November 2018

Dear Youth and Young Adults,

We are pleased to provide this new resource to assist you as you transition from the youth behavioral healthcare system into the adult system.

We consider the transition to adulthood to be a gradual process that happens between the ages of 14-25, rather than a legal change that occurs on one day. We recognize that your 18th birthday is just a day, and does not suddenly make you completely able to handle all the responsibilities and decisions that your new legal status gives you.

There is a lot of responsibility that will be given to you on the day you turn 18. You will have more independence and more ability to direct your own future, with rights such as being able to vote, marry, oversee your own medical treatment and education records, as well as the ability to sign contracts.

While transition into adulthood is an exciting stage of your life, it can also be one of unique challenges for you and your family, and this may be particularly difficult if you have behavioral health challenges. Challenges can include: moving from a system overseen by DCYF or the schools to one overseen by BHDDH; moving from pediatric to adult providers; moving from one insurance coverage to another; moving from home to college; and going from being a student to joining the workforce. Some people who have helped you manage your behavioral health challenges in the past may no longer be available. You may have to switch healthcare providers and obtain new insurance. We encourage you to turn to your parents, guardians, or other trusted adults for advice and value their input as you make important life decisions.

Luckily, there are lots of resources to help you during transition. This Guidebook provides a roadmap for your transition, helping you locate and use available resources that will enable you to become a successful adult. We hope you find it helpful!

Sincerely yours,

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This Guide was funded through the Substance Abuse and Mental Health Services Administration (SAMHSA) Now is the Time Healthy Transitions Grant, SM061885.
What is Behavioral Health?

What is behavioral health?

Behavioral health is a term that covers the full range of mental and emotional well-being – from the basics of how we cope with day-to-day challenges of life, to the treatment of mental illnesses and substance use disorders. Your behavioral health is interconnected with your physical health.

Behavioral health conditions are common. People of all ages, genders, races and ethnicities have mental health issues or substance use disorders.

- A mental health issue involves changes in your perception, thinking, mood, and/or behavior.
- A mental illness is an illness that affects the way people think, feel, behave, or interact with others. There are many mental illnesses, and they have different symptoms that impact people’s lives in different ways.
- A substance use disorder is usually diagnosed by the continued use of alcohol and/or drugs despite negative consequences such as emotional, relationship, poor functioning at home, work, school, or health issues.
- An individual with at least one mental illness and one substance use disorder is said to have a co-occurring disorder. Individuals with two disorders are vulnerable to relapse and a worsening of symptoms. The integration of treatment for both disorders is critical for recovery.
- Recovery is a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.
- An individual with a behavioral health condition and a medical condition (like diabetes, asthma, high blood pressure…) is said to have a comorbid condition.
- Early identification and treatment can help you feel and get better and prevent a condition from getting worse.

What is behavioral healthcare?

Behavioral healthcare is a combination of treatments and supports tailored to fit the needs of each individual. This can include counseling, medication, assistance with getting or keeping a job or housing, as well as educational, social, and emotional support. Behavioral healthcare usually starts with a screening, which can be brief questions done in a doctor’s office, medical practice, or a school-based setting. If the screening finds a concern, a more detailed assessment may be done for a diagnosis. An assessment is a comprehensive interview that will determine your needs and is usually tailored based on your presenting symptoms. Services may include therapy, counseling, medication, and recovery or supportive services.

FACTS ABOUT BEHAVIORAL HEALTH AND YOUNG ADULTS

One-Fifth of young adults ages 18-24 had a mental illness in the past year.

2/3 of young adults with a mental illness do not receive treatment.

1/2 of young adults with a mental illness also struggle with substance use.

How Do I Take Charge of My Behavioral Health?

One of the most important things you will do as an adult is take charge of your behavioral health needs. School, community, job, and relationship success depend largely on how well you are managing your behavioral health challenges. Continuing access to health resources is important when you are transitioning into adulthood.

When you turn 18, you are considered a legal adult. This means that you are in charge of your medical decisions – including your physical and behavioral healthcare needs. Your care providers will ask you about your medical needs, your health history, and what treatments you may or may not want. You need to be prepared to make these decisions and manage your behavioral health as you transition to adulthood.

But this doesn’t mean you have to do everything yourself. Don’t be afraid to ask trusted family and friends for support and guidance as you make the transition to adulthood.

