

# Transitioning Youth Check List

Age Group	<u>Health/ Mental Health</u> Tasked/ Milestones To Be Completed	Status
14	<p>Youth Should;</p> <p>Have the skills to maintain good emotional and physical health.</p> <p>Know the physical, social, emotional and legal risks associated with alcohol, drug, and tobacco use and understand the impact of peer pressure.</p> <p>Understand the importance of good hygiene</p> <p>Know how to stay healthy and care for minor illness</p> <p>Understand the basic concepts of nutrition and knows how to prepare basic meals.</p> <p>Have a comprehensive screening to assess physical health, developmental needs, mental health and substances abuse.</p> <p>Have been exposed to information about healthy social relationships, home safety and preventing accidents/violence.</p> <p>Have an understanding of issues related to STI's (STD's) and HIV.</p> <p>Have information and appropriate understanding of any ongoing medical, dental or mental health conditions.</p> <p>Know what medications (if any) she or he is currently taking.</p> <p>Know and understands when how to seek medical attention.</p>	<p><input type="checkbox"/> Complete <input type="checkbox"/> In-Progress Notes _____</p> <p><input type="checkbox"/> Complete <input type="checkbox"/> In-Progress Notes _____</p> <p><input type="checkbox"/> Complete <input type="checkbox"/> In-Progress Notes _____</p> <p><input type="checkbox"/> Complete <input type="checkbox"/> In-Progress Notes _____</p> <p><input type="checkbox"/> Complete <input type="checkbox"/> In-Progress Notes _____</p> <p><input type="checkbox"/> Complete <input type="checkbox"/> In-Progress Notes _____</p> <p><input type="checkbox"/> Complete <input type="checkbox"/> In-Progress Notes _____</p> <p><input type="checkbox"/> Complete <input type="checkbox"/> In-Progress Notes _____</p> <p><input type="checkbox"/> Complete <input type="checkbox"/> In-Progress Notes _____</p> <p><input type="checkbox"/> Complete <input type="checkbox"/> In-Progress Notes _____</p> <p><input type="checkbox"/> Complete <input type="checkbox"/> In-Progress Notes _____</p>
15 – 16	<p>Youth learns how to properly self-advocate for his/her medical needs. This means</p> <ul style="list-style-type: none"> <li>- Educating self about care, diagnoses, medications, etc.</li> <li>- Asking health professionals questions about care, diagnoses, medications, etc.</li> <li>- Communicating assertively and respectfully with health professionals about any questions, concerns, opinions youth may have regarding treatment.</li> </ul> <p>Youth should have a understanding of issues, symptom and ways of contracting STI's (STD's) and HIV</p> <p>Youth should take action and begin family planning. (utilizing all available recourses)</p>	<p><input type="checkbox"/> Complete <input type="checkbox"/> In-Progress Notes _____</p> <p><input type="checkbox"/> Complete <input type="checkbox"/> In-Progress Notes _____</p> <p><input type="checkbox"/> Complete <input type="checkbox"/> In-Progress Notes _____</p>
	<p>Youth Should;</p> <p>Have knowledge of appointment setting for medical, dental and vision services</p> <p>Have an understanding of health insurance and its importance</p> <p>Identify and utilize community resources if needed (i.e. mental health</p>	<p><input type="checkbox"/> Complete <input type="checkbox"/> In-Progress Notes _____</p> <p><input type="checkbox"/> Complete <input type="checkbox"/> In-Progress Notes _____</p> <p><input type="checkbox"/> Complete <input type="checkbox"/> In-Progress Notes _____</p>

