NAMI Basics

National Alliance on Mental Illness

Society says "ADULT", we say "*they are still our children*" the challenges of letting them go

Exploring the multiple issues and challenges for transition age youth and their families

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Objectives

1. What changes should you be prepared for as a typical healthy child ages?
2. What will be different about this process if your child has experienced a mental illness growing up?
3. What resources are available as you begin to plan for these transitions?

What are your expectations?

What “transition” are we talking about?

Is there a difference in the amount of control the parents of these two boys have?

Are you the same person you were when your child was a toddler?

TM

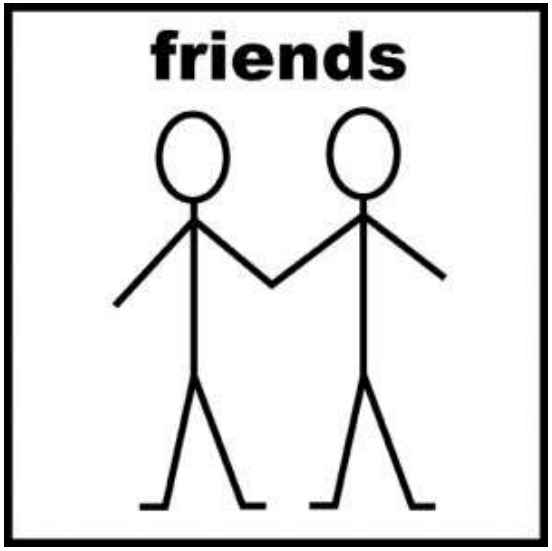
Some transitions can feel like walking off a cliff . . .

As a parent *of a child with mental illness facing transition into adult services* , it can feel like you are throwing your child off that cliff

What ages are your kids?

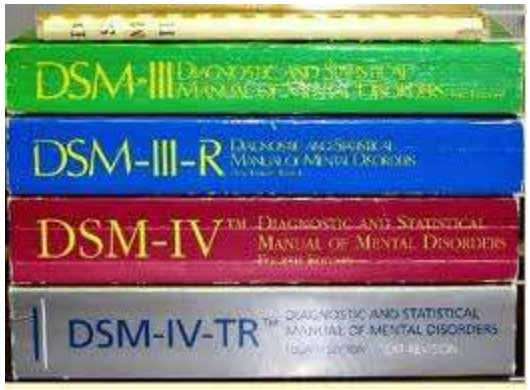
- Younger than 14 years?
- Between 14 and 17?
- Between 18 and 21?
- Between 22 and 26?
- Older than 26?

Challenges of Transitions for “typical” Youth



What are some of these challenges that you have already experienced with your child?

Additional Challenges facing our children with a brain disorder



- 50% of all mental disorders are present before age 14
- 2.4 million adults ages 18-26 have a serious mental illness
- 9.3 million had moderate or mild mental illness
- Nearly 90% had more than 1 disorder
- 1 in 10 college students have a disability
- Young adults with psychiatric diagnoses are 4 times less likely to be engaged in work or school

