NYC FAMILY & YOUTH
PEER SUPPORT ALLIANCES

Supporting Your Mental Health Needs During Transition

SCO
Family of Services

Transitions



Feelings


HOPEFUL
DETERMINED
CURIOUS
SUPPORTED
OVERWHELMED
PROUD
EMPOWERED
INDEPENDENT
ANXIOUS
CONFIDENT
RESILIENT
UNCERTAINTY
BELONGING
GROWTH
OPPORTUNITY

Presenters



Erica Harper-Beckford
FPA-C



Sondra Siegel-Rakitovan
FPA-C

SCO Family of Services

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Workshop Goals

- Understand what transition to adulthood means in different areas and identify emotions that come up during transition.
- Recognize how transition can affect relationships in particular the parent/young adult relationship and briefly discuss strategies on how to navigate this new relationship boundaries and roles in a healthy way.
- Discuss How to Stay Grounded and Preserve your Mental Health
- Explore changes in different areas of life and new responsibilities.
- Available Resources and Supports

“My Future, My Voice, My Choice”

- **Everyone Has Their Own Journey:** Growing into adulthood is a **process**, not something that happens overnight! (with a lot of feelings and all of them are okay)
- **Discover What Matters to You:** Explore your interests, strengths, dreams and goals. Think about what makes you happy, and what you are good at.
- **Build Confidence and Independence**: Learn new skills, make decisions, and take steps towards greater independence with the support you need.
- **Let’s Explore Your Future:** Do you want to attend college, learn a trade, find a job, be more independent. What Do These Things Look Like To You!
- **Caregivers Are Partners in YOUR JOURNEY:** Parents and Caregivers can offer guidance, encouragement, and support. Support young people while respecting their choice and growth!

- **Remember: Becoming an adult doesn’t mean doing everything alone!**

My Life, My Goals, My Next Steps!

Exploring My Future- One Step at a Time

- **My Education, My Future:** Do I want to attend college, learn a trade, or explore a training program that matches my interests?
- **My Career, My Passion:** What am I good at? What kind of job would I enjoy? How can I gain work experience?
- **My Health, My Well-Being:** How can I take care of my physical and mental health and learn to speak up for what I need?
- **My Home, My Comfort:** Where would I like to live as an adult?
- **My Money My Choice:** How can I learn to budget, save money and make decisions about spending **responsibly?**
- **My Community, My Independence:** How can I feel more confident traveling to school, work, appointments or activities?
- **My Relationships, My Support Team:** Who are the people I trust? How can I build friendships, healthy relationships, and a strong support system?

Parent and Youth Roles are changing

Parents provide support but young adults now make decisions

How to Navigate these challenges

Navigating the changing relationship

Interdependence vs Independence

- Recognize feelings behind actions – fear, concern, lack of control, excitement with new autonomy – give each other grace on both sides!
- Parent expect less information, young adults recognize this is a transition for caregivers too.
- Keep Communication Open!
- Don't Compare, Your youth's experience is going to be unique. Manage your expectations to meet their capabilities. Don't set them up to fail.
- Caregivers Listen without judgment, validate the youth's perspective. Be respectful and supportive, not controlling. Respect new boundaries
- Parents and Caregivers Are Partners in YOUR JOURNEY: They can offer guidance, encouragement and support. Provide input with appropriate boundaries – support not control

  (switch from doing for - to doing with- to independence)

REMINDERS

Parents

More support, less control

Normal part of maturing not personal

Cheerleading, and encouragement

Respect, Youth's Choices

Youth

Difficult Transition for Caregivers too, not a closed door

Keep the communication open, ask for help if needed

YOUR MENTAL HEALTH MATTERS!
KEEPING YOURSELF BALANCED!
GET SUPPORT!