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17 - 18	<p>counseling or crisis support)</p> <p>Have referral to programs for service and additional assistance prior to exiting care for youth with disabilities</p> <p>Youth should have a understanding of issues, symptom and ways of contracting STI's (STD's) and HIV</p> <p>Youth should take action and begin family planning. (utilizing all available recourses)</p>	<p>Notes _____</p> <p><input type="checkbox"/> Complete <input type="checkbox"/> In-Progress</p> <p>Notes _____</p> <p><input type="checkbox"/> Complete <input type="checkbox"/> In-Progress</p> <p>Notes _____</p> <p><input type="checkbox"/> Complete <input type="checkbox"/> In-Progress</p> <p>Notes _____</p>
19 - 21	<p>Youth Should;</p> <p>Understand how to access medical services after leaving care.</p> <p>Understand health care options if not insured through employer.</p> <p>Understand his own medical conditions and how to manage them.</p> <p>Have a list of his care providers including but not limited to medical, dental, and mental.</p> <p>Have updated medical records and psychological/psychiatric evaluation (?) upon exiting care.</p> <p>Youth shall be helped to apply for medical assistance if needed.</p> <p>Have a understanding of issues, symptom and ways of contracting STI's (STD's) and HIV</p> <p>Take action and begin family planning. (utilizing all available recourses)</p>	<p><input type="checkbox"/> Complete <input type="checkbox"/> In-Progress</p> <p>Notes _____</p> <p><input type="checkbox"/> Complete <input type="checkbox"/> In-Progress</p> <p>Notes _____</p> <p><input type="checkbox"/> Complete <input type="checkbox"/> In-Progress</p> <p>Notes _____</p> <p><input type="checkbox"/> Complete <input type="checkbox"/> In-Progress</p> <p>Notes _____</p> <p><input type="checkbox"/> Complete <input type="checkbox"/> In-Progress</p> <p>Notes _____</p> <p><input type="checkbox"/> Complete <input type="checkbox"/> In-Progress</p> <p>Notes _____</p> <p><input type="checkbox"/> Complete <input type="checkbox"/> In-Progress</p> <p>Notes _____</p>
Age Group	<p><u>Education</u></p> <p>Tasked/ Milestones To Be Completed</p>	<p>Status</p>
14	<p>Youth Should;</p> <p>Youth is enrolled in school</p> <p>Youth has basic literacy and numeric skills (at least 5th grade proficient)</p> <p>Youth has copies/access to educational records</p> <p>Youth has academic plan with academic-related goals for the future</p> <p>Youth understands graduation requirements</p> <p>Youth has begun to obtain the needed community service hours towards graduation</p> <p>Youth has an appropriate identification of special education (if applicable)</p> <p>An appropriate parent surrogate will be (or has been) identified for youth</p>	<p><input type="checkbox"/> Complete <input type="checkbox"/> In-Progress</p> <p>Notes _____</p> <p><input type="checkbox"/> Complete <input type="checkbox"/> In-Progress</p> <p>Notes _____</p> <p><input type="checkbox"/> Complete <input type="checkbox"/> In-Progress</p> <p>Notes _____</p> <p><input type="checkbox"/> Complete <input type="checkbox"/> In-Progress</p> <p>Notes _____</p> <p><input type="checkbox"/> Complete <input type="checkbox"/> In-Progress</p> <p>Notes _____</p> <p><input type="checkbox"/> Complete <input type="checkbox"/> In-Progress</p> <p>Notes _____</p> <p><input type="checkbox"/> Complete <input type="checkbox"/> In-Progress</p> <p>Notes _____</p> <p><input type="checkbox"/> Complete <input type="checkbox"/> In-Progress</p> <p>Notes _____</p>

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<b>15 - 16</b>	Youth is either at or near grade level for reading and writing _____ OR has an IEP that specifically addresses literacy gaps and/or developmental disabilities.	Notes <input type="checkbox"/> Complete <input type="checkbox"/> In-Progress Notes _____
	Youth is on grad level for numeric skills _____ OR has an IEP that specifically addresses mathematical gaps and/or developmental disabilities.	<input type="checkbox"/> Complete <input type="checkbox"/> In-Progress Notes _____
	Youth is meets requirements for graduation	<input type="checkbox"/> Complete <input type="checkbox"/> In-Progress Notes _____
	Youth is aware of requirements for and process to apply for college	<input type="checkbox"/> Complete <input type="checkbox"/> In-Progress Notes _____
	Youth is aware of other post-high school options-vocation, military, and employment requirements for and process to apply	<input type="checkbox"/> Complete <input type="checkbox"/> In-Progress Notes _____
<b>17 - 18</b>	Youth has all required service learning hours?	<input type="checkbox"/> Complete <input type="checkbox"/> In-Progress Notes _____
	Youth has applied to college	<input type="checkbox"/> Complete <input type="checkbox"/> In-Progress Notes _____
	Youth is enrolled in Enroll in desired postsecondary education choice	<input type="checkbox"/> Complete <input type="checkbox"/> In-Progress Notes _____
	Youth as taken necessary steps and met requirements to complete other post-high school plan (college, vocation, military, and employment)	<input type="checkbox"/> Complete <input type="checkbox"/> In-Progress Notes _____
	Youth has completed the Free Application for Federal Student Aid (FAFSA)	<input type="checkbox"/> Complete <input type="checkbox"/> In-Progress Notes _____
	Youth understands the Maryland Tuition Waiver and/or RTV	<input type="checkbox"/> Complete <input type="checkbox"/> In-Progress Notes _____
	Youth has received information on how to access Disability Support Services (for youth with disabilities)	<input type="checkbox"/> Complete <input type="checkbox"/> In-Progress Notes _____
<b>19 - 21</b>	Youth has access to post-high school supportive services (financial aid, counseling, tutorial)	<input type="checkbox"/> Complete <input type="checkbox"/> In-Progress Notes _____
	Youth with disabilities has been referred to DDA, DORS and/ or other supportive service Providers, DDA, DORS and/ or other supportive service providers.	<input type="checkbox"/> Complete <input type="checkbox"/> In-Progress Notes _____
<b>Age Group</b>	<b>Employment</b>	<b>Status</b>
	<b>Tasked/ Milestones To Be Completed</b>	
<b>14</b>	Youth should obtain a work permit from the school	<input type="checkbox"/> Complete <input type="checkbox"/> In-Progress Notes _____
	Youth should begin to explore career interests	<input type="checkbox"/> Complete <input type="checkbox"/> In-Progress Notes _____
	Youth has participated in a vocational assessment	<input type="checkbox"/> Complete <input type="checkbox"/> In-Progress Notes _____
	Youth has expressed wanting a job.	<input type="checkbox"/> Complete <input type="checkbox"/> In-Progress Notes _____
	Youth has access to a social security card, birth certificate, and school ID. If not, applications for copies of all are completed and mailed.	<input type="checkbox"/> Complete <input type="checkbox"/> In-Progress

