

Transition Topic:

# Mental Health Toolkit





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# PIC NH



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## The Mission of the Parent Information Center

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The Parent Information Center ... supporting informed decisions that enhance each child's development and well-being.

PIC is a statewide family organization that provides families and youth, with a focus on children/youth with disabilities/special health care needs, and the providers who serve them, with the knowledge and support they need to make informed decisions that enhance each child's development and well-being. We achieve positive outcomes through our partnerships with families, youth, educators, organizations, and others.

# Big Feelings

- NAMI NH staff and volunteers come together to offer a message of hope.
- Sharing our stories is about connection and reducing stigma.
- Stories may have content that brings up big feelings. In each presentation, and at every event we offer information and resources for anyone who may want or need support

1-800-242-6264 (press 4)  
[info@naminh.org](mailto:info@naminh.org)

# An Inadequate Mental Health System Affects Individuals, Families and Communities



**High school students** with depression are more than **2x more likely to drop out** than their peers.

**56.6% of Granite Staters** age 12–17 who have depression **did not receive any care** in the last year.



**7 in 10 youth** in the juvenile justice system have a mental health condition.

# The Road Ahead

- Where are they?
- Where are they going?
- How are they going to get there?
- How will you know when they get there?



- Anticipated Path:
- Complete high school
  - Work/Advanced ed
  - Move out
  - Career/Family

- Interrupted Path:
- Absenteeism
  - Hospitalization
  - Therapy
  - Support

# Person Centered Mental Health Toolkit

- Learn
  - Where are they
  - Where are they going
- Share
  - How are they going to get there
    - Strengths
    - Supports
- Discuss & Define
  - How will they know when they get there
    - Thriving
    - Plan for support if needed

How will mental health impact them?

# Mental Health Toolkit

- Action Plan Timeline and Checklist
- Caring Conversation
  - Youth Self-Assessment
  - Family/parent self-assessment
  - Transition Mapping
- Prevention Planning
- Checklist for Transition Process
- Navigating a Mental Health Crisis
- Portable Treatment Record
  - Crisis Plan
  - Relapse Plan



# Action Plan Timeline

Age 12/13					Age 18
<b>Participation</b> <ul style="list-style-type: none"> <li>• Personal hygiene (haircuts)</li> <li>• Health care needs (Dr. &amp; Dental Appts)</li> <li>• School meetings</li> <li>• Decision making</li> </ul>	<b>Informed decisions</b> <ul style="list-style-type: none"> <li>• School</li> <li>• Driving</li> <li>• Providers</li> <li>• Socials</li> <li>• Banking</li> <li>• Appt Mgmt</li> <li>• Pre-employment</li> <li>• Option for education until age 22</li> </ul>	<b>Planning</b> <ul style="list-style-type: none"> <li>• Academics</li> <li>• Vocational</li> <li>• Tests (LSATS/SATS)</li> <li>• College Visits</li> </ul>	<b>Responsibility</b> <ul style="list-style-type: none"> <li>• License</li> <li>• Insurance</li> <li>• Extended Learning</li> <li>• Vocational Rehabilitation</li> </ul>	<b>Anticipate</b> <ul style="list-style-type: none"> <li>• Voting</li> <li>• Decision making</li> <li>• Pediatric care transition</li> <li>• Insurance</li> <li>• Colleges and support services</li> </ul>	<b>Age of Majority</b> <ul style="list-style-type: none"> <li>• Education</li> <li>• Vocation</li> <li>• Health Care</li> <li>• Mental Health</li> </ul>



# Nothing About Us Without Us

Important <u>TO</u> the Person	Important <u>FOR</u> the Person
Independence & Self-Awareness	Awareness: <ul style="list-style-type: none"> <li>• Diagnosis</li> <li>• Medication and Management</li> <li>• Supports that matter</li> <li>• Medical Home (use the portable treatment record!)               <ul style="list-style-type: none"> <li>• Provider Contacts</li> <li>• Health Insurance</li> <li>• Communication Plan (this is where parent/caregivers authorization is considered)</li> </ul> </li> </ul>
Quality of Life & Feeling Valued	Safety: <ul style="list-style-type: none"> <li>• Environmental</li> <li>• Physical and emotional well being</li> <li>• Free from fear</li> </ul>
Engagement	Engagement is person specific and may be work, volunteering, recreation or being part of a group.

