

# System of Care Principles and Transition–Aged Youth and Young Adults

Sally Raschick and Becky Kanitz  
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Wisconsin  
Department of Health Services

# Historical Challenges

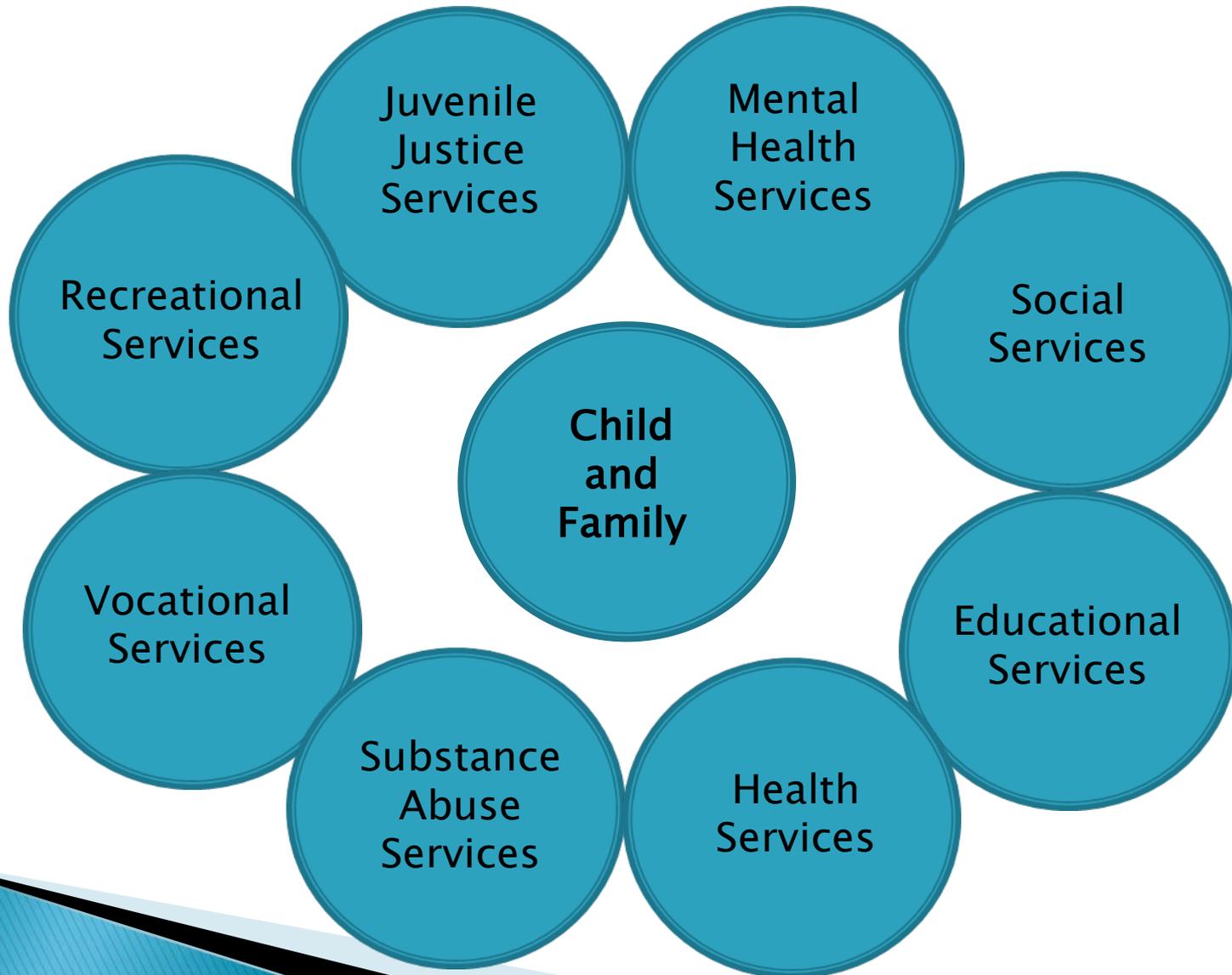
- ▶ Few options for developmentally and culturally appropriate mental health treatment
  - ▶ Overuse of restrictive and unnatural settings
  - ▶ Lack of cross-agency and cross-system collaboration
  - ▶ Lack of provider skill and knowledge of evidence-based practices that are effective when supporting youth and young adults
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# System of Care Definition

