



# SAMHSA'S PROGRAM TO ACHIEVE WELLNESS

*Incorporating Wellness Into Recovery*



## RESOURCES

*for Providers Working with Young Adults of Transition Age*

**Youth.gov** was created by the Interagency Working Group on Youth Programs (IWGYP), made up of representatives from 20 federal agencies that support programs and services focusing on youth.<sup>1</sup> The IWGYP promotes the goal of positive, healthy outcomes for youth in four major ways:

- Create and support youth.gov
- Create and support Youth Engaged 4 Change, which helps young people between the ages of 16 and 24 engage in change on personal, community, and national levels
- Identify and share promising and effective strategies to support transition-age youth
- Promote collaboration among government, private, and nonprofits to support youth

In 2015, The Institute of Medicine and National Research Council of the National Academies published a report [Investing in the Health and Well-Being of Young Adults](#). This report makes seven recommendations and details the benefits of an orderly approach to responding to the unique needs of young adults, which can help to pave the way to a more productive and equitable future for young adults and our society at large. [A Findings and Recommendations from the Report](#) document is also available.

University of Michigan **Adolescent Health Initiative** in the University Medical department teamed with the Michigan Department of Health and Human Services to transform access to their primary care services and resources to one that is youth driven. An example of their primary care services platform and resources for providers can be found on the [Adolescent Health Initiative](#) website.

Youth MOVE's identification of policy and system change needs, youth-driven and complied with significant input from youth from across the country. The [What Helps What Harms](#) document includes changes within youth-serving systems in the themes of peer support, cultural competency, and youth voice, and contain recommended improvements to the education system, community resources, mental health services, foster care system, juvenile justice system, and employment.

**Transitioning patients from pediatric to adult care** has the possibility of being complicated. Along with including youth and young adults in every point in care-planning, providers will also need to come to terms with treating the individual—the pediatrician examining a patient who has grown to adult size, or the general practitioner tasked with treating chronic childhood or congenital conditions—despite having health care needs that differ from their traditional case load.<sup>2</sup>

1 youth.gov. (n.d.) Transition & aging out. Retrieved from <https://youth.gov/youth-topics/transition-age-youth>

2 Schor, E.L. (2015). Transition: Changing old habits. *Pediatrics*, 135(6), 958-960. doi: [10.1542/peds.2014-3934](https://doi.org/10.1542/peds.2014-3934)