FAMILY LAND

Parent is CEO

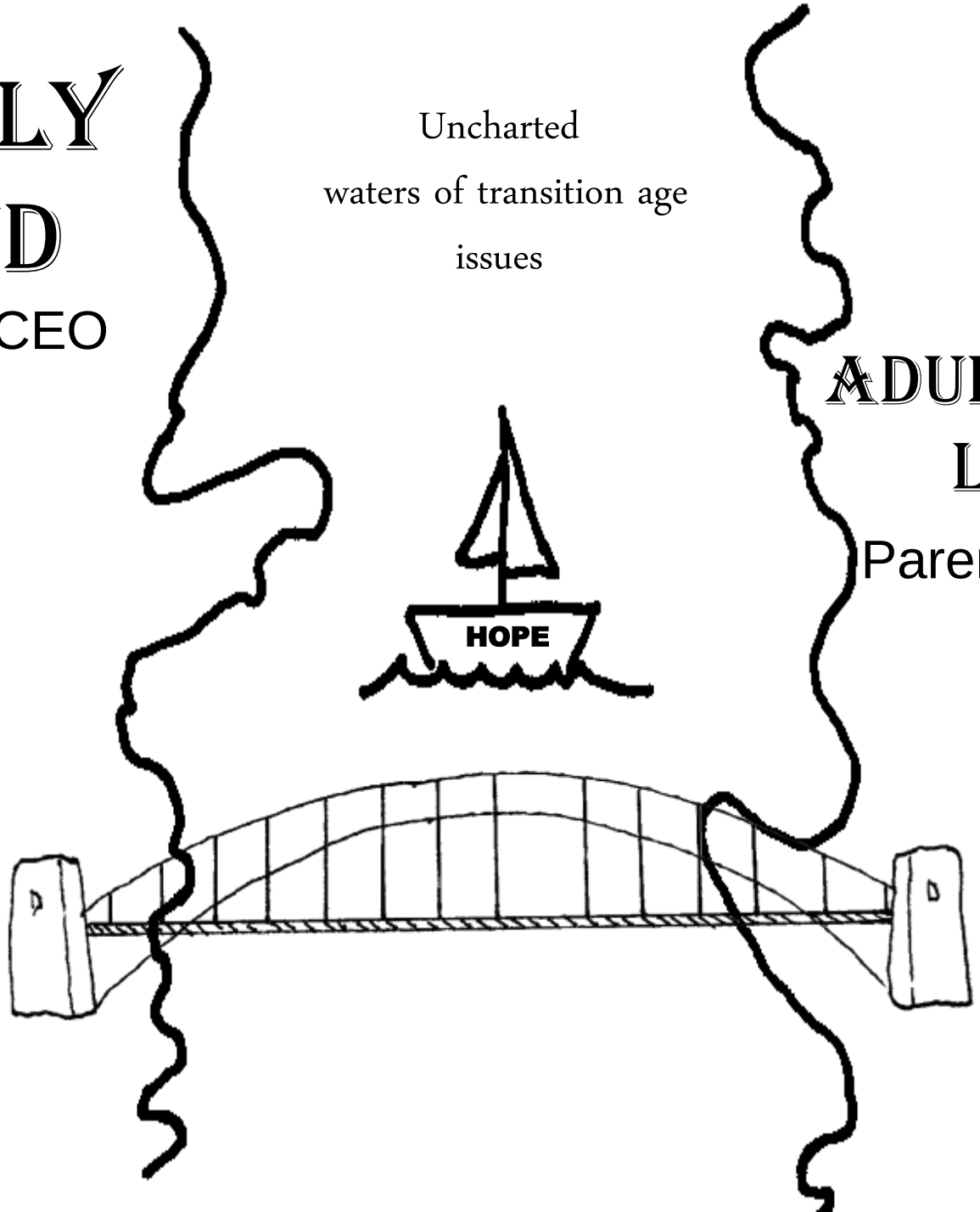
Uncharted

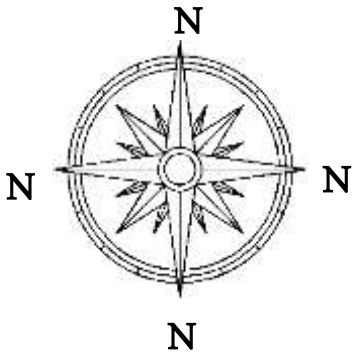
waters of transition age

issues

ADULT CHILD LAND

Parent is Partner





What is the most difficult part of all this for us as parents?

FEAR

Be afraid. Be very afraid.

How do we prepare?

Some of the tools we will be sharing . .

- Prevention Planning for Transition
- Action Plan Timeline and Checklist
- Youth self assessment
- Family/parent assessment

What is *Prevention Planning*?

- Why do we need it?
- Who should be involved?
- When should we do it?
- What does this plan look like?

Getting the Youth’s perspective

- What are his/her goals and dreams?
- What do they want to do after high school?
- Where do they want to live?
- How do they plan to make these dreams happen?