A spectrum of effective, community-based services and supports for children and youth with, or at-risk of developing, mental health challenges and their families that is organized into a coordinated network, builds meaningful partnerships with families and youth, and addresses their cultural and linguistic needs in order to help them function better at home, in school, in the community, and throughout life.

Stroul, B., Blau, G., and Friedman, R. (2010).  
National Technical Assistance Center for Children's Mental Health  
Georgetown University

# System of Care as a Framework



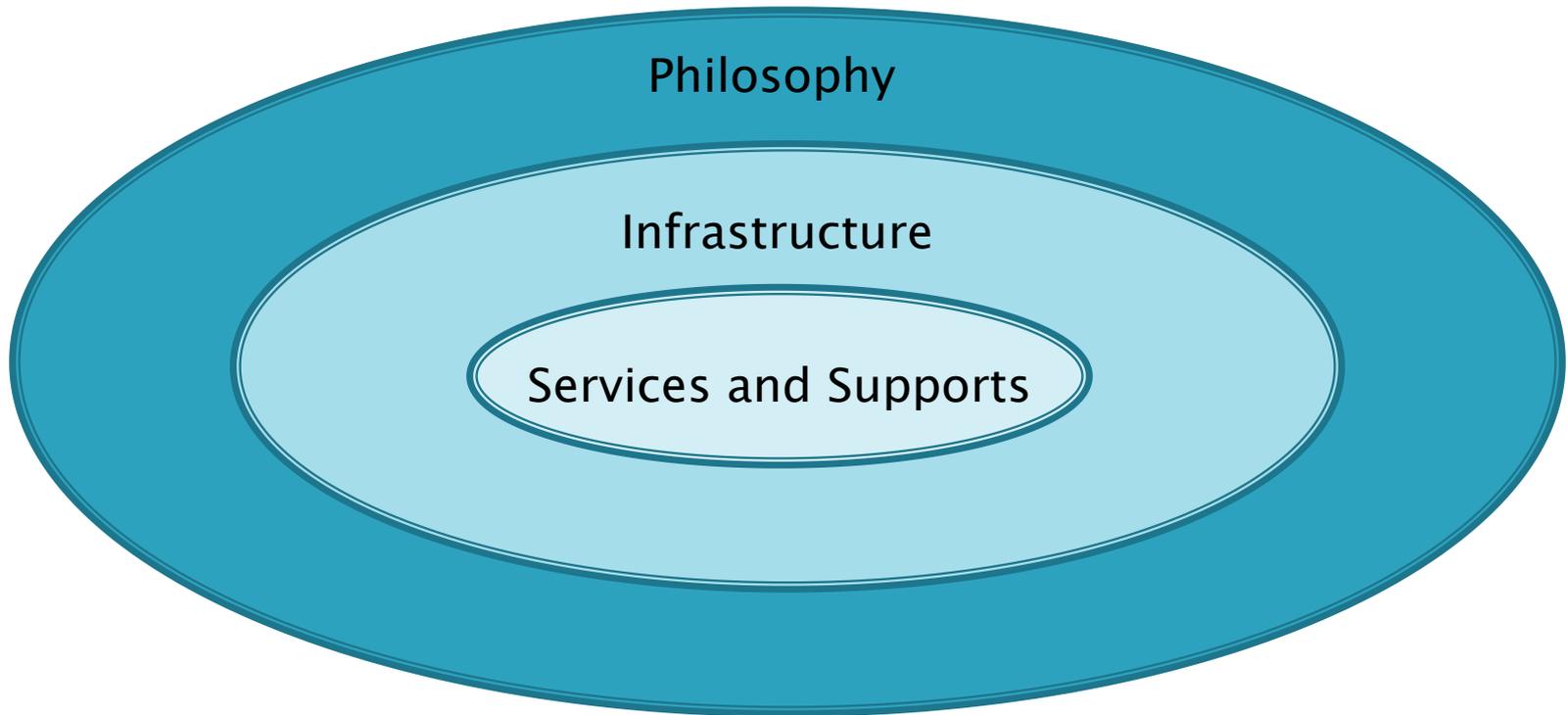
# System of Care Guiding Principles

- ▶ A broad array of evidence–informed services and supports are offered
  - ▶ Services are individualized
  - ▶ Services are provided in the least restrictive settings possible
  - ▶ Families and youth are seen as full partners at all levels
  - ▶ Cross–system collaboration is implemented at the systems level
  - ▶ Care management is used for coordination at the service level
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# System of Care Guiding Principles

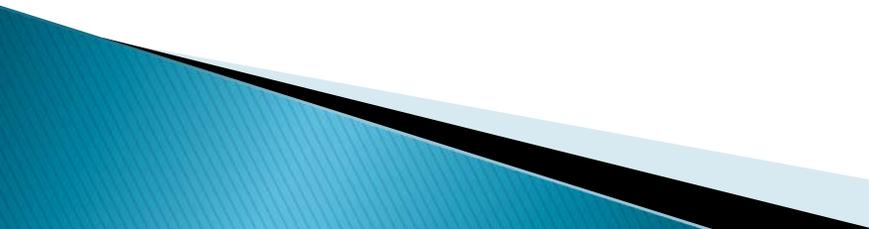
- ▶ Services are offered for youth of all ages and their family members
