Behavioral Health is Essential To Health

Prevention Works

Treatment is Effective

People Recover
Peer Supports for Transition-Aged Youth
Matt Gallagher:

- Living in Recovery from Depression and Anxiety: Received Peer Support Services
- Former Youth Advocate (Transitional Age Youth Peer Mentor) For Mental Health America of Northern California
- Currently the Director for the California Youth Empowerment Network (CAYEN)
Who are TAY?

- TAY stands for Transitional Age Youth.
- The term represents young people between the ages of *16 and *25. (*Varies among states, agencies, and counties).
- TAY do not fit perfectly within the children or adult system of care.
- They are a unique demographic that requires customized services and supports to meet their needs.
Mental Health America of Northern California (NorCAL MHA)

Youth Advocacy Duties:

- Act as youth-to-youth peer supporter for youth (aged 12-25) receiving public mental health services.
- Provides individual support and advocacy services to youth clients.
- Help youth prepare for and attend meetings that affect their services.
- Provides support to youth following a crisis situation.
- Provides information and referrals to community services and resources.
- Empowers youth to articulate their needs to service providers.
- Facilitates peer support groups.
- Attends and participates in system-wide planning and policy meetings and committees.
- Provides information, training, and education on the youth perspective to outside organizations and government agencies.
- Participates in special events, conferences, trainings, and workshops related to Sacramento County’s Children's System of Care (including behavioral health, juvenile justice, child protective services and special education).
- Prepares and maintain case notes, activity logs, and reports.
- Helps youth clients and their caretakers navigate the public mental health treatment system and identify and articulate what they need from services and providers.

www.norcalmha.org
CAYEN was formed to develop, improve and strengthen the voice of Transition Age Youth (TAY) in local and state-level policy decisions.

www.CAY-EN.org
In order to be certified as a transition-age youth peer support specialist, an individual shall, at a minimum, satisfy all of the following requirements:

(a) Be at least 18 years of age.
(b) Have or have had a primary diagnosis of mental illness, substance use disorder, or both, which is self-disclosed.
(c) Have received or is receiving mental health services, substance use disorder addiction services, or both.
(d) Be willing to share his or her experience of recovery.
(e) Demonstrate leadership and advocacy skills.
(f) Have a strong dedication to recovery.
(g) Agree to uphold and abide by a code of ethics. A copy of the code of ethics shall be signed by the applicant.
(h) Successful completion of the curriculum and training requirements for a transition-age youth peer support specialist.
(i) Pass a certification examination approved by the department for a transition-age youth peer support specialist.
(j) Successful completion of any required continuing education, training, and recertification requirements.

http://leginfo.legislature.ca.gov/faces/billNavClient.xhtml?bill_id=201520160SB614
Meri Viano:

- Parent of 3 young adults with special health needs. 2 sons with trauma, mental health and behavioral needs.
- Currently the Director of Community Outreach and Partnership for Parent/Professional Advocacy League (www.ppal.net)
- Advocate for system change by involving and empowering families, parents, youth and young adults.
- Continues to teach communities on Family and Youth Guided and Driven.
Parent/Professional Advocacy League ("PPAL") is a statewide, grassroots family organization that advocates for improved access to mental health services for children, youth and their families.

Founded in 1991, PPAL continues to work on behalf of children, youth and families as a critical voice shaping policy and practice. PPAL is a chapter of the FFCMH.

Youth MOVE Massachusetts ("YMM"), located and founded in 2010 is the statewide chapter in MA. of Youth M.O.V.E. National, and is sponsored and supported by PPAL. Youth MOVE National and its chapters advocate for youth voice and rights in mental health and other systems that serve young people, for the purpose of empowering youth to be equal partners in the process of change.
Massachusetts Definition of TAY

Range of Definitions

TAY stands for Transitional Age Youth

**MASS DMH defines TAY:** The focus is on young adults between the ages of 16 and 25 who are transitioning out of child/adolescent agency services and into adults services or into the community, including young adults entering the DMH adult service system for the first time, as well as those aging out of foster care or juvenile justice.

**YMM defines TAY:** As typically 16-25, with the focus on taking responsibility for one's own care, wellbeing, education, vocational, and young adult steps/needs.

Example: is a 16yo that's taken a lot of responsibility may consider themselves a young adult, and a 20year old who feels they're still very in need of support might use the word youth. Some cases, TAY may mean 13-30 (like we use, because transition planning starts younger than we all think)

PPAL and YMM are unique because we can support anyone without billing, insurance, diagnosis, or area. We continue to support many out of state, in state systems, and homeless. Our agency is made TAY a priority including: National Conversation in including parents, supporting and training parents skills of what TAY youth say, need and the laws that protect them. This is crucial in our mission to be an advocacy organization.
What does a Peer Specialist look like?

- Act as youth-to-youth peer supporter for youth (aged 13-30) whom need support. No one system, very diverse in population and need.
- Provides individual support including social media, groups, meetings and connections.
- Help youth prepare for and attend meetings that affect their services.
- Connect with youth prior, during or after crisis situation.
- Provides information and referrals to community services and resources to youth, families, and systems.
- Empowers youth to articulate their needs to service providers.
- Organizes, Advertise, and Run peer youth groups.
- Participates in Statewide Initiatives to bring youth voice to the front seat (NITT, TAY, Statewide Family Network).
- Advocate for the professionals and system to understand, learn, and collaborate with youth to create an opportunity of youth guide, and youth driven practice.
- Hold events, and gatherings to promote the awareness of Stigma and how important it is for youth to be understood and respected.
- Teach and connect with parents, caregivers who feel that they are open to learning from a peer to peer youth model.
- Stand to advocate for youth services including homelessness, LGBTQ, foster youth and/or youth that are struggling with no insurance/diagnosis need.
The Rosie D. Complaint, filed in 2001, sought to redress these systemic wrongs, to challenge the State’s failure to provide timely diagnostic assessments and treatment as required by the federal Medicaid Act, and to enable children with psychiatric disabilities to receive appropriate home-based services so they can grow up in their own homes and attend local schools.


**Early Pediatric Screening**
- Intensive care coordination
- Family Training and support services
- Mobile crisis intervention
- Crisis stabilization
- In-home behavioral services
- In-home therapy services

**Therapeutic Mentoring** helps a child develop independent living, social and communication skills, as well as providing education, training and support services for children and their families.

*Massachusetts is Billing Peer Mentors here*

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**Youth M.O.V.E Massachusetts : Advocacy Lead Peer Support Specialist**
**Locations of Peer TAY Mentors : Residential / Hospitals**
Unique TAY Peer Qualities

• What are the unique values that TAY Peers bring to the system? (What makes them distinct from other peers?)
• What is not TAY Peer work? (Challenges in misinterpretation or misuse of TAY Peer Specialists)
• How can we prevent the mismanagement of TAY peers?
TAY Peer Training and Certification

• What is happening with TAY Peer Certification? Is there unique curriculum involved?
• What is the role of the states in developing a certification (statute vs. sub legislative action)?
• How do you bill or pay for TAY Peer work?
TAY Peers in Action

• What are lessons learned about the best way of integrating a TAY Peer Specialist into a program or team?
• What are lessons learned about supervision or mentorship for TAY Peer Specialists?
The Future of TAY Peers

• What is in the future for TAY Youth and TAY Peers? (Trends and Policy Recommendations)
Questions?

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