# Caring Conversation

Learn	Share
Gather Information Ask Open Ended Questions & Supportive Questions	Reinforce What is Working Well Emphasize Strengths Shared Vision

Discuss & Define	Thriving	Plan
More Than A Blue Day Symptoms of Mental Illness	Defining Mental Wellness	Safety Net How Can I Help? Resources Providers

Resource: [Caring Conversation Worksheet](#)

# Youth Self-Assessment



## Preparing to Become an Adult: The Youth's Perspective

As you prepare to navigate the transition process to becoming an adult, it will be helpful to take some time to answer the following questions about yourself and your own thoughts about your future. There are no right or wrong answers; be honest with yourself.

### **What do you want your future to look like?**

1. What are your goals for your future? Where do you see yourself in 5 years? 10 years?

Resource: [Youth Perspective Checklist](#)

# Family/Caregiver Self-Assessment



## Preparing to Become an Adult: The Parent/Family's Perspective

As you prepare to assist your child in navigating the transition process to becoming an adult, it will be helpful to take some time to answer the following questions on your thoughts about their future. There are no right or wrong answers; be honest with yourself – for everyone's sake. If there are several family members involved in this process it will be helpful to discuss each section to know where everyone stands so that the best support possible can be provided for the youth.

### Education

1. Which of the following settings do you believe are most realistic for your child?

Resource: [Family Perspective Checklist](#)

# Where Are They?

## Strength based checklists

Social/Interpersonal:	Personal Management:	Health:
<ul style="list-style-type: none"> <li>• Making friends</li> <li>• Setting goals</li> <li>• Family relationships</li> <li>• Counseling</li> <li>• Handling anger</li> <li>• Communicating wants/needs</li> <li>• Romantic relationships</li> <li>• Handling legal responsibilities</li> </ul>	<ul style="list-style-type: none"> <li>• Hygiene (sleep)</li> <li>• Safety</li> <li>• Mobility</li> <li>• Domestic skills</li> <li>• Money management/budgeting</li> <li>• Time/time management</li> <li>• Personal Care</li> </ul>	<ul style="list-style-type: none"> <li>• Ongoing care for serious medical conditions</li> <li>• Information on substance use</li> <li>• AIDs awareness</li> <li>• Sex Education</li> </ul>

# Merging, Defining and Aligning

Continue Education after high school?

	Important to Youth	Important For Youth
	What does your future look like	Strengths & challenges
Professional Development		
On-the-job training		
College/University		
Vocational training		
Community College		
Volunteer		
Other		

**How will mental health impact them?**

# Learn: Where Are They Going?

Housing After High School?

	Important to Youth	Important For Youth
	What does your future look like	Strengths & challenges
On their own in a house/apartment		
With a roommate		
With family (other than parents)		
Remain in family home		
Supervised living (group home, supervised apartment)		
Other		

**How will mental health impact them?**



# Where Are They Going?

	Important to Youth	Important For Youth
	What does your future look like	Strengths & challenges
What brings them joy?		
How will they spend "downtime"		
Routines (fitness, clubs...)		
Connections		
Other		

**How will mental health impact them?**

# Prevention Planning

We are taught to plan for a fire emergency

- We learn to stop, drop and roll
- Stay low
- Set up a meeting spot

	Proactive & preventative strategies
	Build on Strengths & natural supports
	Teach skills <ul style="list-style-type: none"><li>• replacement behaviors</li><li>• Coping skills</li></ul>
	Remove means of doing self-harm
	Build plans that triage responses at different levels of crisis intensity and severity

How do we work together to plan for a mental health crisis?

Resource: [Prevention Planning for Transition Aged Youth](#)