**TAKE CHARGE OF YOUR MEDICAL DECISIONS**

How can you take charge?
- Know what your goals are for treatment
- Keep track of your appointments and commitments
- Be ready to ask and answer questions about your health
- Know your medications – learn what they’re for and when and how to take them
- Find out about your family’s health history
- Learn how to stay healthy, prevent illness, and maintain good health

**TAKE CHARGE OF YOUR HEALTH RECORDS**

Health records include:
- Your complete health history
- A list of your allergies
- Documentation of your relevant diagnoses
- Your immunization records
- List of medications you take and why you take them
- Names and contact information for your pharmacy, doctors, dentists, specialists, and therapists
- Your insurance card and insurance plan/coverage information
- Know your Discharge, Aftercare and Crisis Plans

**TAKE CHARGE BY KNOWING YOUR RIGHTS*”**

You have:
- The right to receive equal and nondiscriminatory treatment
- The right to be fully informed and participate in decisions regarding treatment and services
- The right to be treated with dignity and respect for your privacy and confidentiality
- The right to question your mental health services through a formal process
- The right to request information about the professional experience, training, and credentials of your provider
- The right to change providers

* A full list of your rights can be found in the Rules and Regulations for the Licensing of Behavioral Healthcare Organizations, available online at [https://risos-apa-production-public.s3.amazonaws.com/BHDDH/REG_10211_20180906104544.pdf](https://risos-apa-production-public.s3.amazonaws.com/BHDDH/REG_10211_20180906104544.pdf)
When you turn 18, the primary responsibility for your healthcare shifts from your parent, guardian, or social worker to you. As you grow into adulthood, your healthcare needs will change and you may need to change providers. You can rely on trusted adults – parents, guardians, or other trusted friends – to help you with this transition. Keep these points in mind as you begin to take more responsibility for your healthcare needs:

- Many pediatricians stop seeing their patients between the ages of 18 and 21;
- If you see a doctor who is a family or general practitioner as a child, you may choose to continue to see this doctor as an adult. This doctor can also help you transition to the adult system, so you should speak to them about your adult healthcare needs;
- Sometimes the services you have received as a child from public programs through DCYF, the schools, or Medicaid may be very different from the services available to you as an adult. Getting access to the services you need – and knowing how to pay for them – is a critical step during your healthcare transition process;
- Your healthcare needs will include addressing adult issues. These include reproductive healthcare and screenings for adult risk factors such as diabetes, high cholesterol, etc.;
- Most teens with behavioral healthcare needs have health insurance through their parents’ plans or through public programs. If you are on your parents’ public plan, your eligibility for Medicaid will change when you turn 19. See page 12 for more information on Medicaid;
- Changing insurance sometimes makes it necessary to change providers.

Transitioning to adult healthcare is part of the process of becoming independent and learning to manage your own health. It is a personal journey that is based on your unique circumstances and history.

See the following pages to discover key steps in your behavioral healthcare transition process.
IF YOU TURN 18 WHILE LIVING WITH YOUR PARENT OR GUARDIAN... 

1. Talk to your parent or guardian about your move into the adult behavioral healthcare system. Find out if your current providers see adult patients.

2. If you are currently covered under your parent or guardian’s commercial policy, ask if you are eligible to remain on it until age 26. For more information about insurance, see page 12.

3. If you will continue coverage under your parent’s commercial policy, or will obtain your own commercial coverage, contact the insurance company to ask for referrals for adult providers. Use the member services number on the back of your insurance card to get started.

You may receive special education services; if so, make sure that your healthcare needs are addressed with your transition team at school so they can help with the planning.

If you are currently covered under your parent or guardian’s Medicaid policy, you are eligible to remain on it until age 19. After age 19, you will have to obtain your own insurance. This can be Medicaid, commercial insurance provided through your employer, or health insurance through your college or university. For more information about Medicaid, see page 12.

If you are covered under Medicaid, call the member services number on the back of your insurance card to ask for In-Plan providers. Ask your current providers for their recommendations and verify if they accept your insurance coverage. For more information about providers, see pages 9, 10, 11, and 16.

THINGS YOU SHOULD KNOW:

Maintaining Medicaid:
If you are covered by Medicaid after age 19, you will get a letter from the state Medicaid agency (EOHHS) every year to confirm that you are still a RI resident. Make sure that the state has on file an address where you can be reached. Be sure to respond to any correspondence from the state, failure to do so may result in loss of your coverage.
IF YOU TURN 18 WHILE IN FOSTER CARE, OR IF YOU LEAVE FOSTER CARE ANY TIME BETWEEN YOUR 18TH AND 21ST BIRTHDAY . . .

1 Talk to your DCYF Social Case Worker. Make sure they know you will need behavioral health services after you turn 18. Let them know where you will be living and what services you will need. Your social worker should help you with finding adult providers.

2 If you are in foster care and open to Family Court on your 18th birthday, you are entitled to healthcare benefits until you are age 26 as long as you remain a Rhode Island resident. Your social case worker will make sure you are automatically enrolled in Medicaid before you leave DCYF.

