

Transition Age Youth Tool

Planning for transition to adulthood should begin for all youth at the age of 16, or earlier based on individual need. Early assessment and planning can assist youth in acquiring the life skills necessary for increased independence and self-sufficiency. The CFT should consider whether the youth meets criteria as an adult designated as having a SMI as soon as the youth reaches the age of 17. If the youth is determined eligible for services as a person with a SMI, the adult behavioral health provider should be included in the transition planning process. If the young adult is to be enrolled with a GMH/SU provider, it is the responsibility of children’s behavioral health provider to include the adult general mental health provider in the transition process.

Providers should include the following elements during the transition planning process:

1. Key persons for coordination including family involvement at the age of 18
2. Coordination with system partners including eligibility changes and requirements
3. Maintaining and building natural and community support system
4. Personal choice regarding treatment, medication and services
5. Behavioral health and service planning considerations
6. Whenever possible, provide the choice to retain current CFT until age 21
7. Physical health needs and connection to physical health providers
8. Crisis and safety planning prior to transition
9. Living arrangements, transportation, and financial needs
10. Independent living and social skills
11. Education and/or job planning
12. The length of time necessary for transition planning and coordination of services

Additional Resources:

- AHCCCS BH System Practice Tool: Transition to Adulthood:
<https://www.azahcccs.gov/PlansProviders/GuidesManualsPolicies/>
- B – UHP BH Comprehensive Provider Manual Supplement:
<https://www.banneruhp.com/materials-and-services/provider-manuals-and-directories>
- B – UHP Child and Family Support - Includes Specialty BH Services Directory and Birth to Five Resource Guide: <https://www.banneruhp.com/resources/child-and-family-support>