Transformative Systems
Design for Young Adults
We All Have a Role
Workshop Presenters

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Where We Are Today: The Cliff
Where to Start?

• Change policies and system structures
• Change services and practices
• Partner with young adults and caregivers
Approaches to Transition

- Youth Guided
- Family Driven
- Separate Child & Adult Systems
- Evidence Based
- Youth Driven
- Redefine Family Role
- New Partners; Seamless Coordinated Care
- Evidence Informed
Key Policy Tenets

• Promote a density of developmentally-appropriate and appealing services
• Individualized service and treatment plans
• Provide continuity of care from adolescence to adulthood
• Provide continuity/coordination of care across the many systems that offer relevant services
• Support family role into adulthood
• Support expertise in this age group and disability population

(Davis & Koyanagi, 2005)
Key Policy Tenants - 2018

Administrative Support for Young Adult Driven Practices

- Availability of Peer to Peer Support
- Mandated inclusion of young adults & caregivers in governance structures
- Leadership development
- Life skills and education opportunities
- Workforce development
  - Inclusion of young adults & caregivers in the workforce
- Expectations of partnership with existing youth & caregiver programs and organizations
- Proactive system of supports
  - Low barrier drop-in centers
Key Policy Tenants - 2018

Policy Change to eliminate the cliff approach to services
• Increase access to adult system
• Ease restrictive eligibility criteria
• Create a bridge between child and adult systems
• Overcome limited services & supports for this population
• Support parents & caregivers
Thought Work
Three Key Policy Questions

• Are young adults identified in children’s services and provided age tailored services?

• Is there a formal or informal agreement between the adult and child serving systems?

• Can young adults access adult services and are developmentally appropriate services available?

(Koroloff, Masselli, & White, 2014)
Do criteria for accessing adult mental health services exclude some young adults?

Is there a variety of developmentally-appropriate services in the adult system from which individualized service and treatment plans can be constructed?

Are service coordinators available in the adult system that have been trained on working with young adults?

(Koroloff, Masselli, & White, 2014)
Culture Shift

Change takes time
Changing Community Culture

• Offer informal supports
• Partner with family and youth-run organizations
• Ensure everyone has a role and everyone has a responsibility
• Create buy-in and train the workforce
The Way Forward

• Ensure everyone has a role and a responsibility
• Challenge the status quo
• Shift our unconscious biases
• Build non-traditional partnerships
• Incorporate flexible financing mechanisms
Shifting Community Culture

• Shift from independence to interdependence
• Recognize the impact of intersection of social and environmental context on transition
• Embed lived experience beyond peer support
Non-Traditional Partnerships

• Partner with youth and family-run organizations
  • Provide peer support
  • Offer education & training
  • Participate in advocacy
  • Support agency climate and culture change
  • Support integration of young adult & caregivers at all levels
Thought Work
Policy Impact

What can YOU do to change policy and develop policy to address this cliff?

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Resources

• Davis M, Koyanagi C. Summary of Center for Mental Health Services Youth Transition Policy Meeting: National experts panel. Rockville, MD: Substance Abuse and Mental Health Services Administration, Center for Mental Health Services; 2005.
• Healthy Transitions Initiatives Issue Briefs
• NITT-TA Center: Healthy Transitions
Resources and Technical Assistance Available

FREDLA
www.fredla.org

Youth MOVE National
www.youthmovenational.org
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