

TAY TIPS

TRANSITIONING TODAY'S YOUTH INTO ADULthood



County of Orange Health Care Agency Behavioral Health Services, Funded by Proposition 63 / MHSA Funds



Assessing Independent Living Skills

There are many areas of life skills that are important to assess when determining a young adult's readiness to transition into more independent roles. Individuals may have an advanced competence in some areas, while lacking competence in others. It is important to assess a client's ability in each of the areas to determine his or her readiness and ability to manage their own affairs. Such an assessment can also be useful in treatment planning or determining areas of need.

This issue of *TAY Tips* outlines 8 different areas that should be considered and addressed as the TAY client makes their transition toward increased independence. The next issue will address 7 additional areas. Within each area, specific skills are listed in order, from basic to more advanced, and a variety of resources to assist with increasing the young adult's competence in each area are provided. Properly assessing a young adult's independent living abilities and providing appropriate support in areas of need can increase their chances of successfully transitioning into adulthood and becoming more independent.

**SPECIAL ISSUE:
PART 1 OF
2-PART SERIES**

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Money Management

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- Knows the value of coins and currency
- Can make a transaction in a store and count change
- Understand difference between "necessities" and "luxuries"
- Understands difference between "sale" and "regular" price
- Can identify at least 1 way to save money
- Can open a checking or savings account
- Can write checks, make withdrawals and deposits, use a debit card
- Can record banking transactions
- Can budget expenses for at least 1 week
- Understands difference between gross and take-home pay
- Can use a calculator to add, subtract, multiply, and divide
- With assistance can budget income and expenses for 1 month
- Understands and can resist deceptive marketing techniques
- Can read and understand bank statements, compare to personal records, and make adjustments as necessary
- Can compare unit pricing information (i.e price per ounce)
- Understands the importance of filing taxes and knows where to seek assistance in properly filing tax documents
- Can budget for unexpected emergency and seasonal expenses
- Understands the concept of credit, loans, and interest
- Understands payroll deductions such as FICA and insurance
- Can complete a short tax form
- Maintains a regular savings program



Food Management

Advanced Basic

- Washes hands before eating and preparing food
- Can order in a fast food restaurant or cafeteria
- Knows the food pyramid and healthy food choices
- Knows the use of a wide range of cooking utensils
- Can order a meal from a restaurant
- Can prepare a meal (breakfast, lunch, and dinner)
- Can make a grocery list
- Can safely use a variety of utensils and appliances
- Can use acceptable table manners
- Knows how to store perishables properly
- Recognizes when food is spoiled
- Can follow instructions for preparing frozen food
- Can plan a week of balanced meals
- Can shop for a week of food within a budget
- Can set a table properly
- Can prepare a meal from a recipe
- Can adjust recipes to feed more or less people
- Can prepare and maintain a balanced diet

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Food Pyramid Recommendations

(from U.S.D.A. based on a 2,000 calorie diet)

Grains:

6 oz. (3 oz. whole grains)

Vegetables:

2 ½ cups (dark green, orange, or dried beans preferred)

Fruits:

2 cups, easy on fruit juices

Meat and Beans:

5 ½ oz. (low-fat or lean)

Milk:

3 cups (milk, yogurt, etc.)

Emergency Food Assistance

South Region

Coast Hills Community Church Food Pantry
www.coasthillschurch.org
(949) 362-0079
5 Pursuit
Aliso Viejo, CA 92656

Share Our Selves
www.shareourselves.org
(949) 642-3451
1550 Superior Ave.
Costa Mesa, CA 92627

Families Forward
(949) 552-2727
9221 Irvine Blvd.
Irvine, CA 92618

East Region

Catholic Charities OC
www.ccoc.org
(714) 347-9600
(714) 668-1130
3631 W. Warner Ave.
Santa Ana, CA 92704

West Region

Abrazar Inc.
(714) 893-3581
7101 Wyoming St.
Westminster, CA 92683

Calvary Chapel
www.cchb.org
(714) 891-9495
7800 Edinger Ave.
Huntington Beach, CA