# Checklist for Transition Process

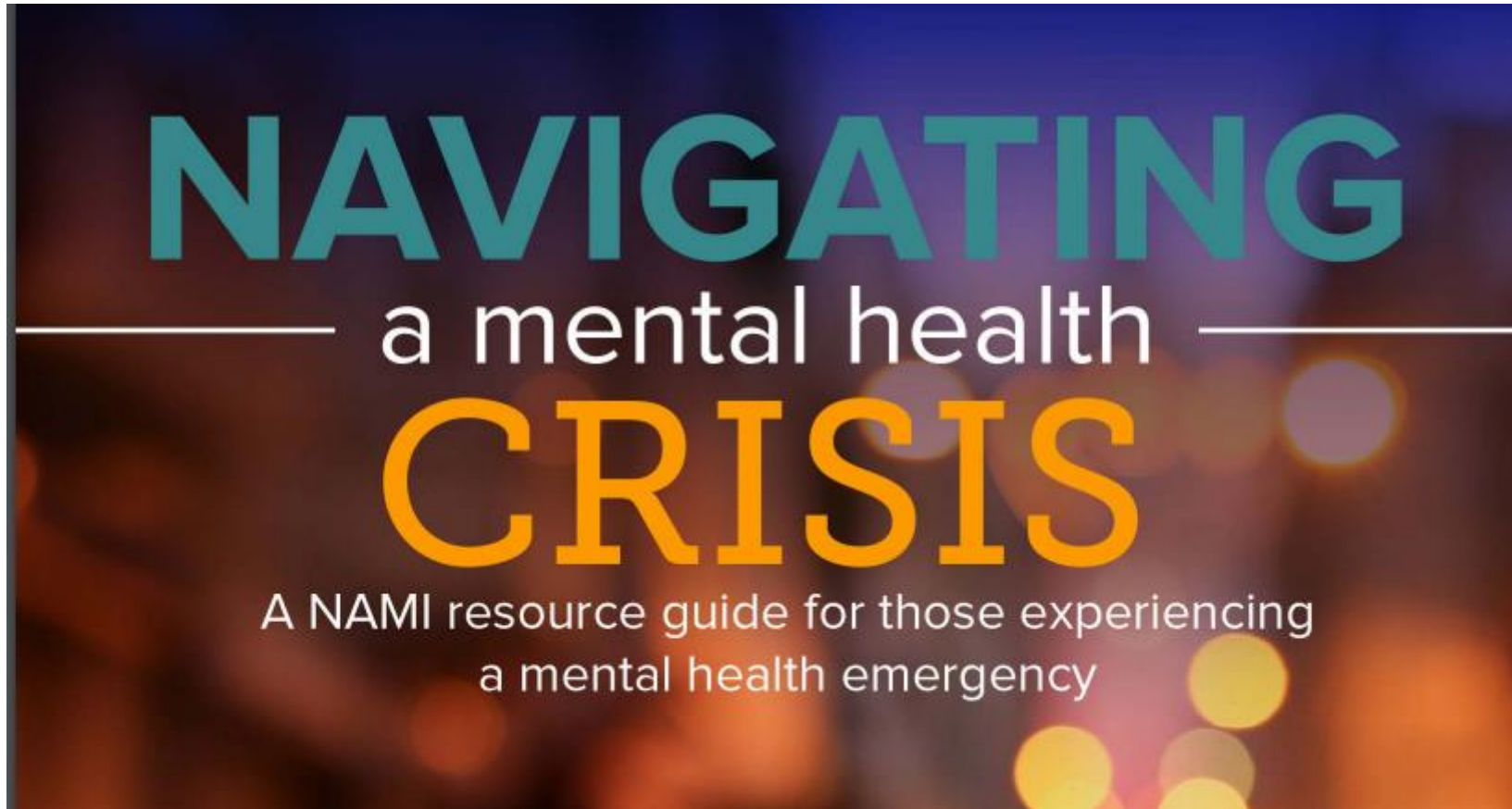
Resource:

[Checklist for Transition Process](#)



Youth's Age	Types of Preparation Activities to Take Place	Date Accomplished
18	<ul style="list-style-type: none"><li>➤ Develop <u>long</u>-term financial support plan.</li><li>➤ Update post-secondary plan in cooperation with adult service agencies (i.e., mental health centers, community colleges, technical institutes, etc.) to continue to assess:<ul style="list-style-type: none"><li>○ Vocational direction</li><li>○ Living arrangements</li><li>○ Transportation needs</li><li>○ Social/recreational/leisure needs</li><li>○ Medical/health support</li></ul></li></ul>	Document last modified: 3h ago

Find Help. Find Hope



# Portable Treatment Record

## Crisis Plan

Emergency resource 1: \_\_\_\_\_

Phone: \_\_\_\_\_ Cell phone: \_\_\_\_\_

Emergency resource 2: \_\_\_\_\_

Phone: \_\_\_\_\_ Cell phone: \_\_\_\_\_

Physician: \_\_\_\_\_ Phone: \_\_\_\_\_

If we need help from professionals, we will follow these steps (include how the other children will be taken care of):

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

# What Is The Plan?

- Self-awareness of their medical information
  - Diagnosis
  - Medication
- Communication
  - Parent/Caregiver
  - Providers
- Medical Home
  - Provider Contacts
  - Prescription Management
  - Vaccines
  - Health Insurance

# Anticipate Health Care Collaboration

- Transitions to adult providers
- Understanding permissions HIPAA and FERPA
- Plan ahead

## Resources

- ❖ School
- ❖ Area Agency
- ❖ Behavioral Mental Health Centers
- ❖ Medical Providers
- ❖ PIC NH – Education questions
- ❖ NH Family Voices – Medical questions
- ❖ NAMI NH

# FERPA & HIPAA

Both FERPA AND HIPAA are nationally mandated laws that protect information.