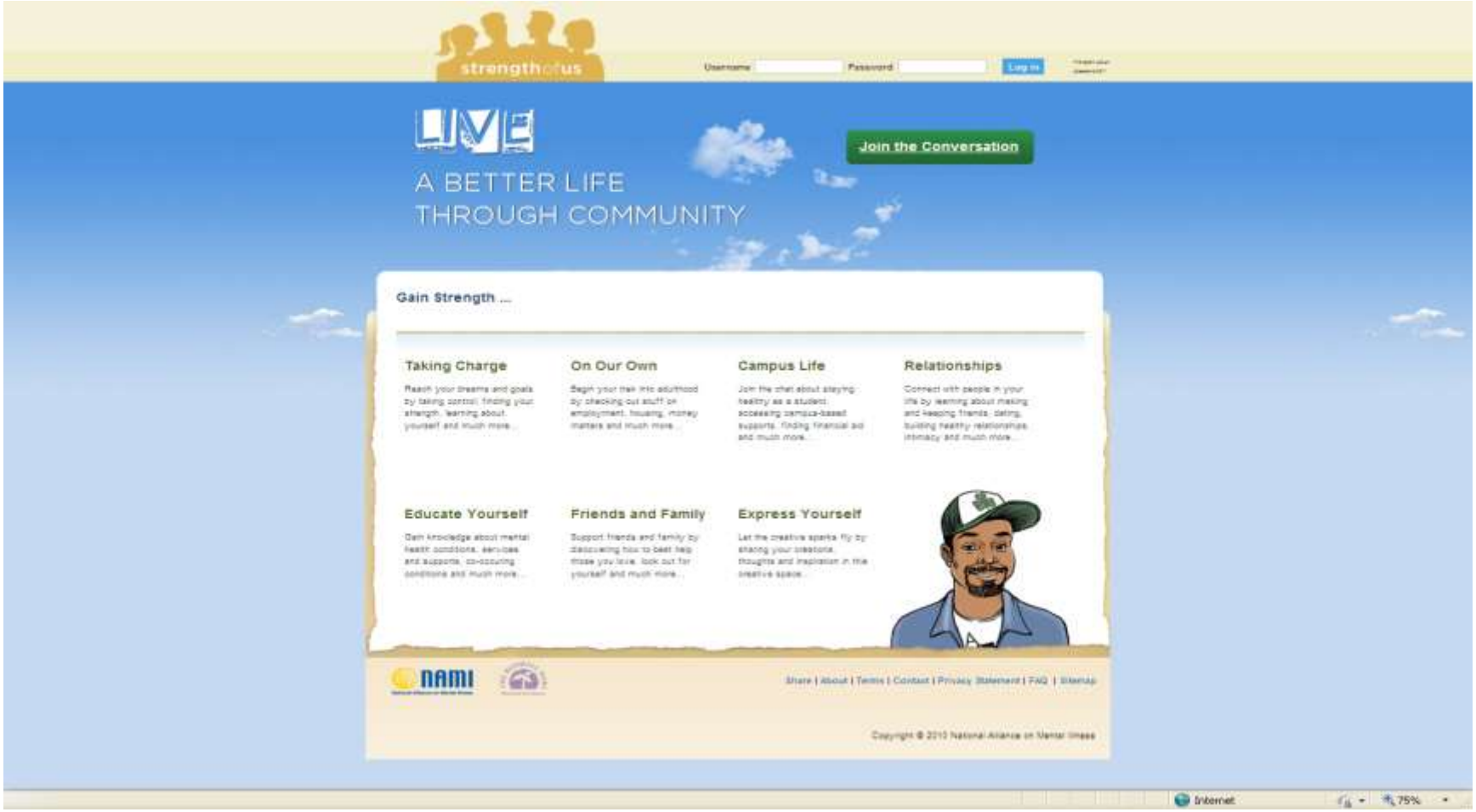
Getting the parent/family's perspective

- What are your goals for your child's future?
- Education?
- Employment?
- Housing?
- What is your assessment of his/her ability to reach these goals?