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	<p>Youth understands the importance of keeping personal documents safe and secure.</p> <p>Youth has a telephone number, email address, and personal calendar for appointments</p>	<p>Notes _____</p> <p><input type="checkbox"/> Complete <input type="checkbox"/> In-Progress</p> <p>Notes _____</p> <p><input type="checkbox"/> Complete <input type="checkbox"/> In-Progress</p> <p>Notes _____</p>
15 - 16	<p>Youth has Maryland State ID (ID or Learners Permit)</p> <p>Youth receives career counseling that includes job readiness training options, personality inventories/assessments, and exposure to educational and professional requirements for various career path interests.</p>	<p><input type="checkbox"/> Complete <input type="checkbox"/> In-Progress</p> <p>Notes _____</p> <p><input type="checkbox"/> Complete <input type="checkbox"/> In-Progress</p> <p>Notes _____</p>
17 - 18	<p>Youth receives instruction on resume writing</p> <p>Planning for employability (i.e. job interview skills and attire)</p> <p>Understanding of career opportunities associated with postsecondary education plan of choice.</p> <p>Education on employment transition and resources for youth with disabilities</p>	<p><input type="checkbox"/> Complete <input type="checkbox"/> In-Progress</p> <p>Notes _____</p> <p><input type="checkbox"/> Complete <input type="checkbox"/> In-Progress</p> <p>Notes _____</p> <p><input type="checkbox"/> Complete <input type="checkbox"/> In-Progress</p> <p>Notes _____</p> <p><input type="checkbox"/> Complete <input type="checkbox"/> In-Progress</p> <p>Notes _____</p>
19 - 21	<p>Youth shall understand unfair employment practices and know how and where to seek guidance.</p> <p>Youth shall continue to seek or maintain progressive, responsible work experience opportunities within their chosen career pathway.</p>	<p><input type="checkbox"/> Complete <input type="checkbox"/> In-Progress</p> <p>Notes _____</p> <p><input type="checkbox"/> Complete <input type="checkbox"/> In-Progress</p> <p>Notes _____</p>
Age	<p><b>Housing</b></p> <p><b>Tasked/ Milestones To Be Completed</b></p>	<p><b>Status</b></p>
14	<p>Youth has a safe place in which to live with a responsible adult</p> <p>Youth is living in the least restrictive environment consistent with needs</p> <p>Youth has been exposed to life skills topics including housing issues</p> <p>Youth understands the concept of independent living</p>	<p><input type="checkbox"/> Complete <input type="checkbox"/> In-Progress</p> <p>Notes _____</p> <p><input type="checkbox"/> Complete <input type="checkbox"/> In-Progress</p> <p>Notes _____</p> <p><input type="checkbox"/> Complete <input type="checkbox"/> In-Progress</p> <p>Notes _____</p> <p><input type="checkbox"/> Complete <input type="checkbox"/> In-Progress</p> <p>Notes _____</p>
15-16	<p>Youth learns about the demands of maintaining a household such as: purchasing food, cooking simple meals, budgeting for household expenses</p> <p>Youth is aware of the requirements for SILA if semi-independent living can be an option.</p>	<p><input type="checkbox"/> Complete <input type="checkbox"/> In-Progress</p> <p>Notes _____</p> <p><input type="checkbox"/> Complete <input type="checkbox"/> In-Progress</p> <p>Notes _____</p>
17-18	<p>Youth will identify possible housing options, subsidized housing, roommates, independent living, etc.</p> <p>Youth understands tenant rights, and tenant-landlord relationships</p> <p>Youth understands the importance of safety and the concept of personal</p>	<p><input type="checkbox"/> Complete <input type="checkbox"/> In-Progress</p> <p>Notes _____</p> <p><input type="checkbox"/> Complete <input type="checkbox"/> In-Progress</p> <p>Notes _____</p>

