community-based Approaches for Supporting Positive Development in Youth and Young Adults with Serious Mental Health Conditions, available at www.pathwaysrtc.pdx.edu. Click on “Publications” and enter the title. Becoming an adult requires that youth develop a positive identity and sense of purpose, develop the motivation and self-control to make decisions and carry out plans consistent with meaningful goals, acquire skills needed for adult roles and become more socially connected. This publication helps adults to think about how to support youth who are developing these skills.

Youth Mental Health Bill of Rights, available at <http://mentalhealthyouthbillofrights.blogspot.com/>. This document was written in 2009 by young adult participants at a conference on mental health. It provides food for thought as we engage young people in understanding and managing their mental health challenges.

Best Practices for Increasing Meaningful Youth Participation in Collaborative Team Planning, available at <http://www.pathwaysrtc.pdx.edu/pdf/pbAMPYouthParticipation.pdf>. This paper can assist adults to engage youth in collaborative planning. It helps us to understand how to move from “family-driven” planning to “youth-driven” or “young adult driven”.

“headspace” Psychosocial Interview, available at <http://www.headspace.org.au/what-works>. Click on “Popular Downloads” and “:headspace psychosocial interview”. This paper provides tips for engaging youth through an interview process. It provides guidance for a non-judgmental, non-threatening way to help youth talk about their circumstances and goals. It is appropriate for case-workers and adult allies.

Transition Resources for Adolescents with Mental and/or Emotional Disorders and their Families and Do-It—Yourself Case Management and Advocacy are both available at <http://www.wicollaborative.org/links.htm#Transition>. Click on Transition Resources. These papers were created by the Wisconsin Mental Health Transition Advisory Council.