

Transitioning Youth Out of Residential Checklist

This document, created by the Youth in Residential AOC subcommittee is to serve as a guide when transitioning youth from residential treatment into a home or community setting. The goal is for the transition to be smooth, with services in place and both the youth and family prepared for the change of placement. This will hopefully result in the placement being strengthened and lasting long-term.

- Caregiver will meet youth at the residential for initial visit(s) (2 hours) _____
 - Observe the youth at work and play
- Caregiver will meet youth at the residential to participate in at least one a therapy session _____
 - Caregiver can ask the therapist any questions pertaining to the youth
 - Appropriate contact with biological family now and in the future
 - What other adults/mentors are important for this child?
 - What behavioral interventions work
 - Scheduling needs/suggestions
 - Understanding trauma responses, times of struggle and appropriate supportive response
 - Therapist may provide specific resources on parenting and mental health for guidance
 - Caregivers should participate in ongoing therapy with the youth while they are still in residential
- Caregivers will attend medication reviews with the facility psychiatrist
 - Caregiver can ask the psychiatrist about medication reasons, choices, side effects and options
- Residential Staff should be in contact with the new caregivers as much as possible
 - Allow the caregivers to start the “parenting process” as soon as possible
 - Include them in the notification and explanations of incidents
 - Allow the caregivers to assist in making decisions about the child
 - Consequences for negative behavior; praise/rewards for positive behavior
 - Residential Staff and the Caregivers are on the same team, with the same ultimate goal in mind
 - Caregivers should be invited to all FTMs as supportive adults
 - Determine how to handle contact between youth and caregivers
 - Daily? Weekly?
 - Include staff, therapist, and youth
- Residential Staff should create a written safety plan for when the youth leaves the facility with the caregiver
 - Address prevention actions and response actions
 - Work with therapist, caregivers, and youth when possible
- Caregiver will take the youth on a “get to know you” outing near the residential facility (2-4 hours) _____
- Caregiver and youth go on a different outing near the residential facility (2-4 hours)
- Youth will make initial visit to the caregiver’s home (3-5 hours) _____
 - Give the youth a tour of the home and show them where they will live
 - Discuss typical family routines
 - Caregiver will check in with therapist after the visit to discuss any questions or issues that arise to assist with the transition (this may be a scheduled session)
- Youth will visit caregiver’s home to explore the community _____
 - See where the youth will attend school

- Show the youth places the family enjoys (religious communities, local parks, favorite restaurant, popular places in the community, etc.)
- Youth and Caregiver should create and write down house rules
- Caregiver will check in with therapist after the visit to discuss any questions or issues that arise to assist with the transition (this may be a scheduled session)
- Youth will have an overnight visit to the caregiver's home _____
 - Practice family's normal routine
 - Caregiver will check in with therapist after the visit to discuss any questions or issues that arise to assist with the transition (this may be a scheduled session)
- Youth will have a weekend visit to the caregiver's home _____
 - Plan both structured and unstructured activities
 - Caregiver will check in with therapist after the visit to discuss any questions or issues that arise to assist with the transition (this may be a scheduled session)
- Ensure all support systems are in place
 - School
 - IEP or 504 plan
 - Enrollment paperwork
 - Physical and Mental Health
 - CMH Services
 - WrapAround Services/case management (Up to 180 days before transition)
 - SED Waiver (60 days before transition)
 - Youth and Family Therapy
 - Medication (plan including remaining medications and paper scrips)
 - Identification of primary medical provider
 - Identification of specialists/dentist and other providers as needed
 - Safety Plan
 - Posted in the caregiver home
 - Provided to workers
 - Provided to adults who are part of the plan
 - Provided to the youth if age appropriate
 - Caregiver support system
 - MARE Match Support Program, when applicable
 - Adoption support groups
 - PARC program information
 - Youth support system
 - Mentors
 - Biological Family
 - Other appropriate contact/visits
 - Aftercare worker and/or program (from facility for 90 days)
 - Community activities such as scouting, sports, art or writing programs, hobbies, Boys and Girls Clubs, etc.
 - Respite options: regular time with another adult or family or group
- Schedule next team meeting for shortly after youth is discharged _____
 - Residential facilities are contracted to be involved for 90 days after discharge
 - Family worker should maintain this contact
- Youth will be discharged from the residential to live in the caregiver's home _____