3 While some healthcare providers only work with children and teens, some may treat you after you turn 18. Your current provider and your DCYF social case worker can help you connect with adult primary care and behavioral health providers.

You may receive special education services. If so, make sure that your healthcare needs are addressed with your IEP transition team at school so they can help with the planning.

If you received Supplemental Social Security (SSI) benefits while at DCYF, your DCYF social worker will help you re-apply for benefits before you turn 18. Adult criteria for SSI eligibility differs from childhood eligibility criteria. See page 17 for more information on SSI.

If you are covered under Medicaid, call the member services number on the back of your insurance card to ask for In-Plan providers. Ask your current providers for their recommendations and verify if they accept your insurance coverage. For more information about providers, see pages 9, 10, 11, and 16.

**THINGS YOU SHOULD KNOW:**

**Maintaining Medicaid:**
Youth that age out of foster care are ENTITLED to Medicaid coverage up to their 26th birthday, but some accidentally lose their coverage when they don’t confirm their Rhode Island residence with the state Medicaid agency (EOHHS) each year. Use a permanent address or a Post Office box to ensure you can receive and respond to letters from EOHHS.

**Eligibility Specialists:**
If you need help or information about your healthcare eligibility or benefits, contact one of the DCYF Medicaid Eligibility Specialists by calling: 401-528-3500.
IF YOU TURN 18 AT THE RHODE ISLAND TRAINING SCHOOL, OR IF YOU LEAVE THE DEPARTMENT OF CORRECTIONS AFTER AGE 19 . . .

1. **Plan Your Transition**
   - The social workers at the Training School or the Department of Corrections will discuss your behavioral healthcare needs as part of the transition plan they create for you prior to release.
   - You should work closely with the social worker to co-ordinate your discharge planning. Let the social worker know where you will be living, and what behavioral health services you will need.

2. **Verify Your Benefits**
   - The social workers at the Training School or the Department of Corrections will work with you to complete all of the necessary medical insurance documents, including Medicaid. You will need to follow-up and submit paperwork once you are in the community.
   - If you are over age 19, you will have to obtain your own insurance. This can be Medicaid, commercial insurance provided through your parent or employer, or insurance provided through your college or university. For more information about insurance, see page 12.

3. **Find New Providers**
   - The social workers at the Training School or the Department of Corrections will help connect you with adult behavioral health providers as part of your transition plan.
   - If you need more information about finding adult behavioral health providers, see pages 9, 10, 11, and 16.. Also, ask your current providers for their recommendations and verify insurance coverage with new providers. If you are covered under Medicaid, call the member services number on the back of your insurance card to ask for In-Plan providers.

**THINGS YOU SHOULD KNOW:**

**Maintaining Medicaid:**
If you are covered by Medicaid after age 19, you will get a letter from the state Medicaid agency (EOHHS) every year to confirm that you are still a RI resident. Use a permanent address or a Post Office box to ensure you can receive and respond to letters from EOHHS. Be sure to respond to any correspondence from the state, failure to do so may result in loss of your coverage.
IF YOU HAVE A DEVELOPMENTAL DISABILITY...

The Division of Developmental Disabilities (DDD) at BHDDH oversees eligibility and services for adults with developmental disabilities. If you have a developmental disability (DD), start discussing whether or not you will apply for services before you leave school. You should apply for services 2 months prior to your 17th birthday. It is up to you whether or not you choose to disclose a behavioral health issue when applying for DD services.

You can apply for eligibility at bhddh.ri.gov/developmental_disabilities, or call (401) 462-3421 to request an application. You will receive a confirmation letter from BHDDH after your application is received. Your completed application will be reviewed within 30 days.

If you are found eligible, a staff member at BHDDH (known as a SIS worker) will meet with you and some of your closest supports (family, friends, teachers, service providers) to assess your needs.

At this meeting, your SIS worker will do an assessment using a standardized tool called a Support Intensity Scale (SIS). It takes about 2-3 hours to complete the SIS. The result of this assessment will help plan the services you may need. This assessment may be completed up to two years before you leave school.

You will be assigned a social case worker. This case worker will help you plan for your future and the services you may need. You will choose a service provider who will help you create an Individual Service Plan (ISP). You have the option to receive individualized services through a provider agency or through self-directed supports.

Once you choose a service model, you and your support staff will create an Individual Service Plan (ISP). The ISP will list the steps you need to take to reach your goals. Your Individual Service Plan is submitted to BHDDH for approval each year. If you need behavioral health services, you will have to apply for these services separately. See pages 9, 10, 11 and 16 to find providers.

