

# Hastings-Prince Edward Program and Protocol for Transitional Aged Youth February 2016

youthab.

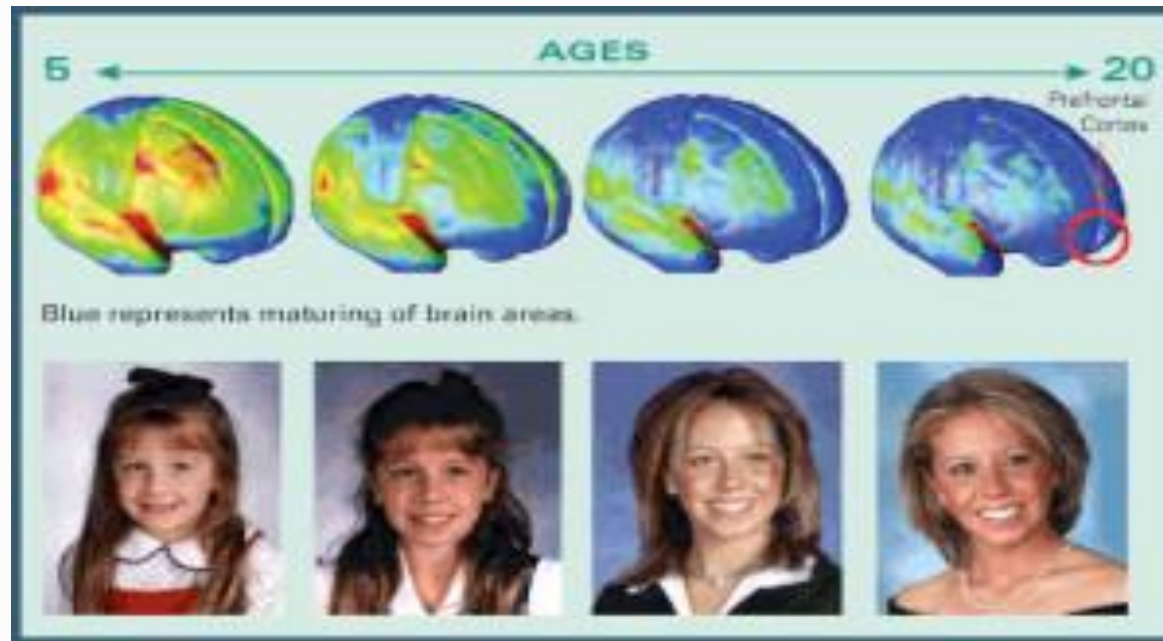
 **Ontario**  
South East Local Health  
Integration Network  
Réseau local d'intégration  
des services de santé  
du Sud-Est

# Transitional Aged Youth

- Ages 16 - 24
- Transition components:
  - Education
  - Employment
  - Living situation
  - Community-life
  - Relationships



# Adolescent Brain



- Emotional brain is in charge, seeking pleasure, excitement and risk
- Emotional control is still developing

# Mental Health & Addictions System



## Mental Health Services for Children:

- serves children and youth up to age 18

## Mental Health Services for Adults:

- serves individuals from age 16 and up

## Addictions Services:

- primarily serves individuals age 16 and up



Children's MH and adult MH are structured by age and service limits, making it necessary for youth to transition