- FERPA keeps education records private
  - Young adults, beginning at age 18, control access to their own education records under FERPA, including any health information.
- HIPAA keeps medical records secure
  - Health records created by medical professionals working in a school setting such as a school-based health center but employed by a health entity would usually be covered by HIPAA

Failure to comply with either results in fines, penalties, or revocation of funding



# New Hampshire State Law Dictates Age (the age of majority)

- Marriage
- Enter a contract
- Take out student loans

The state of New Hampshire recognizes the age of majority as age 18. When a minor reaches age 18, they are considered adults thereafter. State laws also govern a minor's ability to become emancipated from their parents or legal guardians, give consent for medical treatment, purchase and consume alcohol, and other legal matters.

<https://www.findlaw.com/state/new-hampshire-law/new-hampshire-legal-ages-laws.html>

# Release



## Authorization Form For the Disclosure of Protected/Confidential Information by NH DHHS to a Third Party

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The following form is to be used by Department of Health & Human Services clients or their representatives to authorize the release of their protected, Department-held information to another person or organization.

Please note that **substance use and psychiatric records** are specially protected by state and federal laws (42 CFR Part 2, 45 CFR Parts 160 & 164) and require separate authorizations. For these records, please separately contact [DHHSPrivacyOfficer@dhhs.nh.gov](mailto:DHHSPrivacyOfficer@dhhs.nh.gov).

If you have any questions regarding this authorization, please contact the DHHS Privacy Office at [DHHSPrivacyOfficer@dhhs.nh.gov](mailto:DHHSPrivacyOfficer@dhhs.nh.gov).

### INSTRUCTIONS:

Be sure to fill in all requested information, and please be as specific as possible.

1. Please provide your full name, contact information, and date of birth. You do not need to specify an expiration date for this authorization unless you would like to have it expire sooner or later than 180 days.

Resource: [HIPAA Authorization to Disclose](#)

# Transition Tip 1:

Medical transition is more than transferring care

- youth becomes an adult
- learns about their mental health condition
- Increased understanding about how to care for themselves
- identifies areas where extra assistance may be needed

Early planning is beneficial to a successful transition for youth with special health care needs.

- Begin the health care transition process at age 12.
- Determine how much responsibility your youth will be able to manage at age 18.

## Transition Tip 2:

Important questions to learn the answers to include:

- Is there a process available for youth with mental health care needs to facilitate the transition to adult medicine?
- Who coordinates that process, and how does your youth become included in it?
- Will the clinic make recommendations as your youth approaches transition age?
- Which specialists provide care that will need to be transitioned to adult care?
- Are some of your child's specialty needs stable so that there is no need for an adult specialist?
- Should primary or specialty care be transitioned first? Will your youth's insurance be accepted by providers who are recommended?

When I think about mental health and transition, I am most concerned about...



# How Are They Going to Get There?

What is Mental Health Literacy and Why Do We Need It?

Mental health literacy focuses on:

- **Recognition**
  - Recognize mental health problems as symptoms
- **Knowledge**
  - Know where and how to seek help and information
- **Attitudes**
  - Reduce stigma around mental health and conditions
  - Promote recovery and resilience
  - Strengthen overall wellness
  - Understand that mental health challenges can and should be treated

# How Will They Know When They Get There?



What does thriving look like?

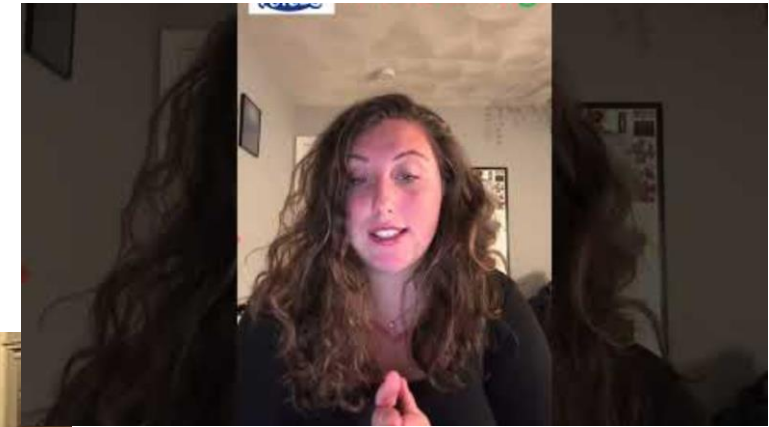
# Developing A Mental Health Toolkit

## A Person-Centered Plan

- Defining when their mental health is thriving and when a safety net is needed.
- Authorizations
- Communication Plan
- Documentation
  - Providers
  - Medications
  - Resources
  - History
    - What Has Worked
- What Happens After A Crisis?