OC Food Bank
www.ocfoodbank.org
(714) 897-6670
12640 Knott St.
Garden Grove, CA

Eagle's Nest Ministry
www.eaglesnestministry.org
(949) 742-8803
505 E. Central Ave.
Santa Ana, CA 92707

North Region

Access California
www.accesscal.org
(714) 917-0440
2180 W. Crescent Ave. #C
Anaheim, CA 92804

Fullerton Interfaith Emergency Services
www.fies.us
(714) 738-0255
611 S. Ford Ave.
Fullerton, CA 92832

Friendly Center
www.friendlycenter.org
(714) 771-5300
147 W Rose Ave.
Orange, CA 92867

Food Stamps

www.ssa.ocgov.com

Aliso Viejo

115 Columbia
949-389-8200

Anaheim

3320 E. La Palma Ave.
714-575-2400

Garden Grove

12912 Brookhurst St.
714-741-7100

Westminster

15460 Magnolia St.
714-889-4105

Santa Ana

2020 W. Walnut St.
714-834-8899

*adults with no minor children

1928 S Grand Ave.
Bldg. B
714-435-5800

Friendly Center
www.friendlycenter.org
(714) 919-1108
1820 E. Meats Ave.
Orange, CA 92865

St. Barbara's Catholic Church
(714) 775-7733
730 S. Euclid St.
Santa Ana, CA 92704

Health and Wellness Responsibilities

Advanced Basic

- Can open child-proof containers
- Knows harmful effects of using substances
- Understands how pregnancy occurs
- Knows where to get emergency health care
- Recognizes symptoms of colds, flu, etc.
- Can treat a minor cut or burn
- Understands the risks of pregnancy and STDs
- Understands the risks of substance abuse
- Can take temperature using a thermometer
- Can care for self through a cold or flu
- Can appropriately use OTC drugs for pain, upset stomach, diarrhea, fever, cold/allergy, etc.
- Can schedule a medical or dental appointment
- Can read and follow prescription labels correctly
- Can take medication without supervision
- Knows what is in a First Aid Kit and how to use it
- Can obtain immunization and medical records
- Knows how to use and obtain birth control
- Knows how to prevent the spread of STDs
- Understands the importance of medical insurance
- Is conscious of diet, exercise, good eating habits
- Can determine when to go to an emergency room Or when to make an appointment
- Knows how to obtain medical insurance

Maternal, Child, and Adolescent Health (MCAH)

<http://ochealthinfo.com/mcah>
(800) 564-8448

1725 W. 17th St.
Santa Ana 1725 W. 17th St.
Santa Ana, CA 92706

Family Planning Clinics offer free or low cost services for women and men, including comprehensive reproductive health exams, family planning methods and limited treatment services.

Who's eligible?

Individuals who do not have health insurance or Medi-Cal, and who meet income requirements.

Medical Services Initiative

(714) 834-6248 | (866) 979-6772
www.ochealthinfo.com/medical/msi

MSI is a county funded program responsible for the provision of medical care to medically indigent adults who have limited resources for medical care.

Eligibility:

1. Between 21 and 64 years of age
2. Orange County Resident
3. Proof of Alien status or U.S. Citizenship
4. Cannot pay for needed care
5. Meet Federal Poverty Guidelines (200% or below)
6. Are not eligible for Medi-Cal

Family PACT

Planning | Access | Care | Treatment
<http://familypact.org>

Family PACT is a program that provides no-cost family planning to low-income men and women.

Who is eligible?

