

# Healthy Transitions: Transitioning from Adolescence to Adulthood

## ***Healthy Transitions Pilot Sites***

The North Dakota Integrated Services (NDIS) project recruited six families of children and youth with special health care needs to be Healthy Transitions (HT) pilot families. NDIS staff consulted with HT families as they maneuvered through transition phases with their child and/or youth. These phases included transitioning from pediatric care to adult care, elementary school to middle school, high school to postsecondary education, and adolescence to adulthood. Because these transitions can be stressful and difficult, the HT families generated a set of best practices, based on their experiences, for each phase to ensure successful transitions. The set of best practices for transitioning from adolescence to adulthood is shown below.



## ***Best Practices: Adolescence to Adulthood***

**DEVELOP MONEY MANAGEMENT AND INDEPENDENT LIVING SKILLS:** Providing opportunities for youth to develop and practice money management and independent living skills is vital before they begin adulthood.

- Repayment information
  - Student loans
  - Credit cards
  - Auto loans
- Budgeting
  - Meal planning
  - Utilities
  - “Fun money”
- Living arrangement information
  - Terms and stipulations of a lease
- Household Chores

**WORKPLACE ETIQUETTE:** Ensure that youth know how to appropriately conduct themselves when searching for, maintaining, and exiting a job.

- Searching
  - Format and content of a resume
  - Interview skills
- Maintaining
  - Appropriate work behavior
  - Job responsibilities
- Exiting
  - Notice of resignation
  - Completion of an exit interview, if appropriate

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