

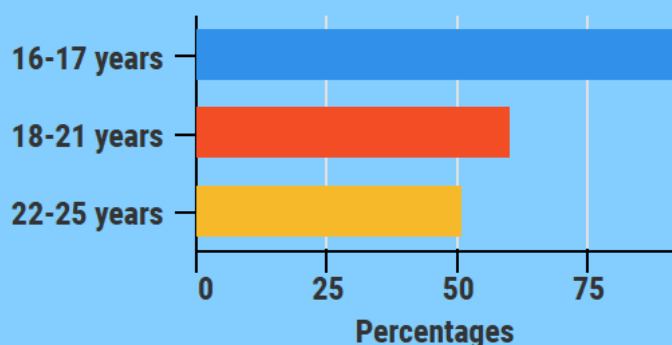
YOUTH MOVE NATIONAL™

PEER CENTER ISSUE BRIEF

Support of Youth & Young Adults During the Transition Years

From November 2019 to March 2020, FREDLA and Portland State University conducted a national survey of families with a youth or young adult between the ages of 16 – 25 years with behavioral health needs. 221 families responded to the survey. For the purposes of this survey, family was defined as birth, foster or adoptive parents, grandparents, aunts, uncles, siblings, other kin and unrelated friends.

We hope the information from this survey will help you strengthen the involvement, support and engagement of family members of youth and young adults during the transition years.



Living with Family

Many youth and young adults lived with family (parents, foster families, relatives or friends) the majority of the time during their transition years. Living situations changed as young adults gained independence and resources.

More than 30% of families with youth over 18 years reported their youth had experienced episodes of homelessness.



Financial Support

In addition to housing, family members provided financial support in many ways including groceries, rent, health insurance, and medication costs. Families also reported paying for tuition, cell phones, clothing, recreation, car insurance, and gas.



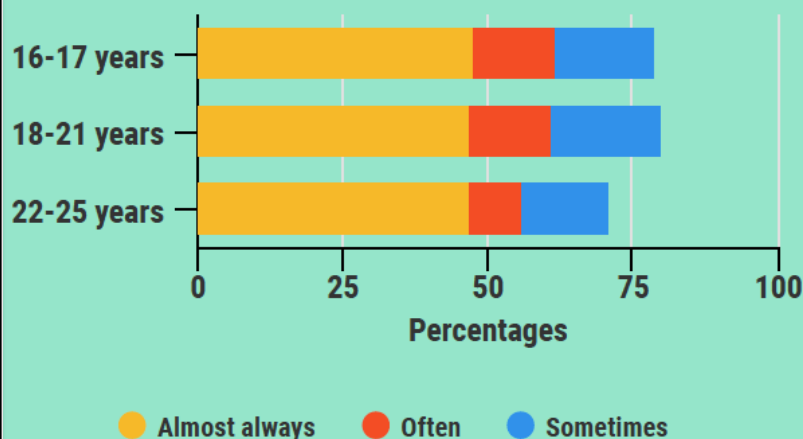
Financial support for groceries and clothing were reported most often across all age groups.

Non-Financial Support

Non-financial support took many forms including participating in crisis planning, talking with service providers, transportation to and from appointments, school, or work, assistance with employment and apartment searches, and helping schedule appointments.



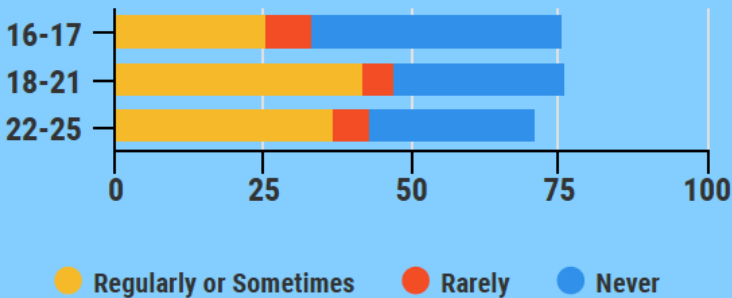
"I continued part-time employment so that I was available. We needed the time to travel back and forth to his college, coordinate medical visits/insurance issues, and participate in support groups."



Crisis Situations

Families were a consistent source of support in a crisis situation. Across all age groups in the survey, more than 50% of families indicated the youth or young adult "almost always" or "often" contacted them when they were in crisis.

Unable to Obtain Information due to Confidentiality



Confidentiality

Families had mixed experiences related to confidentiality during the transition years. Care coordination and communication with family members worked best when young adults gave permission for providers to share certain information with family.

"My son has always given full permission for providers to speak with me. I don't abuse that power but do so in partnership with him."



Most Helpful Supports for Families

Families expressed that parent peer support and support from other families in similar situations was critical as their young adult was transitioning to adulthood. They found support in many places such as family organizations, support and educational programs, therapists and community organizations.

"Most helpful was parent peer support. Having someone empathize with me during those difficult moments."

"Connections with other families experiencing similar challenges, connections to peer support, including family peer support for ourselves."

Strengthening Engagement & Supports During the Transition Years

- Educate, engage, and build capacity of youth and family members regarding transition at least one year prior to age 18.
- Develop a universal understanding of HIPAA and confidentiality amongst youth, young adults, family members and providers.
- Integrate family peer support into the service array during the transition years.



FREDLA is a national association of executive directors and leaders from family-run organizations (FROs) committed to children and youth with behavioral health needs and their families. Our mission is to build strong, sustainable FROs and together influence policy and practice to support children and families. We provide training and technical assistance to organizations, agencies, individuals, and systems, participate in research efforts, and develop tools to advance positive outcomes for children, youth and their families.