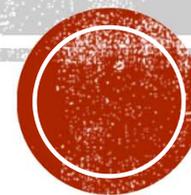


ADULTING 101

The basics of system navigation and independent living



AGENDA

- Introductions
- Icebreaker
- System Navigation - Advocating for Yourself and Others
- Youth Voice at the Agency Level (Y-VAL)
- Youth Voice on Committees and Councils (Y-VOC)
- Adulthood Round Table



INTRODUCTIONS

- **Michelle Owens:** Youth Coordinator for EASA connections, certified youth peer support specialist, crafty.
- **Caitlin Baird:** Program Manager and Trainer for Pathways, certified youth peer support specialist, trainer and consultant for youth peers, former peer supervisor. Patronus is a river otter.



ICEBREAKER



What is one
“adulting” skill you
are good at?

SYSTEM NAVIGATION

- When involved in one or more systems it can feel difficult to keep everything on track
- Often times youth are asked to complete multiple tasks at once
- System navigation can lead to burnout
- With the development of self-determination skills and the right amount of support, system navigation becomes easier to handle.
- Tips for system navigation:
 - Advocate for yourself
 - Know your rights and important information
 - Identify support



ADVOCATING FOR YOURSELF (AND OTHERS)

- The most effective way to navigate systems is to know how to advocate for your own needs
- While it can be hard it is okay to tell your providers what is working and what is not working (and/or help others to do so)
- Discussion: What are some ways you have advocated for yourself in the past?

SELF-ADVOCACY

IS THE ABILITY TO ARTICULATE
ONE'S **NEEDS** & **MAKE**
INFORMED
DECISIONS

ABOUT THE **SUPPORT**
NECESSARY TO MEET
THOSE NEEDS



KNOWLEDGE
OF RIGHTS



LEADERSHIP
SKILLS



KNOWLEDGE
OF SELF



COMMUNICATI
ON SKILLS



Youth mental health bill of rights



1

YOUTH HAVE THE RIGHT TO BE LEADERS OF THEIR PSYCHIATRIC TREATMENT PLANS.

Youth should be informed of the possible side effects of medications, how long recommended medications take to go into effect, and the possible long-term effects of recommended medication. Service providers should work with youth to explore possible alternatives to using psychiatric medication before medication is given. Communication between youth and all medical providers should be collaborative, clear, and with limited use of medical terminology.

2

YOUTH HAVE THE RIGHT TO EVALUATE THEIR MENTAL HEALTH SERVICES.

Mental health counselors, social workers, psychologists, and other service providers should provide opportunities for youth to evaluate the satisfaction of their services throughout the duration of care in a respectful and non-threatening manner. This includes evaluation of the relationship with the provider, counseling plans, and implemented treatment models.

3

YOUTH HAVE THE RIGHT TO THE MOST NON INVASIVE SERVICE TRANSITIONS POSSIBLE.

When youth are transitioning into new services, mental health programs should strive to make the transition as accommodating as possible for the youth. Youth should be consulted on the ways they would like to end their relationship with the current provider and whether they would like the current provider to share their file with their new provider. Providers should share if there will be any changes in the costs of services and/or insurance coverage.

4

YOUTH HAVE THE RIGHT TO TRAINED, SENSITIVE TREATMENT PROVIDERS.

Youth should have access to mental health professionals that are familiar with the unique needs and challenges of youth with mental health needs. All mental health professionals should have specialized training that fosters positive youth development and support. Youth mental health service consumers should be included in the creation and implementation of these trainings.

KNOW YOUR RIGHTS

- You can always:
 - Ask about treatment alternatives or other options
 - Ask for an explanation on why a specific treatment is being recommended
 - Say when something is not working
 - Advocate for something different that you want to try
 - File a grievance



IDENTIFY SUPPORT

- Navigating systems on your own can feel lonely
- If you do not have a youth peer support specialist, you may want to identify someone who is an ally that can help you advocate for yourself
- Important things to consider:
 - How can this person support me?
 - What so I want them to do?
 - How will I ask for their support?



Y-VAL AND Y-VOC

- The Youth Voice at the Agency Level (Y-VAL) assessment was developed in partnership with Portland State University and Youth MOVE National. The purpose of the Y-VAL is to assess how well individual agencies are incorporating meaningful youth voice within agency level decision making.
- The Youth Voice on Committees and Councils (Y-VOC) assessment was also developed by PSU and Youth MOVE National, and this assessment intends to help committees and councils determine how they are incorporating meaningful youth voice.
- If you are interested in having your organization, or a committee/council of which you are a part, participate in either survey please talk to Caitlin after!



ADULTING



PLEASE WAIT...

ADULTING

Discussion: What adult skills do you want to discuss or learn more about?



ADULTING DISCUSSION

- Everyone share their “adulthood” topics (presenters included)
- Everyone in the group gets to choose the top three topics most important to them (mark on poster paper)
- The top 5 topics will be the focus of our discussion
 - Everyone will have the opportunity to share their advice, experience, and questions regarding each topic.

