



SAMHSA'S PROGRAM TO ACHIEVE WELLNESS

Incorporating Wellness Into Recovery



RESOURCES

for Young Adults of Transition Age

Youth.gov provides resources for youth and young adults (YYA) on a range of topics, sharing advice or suggesting additional recommendations to help.¹ The topics they cover include information regarding:

- **Reconnecting Youth**—those who are justice involved, experiencing homeless, or in foster care
- **Bullying Prevention**—provides support from various government agencies
- **Substance Abuse Prevention**—delivers information about risk factors and prevention tactics
- **Transition and Aging Out**—the information supports people 16-24 years old as they move into the adult world

Youth MOVE Massachusetts created a series of resource sheets to empower YYA as they transition into physical health, mental health, and substance use disorder treatment services. Although the documents are focused on Massachusetts, the information to guide YYA is true everywhere. The tipsheets include:

- Guidance that will be helpful in [Finding a Therapist You Like](#)
- Providing guidance to prepare for first meetings with new health professionals entitled [Creating Open and Honest Relationships with Professionals](#)

Additionally, the Parent/Professional Advocacy League in Massachusetts produced [Moving to Young Adult Life: A Legal Guide for Parents of Youth with Mental Health Needs](#), a transition guide for parents of young adults. Again, although some of this information is specific to Massachusetts, the bulk of the text pertains to the United States.

¹ youth.gov. (n.d.) Youth topics. Retrieved from <https://youth.gov/youth-topics>



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The **Affordable Care Act** resulted in a greater number of youth and young adults obtaining health coverage in two key ways:²

- Young adults may [stay on their parents' health insurance](#) until they turn 26 years old, and
- Medicaid expansions provide coverage to millions of low-income Americans, however this expansion was not taken up by all states. [You can check if you are eligible.](#)

[Healthcare.gov](#) can help you determine how to obtain health coverage if you don't already have it.

Many **smartphone apps** have been developed to allow you to connect more easily with your provider, access your health records, or find information more quickly. A few health-related apps include:

- [CareZone](#) allows you to coordinate with your family to allow you to keep track of your physical health, mental health, and substance use disorder treatment in a more organized manner
- [Calm Harm](#) assists YYA to stop self-harm through distraction, comfort, expressing feelings, and providing release that is not through self-injury
- [Depression CBT](#) provides basic information about depression and living with depressive illness through cognitive behavioral therapy principles
- [Recovery Record](#) provides assistance for eating disorder treatment

Finally, **ArtReach Toronto** published [Caring for Yourself Is a Radical Act, Self-Care Toolkit](#) for youth and young adults as a "guide is an opportunity to engage with your body, heart, and mind to elevate your current self-care practices and reflect on how they can be expanded." Taking time to take care of yourself physically, emotionally, mentally, socially will lead to a healthier and more authentic life.

2 McCabe, H.A. & Wahler, E.A.. (2016). The Affordable Care Act, substance use disorders, and low-income clients: Implications for social work. *Social Work*, 61(3), 227-233. doi: [10.1093/sw/sww030](https://doi.org/10.1093/sw/sww030)