



Transition-Age Youth Mental Health Fact Sheet (16 - 21 years old)

Healthy Development

- Social competencies/problem solving skills
- Healthy sense of self
- Positive expectations/optimism for the future
- School motivation/positive attitude toward school or work
- Involvement in positive peer group activities
- Stable living arrangements
- Family stability
- Involved in pro-social activities (school, work, youth group, service to others)
- Positive adult role model/mentor

Possible Warning Signs

- Delayed social development
- Poor self esteem
- Withdrawal from others
- Minimal plans for the future
- Decreased motivation for school
- Involvement in negative peer group activities
- Criminal Justice involvement
- Substance use
- Homelessness / unstable living environment
- Absence of positive adult role model/mentor

Resources

- Community Mental Health Centers www.mhmr.ky.gov
- Kentucky Partnership for Families & Children <http://www.kypartnership.net/>
- America's Five Promises – www.kychildnow.org
- KY Interagency Transition Council and Regional Interagency Transition Teams - www.ihdi.uky.edu/ktcp

Helping Kentucky's Families and
Youth Thrive