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	space Youth understands rent, utilities, and basic apartment maintenance issues	<input type="checkbox"/> Complete <input type="checkbox"/> In-Progress Notes _____
19 - 21	Youth shall possess the life skills necessary to maintain housing, with support.	<input type="checkbox"/> Complete <input type="checkbox"/> In-Progress Notes _____
	Youth shall have a plan developed that includes a budget and all services needed to maintain their own apartment.	<input type="checkbox"/> Complete <input type="checkbox"/> In-Progress Notes _____
	Youth shall be familiar with financial assistance and location resources.	<input type="checkbox"/> Complete <input type="checkbox"/> In-Progress Notes _____
	Youth shall have a well-defined plan for their living arrangement after they leave care.	<input type="checkbox"/> Complete <input type="checkbox"/> In-Progress Notes _____
Age	<b>Financial Literacy Tasked/ Milestones To Be Completed</b>	<b>Status</b>
14	Youth understands services provided by a bank such as checking and saving accounts and how to make basic budget.	<input type="checkbox"/> Complete <input type="checkbox"/> In-Progress Notes _____
	Youth has a checking or saving account.	<input type="checkbox"/> Complete <input type="checkbox"/> In-Progress Notes _____
	Youth has the ability to purchase items and understand the purchase process – including cost, sales tax, and tip	<input type="checkbox"/> Complete <input type="checkbox"/> In-Progress Notes _____
15 - 16	Youth shall be able to manage their money, establish alternative to using check cashing services, payday lending, etc.	<input type="checkbox"/> Complete <input type="checkbox"/> In-Progress Notes _____
	Youth shall understand basic financial skills; checking /savings, loan/contracts/budgets, and credit card use.	<input type="checkbox"/> Complete <input type="checkbox"/> In-Progress Notes _____
	Youth shall establish savings goals	<input type="checkbox"/> Complete <input type="checkbox"/> In-Progress Notes _____
	Youth shall have a budgeted allowance for clothing, hair, cell phone, etc.	<input type="checkbox"/> Complete <input type="checkbox"/> In-Progress Notes _____
17 - 18	Have basic knowledge of financial assistance programs; SSI, MA, TANF, TCA, WIC, etc	<input type="checkbox"/> Complete <input type="checkbox"/> In-Progress Notes _____
	Obtain a free credit report	<input type="checkbox"/> Complete <input type="checkbox"/> In-Progress Notes _____
	Understand how to avoid identity theft or correct it	<input type="checkbox"/> Complete <input type="checkbox"/> In-Progress Notes _____
	Understand the financial needs of a household and how to budget	<input type="checkbox"/> Complete <input type="checkbox"/> In-Progress Notes _____
	Obtain original copies of his/her birth certificate and social security card	<input type="checkbox"/> Complete <input type="checkbox"/> In-Progress Notes _____
	Youth shall understand the importance of saving and investing.	<input type="checkbox"/> Complete <input type="checkbox"/> In-Progress Notes _____
	Youth shall obtain a copy of his/her credit report.	<input type="checkbox"/> Complete <input type="checkbox"/> In-Progress

