



## System of Care Transition-Age Youth Expositions

The System of Care (SOC) collaborative's Transition-Age Youth sub-committee, in partnership with Local Management Entities/Managed Care Organizations (LME/MCOs) and the Division of Mental Health, Developmental Disabilities and Substance Abuse Services (DMH/DD/SAS), will be hosting a series of transition-age youth-related trainings in each LME/MCO catchment area across North Carolina. Studies have shown that transition aged youth (ages 14-25) endure a variety of challenges as they transition into adulthood. In addition to these challenges, there is a deficiency of practical resources available to assist them in honing independent living skills and decision making. Often times members of this demographic find themselves struggling with or developing mental and behavioral health conditions. These conditions cause interpersonal and social emotional challenges making them more likely to experience educational complications, employment displacement and trouble with law enforcement. All while being perceived as adults who should have these aspects of life under control without full brain development

Youth and young adults, especially those with Serious Mental Illness or Serious Emotional Disturbance may experience the following challenges:

- Dropped out of school/Truancy
- Unemployment
- Homelessness
- Juvenile or Criminal Justice System involvement
- Hospitalization
- Substance Use Issues

These trainings, geared to serve 50-100 youth for each training, have the goal of providing young adults between the ages of 14-24 with skillsets and resources to assist them as they successfully transition into adulthood. Each 1-day training will consist of a minimum of 4 sessions (content of which will be determined by the LME/MCOs).

Each in-person youth participant will be awarded a certificate of participation after completion of the Pre-and Post-survey. Lunch and snacks will be provided.

Training Session Listings (to be selected by each LME/MCO)

Youth have a platform to speak and College and/or Local Radio to advertise Expos. Local collaboratives and LME/MCOs will be charged with reaching out and spreading awareness of the expos and gain youth participation



	<b>Topic</b>	<b>Detail</b>
1.	Career Paths	Exploring various career paths, interests and the requirements for both traditional and nontraditional career paths
2.	Expanding My Horizons	Understanding professional expectations and work culture. Equipping yourself with tools and trainings to sharpening skills, receive feedback and SWAT analysis, adjusting to unexpected climate
3.	Future and Family Planning	Adult supports, family planning, and future resources for supports as they transition from youth to adulthood.
4.	Financial Literacy	Emphasizing the importance of savings, investing, smart spending, basics of financing, credit cards and credit scores.
5.	Judicial Literacy	Enhance knowledge of the law, the legal system, and your rights; Individual responsibilities if you find yourself in a justice situation; Positive interactions with the justice system, law enforcement; Social media and the effects of posting sensitive information
6.	Cultural Awareness	Being cognizant of other backgrounds and those with different lifestyles
7.	Conflict Resolution & De-Escalation Skills	How to divert themselves during challenging situations, compromise, increase natural supports, maintaining your cool and respect when controversy arises
8.	Team Building	SWAT analysis and self-awareness and team building, knowing your strengths and challenges as in relate to being a part of a team. Training the mind to have a team ideology and appropriate responsive approach
9.	Mental Health Awareness	Coping strategies; Different mental health conditions, and how they can be treated or addressed. Reducing mental health stigma
10.	Wellness Recovery Action Plan (WRAP)	Self-designed prevention and wellness process that anyone can use to get well, stay well, plan for the future, and develop a vision for their life.



11.	Peer Support	Relying on community members who have successfully overcome similar situations
12.	Self-Advocacy	Being able to express your needs and how to use your voice appropriately to get what you need and express what you are going through.

**COVID-19 ADJUSTMENT:**

Due to the current COVID-19 pandemic, travel and in-person trainings might not be possible. Therefore, on-line trainings will be offered in which a 6-hour Zoom video call will take place. Each call will consist of four 40 minute trainings. Each training session will be separated by 15 minute breaks filled with trivia questions referencing the training information with prize giveaways. Each online youth participant will be awarded a certificate of participation and \$50 via gift card after completion of the Pre-and Post-survey. The youth participants will also be mailed a resource bag containing Business cards, promotional tools, flyers and brochures from providers in their area.

**Youth Expos Online AGENDA**

Resources information from today’s meeting will be emailed out following the meeting

**Time**

- 9 – 9:10am ➤ Sign-in youth with type their names in the chat box along with the county that they are from
- 9:10 – 9:30am ➤ Youth and speaker introductions  
➤ Ice Breaker
- 9:30 – 10:00am ➤ Overview of Transition-Age Youth committee (TAY) and Pre-Survey completion (Must be completed as part of payment receipt.)
- 10:00 – 10:40am ➤ Breakout Session #1
- 10:40 – 10:55am ➤ 15 minute break (trivia) Mentimeter



- 11:00 – 11:40pm ➤ Breakout Session #2
- 11:40 – 11:55pm ➤ 15 minute break (trivia) Mentimeter
- 11:55-12:55 ➤ Lunch
- 1:00 – 1:40pm ➤ Breakout Session #3
- 1:40 – 1:55pm ➤ 15 minute break (trivia) Mentimeter
- 1:55 – 2:35pm ➤ Breakout Session #4
- 2:35 – 3:15pm ➤ Evaluation, Post Survey (to be turned in at the end as part of payment receipt.)
- 3:15 – 3:30pm ➤ Adjourn

### **Youth Expos In-person AGENDA**

#### **Time**

- 9 – 9:30am ➤ Registration Sign-in,  
➤ Resources Bag distributed
- 9:30 – 9:50am ➤ Introductions  
➤ Ice Breaker - Games for Meet and Greet
- 9:50 – 10:10am ➤ Overview of Transition-Age Youth (TAY) and Pre-Survey (to be turned in at the end as part of payment receipt.)
- 10:10 – 10:50am ➤ Breakout Session #1
- 10:50 – 11:05am ➤ Break/Resource Fair
- 11:05 – 11:45pm ➤ Breakout Session #2



- 11:45 – 12:45pm      ➤ Lunch
- 12:45 – 1:25pm      ➤ Breakout Session #3
- 1:25 – 1:40pm      ➤ Break/Resource Fair
- 1:40 – 2:20pm      ➤ Breakout Session #4
- 2:20 – 2:35pm      ➤ Break/Resource Fair
- 2:35 – 3:30pm      ➤ Evaluation via mentimeter, Post Survey (to be turned in at the end as part of payment receipt.)
  - Resources
  - Adjourn

**REGISTRATION:**

- Information on how to register (see example below)
- Costs
- Dates of trainings
- Location (include parking information)
- Include information on food/snacks – whatever we provide. If we don't – should have a local map of the area with restaurants listed
- A confirmation email will be sent to participants including details of the training (location and sessions)



**SAMPLE REGISTRATION FORM:**

Name :

\_\_\_\_\_

*(First)*

\_\_\_\_\_

*(Last)*

Age:

Choose an item.

Pronoun:

Choose an item.

Telephone:

\_\_\_\_\_

Email:

\_\_\_\_\_

Training Date  
Selected:

Registration will contain a dropdown box of different training dates in reference to the specific catchment area

Mailing Address  
(for \$50):

\_\_\_\_\_

*Street # and Name*

\_\_\_\_\_

*Town/City*

\_\_\_\_\_

*Zip Code*