THINGS YOU SHOULD KNOW:

The following supports may be available to you through your DD provider:

- Case management
- Supported employment
- Integrated day and community activities
- Transportation
- Community and residential supports
- Emergency assistance

If you are found not eligible for services and you want to appeal the decision, send a written request for an appeal, within 30 days of receiving your decision letter, to the attention of the Office of Legal Counsel, BHDDH, 14 Harrington Road, Cranston, RI 02920-3080.
Behavioral health providers work in hospitals, community mental health centers, substance use agencies, primary care practices, schools, colleges, and private practices. An important step to getting behavioral healthcare is finding a provider. There are different ways to do this:

1. **Ask your Primary Care Provider (PCP).** They may be able to screen and treat your problem, or provide referral assistance. Check with your insurance company to be sure they accept your insurance and are an in-network provider.

2. **If you have commercial insurance,** call the member services number on the back of your insurance card to get help finding in-network providers. Or go to its website, or check your member handbook to find behavioral health providers in its network.

3. **If you have Medicaid,** call the member services number on the back of your insurance card to get help finding in-network providers. You can also look at provider directories on the HealthSource RI website: [https://healthsourceri.com/individuals-and-families/find-a-plan/#directories](https://healthsourceri.com/individuals-and-families/find-a-plan/#directories)

4. **Call the Rhode Island BH Link Crisis Center:** 414-LINK (414-5465). Spanish is available. [www.bhlink.org](http://www.bhlink.org)

5. **Go to the Substance Use and Mental Health Leadership Council of RI (SUMHLC) directory of mental health and addiction treatment providers:** [https://www.sumhlc.org/treatment-locator/](https://www.sumhlc.org/treatment-locator/)

6. **Go to the BHDDH provider directories:**
   - [http://www.bhddh.ri.gov/substance_use/index.php](http://www.bhddh.ri.gov/substance_use/index.php)
   - [http://www.bhddh.ri.gov/mh/individual%20Copy.php](http://www.bhddh.ri.gov/mh/individual%20Copy.php)

7. **Ask family, friends, or a trusted person in your community for suggestions and recommendations.**

8. **Call or visit your college’s health services or counseling center.**

9. **Go to the Zencare web-based referral service:** [www.zencare.co/therapists/rhodeisland](http://www.zencare.co/therapists/rhodeisland)

10. **Contact the Interfaith Counseling Center:** [http://interfaithcounselingcenterri.org/](http://interfaithcounselingcenterri.org/)
What is a Licensed Community Mental Health Center? (And where can I find one?)

Rhode Island has a network of six private, nonprofit licensed community mental health centers, known as CMHCs: Community Care Alliance; Gateway; The Providence Center; Thrive Behavioral Health (Kent Center); East Bay Mental Health; and Newport Mental Health. Rhode Island’s network also includes a specialty provider, Fellowship Health Resources. This network provides comprehensive behavioral health services to adults with behavioral health needs. Typically, the CMHCs provide behavioral health services ranging from emergency services, general and intensive community-based outpatient treatment, substance use treatment, case management and other services. They may offer vocational and supported employment services, navigators who can help you get health insurance, tax preparation assistance, and housing supports. If you receive services as a child, they will help you transition to adult services or programs provided within or outside their agency.

The Community Mental Health Centers are regionally based as indicated on the map below. However, as a RI resident, you may access services at any CMHC. Refer to page 11 to get more information about location and hours of operation for each center. Residents of any town can access services at Fellowship Health Resources, which provide behavioral health services for individuals with mental illness and addictions. If you are experiencing a crisis, call RI’s BH Link at 401-414-LINK (5465) or walk into any of these Community Mental Health Centers during their normal business hours and they will provide treatment. For after-hours emergency treatment: call BH Link, or other options listed on pages 11 and 14, or call 911.
What to expect when you call for an appointment

When you call the intake line, you may get an appointment for an assessment with a staff member. They may also ask what type of insurance you have and discuss payment options. Some centers have a wait list for services, so don’t be discouraged! If you are in crisis: refer to numbers above, call 911 or see page 14.

What to bring to your first appointment

Most of the centers recommend the following documents:
• Photo ID
• Health insurance card
• If uninsured, bring two pay stubs or two bank statements showing your electronic pay deposits, or your most recent federal tax return.

What to expect at your first appointment

The first appointment consists of an assessment, where you will discuss your behavioral health history and any current issues you may be having. Your clinician will use this visit to determine with you what your behavioral healthcare needs are.

Medicaid benefit: Medicaid covers non-emergency medical transportation. To request a ride, call 1-855-330-9131.

