Welcome!

The Transition to Independence Process (TIP) System Model: Incorporating Social Media As A Tool of Choice
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Youth Transition to Adulthood

Today’s youth across the entire age range of 16 to 25 years are concerned about the “whole” of their lives.
Youth Transition to Adulthood

The Purpose of Working with Transition-age Youth:

1. To understand the 16 – 25 year old age group as a distinct and separate culture.
   - Unique population with special needs

2. Transition-age youth are not transitioning or transferring into adult services but are transitioning into adulthood.
   - Need for developmentally appropriate services specific to the distinct needs of a young person just entering adulthood
   - Mental health and other services have not been designed with the needs, interests or goals of young adults in mind
Youth Transition to Adulthood

What We Know:

• There are differences in engaging families, older adults vs. young adults
• Presenting Problems are frequently different
• Support systems are significantly different
• Take a different approach to goal planning with Future’s Planning

Overarching Theme

Creating an environment of *hope* and *discovery* -- without these tenants, it would be more difficult to pursue the elements of recovery.
Social media sets the tone of their lives.

All Generations Adopt Technology — Young People Harness It

“The processes that go into the development and expression of youth culture are the same, but the tools the youth and young adults use — whether they're social networks, blogs, games or YouTube — create more intensive feedback loops than have been experienced before.”

Six trends to know about engaging youth with social media

1. Facebook is now the primary online communication medium for the majority of youth in high school.
2. The majority of youth who have email accounts do not regularly check their inboxes.
3. Some youth do not use email at all, preferring to use only Facebook for online communication, since Facebook allows youth to authenticate accounts with mobile phones.
4. Youth with cell phones typically average between 1,200 – 1,500 sent messages per month.

Youth are using Blackberry Messenger (BBM), iMessage, Facebook Messenger, and Twitter.

Short Message Service (SMS) broadcasting is a particularly effective tool to remind and engage youth of upcoming events or tasks that need to be completed.
Who’s online? The internet by age groups

- Teens 12-17: 93%
- Young adults 18-29: 93%
- Adults 30-49: 81%
- Adults 50-64: 70%
- Adults 65+: 38%

Teens (12-17) data from September 2009.
Adults (18+) data from December 2009.
Youth are leading the transition to a fully wired and mobile nation

- As of September 2009, 47% of online adults used a social networking website, compared with the 73% of teens who did so at a comparable point in time. (Pew Internet & American Life Project, September 2009)

- Young adults act much like teens in their tendency to use these sites. Fully 72% of online 18-29 year olds use social networking websites, nearly identical to the rate among teens, and significantly higher than the 39% of internet users ages 30 and up who use these sites. (Pew Internet & American Life Project, February 2010)

- Young adults lead the way when it comes to using Twitter or status updating. One-third of online 18-29 year olds post or read status updates. (Pew Internet & American Life Project, February 2010)
Transition to Independence Process (TIP) System Model

The Transition to Independence Process (TIP) Model developed by Hewitt B. “Rusty” Clark, PhD, BCBA of the University of S. Florida is the only evidenced supported best practice model in the United States based on six published studies that demonstrate improvement in real life outcomes for youth and young adults with emotional/behavioral difficulties (EBD).
The mission of the Transition to Independence Process (TIP) system is to assist young people with emotional and/or behavioral difficulties (EBD) in making a successful transition into adulthood, with all young persons achieving, within their potential, their own goals in the transition domains of employment, education, living situation, and community life functioning.
Transition Domains

Employment & Career

Community Life Functioning

Personal Effectiveness & Wellbeing

Educational Opportunity

Living Situation
TIP Transition Facilitators

- Transition Facilitators ensure continuity of planning, services and supports.

- The TIP system is implemented *directly* by Transition Facilitators who work with young people, their parents and other informal and formal supports.

- The term *transition facilitator* is used to emphasize the function of *facilitating* the young person’s future, *not directing it*.

Ratio of young people to transition facilitators does not exceed **15 : 1**
Futures Planning:

To define the life a youth wishes to live & describe what will assist the youth in moving toward that life all from the youth’s perspective.
TIP System Guidelines

1. Engage young people through relationship development, person-centered planning, and a focus on their futures.

2. Tailor services and supports to be accessible, coordinated, appealing, non-stigmatizing, and developmentally-appropriate -- and building on strengths to enable the young people to pursue their goals across relevant transition domains.

3. Acknowledge and develop personal choice and social responsibility with young people.
4. Ensure a safety net of support by involving a young person’s parents, family members, and other informal and formal key players.