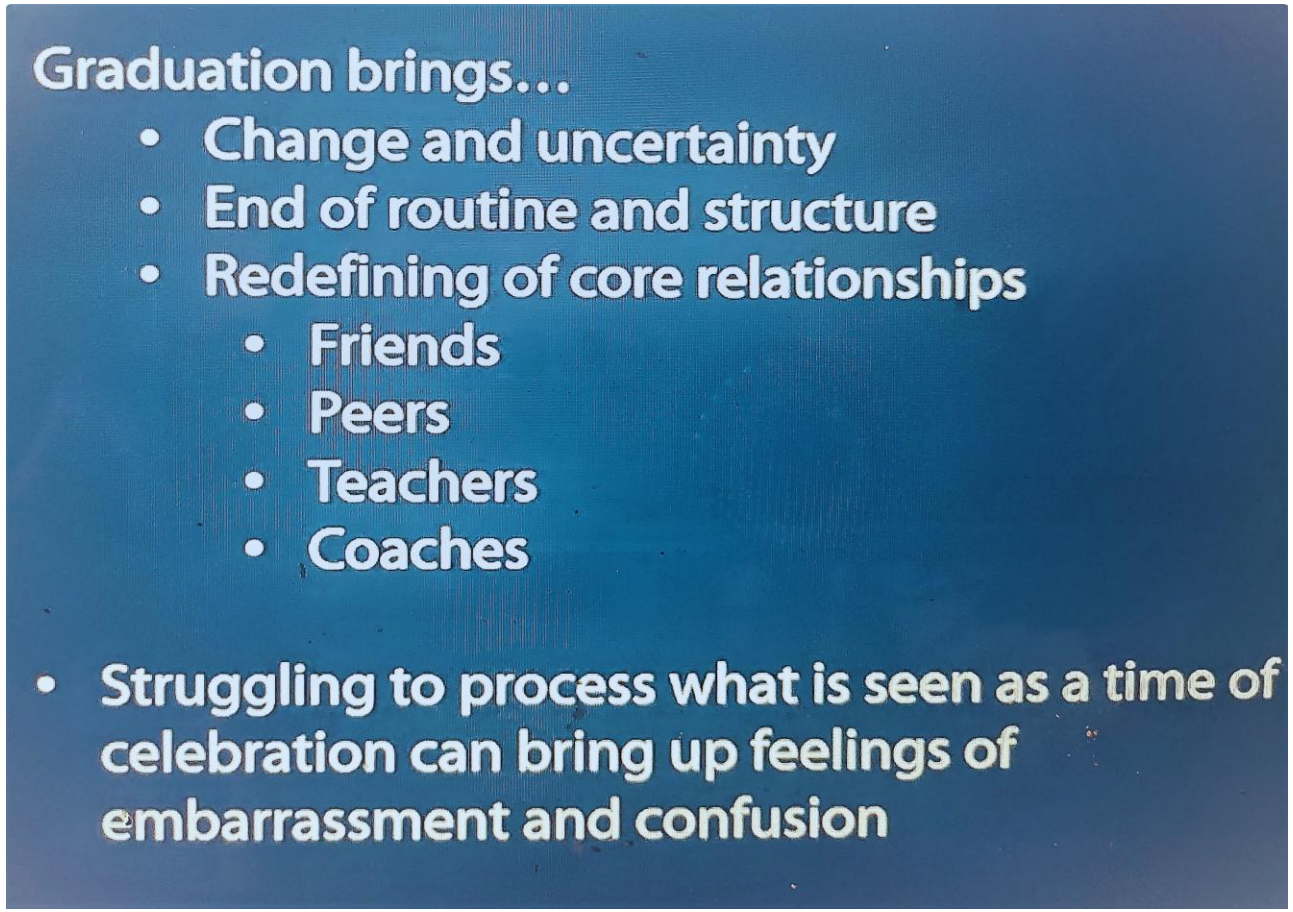


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Youth Take Aways – Keeping Yourself Grounded

- Asking for help and support is key
- Develop a network of support – therapy, friends, university resources and therapy centers.
- Know your personal warning signs and triggers and don't ignore them
- Coping skills - know what helps you maintain your emotional wellness – identify strategies and your trusted supports
- Create a plan for accessing therapy, medication management, peer support and crisis management
- Caregiver support and teach your young adult how to communicate and advocate with providers.
- Caregiver check ins, less often, expect less information, and provide more emotional support and encouragement.

