

# "WAIT UNTIL I'M 18!"

## TACKLING THE TRICKY TRANSITION FOR TRANSITIONAL AGED YOUTH



Transitional aged youth can frequently struggle between childhood and adulthood; this intensifies if the youth is system involved. Learning to navigate this can be difficult for both youth and family. Building clarity in roles, strengthening supports, and collaborating between systems is instrumental in hopes of increasing youth success.

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### Outline:

1. Introduction of speaker and topic
2. Goals of session
3. What is a transitional aged youth?
  - a. Needs specific to this population
  - b. Needs specific to this population when system involved
4. Role the family plays
  - a. Difficulties specific to the family
  - b. How to address difficulties
5. The System
  - a. Barriers youth/families face
  - b. Working with collaterals
  - c. Various collaboration efforts
6. Conclusion
  - a. Key points review
  - b. Take aways/Questions



# Notes



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Tonya is a LPC and LAC. She is currently the clinical lead for one of the Multisystemic Therapy (MST) teams with North Range Behavioral Health. She has been with NRBH since December 2016. Tonya graduated with her MA in Counseling from Colorado Christian University and served as the Northern Region Liaison for CCA (Colorado Counseling Association), is currently the CCA president-elect, and is a Larimer County Juvenile Community Review Board member.