Know where to look for puzzle pieces for your child - -

- Educational resources
- Mental health resources
- Vocational resources
- Benefits experts

Strength of Us



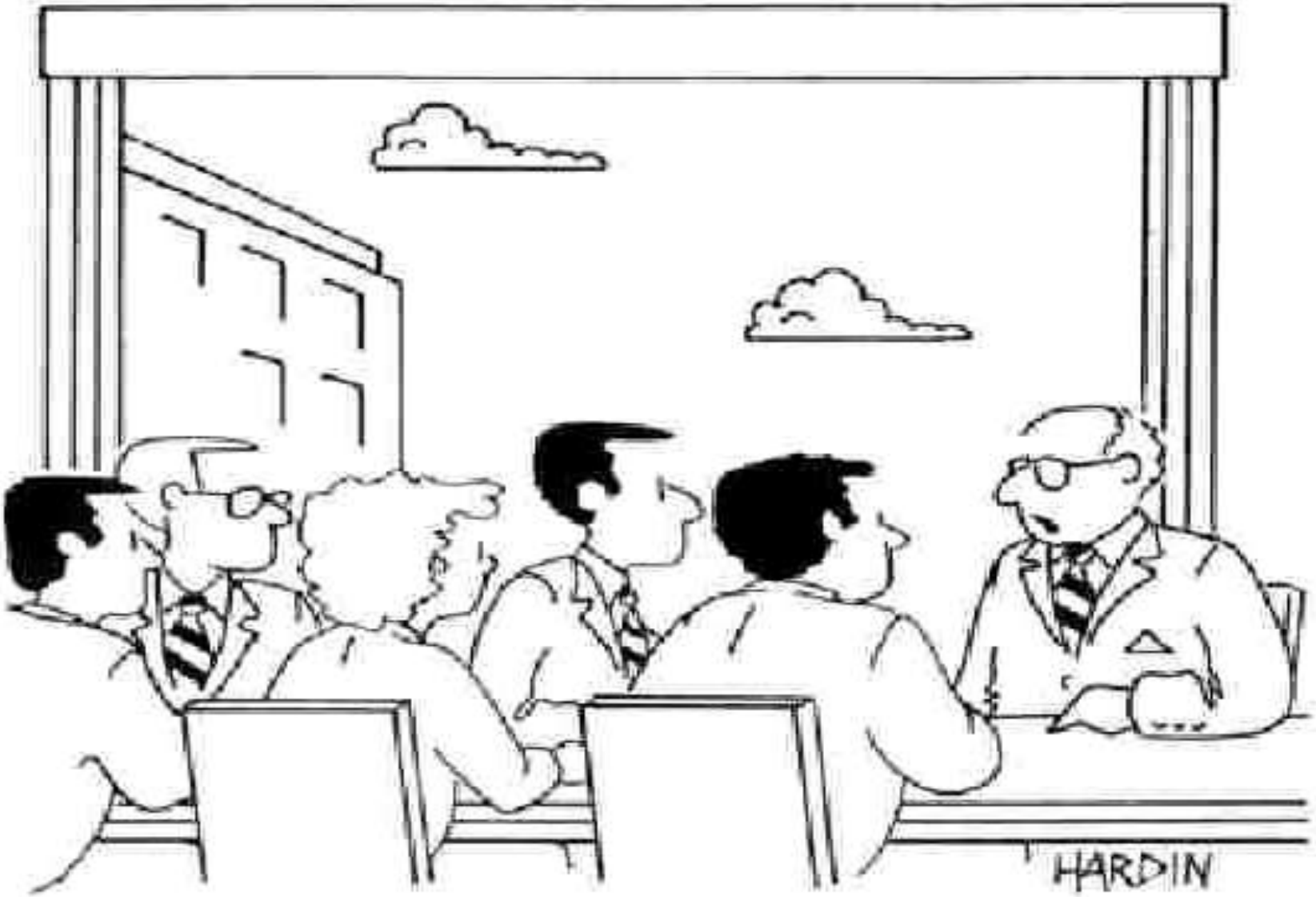
- - and for yourself!

- Better navigation tools

- Support of those who have traveled the same road

It is possible to navigate the cliffs

- Find the natural bridges
- Look for the steps



"We've considered every potential risk except the risks of avoiding all risks."

Put the puzzle together and keep your family as whole as possible

What is one thing that you have heard today that you plan to follow up on and learn more about?

For more information

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