# Premise of TAY Pilot & Protocol

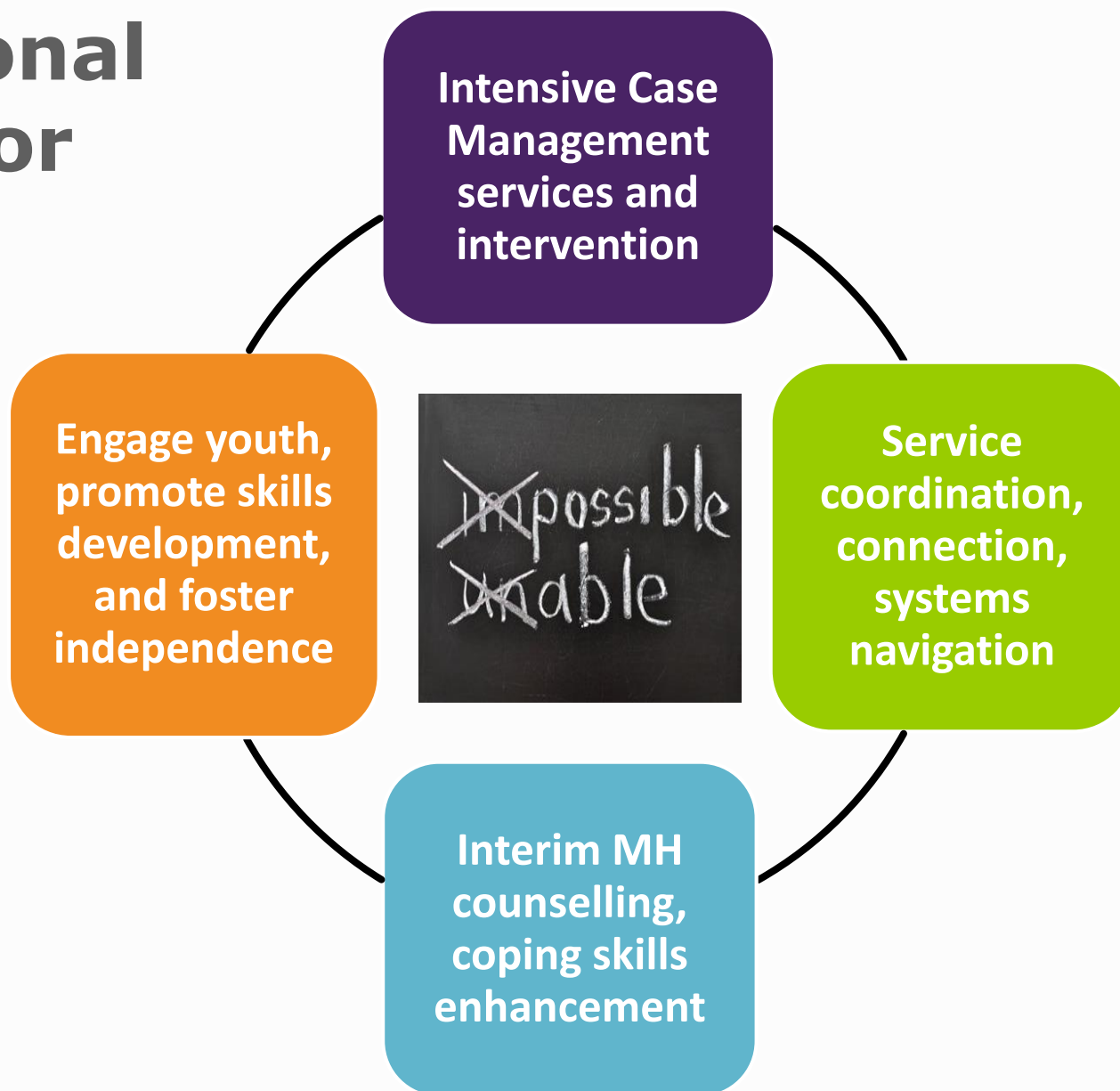
Successful transition from adolescence to adulthood:

- Having a strong advocate
- Planned service access and support
- Results: positive experiences & improved access to care and outcomes



# Transitional Connector Role

- support
- connect
- empower



# Best Practice Intervention

Comprehensive and holistic mental health, substance use and support services that include:



- housing
- finances, food



- education
- peer support



- employment
- health care



- social, recreational
- life skills (budgeting, cooking, social, decision-making)

# Transition versus Transfer

<b>Transition</b>	<b>Transfer</b>
Process for movement between services ensuring client stability	Termination of care by one provider and commencing with another
Planned, coordinated and seamless	Often abrupt
Care continuity, supported with follow-up	Usually no bridging, planning or support

Adapted from Youth Transition Improvement Program (YTIP) at the Addiction Services of Eastern Ontario (Cornwall and Hawkesbury)



# Referral Criteria

- Youth aged 16 to 24\*
- Who have mental health and/or substance use issues
- Not engaged in service and /or need help connecting to community services including:
  - Those who need help to transition
  - Those who require connections to needed community supports and services

