Empowering Young Adults with a Guiding Star for Navigating Life's Messy Situations and Transition Decisions

A Young Adult Road Map Institute for People in Their Teens and Twenties, Their Families, and Mentors

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OBJECTIVES:
Participants will identify 5-4-3-2-1:

5 point *Guiding Star* for breaking down big, messy situations.
4 step coaching path for empowering use of the *Guiding Star*.
3 or more strength-based ways to communicate with providers.
2 or more strategies for navigating systems more effectively.
1 or more action items for using strategies taught in this session.
1. Stand in a Circle
2. Hold a poker chip in each hand.
3. We will read a story.
4. When you hear “right” pass the chip in your right hand to your right.
5. When you hear “left” pass the chip in your left hand to your left.
If you drop or lose chips, that’s okay.
Who’s in the Room?

Find someone you don’t know. Share your name, and describe in 2 minutes:

A big, complicated situation you have faced in your life (not the biggest one, just something that was complicated.)

In the beginning, what was the worst part?

As it went on, what surprised you?

What helped you the most?

What did you learn from the experience?
“Transition Age” is complicated

- Economics, insurance law, and social structures have changed rapidly.
- Transition/“Emerging Adulthood” timelines have extended (in both directions).
- Skill-building and coaching may be needed from early teens through late twenties.
- We ALL need continuing support in unique ways and on individual timelines.
• Sooner or later, every teen or young adult gets asked

• THE QUESTION

1. What are your
   • PLANS????

2. What are you going to
   • DO????

3. What do you want to
   • BE????
To de-stress the situation, a young adult can...

Change the conversation

- ...about goals, services, and vision for the future.
- WHY can changing the conversation (asking different questions) make a difference in the outcome for a young adult?
A More Effective Question may be...

“...How do I picture the everyday life I want to live as an independent adult?”

I really can’t think very far ahead.
This question involves ALL “focus areas” of everyday life.

Education/Employment
Housing
Transportation
Community
Health
Purpose

What if I don’t know what I want...sounds complicated....
The five points of the *Guiding Star* help you break up big, complicated life situations into manageable tasks.

1. **SET GOALS**
2. **LEARN SYSTEM BASICS**
3. **BUILD RELATIONSHIPS**
4. **MANAGE INFORMATION**
5. **FIND SUPPORT**

The Guiding Star is a tool for STRATEGIC THINKING about life’s big, complicated, messy situations.
The *Guiding Star* is a set of “Universal Life Hacks” for getting the services a person needs. Programs, laws, procedures, diagnoses, payments, treatments, staff roles—all can change. Like the North Star, the Guiding Star doesn’t change. Those skills are useful in ANY system.
Road Map series programs from TUFF/Family Road Map Institute

Family Road Map 2-Day Facilitator training

Young Adult Road Map 1-Day Coach training

For use in groups and one-on-one coaching

ssw.umaryland.edu/traininginstitutes
Six hours. Sixteen young adults. Five packs of chart paper. 25 permanent markers. Six dozen granola bars. 50 poker chips. 20 cell phone chargers. One large rubber ball. And a parachute. What emerged....
Guiding Star Point One

**SET GOALS**

Decide what to look for based on your strengths and concerns. What do you already have, and what do you need right now to take the next steps?
Guiding Star Point Two

LEARN SYSTEM BASICS

Become familiar with key words, procedures, and provider roles so you understand what choices you have, where to find services, and how to get those services.
Guiding Star Point Three

BUILD RELATIONSHIPS

Communicate your priorities clearly. Show you expect to be included in all decisions as a full partner. Find people who can help you meet goals and solve problems.
Guiding Star Point Four

MANAGE INFORMATION

Keep good records. Track and report progress so medical providers and others can understand how you are doing. Insist on clear explanations of any evaluations or reports that are used to make decisions about you.
Guiding Star Point Five

FIND SUPPORT

Create a network of people and resources that can help you stay safe and cope with challenges along your journey.
Guiding Star Close-Up

The Bridge to Everywhere

A Five-Point Guiding Star Plan for Navigating Transition Services
• Why should I do this?
• What’s my role in this interaction?
• What are the most strategic ways to accomplish this?
• What “rules of the road” did I learn from this? What is the overall “take-home?”
Five Types of Strengths

1. Qualities
2. Abilities
3. Interests
4. Assets
5. Resources
How does it help to split concerns into “right now” and “down the road?”
“The Big Picture” is a multi-use tool for
• prioritizing
• planning
• motivating
• encouraging a person to “change the conversation” to a more person-centered focus
Key Words Open Doors

Using the RIGHT WORDS can help you ask more EFFECTIVE QUESTIONS that produce more USEFUL ANSWERS.

Key words in Young Adult Road Map are printed in BLUE and defined in the Glossary.
Team-Based Coaching Practice: Communicating with Providers, Guiding Star Three.

“Talking so Medical Providers Listen”
“Talking to Your Pharmacist”
How does information tell a story about you? How do you stay in charge of that story? How do you get the information you need?
Building a Back Up Plan

A step-by-step approach that uses the *Guiding Star* to consider situations before they get bigger and messier.
Consider Community

This can also be a useful way to start a conversation about natural supports in the context of Wraparound.
Applying the *Guiding Star* to TRANSITION ISSUES What works in the Unique Culture of YOUR community? A Team-Based Conversation
Change the conversation
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