* Flex buses are available by appointment. Call RIPTA at least 24 hours before appointment to reserve at 1-877-906-3539.
What is health insurance?

Health insurance helps pay for healthcare services like office visits, annual wellness check-ups, or counseling and prescription medication. Health insurance helps protect you financially if something unexpected happens. It also helps you pay for services to keep you healthy and deal with ongoing physical and behavioral health conditions.

What behavioral health services are covered by health insurance?

Most health plans generally cover mental health and substance use disorder services, including:

- Access to behavioral health providers like psychiatrists, psychologists, social workers, registered nurses, and counselors
- Treatments like psychotherapy, counseling, medication, and addiction treatment
- Inpatient services like a hospital or emergency room visit
- Preventive services like alcohol and depression screenings are covered at no cost under most health insurance plans
- Pre-existing conditions

What costs do you still have to pay when you have insurance?

- **Deductible:** the amount of money you must pay before an insurance company will pay a claim. Medicaid does not have deductibles.
- **Co-payment:** a fixed amount you pay for a covered healthcare service after you’ve paid your deductible. Medicaid does not have co-payments.
- **Co-insurance:** when you pay a share of the payment made against a claim.
- **Premium expenses:** the amount of money you pay your insurance company for your plan. Premiums are usually paid monthly.
- **In-Network and Out-of-Network Providers:** There is usually a cost difference between seeing a provider who is in-network or out-of-network. Always check this status with your Plan’s benefits specialist.

What is the Sherlock Plan?

If you are working and have a disability, you may be able to purchase Medicaid coverage through the Sherlock Plan. This plan can help you get or keep health coverage and other services so you can keep working. There are income guidelines and possibly a monthly premium. Call to find out more or to apply: 1-855-967-4347.
Do not let your behavioral health condition keep you from pursuing higher education. State, federal, and local laws prohibit discrimination against students with disabilities (including behavioral health conditions). Schools are required to provide accommodations and services to help you succeed.

Confidentiality

The Family Education Rights and Privacy Act (FERPA) restricts colleges from disclosing academic records and disability documentation without your written consent. Registering with disability services on campus will not appear on your transcript. Part of your records may be shared without your consent to persons with “a need to know” in extraordinary circumstances like health and safety emergencies, court orders or subpoenas. Always check with your school for their policy.

Where can I find services and other supports?

- Check your college website to find the counseling center, health services, disability services, and office of student life. Most centers provide free therapy visits.
- Call RI’s 24/7 BH Link Crisis Center: 414-LINK (414-5465) www.bhlink.org
- To find behavioral health providers, see pages 10, 11 and 16 www.ulifeline.org: an online college resource that provides information about behavioral health issues and professional resources on campus.
- www.activeminds.org: a student-run organization dedicated to raising mental health awareness among college students. Chapters in RI include: Brown, Bryant, PC, and RIC.
- https://www.letserasethestigma.com/: Project Lets is a Peer Support model available at some schools, including Brown and RIC.
- The Office of Rehabilitation Services (ORS) may provide assistance for eligible students with disabilities. For more information www.ors.ri.gov/VR.html
- For those with traumatic brain injuries: http://biari.org/

Behavioral health on campus

Possible accommodations on campus:

**In the classroom**
- Preferred seating (front of class)
- Accessible classroom furniture
- Breaks during class for self-care
- Audio-recorded lectures
- Note-taker or copies of Professor’s notes
- Text and syllabus available in advance
- Accessible course materials

**During exams**
- Exams in accessible formats
- Extended time for test-taking
- Exams with a reader or scribe
- Breaks allowed during testing
- Testing in a room with reduced distractions

**Completing assignments**
- Extra time
- Advance notice of assignments
- Textbooks in different formats
- Assistive technology (learning software...)

**In general**
- Reduced course load
- Early or priority registration for classes
- Single room or low occupancy room in campus housing

Through the Office of Student Life, a medical withdrawal, leave of absence, or “Incomplete” may be possible for any student experiencing a crisis or hardship. Do not hesitate to talk with someone on campus!

**GETTING BEHAVIORAL HEALTH ACCOMMODATIONS ON CAMPUS**

1. Set up a meeting with your school’s disability services center/access center/office of accommodations
2. Bring documentation from a recent evaluation done by your doctor or psychiatrist about your behavioral health condition to your meeting.
3. Be prepared to share your strengths and needs as a learner and any potential accommodations.
4. Your school’s disability services center needs to approve the accommodation(s) you both agree are needed, which are listed in a letter.
5. To get your accommodations, you must provide a copy of your letter to each instructor every semester.
6. Working with the school, your accommodations can be revised.
What If I Have a Crisis?

