



# Bridging the Gap

Health Transition: Mental Health



# Presenter

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Needs  
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Who we are

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# Primary Network in Wisconsin

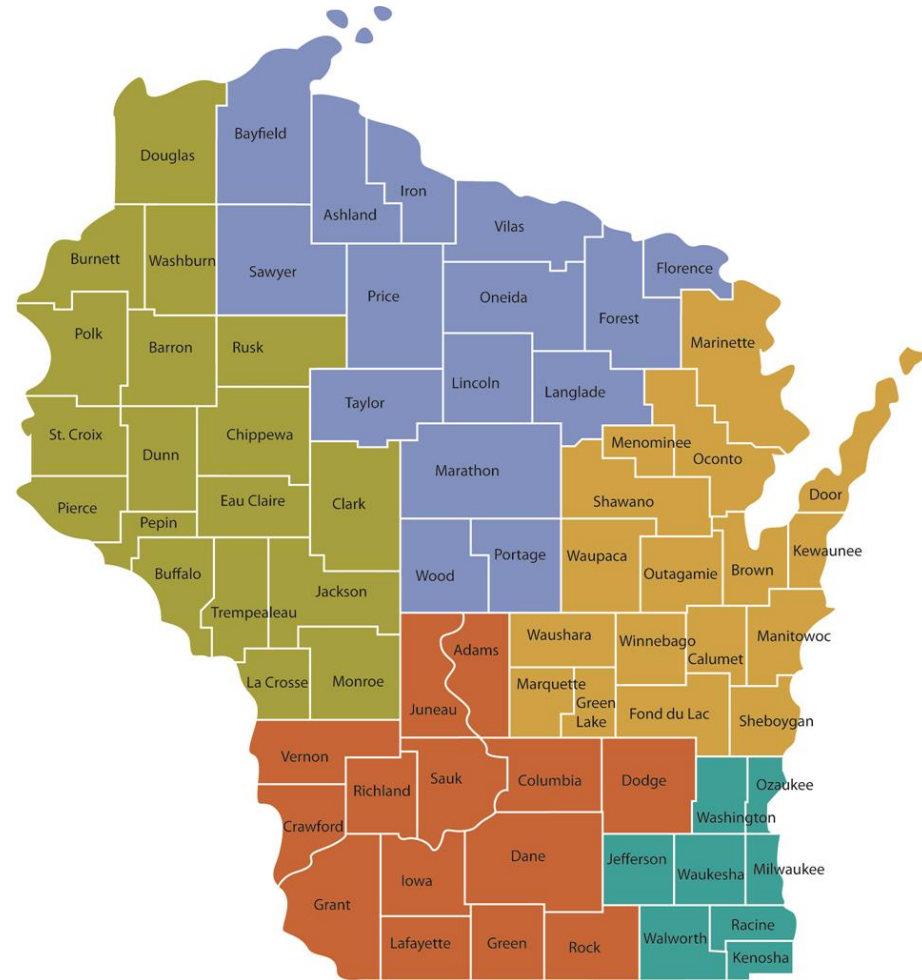


# Statewide Initiative



# 5

## Regional Centers Wisconsin



# Where We're Going

1. What is Health Care Transition anyway?
2. Introduce and try out the Readiness Assessment for Parents & Youth
3. Introduce the Eight Tools for Health Care Transition
4. Discuss way to include health and health care discussions in school, work and every day life



# Personal Story Time



Who needs to  
think about  
coordination  
of care &  
transition?

Families and teens  
who are, or will be  
turning 18.

Especially if  
identified with  
a disability or  
health care need.

# Why is health so important?

Psssst ... this includes mental health too!

