

TRANSITION-AGE YOUTH SCENARIOS

JAY

Jay is a 19-year-old young woman who lives at home with her parents and two younger siblings. She's had treatment for mental health diagnoses since about 11 years old. Jay has several co-occurring disorders that require ongoing intervention, including epilepsy and Type I diabetes. As she's gotten older, she's wanted to take on more responsibility including managing her appointments, getting her own place to live, and going to college. Jay's current therapist is exploring transitioning her to adult services that may better meet her needs. They have together found a new therapist that would be a good fit for Jay, but she is hesitant to begin the transition. Jay's mom, Susan, is also ambivalent about the changes Jay is looking to make in her life.

JEREMY

Jeremy is a 17-year-old young man living with a foster care family with three other foster children all younger than him. He is still in contact with his father, though their relationship is strained. His mother died when he was 2 years old. He has a history of depression, anxiety, and multiple suicide attempts beginning at age 10. He is in foster care against his will but is tolerating the situation until his 18th birthday. Jeremy is active in the community and helps peers who are struggling with mental health issues. He is looking forward to going to college for social work so he can continue to help folks struggling with mental health issues. Jeremy is ambivalent about continuing therapy when he leaves for college.

DANI

Dani is an 18-year-old high school student with a history of hospitalizations related to her bipolar disorder. She lives at home with her mom and one younger sister (13 years old). She and her mother have had a strained relationship since about the age of 15 and things have been increasingly strained with Dani preparing to move out and live on her own. Dani is not sure if she wants to go to college or work and her mother is adamant that she goes to college. This disagreement has been a recent point of contention for them.

KRIS

Kris is a 20-year-old who lives at home with their mother and recently dropped out of the local community college. Kris was diagnosed with depression and anxiety around the age of 13 and saw a therapist intermittently during their teenage years but hasn't been to one in the last 2 years. Kris is seeing a new therapist at the request of their mother who is concerned Kris dropped out because of the amount they were drinking and is worried Kris has an alcohol addiction. Kris is not sure drinking is the source of their struggles with school but is willing to meet and work with a new therapist.