Are you experiencing a crisis? What should you do?
A crisis may occur when you are feeling overwhelmed and your coping strategies are not working; you might be in trouble with the law; or you are thinking about injuring yourself or others. You may feel out of control or hopeless, or feel as though you are having trouble managing your medications. The most important thing you can do is to get in touch with someone who can help you. Refer to your Crisis or After Care Plan or consider:

Things you can do:
- Call your doctor or mental health counselor
- Call your pastor, priest, other faith-based leader
- Call RI’s Hope and Recovery Line: 942-STOP
- Call a Community Mental Health Center (see page 11)

What to expect while you are in the hospital

While you are in the hospital, you will work with a social worker, doctor, and other staff to create your treatment plan. The treatment plan will establish goals you need to meet before you are discharged. Most hospitals review their treatment plans daily.

If you have concerns about your care while you are in the hospital, contact the Rhode Island Mental Health Advocate at 401-462-2003 or the 24/7 Quality Assurance line at the Department of Behavioral Healthcare, Developmental Disabilities, and Hospitals (BHDDH) at 401-462-2629.

Hospitals should have a safe discharge plan in place for you before you are released, including what to do in a crisis. Most hospitals will discharge you with referrals, or with actual appointments at a community mental health center in your area.

Mental Health Court
Rhode Island has a Mental Health Court that meets every Friday to review hospital certification for court-ordered outpatient and inpatient treatment. At Mental Health Court hearings, most patients are represented by the Mental Health Advocate, and hospitals are represented by an attorney from BHDDH.

Things you should know:

Court Orders
Court orders can be for inpatient or outpatient treatment. Outpatient orders require that you continue your treatment at a community mental health center. Inpatient orders mandate that you remain in the hospital until you can be safely discharged.
What is a Substance Use Disorder (SUD)?

Substance use: A substance use disorder is usually identified by the continued use of alcohol and/or drugs despite negative consequences that impact your relationships, school functioning, and job performance. The coexistence of a mental health disorder with a substance use disorder is referred to as co-occurring disorder, which is common in young adults. Read below to see if you might have a problem. If you are pregnant or plan to become pregnant, you need to be especially careful with using substances as your baby can be born dependent on the drugs you use.

Substance use disorders and symptoms: A substance use problem is when you continue to drink or use drugs despite negative consequences, such as financial, relationships, legal, mental health, medical or other areas of your life. It often involves increased tolerance where you need more of the same substance to get the feeling you want. Continued or excessive use of certain substances can cause cancer, brain damage, respiratory issues, heart damage, stroke, and even result in death.

Withdrawal from drugs, alcohol or tobacco: You may experience serious withdrawal symptoms when you stop using any substance. Withdrawal symptoms can include irritability, abdominal pain, nausea or vomiting, drenching sweats, nervousness, and seizures. For your health and safety, please do not attempt to withdraw from using alcohol or benzodiazepine (benzos) on your own. Serious medical emergencies can result while attempting to detox from alcohol and benzos, and anyone attempting to detox should be under medical supervision.

Types of substances that can be misused: Alcohol, Cannabis, Tobacco, Opioids, Benzodiazepines, Stimulants and Hallucinogens

Alcohol use disorder: the continued or excessive use of alcohol puts you at risk for developing tolerance to alcohol. Potential consequences include: increased use to get the effects you want, risky behaviors, or serious alcohol withdrawal symptoms which often require medical detoxification.

Tobacco use disorder: persistent smoking, including vaping nicotine (e-cigarettes), can damage nearly every organ in your body. Potential consequences can include lung cancer, respiratory disorders, heart disease, stroke, or other illnesses, and can cause tolerance and withdrawal symptoms.

Opioid use disorder: includes both illegal use of prescribed pain medications or those bought on the street. These drugs include heroin, fentanyl, oxycotin, vicodin, Tylenol with codeine... Continued use/misuse can lead to serious health problems such as severe tolerance and withdrawal symptoms and even death.

Cannabis (weed) use disorder: weed use can change your mood, cause difficulty with talking and problem-solving, impaired memory, delusions, hallucinations, and psychosis. Withdrawal can include cravings, sleeplessness, irritability, and rage. Use may cause brain damage.

Hallucinogen use disorder: use of hallucinogens such as LSD, peyote, and mushrooms can make you feel out of control, experience memory loss, anxiety, depression, and suicidal thoughts. Withdrawal can include irrational thoughts, behaviors, paranoia and violence.