  - ▶ High value is placed on mental health promotion, prevention, and early identification
  - ▶ Accountability is stressed
  - ▶ Advocacy and client rights are prioritized
  - ▶ Nondiscrimination is necessary
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# System of Care as a Concept



National Technical Assistance Center for Children's Mental Health  
Georgetown University Center for Child and Human Development

# Meeting Needs of Transition-Aged Youth and Young Adults

- ▶ Wisconsin's population: 5,724,554
  - ▶ 13.8 percent are young adults (16–25 years of age)
  - ▶ Young adults experience multiple changes between the ages of 16 and 25, making this an exciting, but challenging, stage of life
    - Housing, shelter changes
    - Relationship, role changes
    - Need for income, employment
    - Desire to further education
    - Need for emotional support
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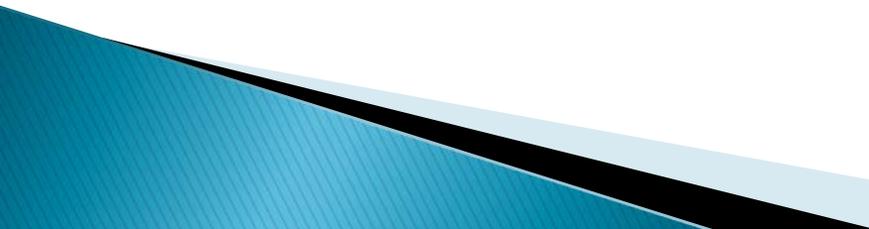
# Meeting Needs of Transition-Aged Youth and Young Adults

- ▶ Common for young adults to receive a variety of supports from family members and friends well into adulthood
  - ▶ What if this support isn't available, ongoing, or appropriate?
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# Project YES!