## Transitioning Youth Check List

19 - 21	<p>Youth shall understand the need for budgeting funds and shall demonstrate the ability to manage money</p> <p>Youth shall be able to establish and maintain a savings account.</p>	<p>Notes _____</p> <p><input type="checkbox"/> Complete <input type="checkbox"/> In-Progress</p> <p>Notes _____</p> <p><input type="checkbox"/> Complete <input type="checkbox"/> In-Progress</p> <p>Notes _____</p>
Age	<p><b>Transitioning Age Youth - Family &amp; Friends Support</b></p> <p><b>Tasked/ Milestones To Be Completed</b></p>	<p><b>Status</b></p>
14	<p>Youth has an understanding of positive, safe relationships</p> <p>Youth has developed a photo history</p> <p>Youth has developed a genogram (family/kinship tree)</p> <p>Youth has a healthy connection to at least one peer</p> <p>Youth has a connection to at least one adult outside the child welfare system</p> <p>Youth has the opportunity to create, maintain and strengthen supportive and sustaining relationships with foster families and significant others</p> <p>Youth has the opportunity to create, maintain and strengthen supportive and sustaining relationships with members of his/her birth and kinship families, including parents and siblings</p> <p>Youth has a healthy sense of ethnicity, cultural identity and personal identity</p>	<p><input type="checkbox"/> Complete <input type="checkbox"/> In-Progress</p> <p>Notes _____</p> <p><input type="checkbox"/> Complete <input type="checkbox"/> In-Progress</p> <p>Notes _____</p> <p><input type="checkbox"/> Complete <input type="checkbox"/> In-Progress</p> <p>Notes _____</p> <p><input type="checkbox"/> Complete <input type="checkbox"/> In-Progress</p> <p>Notes _____</p> <p><input type="checkbox"/> Complete <input type="checkbox"/> In-Progress</p> <p>Notes _____</p> <p><input type="checkbox"/> Complete <input type="checkbox"/> In-Progress</p> <p>Notes _____</p>
15-16	<p>Youth can identify appropriate, committed adult Supports</p> <p>Youth understands the importance of developing life-long relationships with caring adults</p>	<p><input type="checkbox"/> Complete <input type="checkbox"/> In-Progress</p> <p>Notes _____</p> <p><input type="checkbox"/> Complete <input type="checkbox"/> In-Progress</p> <p>Notes _____</p>
17 - 18	Youth has a community resource guide.	<p><input type="checkbox"/> Complete <input type="checkbox"/> In-Progress</p> <p>Notes _____</p>
19 - 21	<p>There has been a Ready By 21 FIM to identify appropriate educational/vocational resources?</p> <p>The youth can identify a support person that has helped to youth to make appropriate decisions in regards to education/vocation plan and/or has helped to complete necessary applications.</p>	<p><input type="checkbox"/> Complete <input type="checkbox"/> In-Progress</p> <p>Notes _____</p> <p><input type="checkbox"/> Complete <input type="checkbox"/> In-Progress</p> <p>Notes _____</p>
Age	<p><b>Miscellaneous</b></p>	
14	<p>Youth shall begin to participate in Life skills classes and begin to acquire skills which are age-appropriate.</p> <p>Youth is encouraged to utilize assertiveness and positive self-advocacy with regard to the foster system.</p>	<p><input type="checkbox"/> Complete <input type="checkbox"/> In-Progress</p> <p>Notes _____</p> <p><input type="checkbox"/> Complete <input type="checkbox"/> In-Progress</p> <p>Notes _____</p>
15 - 16	<p>Youth enrolls in Driver's Ed training</p> <p>Youth receives support and assistance in taking driver's test and obtaining license</p>	<p><input type="checkbox"/> Complete <input type="checkbox"/> In-Progress</p> <p>Notes _____</p> <p><input type="checkbox"/> Complete <input type="checkbox"/> In-Progress</p> <p>Notes _____</p>

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	<p>Youth completes Ansell-Casey assessment and discusses results with CASA volunteer. (See attached sample questions)</p> <p>Youth obtains a phone number, either through cell service or through Google Voice, and sets up an email account.</p>	<p><input type="checkbox"/> Complete <input type="checkbox"/> In-Progress Notes _____</p> <p><input type="checkbox"/> Complete <input type="checkbox"/> In-Progress Notes _____</p>
17 - 18	<p>Youth registers to Vote</p> <p>Youth identifies community resources specific to his/her needs and works with CASA volunteer to compile a guide with resources relevant to youth</p> <p>Youth has an understanding of the requirements and limitations of flex funds (especially pertains to graduation costs)</p>	<p><input type="checkbox"/> Complete <input type="checkbox"/> In-Progress Notes _____</p> <p><input type="checkbox"/> Complete <input type="checkbox"/> In-Progress Notes _____</p> <p><input type="checkbox"/> Complete <input type="checkbox"/> In-Progress Notes _____</p>
19 - 21	<p>Youth should have a Ready by 21 Family Involvement Meeting (well in advance of aging out of the system (ideally, when youth turns 20) to identify appropriate resources and continuing needs of youth so that youth is fully prepared for aging out of the system.)</p> <p>Youth is knowledgeable of the various resources that may be available upon aging out of the system</p>	<p><input type="checkbox"/> Complete <input type="checkbox"/> In-Progress Notes _____</p> <p><input type="checkbox"/> Complete <input type="checkbox"/> In-Progress Notes _____</p>