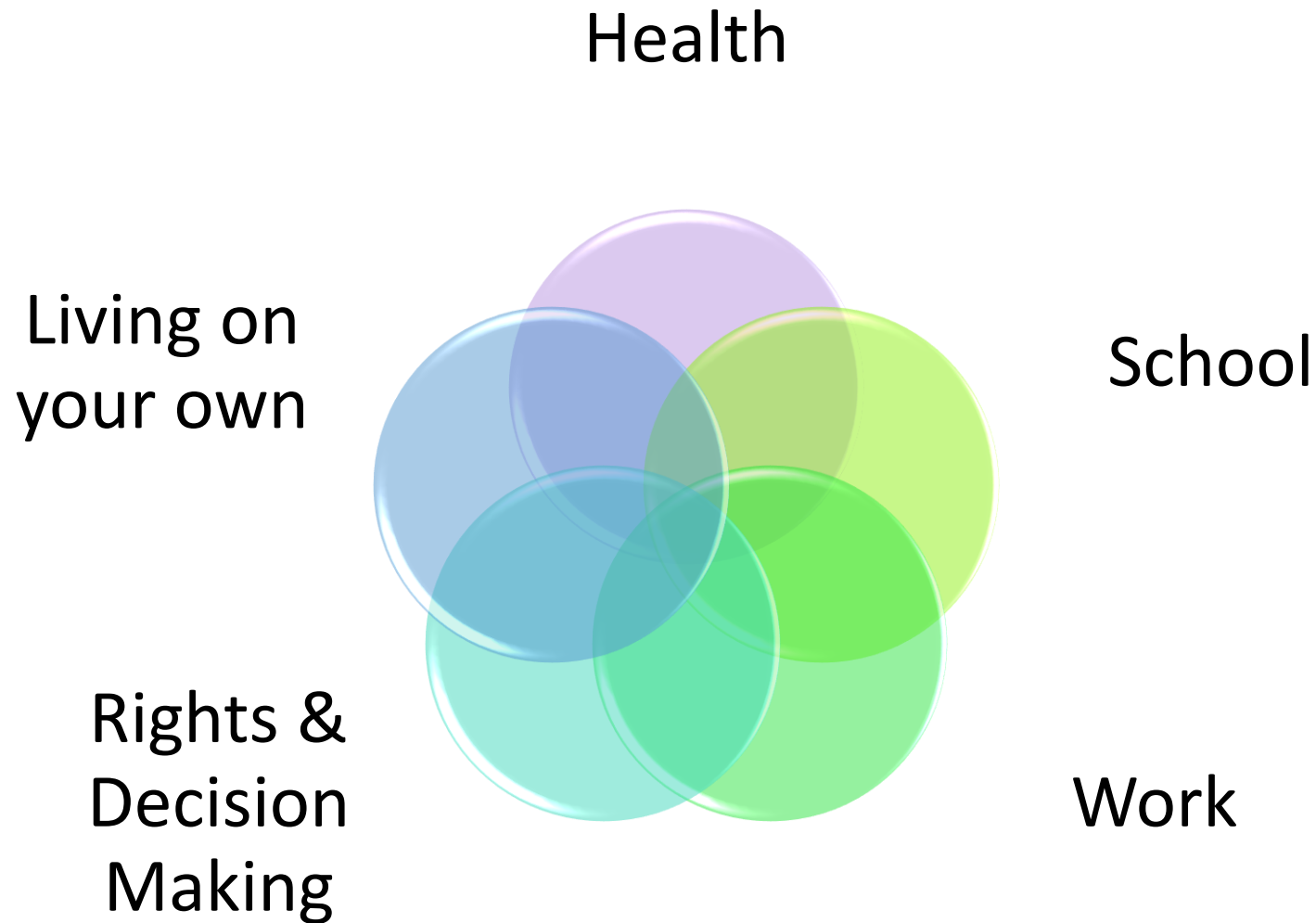
Increased independence.

Success in day to day life.

Opportunity for secondary education.

Working.

# Transition is a process



# Today we're focused on health



Fact of the day!

**HEALTH RIGHTS**

**CHANGE STARTING AT AGE**

**12**

# Areas for Consideration

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## Health Related Categories to Consider

Self-Disclosure

Daily living skills

Accommodations

Rights

Responsibilities

Employment

# Other things to Consider

- **Decision-making**
  - Self-disclosure
  - Supported decision making
- **Health management**
  - knowledge of health condition(s)
  - care coordination
  - medication management
- **Health care providers**
  - pediatric & adult primary
  - specialty, hospital
- **Health care coverage**
  - private
  - public



# Confidentiality

- Know system policy and limitations of confidentiality.
- Make this part of your discussion.
- Provide in writing.
- Repeat often.