- ▶ Project YES! (Youth Empowered Solutions)
- ▶ Five-year, federally-funded grant initiative intended to improve access to treatment and support services for youth and young adults aged 16–25 that either have, or are at-risk of developing, a serious mental health condition
- ▶ Two counties identified as local learning laboratories
  - Outagamie County
  - Jefferson County

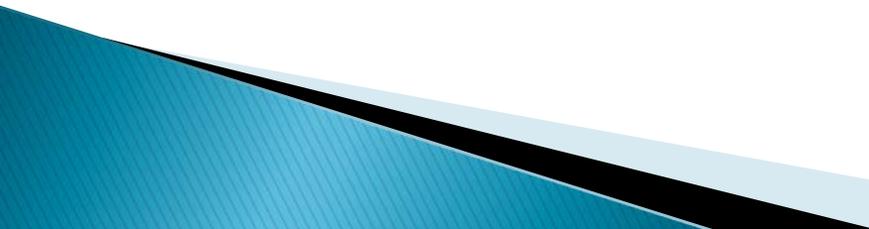
# Project YES! as a Framework

- ▶ Project YES! is not a program in itself but is a philosophy or mindset used to inform practice with young people
  - ▶ A youth-centered and youth-driven philosophy of practice that provides a developmentally and culturally appropriate framework for adult helpers interacting with young people supporting them as they transition to adulthood
  - ▶ An innovative and effective way of doing business within an existing support program
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# Project YES! and CCS

Comprehensive Community Services (CCS) provides the programmatic structure and funding base, while Project YES! informs helpers and direct service providers as to the most effective, respectful, and supportive ways of walking alongside young people as they learn to be independent adults

# Innovative Approaches to Providing Support

- ▶ Support is always youth-centered and youth-driven
  - ▶ With appropriate support and encouragement, young people seeking support determine, for themselves...
    - ...what services they want to explore.
    - ...when these services are explored and for how long.
    - ...who is involved in service provision.
    - ...who is included on the support team.
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# Innovative Approaches to Providing Support

- ▶ Methods of service provision are innovative, non-traditional, and flexible
  - ▶ Language and terminology used is developmentally appropriate, strengths-based, and non-threatening
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# Innovative Approaches to Providing Support

- ▶ Leadership and skill development for youth and young adults is valued and supported by direct service staff
  - ▶ There is a family focus on growing with, rather than letting go of, maturing youth
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# Transition to Independence Process

- ▶ Engage young people through **relationship development, person-centered planning, and a focus on their futures**
  - ▶ Tailor services and supports to be **accessible, coordinated, appealing, non-stigmatizing, and developmentally appropriate**, building on strengths, to enable the young people to pursue their goals across relevant transition domains
  - ▶ Acknowledge and develop **personal choice and social responsibility**
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# Transition to Independence Process

- ▶ Ensure a **safety net of support** by involving a young person's parents, family members, and other informal and formal key players
- ▶ **Enhance** a young person's **competencies** to assist the individual in achieving greater self-sufficiency and confidence
- ▶ Maintain an **outcome focus** in the TIP system at the young person, program, and community levels
- ▶ **Involve** young people, parents, and other community partners in the TIP system at the practice, program, and community levels

Adapted from Clark, H. B., & Unruh, D. K. (2009). Transition of youth and young adults with emotional or behavioral difficulties, 95–98.

# A Framework for Goal-Setting



Adapted from Clark, H. B., & Unruh, D. K. (2009). Transition of youth and young adults with emotional or behavioral difficulties, 95–98.

# Questions?

**Sally Raschick**

Project YES! Principal Investigator

608-261-9313

[Sally.raschick@dhs.wisconsin.gov](mailto:Sally.raschick@dhs.wisconsin.gov)

**Becky Kanitz**

Project YES! Project Coordinator

608-261-9045

[rebecca.kanitz@wisconsin.gov](mailto:rebecca.kanitz@wisconsin.gov)

Wisconsin Department of Health Services  
Division of Mental Health and Substance Abuse Services  
Bureau of Prevention Treatment and Recovery