# Magnify Voices Artist Shares Her Story



# Magnify Voices Expressive Art Contest



# New Hampshire Family Voices Lending Library



[You Are Not Alone](#)

# Connect Suicide Prevention Training



Abby Porter, a Salem High School student, shares her story about struggling with mental health challenges in an interview with WMUR and describes how serving as a Connect Youth Leader has been part of her healing and recovery.

# Ending the Silence

- NAMI Ending the Silence for Students
- NAMI Ending the Silence for School Staff (in person only)
- NAMI Ending the Silence for Families (in person only)

A graphic with a purple and pink background. The text "NAMI ENDING THE SILENCE" is written in large, bold, white letters with a yellow outline. Below the text is a button that says "Request Presentation Now".

NAMI  
ENDING  
THE  
SILENCE

Request Presentation Now

“Recently parents from two different families reached out to me after their children had seen NAMI Ending the Silence. Both were thanking me for the work we do along with being grateful to know about us as a resource. They were able to have very meaningful and open conversations with their children/students and happy they are getting this information in the school setting.” -ETS Program Leader

- [Research](#) has shown that NAMI Ending the Silence for Students is effective in changing middle and high school students’ knowledge and attitudes toward mental health conditions and toward seeking help

# Life Under Construction



# Hope Starts With You



NAMI New Hampshire gives help and hope to more than 50,000 Granite Staters affected by mental illness and suicide each year.

# NAMI NH Information & Resource Line



1-800-242-6264 (press 4)

[info@naminh.org](mailto:info@naminh.org)

Heidi Matthews-Cantin

Martha Dorey

Stephanie Auclair



# Resources

- [Caring Conversations Worksheet](#)
- [Youth Transition Assessment Form](#)
- [Parent Transition Assessment Form](#)
- [Prevention Planning](#)
- [Checklist for Transition Process](#)
- [Navigating a Mental Health Crisis](#)
- [Portable Treatment Record – Includes Crisis Plan](#)
- [HIPAA Authorization to Disclose](#)
- [NAMI NH](#)
- [Parent Information Center](#)
- [New Hampshire Family Voices](#)
  - [You Are Not Alone for Parents and Caregivers](#)

# Additional Resources

## Checklists & Videos

- <https://www.raisecenter.org/>

Authorization Form For the Disclosure of Protected/Confidential Information by NH DHHS to a Third Party

- [Authorization Form](#)

## Person Centered Planning & Mapping

- <https://www.pacer.org/transition/mapping-dreams.asp>
- <https://www.pacer.org/health/pdfs/HIAC-h43.pdf>
- <https://dm0gz550769cd.cloudfront.net/shape/3a/3a3c3ee2f2f6a822f54319217400527a.pdf>

## Healthcare Skills

- <https://peatc.org/wp-content/uploads/2021/07/Independent-Living-Life-Skills-Checklist-Booklet-ENGLISH-Interactive.pdf>
- <https://peatc.org/wp-content/uploads/2021/12/HCT-Skills-Checklist.pdf>
- <https://picnh.org/healthcare-transition>
- [https://www.caregiving.org/wp-content/uploads/2020/05/CircleOfCareReport\\_0318\\_FINAL.pdf](https://www.caregiving.org/wp-content/uploads/2020/05/CircleOfCareReport_0318_FINAL.pdf)

## NH State Law

- <https://www.findlaw.com/state/new-hampshire-law/new-hampshire-legal-ages-laws.html>
- [https://nahic.ucsf.edu/wp-content/uploads/2019/01/New-Hampshire-AYAH-Confidentiality-Guide\\_Final.pdf](https://nahic.ucsf.edu/wp-content/uploads/2019/01/New-Hampshire-AYAH-Confidentiality-Guide_Final.pdf)

## Navigating A Mental Health Crisis

- <https://www.nami.org/wp-content/uploads/2023/07/Navigating-A-Mental-Health-Crisis.pdf>
- <https://www.nami.org/NAMI/media/NAMI-Media/Infographics/crisis%20guide/Portable-Treatment-Record.docx>