# Tools & Resources

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# Tools

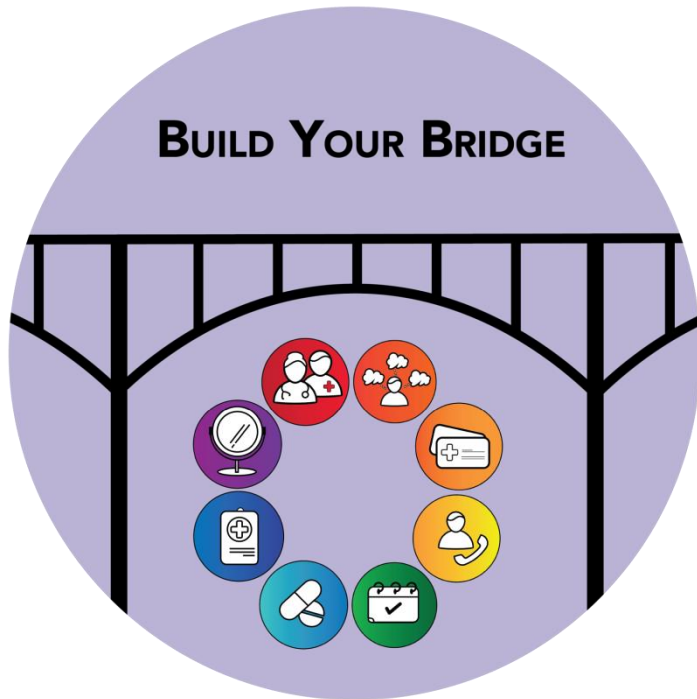
1. Readiness Assessment
2. Eight tools of Transition
3. Medical Summary

# Readiness Assessment

What do you already know about your health?



# Eight Health Tools



## Health Transition Wisconsin

Supporting Youth to Adult Health Care Transition

<https://healthtransitionwi.org/>

<https://healthtransitionwi.org/youth-families/>

Step-by-Step

Check out these additional resources to take charge of your health care!

- Resources
- Build Your Bridge Workbook

# Eight Health Tools

- Adult Providers
  - Decisions
  - Health Insurance
  - Emergency Contacts
  - Appointments
  - Medications
  - Health Summary
  - About Me



# Medical Summary

Easy access to information increases the quality of coordinated care

- Care team members
- Insurance
- List of medicines
- Shared Plan of Care



# Unique Considerations: Mental Health

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# Considerations

1. Decision-making
2. Changing support teams—reestablish relationships and who do you want involved?
3. Insurance—private insurance and public benefits
4. Confidentiality

# Considerations

5. Disclosure
6. Medications
7. Program opportunities
8. IEP/PTP
9. Outcomes/Challenges

Where to start?

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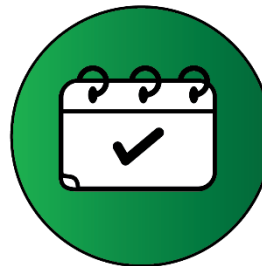
# Care Coordination – Get Started

<b>Youth</b>	<b>Parents</b>	<b>Health Professionals</b>
Talk	Talk	Ask
Ask Questions	Explain	Explain
Try it out	Limit involvement – where possible	Prepare- gradually increase time alone

# Preparing for Transition

Start conversations early

1. Conversations with doctors, parents, teachers
2. Signing Clinic and other health related release forms
3. Talk about medications
4. Complete Readiness Assessment
5. Take part in training events to learn about the changes that happen when a child transitions to adult life



# Next Steps

- Take the readiness assessment;
- Start conversations early;
- Visit the Health Transition WI website and download the workbook; and
- Talk to doctors and teachers about transition plan.

# Transition Resources



[www.gottransition.org](http://www.gottransition.org)



**HEALTH TRANSITION WISCONSIN**

SUPPORTING YOUTH TO ADULT HEALTHCARE



[www.healthtransitionwi.org](http://www.healthtransitionwi.org)

# Additional Resources

PATCH

Providers and Teens Communicating for  
Health

**[www.patch.org](http://www.patch.org)**

Self-Directed Health Care Kit

**[www.wi-bpdd.org](http://www.wi-bpdd.org)**



# Additional Resources

WISE

Honest, Open, Proud

**[www.wisewisconsin.org/](http://www.wisewisconsin.org/)**

Pathways RTC

**<https://www.pathwaysrtc.pdx.edu/>**

# Additional Resources

WI Department of Health Services

**<https://www.dhs.wisconsin.gov/mh/youth-young-adults.htm>**

Now is the Time 2018

Training September 20-21, Fox Valley

**<https://www.uww.edu/orsp/research-centers-and-sponsored-programs/wi-wioa/now-is-the-time-2018>**

# Contact information

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Thank you!