- No medical insurance or can't get Medi-Cal
- If you have insurance, but it doesn't cover family planning or birth control
- If you have insurance, but you haven't met your deductible
- If you have Medi-Cal with Share of Cost but you have not met your Share of Cost
- If you have Medi-Cal but it doesn't cover family planning
- If you have insurance or Medi-Cal, but you need to keep family planning services confidential

*Office of Family Planning
California Department of Public Health

Housing

Advanced Basics

- Understands the concept of renting
- Knows how to access emergency shelter
- Can read newspaper ads for vacancies
- Understands basic terms (lease, sub-let, utilities, studio, efficiency, security deposit, reference, etc.)
- Can calculate the costs associated with housing
- Can describe pros / cons of roommates
- Can identify housing that is within budget and meets current needs
- Can calculate "start up" costs (deposits, connection fees, first month's rent, purchase of furniture and all other household items)
- Can complete a rental application
- Knows to inspect the apartment to make sure appliances work and that the landlord has supplied accurate information
- Can respect the rights of other residents
- Understands the consequences if other residents are not respected
- Understands purpose of security deposit
- Knows the role of a landlord
- Can get along with other residents and landlord
- Knows how to get help if there is a conflict with the landlord
- Can access emergency assistance for utilities

Housing Resources for those with Mental Illness

Mental Health Assoc. of OC
(714) 668-1530
www.mhaoc.org
Assistance to homeless individuals with mental illness in securing permanent housing.

OCHCA Residential Care and Housing Program for Mentally Ill Adults
(714) 796-0200
www.ochealthinfo.com
Adult residential care options that are licensed by the State of California. Also includes Residential Rehabilitation facilities.

H.O.M.E.S. Inc.
Helping Our Mentally Ill Experience Success
(949) 851-2766
Transitional and permanent housing options for adults with mental illness.

Board and Care Vacancy Hotline Orange County
(714) 834-5844
Hotline updated frequently with vacancies in Board and Care facilities. Tours, interviews and placement can also be arranged by calling this number.

Crisis Residential Programs and Youth Shelters

Crisis Residential Programs are short-term facilities that provide shelter for young adults in crisis. Programs provide services that help youth acquire independent living skills, stabilization, and re-integrate into the society successfully.

Casa Youth Shelter Los Alamitos, CA

Twelve-bed crisis residential program for teens aged 12-17. Services include therapy, case management, linkage and referrals. Follow-up services can continue for 2-3 months.

Call (800) 914-2272, (562) 594-6825 or (714) 995-8601 for more information

Community Service Programs

Six-bed shelters for young adults aged 12-17. Average stay is 2-3 weeks, and services include therapy, case management, linkage and referrals, and transportation.

Crisis Residential Program Laguna Beach, CA

Call (949) 494-4311

* Referrals made through the county Crisis Assessment Team

Youth Shelter

Huntington Beach, CA

Call (714) 842-6600 for more information

South Coast Children's Society Inc. TAY Crisis Residential Program Costa Mesa, CA

Six-bed residential program for young adults aged 18-24. Average stay is 2-3 weeks, and services include therapy, case management, linkage and referrals, and transportation.

Call (714) 966-5338

* Referrals made through the county Crisis Assessment Team

** Make sure to call ahead to find out availability and eligibility requirements**

Utility assistance for those who meet income requirements

Southern California Edison
(800) 655-4555

California AT&T Lifeline
(800) 288-2020

The Gas Company
(800) 427-2200

Housekeeping

Advanced
Basic

- Can wash dishes with soap and hot water
- Can change a light bulb
- Can make a bed
- Knows how to dispose of garbage
- Can use vacuum cleaner
- Knows how to prevent drain clogs
- Can sweep, mop, dust, and clean a toilet, bathtub and sink
- Knows how to use different cleaning products
- Knows how to stop a toilet from running
- Knows how to use a plunger
- Can defrost the refrigerator
- Can clean a stove
- Knows how to conserve energy and water
- Perform routine house-cleaning
- Uses drawers and closets appropriately
- Knows what repairs a landlord should perform
- Can do minor household repairs
- Is able to contact the landlord and request repairs
- Can change reset a circuit breaker
- Can measure a window for coverings
- Knows how to control for roaches, ants, mice, etc.



