

Student Transition Readiness Tool

What is the goal of the tool/resource?

To assess youths' readiness skills to transition to adult behavioral health care by engaging youth to set behavioral health priorities, address self-care skill needs to prepare them for adult behavioral health care after high school and prepare them to independently access behavioral health and wellness services.

Who is the audience?

The tool can be used with any student beginning at age 14-16 and can continue to be used through high school. This is especially useful for juniors and seniors as they plan their transition from high school.

Who should facilitate this tool/resource?

Someone who has an ongoing, trusted relationship with a student and has behavioral health knowledge and the ability to refer to behavioral health services, if needed. This can include school mental health providers, school-based health center staff, school psychologists, professional school counselors, and school social workers.

How should the staff team member facilitate this tool/resource?

This tool can be offered annually to identify and discuss with students their behavioral health needs and knowledge of health and wellness services. This can be conducted via virtual or in-person meetings. Students can complete the tool independently or together with the facilitator. The facilitator can offer education and resources on needed skills identified through the tool. This tool can be used along with the "Post-Graduation Wellness Plan" and the "Resource to Find Medical or Mental Health Services" tool.

If the student reports being a danger to themselves or others, or reports a history of neglect/abuse, or expresses emotional/behavioral distress, appropriate reports and referrals should be made according to school and professional guidelines.