



# Supporting

## the Transition into Adulthood of youth and young adults 18-24 in CT

In CT, a “transitional youth” is defined as youth in the child welfare system (18–24) who are eligible for independent living services, as well as the young adults who recently left the system. Transitional youth are also individuals with no welfare care history, but are still in this pivotal age range.

### Support Systems for Youth

Youth need a network of trusted people who support them in their goals. This means having an environment that consists of supports (people and systems) that not only help with physical needs, but needs as they relate to the emotional and social aspects of an individual. Youth who enter DCF care are eligible to receive supports up through 23 years of age if particular criteria are met.

### Youth Struggling with a Substance Use Disorder

**Youth Recovery CT offers peer support, recovery assistance, and hope!** Youth can connect with people who have been in their shoes through participation in peer groups or at free social events.

**For those in need of treatment and/or recovery services in CT, you are not alone.** CT DMHAS offers several resources.

- **For services in their area:**  
<https://portal.ct.gov/DMHAS/Programs-and-Services/Finding-Services/Finding-Services> OR [www.211ct.org](http://www.211ct.org)
- **24/7 Tx Bed Availability:**  
<https://www.ctmentalhealthservices.com/>
- **CT 24/7 Treatment Access Line:** call 1-800-563-4086
- **For pregnant and parenting individuals:**  
<https://portal.ct.gov/DMHAS/Programs-and-Services/Women/Womens-REACH-Program>

### Addressing the Need

Transitioning into adulthood can feel scary and overwhelming for youth and young adults. Transition to adulthood is unique for everyone. Some know what direction they want life to take and some are unsure as to what the future holds for them.

**Transitioning to adulthood may be even more challenging if someone is pregnant or parenting, has a substance use disorder, and/or are in DCF care.**

### Youth in Child Welfare



If an individual is/was in DCF Care, their DCF worker can connect them to supports they have for youth transitioning out of care.

These supports include **employment, housing, and life skill services.**

You can find more information here:

<https://portal.ct.gov/DCF/Adolescent-Services/Home>

If an individual is between 18–25, has a history of DCF involvement and is in need of mental health support, they may qualify for the **DMHAS Young Adult Services (YAS) Program.** They have several resources including a Perinatal Support Program for pregnant and parenting young adults.

More information here:

<https://portal.ct.gov/DMHAS/Divisions/Divisions/Young-Adult-Services>

### Pediatric to Adult Healthcare



Transitioning to adult health care can feel complicated and overwhelming. Ensuring youth establish adult medical care and know how to access it in times of need is critical.

More information here:

[www.gottransition.org/youth-and-young-adults/](http://www.gottransition.org/youth-and-young-adults/)



# ARE YOU:



TRANSITIONING INTO ADULTHOOD CAN FEEL SCARY AND OVERWHELMING AT TIMES.

Everyone has a different transition to adulthood. You may know what direction you want your life to take or you may be unsure as to what the future holds for you.

Transitioning to adulthood may be even more challenging if you are pregnant or parenting, have a substance use disorder, and/or are a youth in DCF care.

You are not alone. There are resources designed to help support you in a successful launch into adulthood!

## WHO ARE YOUR SOCIAL SUPPORTS?

Everyone needs a network of trusted people who support them in their goals. **Who can you turn to for emotional or practical support?**

Trusted supports in your life may be a **parent/guardian/family member, friend, teacher, faith leader, coach, school nurse, doctor or therapist.**

## Do you have healthcare?



Transitioning to adult health care is a big step! Like going to college or getting a job, **health care transition takes preparation and self-advocacy.**

To help guide your transition:  
<https://www.gottransition.org/youth-and-young-adults/>

## Are you a youth in the CT welfare system?



If you are currently in DCF Care or were in DCF care, talk to your DCF worker about their supports they have for youth transitioning out of care. These supports include **employment, housing, and life skill services.**

You can find more information here:  
<https://portal.ct.gov/DCF/Adolescent-Services/Home>

If you are between 18-25, have a history of DCF involvement and are in need of mental health support, you may qualify for the **DMHAS Young Adult Services (YAS) Program.** They have several resources including a Perinatal Support Program for pregnant and parenting young adults.

More information here:  
<https://portal.ct.gov/DMHAS/Divisions/Divisions/Young-Adult-Services>

## ARE YOU STRUGGLING WITH SUBSTANCE USE?

If you are struggling with addiction or substance use, **Youth Recovery CT offers peer support, recovery assistance and hope!** Connect with people who have been in your shoes through participation in a Peer Group or at free social events.

**If you are in need of treatment and/or recovery services in CT, you are not alone.** CT DMHAS offers several resources:

- **If you are in crisis please dial 911**
- **For services in your area:**  
<https://portal.ct.gov/DMHAS/Programs-and-Services/Finding-Services/Finding-Services> OR [www.211ct.org](http://www.211ct.org)
- **CT 24/7 Treatment Access Line:** call 1-800-563-4086
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