5. Enhance young persons’ competencies to assist them in achieving greater self-sufficiency and confidence.

6. Maintain an outcome focus in the TIP system at the young person, program, and community levels.

7. Involve young people, parents, and other community partners in the TIP system at the practice, program, and community levels.
Establishment of Magellan Youth Transition to Adulthood Workgroup:

Developed (4) sub-committees to assist in improving the infrastructure of Maricopa County and to better support community transition systems seamlessly between the children and adult providers and networks; the larger workgroup discussed and approved the proposed strategy to implement the Transition to Independence Process (TIP) system model as a Pilot Project.
Two Systems – One Voice
The Children Service System/Adult Service System Connection

- Ensure that a young adult’s transition from the children’s service system into the adult service system is smooth and seamless.
- Follow a set of principles and guidelines that strengthen and empower youth, young adults and their family members.
- Per the ADHS/DBHS Practice Protocol Child and Family Team Practice, “the youth and legal guardian, if involved, may request to retain his/her current Child and Family Team until the youth turns 21.” Regardless of when the youth completes his/her transition into the adult behavioral health system, the CFT will play an important role in preparing the adult clinical team to become active partners in the treatment and service planning processes throughout this transitional period.
Substantially improve the system for delivery of behavioral health services to the eligible children of this state in accordance with (a) the requirements of the EPSDT Program of Title XIX of the Social Security Act, (b) the Arizona Vision, and (c) the Principles of the Arizona Vision. The improvements emphasize partnering with families and children, interagency collaboration, and individualized services aimed at achieving meaningful outcomes for families and children. Implementation of this Settlement Agreement will require initiatives to improve front-line practice, enhance the capacity of private agencies to deliver needed services, promote collaboration among public agencies, and develop a quality management and improvement system focused on sound practice.
Two Systems – One Voice
The Children Service System/Adult Service System Connection

Jason K Settlement Agreement

- “Class members” are all persons, under the age of twenty-one, who are eligible for Title XIX behavioral health services in the State of Arizona and have been identified as needing behavioral health services.

- Behavioral health service plans anticipate and appropriately plan for transitions in children’s lives, including transitions to new schools and new placements, and transitions to adult services.
Maricopa County Arizona – Transition to Independence Process (TIP) Implementation

- Pilot Program - Identified (2) Children’s Providers and (2) SMI Adult Direct Care Clinics to work together co-jointly.

- Each Children’s Provider to reach a capacity of 120/youth/young adults (Total 240 youth/young adults).

- Established eligibility criteria, procedures and referral system for the pilot.

- Established Youth Transition to Adulthood Policy; Magellan Edition Provider Manual 3.17 Standards & Guidelines “Transition of Persons;” and, Youth and Young Adult Stipend Policy.

- On-going on-site training, consultation and in-field supervision with Dr. Rusty Clark.

- Launch date: January 5, 2009.
Putting Social Media Into Practice...
The “AH - HA” Moment
Employing Work Facebook Accounts
The decrease of crisis and hospitalizations
Using Social Media to Save Lives
Maricopa County Arizona
Data collection from The *Transition to Adulthood Program Information System (TAPIS)*:
October 2010 – December 2011
Ages 16 - 21
Jewish Family & Children’s Service

**Q1-189 Youth/Young Adults**  **Q2-188 Youth/Young Adults**

**Daily Living - Functioning Well**

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**Q3-162 Youth/Young Adults**  **Q4-90 Youth/Young Adults**

**Interpersonal Relationships - Functioning Well**

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Maricopa County Arizona
Data collection from The Transition to Adulthood Program Information System (TAPIS): October 2010 – December 2011
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Involved in Criminal Activity

Manages Medications - Functioning Well
The new service enables Facebook users to report a suicidal comment they see posted by a friend to Facebook using either the Report Suicidal Content link or the report links found throughout the site. The person who posted the suicidal comment will then immediately receive an e-mail from Facebook encouraging them to call the National Suicide Prevention Lifeline 1-800-273-TALK (8255) or to click on a link to begin a confidential chat session with a crisis worker.

Learn more about the partnership between Facebook, SAMHSA and the National Suicide Prevention Lifeline at: http://1.usa.gov/t00eiH
Social Media Will Change Mental Health Care

• Professionals will collaborate more.

• The stigma and isolation of mental illness will lessen.

• Increased demand for high quality mental health care.

Social Media Will Change Mental Health Care

• Ability to offer robust aftercare and maintenance.

• A greater ability to create treatment programs that recipients want and need.

Social media allows us to get an intimate glimpse into the lives of the people we treat. The more we can offer programs and services that they relate to and want to engage in, the more opportunity we have to help them live healthier lives.
Benefits of Social Media on Adolescent Health

• Most teens use online networks to extend the friendships they already have from other areas of their life, such as school, religious organizations, sports and other local activities (Ito, 2008). Social networking sites provide a way for teens to experience connectedness and opportunities to learn from each other (Ito, 2008).
Benefits of Social Media on Adolescent Health

- Social media can provide a supportive environment to explore romance, friendship, and social status, while also providing teens an opportunity to share and discuss their taste in music, knowledge of television and movies, online videos/games, and other aspects of teen culture (Ito, 2008).

- Social networking sites can allow teens to find support online that they may lack in traditional relationships, especially for teens who are often marginalized, such as lesbian, gay, bi and transgendered (LGBT) teens, those who are living with an illness or disability, or those who may feel physically unattractive or socially reticent (McKenna & Bargh, 2000).
Benefits of Social Media on Adolescent Health

Teens also use online searches to gain answers to many of their health concerns with 31% of online teens getting health, dieting, or physical fitness information from the internet. Seventeen percent of teens who use the internet report they use it to gather information about health topics that are hard to discuss with others, such as drug use and sexual health (Lenhart, 2010).
Remember....

It all begins with young people....
Get it right for them
And you will get it right across their life span.
For More Information on Maricopa County TIP Program Provider Implementation, Contact:

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