Benzodiazepine (Benzos) use disorder: Benzos include valium, Xanax, Klonopin, Ativan, Halcion, Serax, which can be used to treat conditions like anxiety, panic attacks, seizures, depression, trouble sleeping, and alcohol withdrawal. It is important that discontinuing using benzos is done under a doctor’s treatment. Benzos should not be used if you are pregnant. Combining benzos with alcohol and other drugs can lead to overdose, even death. Signs of overdosing include: dizziness, inability to talk or respond, confusion, drowsiness, blurred vision, agitation, difficulty breathing, comas, and hallucinations.

THINGS YOU SHOULD KNOW: refer to page 16 for types of SUD services and how to find providers

SAMHSA reports that substance use remains a behavioral health problem among young adults aged 18 to 25. In 2012, there were an estimated 35.6 million young adults aged 18 to 25 in the United States with a problem. Of these, more than one third reported binge alcohol use in the past month; and about one fifth of young adults reported using an illegal drug in the past month.
Types of Substance Use Treatment and Recovery Resources

Some treatment options available to treat substance use disorders:

Detoxification treatment: Programs provide day or residential detox treatment.

Outpatient treatment: Treatment provided in an outpatient setting: individual and/or group sessions.

Intensive Outpatient and Partial Hospital Treatment programs: Usually provided in group settings with weekly individual and family counseling.

Residential treatment: Live-in (overnight) programs that offer substance abuse therapy and services for a longer period of time, usually 30 to 90 days.

Medication-assisted treatment: Treatment includes therapy and the use of medication like suboxone, naltrexone, or methadone.

Naloxone Kits are available from any pharmacy in RI. They are free if you have Medicaid and cost $25 per kit for all others. Naloxone stops the body’s overdose response to opioids and may save your life.

Some recovery resources available:

Peer-to-peer support and recovery centers: Places where you can get support from people who are in recovery from a substance use or co-occurring disorder. www.bhddh.ri.gov/substance_use/recovery_community.php

RICARES: A grassroots alliance of people in recovery. https://www.ricares.org/

Recovery Housing: Safe, sober and healthy housing available for individuals 18 or older. For more information: http://www.recoveryhousingri.com/

Where to Find Treatment and Information

- **Call or go to RI’s BH Link Crisis Center:** 401-414-LINK (414-5465) 975 Waterman Avenue, East Providence RIPA Route 34 (Seekonk). Services available for adults 18 and older. www.bhlink.org
- **Prevent Overdose RI:** dedicated to stopping the Opioid epidemic, resources are available for families, providers, emergency personnel. Call 942-STOP 24/7 or visit http://preventoverdoseri.org/
- **BHDDH:** Agencies licensed to provide substance use treatment, including detox, in Rhode Island: Click on “Licensed Treatment Providers” http://www.bhddh.ri.gov/substance_use/
- **The Substance Use and Mental Health Leadership Council of RI (SUMHLC):** Maintains a list of mental health and addiction treatment providers on its website: https://www.sumhlc.org/treatment-locator/
- **Community Mental Health Centers (CMHCs):** see pages 10-11 for more information.
- **Centers of Excellence for Opioid Use Disorders:** Provides assessments and treatment for opioid dependence, expedited access to care and a resource for community-based providers. http://www.bhddh.ri.gov/substance_use/help.php

Substance Use Resources:

- **RI Regional Coalitions**- resources including newsletters and tool kits: http://riprevention.org/parents/
- **What to look for and what to avoid when searching for a drug treatment program:** https://drugfree.org/parent-blog/what-to-look-for-and-what-to-avoid-when-looking-for-an-addiction-treatment-program/
- **What questions to ask when searching for a substance use treatment provider:** https://drugfree.org/download/questions-to-ask-treatment-programs
**What is Supplemental Security Income (SSI)?**

**Supplemental Security Income (SSI)**
SSI is a Federal program administered by the Social Security Administration (SSA), which in Rhode Island provides Medicaid coverage and monthly cash payments to eligible individuals who meet income and disability criteria. Eligibility criteria for children birth to 18 is different from that for adults 18 and older.

**Adult Eligibility (18 and older)**
At 18, your own income and assets, rather than those of your parents, are used to determine income eligibility, and your disabling condition must meet criteria as defined by SSA for an adult disability. Disability is a medically determinable physical or mental impairment which results in the inability to do any substantial gainful activity and has lasted or can be expected to last for at least 12 months.

After you apply, if you are found eligible, SSA starts paying your benefit amount and you are eligible to receive Medicaid coverage. If you are found not eligible, you can file an appeal.

**Working while receiving SSI**
You may still be able to work once you qualify for SSI. If you are under 22 and attending school or a training/vocational program, SSI will not count some of your earnings. As a result, your SSI payment may not be reduced at all, or it may be slightly reduced. You can also save money for college and training programs while you are on SSI by using a Plan for Achieving Self Support (PASS).