Graduation Grief



How These Feelings May Manifest

Paralysis - Fear of Failure, Too many options- not sure what the right choice is
afraid of disappointing others

Denial of Comfort- "I don't need anyone elses's help", "I can do this on my own",
"I am 18 now, I can't keep asking for help"

Self Sabotage- Retreating from exams and other committments,
Missing application deadlines to submit applications
Retreating from info sessions, opportunities, and supports
services

Turning 18: New Rights, New Choices, and Responsibilities

- Privacy
- Medical Decisions
- Financial Decisions
- Living Arrangements
- Insurance
- Legal Responsibilities

My Privacy, My Rights & Decision making

- HIPPA- **My Heath information:** I decide who can access my Medical Health Record. (Medical Consent- Important to create legal docs to gain medical information in emergency)
- Healthcare Proxy- **Someone I trust:** I choose a trusted adult to make medical decisions for me if I become unable to make them myself.
- Grievance Rights- **My Voice Matters:** If I feel mistreate or disagree with how services are provided, I can ask questions, express concerns, and file a complaint.
- Educational Privacy- **My School Records**: – concerning grades, IEP's changes when entering college and turning 18
- **Supported Decision Making:** Help without Losing my voice. I can choose trusted people to help me understand information

College Planning:
Your Future, Your Voice!

- Know your Options: Explore 2- year college, 4-year University, Community colleges and Career Training Programs – Access VR
- Know Your Rights: Having an IEP or 504 plan in High School does not automatically follow you into college.
- Ask for Accomodations: Contact the College's Disability services or accessibility office before classes begin.
- Choose Your Pace: Explore fulltime or parttime enrollment based on your needs and ability.
- Explore Financial Aid: Learn about FASFA, TAP, Scholarships, Grants, and Student Loans.
- Build Independence: Practice self advocacy, budgeting, time management and asking for help!

Healthy Ways to Support Your Young Adult

- Embrace the notion that college and career choices "Mistakes" are not catastrophic. They are part of the learning process and everyone's path is unique. People transfer schools, take breaks, and change career directions all the time, so flexibility is key. Youth be kind to yourself and take things one step at a time. Allow yourself to use your supports.
- Encourage your young adult to **discover all the possibilities in careers or vocations** they might have an interest in pursuing. Talk to guidance counselors, college /career/vocational counselors, and people in their fields of interest.
- Remember College may not be the path for that particular pursuit.
- If your young adult has special needs or any other type of disability, **help them find out what colleges can provide the kind of support/accommodations** they can get so in order to succeed.
- **Encourage your teen to talk to others** who have faced similar challenges: young adults who have made mistakes and moved on from them.
- All paths are not the same, and accept changes in paths, be flexible.

Local Resources

Community Supports

- Local schools
- NYS Libraries
- NYS Parent to Parent
- Include NYC
- Target specific groups (AFFCNY, CHADD, NAMI, LGBQT, Dyslexia, Autism, ASA, Adoption
- SPOA

Helpful Websites

- OMH –www.omh.ny.gov
- OPWDD –www.opwdd.ny.gov
- NYS Parent to Parent www.NYSptop.org
- Wrights Law-www.wrightslaw.com
- NY Connects Resource Directory www.nyconnects.ny.gov
- Adoption and Foster Family Coalition of NY www.affcny.org

Educational Resources

- **NYS Department of Labor - Registered Apprenticeship Programs**
- **FASFA – Federal Financial Aid Application**
- **NYS Tuition Assistance Program (TAP) State based tuition assistance**
- **Excelsior Scholarship- Tuition Assistance for eligible NYS residents attending SUNY/CUNY programs**
- **NYS DREAM Act: Financial Aid pathway for students who do not use the standard FASFA pathway**
- **College Financial Aid office: provide guidance on deadlines and students individualized package**

- **NYS Education Department Adult Career& Counseling Services**

  website: http://www.acces.nysed.gov

Contact Us

Queens Alliance- SCO Family and Youth Peer Support Program

Erica Harper-Beckford, FPA-C
Phone: 917-232-9269
Email: ehbeckford@sco.org

Sondra Siegel-Rakitovan, FPA-C Supervisor
Phone: 934-852-0716
Email: srakitovan@sco.org

QUESTIONS?

Keep calm
Get Support
We are here to help
Queens Alliance Family and Youth Peer Support