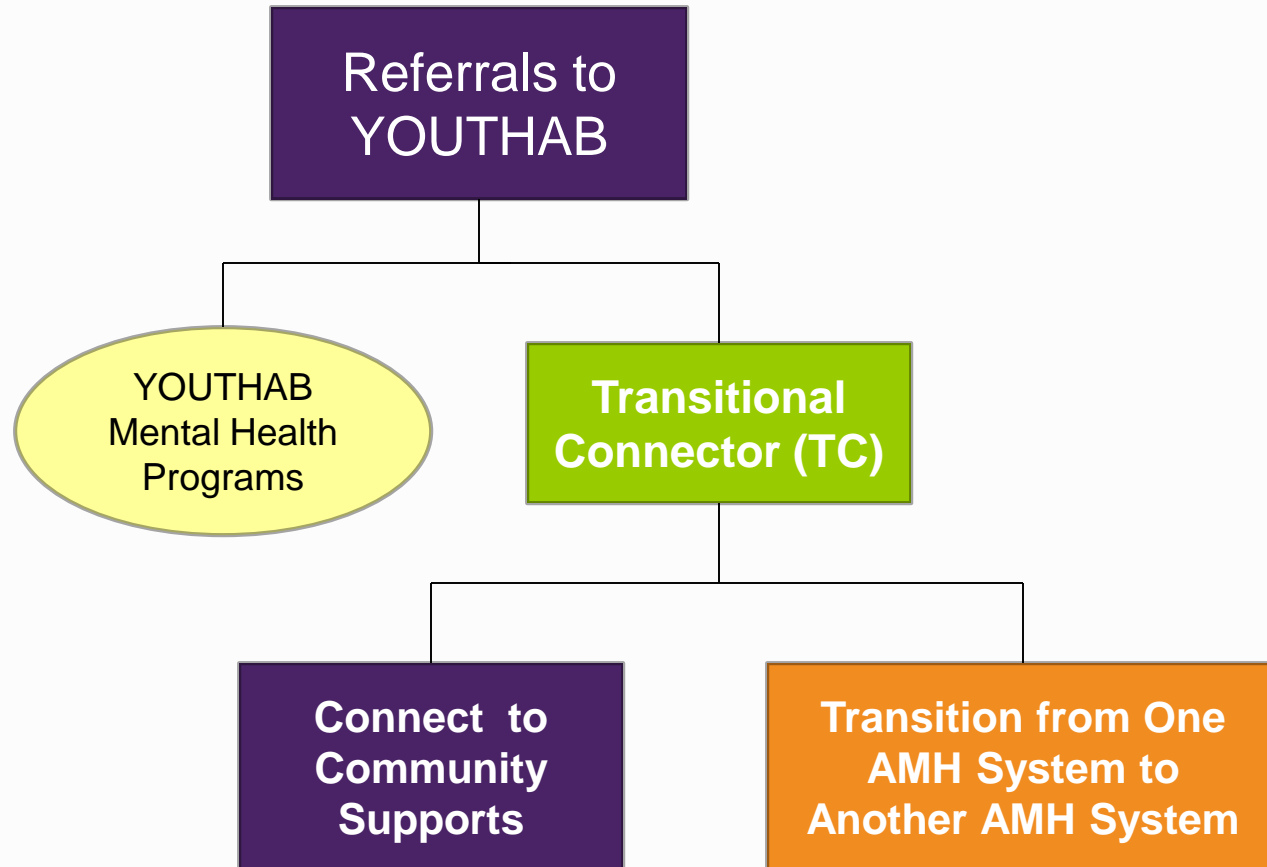
\* Who live in Hastings-Prince Edward (services provided through our offices in Belleville, Trenton and Picton)



# Initiating the Referral to TC

Age	Criteria
17	Youth aging out of service at Children's Mental Health and require ongoing services
23	Youth aging out of service at Youthab and require ongoing services or additional support
16 to 24	Youth requiring intensive case management services or youth requiring ongoing services