Transportation

Advanced
Basic

- Can ride a bicycle safely
- Understands and uses seat belts
- Familiar with forms of public transportation
- Knows the nearest public bus stop
- Knows how much bus fare is
- Aware of the consequences of driving without a license or insurance
- With instructions, can ride bus to destination that involves multiple transfers
- Can give directions
- Can arrange transportation to work or school
- Knows the requirements for a driver's license
- Can make minor repairs to a bicycle
- Can read a map
- Knows how to do basic car maintenance
- Can estimate cost of owning and operating a car
- Has a driver's license

Orange County Transportation Authority OCTA www.octa.net

Online trip planner and eBusbooks available

Regular Fares and Passes:

Single Ride \$1.50
 1-Day Pass \$4 (sold on bus)
 7-Day Pass \$20
 15-Day Pass \$35
 30-Day Pass Youth (7-18) \$33
 Adult (18+) \$55

Specialty Passes

Summer Youth Pass (Jun - Aug) \$50
 College Semester Pass (120 days) \$150
 College Quarter Pass (75 days) \$95

Interpersonal Skills

Advanced

- Can respond to introductions and answer simple questions
- Can identify one friend
- Makes eye contact and reciprocate a handshake
- Can make "small talk"
- Communicates with at least one person on a regular basis
- Can initiate an introduction
- Is aware of personal boundaries
- Is not aggressive to others
- Can ask for help
- Can verbalize feelings
- Can identify harmful or unhealthy relationships
- Can identify personal strengths and needs
- Can arrange social activities with peers
- Has some ability to resolve conflicts with others
- Does not use physical violence to solve conflict
- Understands and can decline a peer who is trying to persuade him/her to do something wrong
- Can identify realistic goals along with a plan of action
- Can carry out plans with minimal assistance
- Knows the relationship between behaviors and consequences
- Can avoid hurtful or dangerous relationships
- Can expressively "talk out" problems
- Can resist negative peer pressure
- Can anticipate, consequences associated with different choices
- Can close a relationship or say "good bye" in a healthy manner

Get Involved in community activities!

www.orangecounty.net

Resource for finding activities and events throughout Orange County; including recreation, sports, arts, and music.

www.ymcaoc.org

YMCA of Orange County, opportunities and activities for youth and adults.

www.orangecountykidsactivities.com

Website with links to a wide variety of activities for youth and young adults.

www.bgca.org

Boys and Girls Club of America. Link to your local Boys and Girls club to find local activities and opportunities for youth and young adults.

www.mhaoc.org

Mental Health Association of Orange County has programs such as the Clubhouse with social, recreational activities, education and programs for mental health consumers, as well as a mentoring program for 16-25 year-olds.

www.ocapica.org/about_programs.asp

Activities that include afterschool programs, martial arts, youth coffeehouse, and a youth newspaper for youth and young adults to become involved with their community through the Orange County Asian & Pacific Islander Community Alliance (OCAPICA).



Personal Appearance & Hygiene

NEXT ISSUE...

Education
Planning

Job Seeking

Job Maintenance

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Family Planning
& Parenting

Safety

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Advanced Basic

- Can dress appropriately for daily activities
- Maintains clean and healthy grooming habits
- Knows how to use a variety of grooming products
- Brushes teeth regularly
- Can read clothing labels and understands the difference between washable, dry clean, and hand wash
- Can sort machine washable clothes
- Can properly use a washing machine and dryer, including appropriate setting and products
- Knows the cost of and can plan special hair, nail, or skin care as needed (haircuts, manicures, etc.)
- Can safely and properly use an iron
- Can sew on a button or do minor clothing repairs
- Can hand wash clothing items according to label
- Knows appropriate clothing for many occasions
- Knows the cost of and can arrange dry cleaning

For additional information about TAY resources or for referrals contact:

Jason Austin, M.F.T. (714) 796-0121 JaAustin@OCHCA.com OR Vera Grindell, Ph.D. (714) 896-7556 VGrindell@OCHCA.com