# Referral Pathway to TC

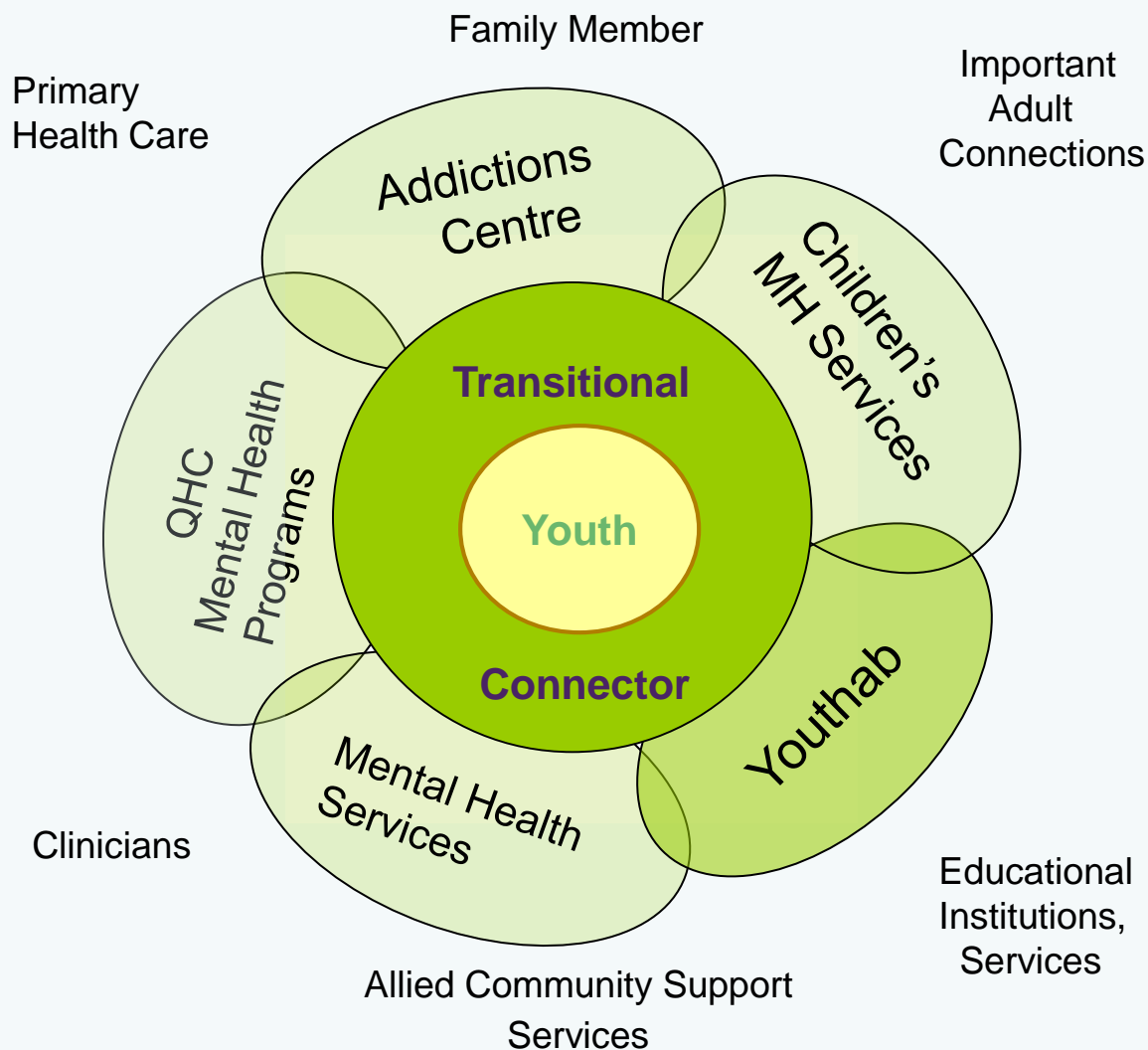


AMH – Addictions and/or Mental Health

# H-PE TAY Protocol Overview

- Clarifies the transitioning and connecting of youth into the AMH system
- To confirm agreement between agencies to complete an individualized, coordinated transition plan for youth

# Circle of Care for Transitioning and Connecting Youth



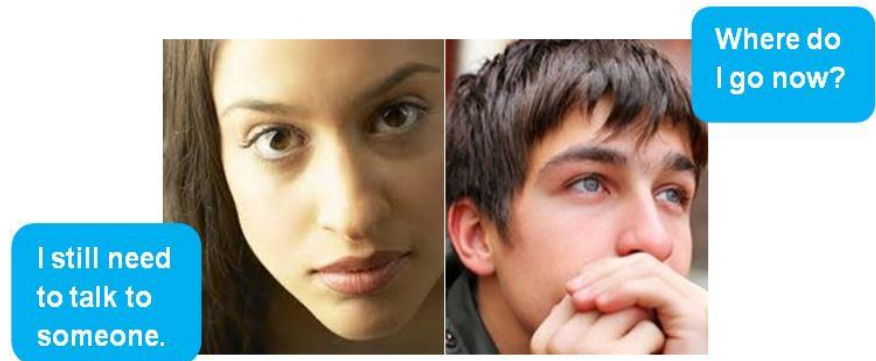
# H-PE TAY Protocol Key Actions

- Focuses exclusively on the transition processes from one AMH system to another for appropriate ongoing services
- Transitions are typically from:
  - children's MH to the youth MH system
  - youth MH to the adult MH and/or Addictions system
  - children's MH to the adult MH and/or Addictions system
- Youth are primarily identified in their current system as requiring support to facilitate their transition



# Youth Transition Process Guidelines

- Focus on youth's needs
- Know what to do
- How to connect
- Who to speak to if problems occur



# Transition



- Transitions are planned, coordinated with care continuity and follow-up support
- Protocol outlines steps to prepare, coordinate and holistically support youth during the transition to a new service provider



# Youth Transition Process Guidelines

## Pre-Referral

- Identify and Prepare Youth

## Post-Referral

- Bridging during the Transition

## Follow-Up

- Measure Results

# Pre-Referral Guidelines

## Identifying and Preparing Youth:

**Referring  
Counsellor  
engages youth**

- Broaches subject of transition
- Assesses readiness
- Secures consent

**TC shares  
information**

- About services and what to expect
- Parental involvement

# Post-Referral Guidelines

## Bridging during the Transition:

**TC acts on behalf of youth & agencies**

- Admin. coordination
- Resource

**Youth are supported and engaged**

- Agencies working together
- Accompanied to appointments
- Interim services

**Communication**

- Share information
- Between appointments
- Collaboration

# Follow-up Guidelines

## Troubleshooting

- During pre-referral or bridging
- TC facilitates
- Service delivery issues

## Measuring Success

- Best way to follow-up
- Conducted at 30 & 90 days after transitioning



For downloads on TAY and transition guidelines,  
please go to: <http://www.youthab.ca/tay/professionals/>