Attend an SSI or SSDI Work Incentive Information Session. For more information: [http://www.ric.edu/sherlockcenter/wi.html](http://www.ric.edu/sherlockcenter/wi.html)

**Applying for SSI Benefits**

**Phone**
Call SSA’s toll-free number, 1-800-772-1213, to make an appointment to start an application at your local Social Security office or to set up an appointment for someone to take your claim over the telephone.

**Text/Telephone (TTY):** If you’re deaf or hard of hearing, you may call SSA’s toll-free TTY number, 1-800-325-0778, between 7 a.m. and 7 p.m. Monday through Friday.

**Online**
You can apply online through the Social Security Administration at [www.socialsecurity.gov](http://www.socialsecurity.gov)

**In Person**
Local Social Security Offices are located at:

- **Newport** - Bellevue Avenue, 1st Floor;
- **Pawtucket** - 4130 Pleasant Street;
- **Providence** - One Empire Plaza, 6th Floor;
- **Woonsocket** - 2168 Diamond Hill Road;
- **Warwick** - 30 Quaker Lane; and
- **Westerly** residents, New London, CT - 2 Shaw's Cove, Room 101.

You can use SSA’s online Benefit Eligibility Screening Tool (BEST) to see if you might be eligible for SSI or other programs and learn how to qualify and apply. This tool is not an application for benefits; you will need to start an application.

**Disability Starter Kit:**
If you schedule an appointment, SSA will send you a Disability Starter Kit to help you get ready for your disability claims interview. There are starter kits for both children and adults, available in English and Spanish. You can access these online at: [www.socialsecurity.gov/disability](http://www.socialsecurity.gov/disability)
Who Can Help Me Make Decisions About My Life?

Before you turned 18, your parent or guardian may have been involved with your medical care, educational progress, and helped you navigate the systems that serve your behavioral health needs. This may change once you turn 18 because you are now considered to be an adult capable of making your own decisions. In most cases, you will be able to manage this new responsibility. However, you can choose those supports you want from your parent, guardian, family member, or a trusted adult as everyone can use help from others in making important decisions. Before you turn 18, you and your family should explore options for decision-making assistance that may benefit you once you become an adult. It’s OK to ask for help.

A more permanent legal arrangement that others may suggest is called guardianship. This is a legal step that takes away your ability to make decisions for yourself and places those decisions—financial, healthcare, relationships, and where you live in the hands of a guardian appointed by the Court. Others may start this process without your involvement. You and your family should talk about this option and all other alternatives before you turn 18. You should explore all other options before considering guardianship. For more information about guardianship contact the Rhode Island Disability Law Center: call (401) 831-3150 TTY: (401) 831-5335 or website: http://www.ridlc.org/resources

SUPPORT NETWORK
You can ask someone you trust to help you keep track of appointments, medications, important medical records, communication with doctors, and other healthcare needs. Because of privacy protections, you may need to sign releases if you want this person(s) to be able to communicate with your providers.

OTHER SUPPORTS
You may need help in other areas of your life. This includes things like housing, health care coverage, food, and transportation. Refer to pages 18, 19, and 20 for resources in RI. You will find contact information for agencies that can help you find housing, food, application assistance and more. You don’t have to do it alone!

HEALTHCARE OPTIONS
You can draft a written statement that gives a trusted adult (your “agent”) the power to make healthcare decisions for you when you are not able. RI has a template for a Durable Power of Attorney that you can complete for this purpose. For more information: http://www.health.ri.gov/lifestages/death/about/endoflifedecisions/

FINANCIAL
If you cannot manage your Social Security or VA disability benefits, you can direct the Social Security Administration or the Veteran’s Affairs Administration to appoint a person or agency to manage your benefits. This person or agency is known as a “Representative Payee” for SSA, and as a “Fiduciary” for the VA. You appoint someone by filing an application with SSA or the VA. Once processed, your Rep Payee or Fiduciary will receive your benefit checks will help you manage your funds, which be used to meet your basic needs.

You also have the option to give someone power of attorney rights for you. A power of attorney gives another person (your “agent”) the power to act for you. This person can be appointed to handle your financial affairs and other things for you.

There are other less formal options for getting help to manage your money. These include joint bank accounts, credit cards with limits, bank cards with limited withdrawal amounts, and notification alerts when an account is accessed. Explore your options with someone from your bank or credit union.
Local Community Supports

Education support

**Adult Education and GED (General Equivalency Diploma)**
Programs in Adult Education, GED, Workforce Training, and English for Speakers of Other Languages are offered during the day and evening to prepare adults for jobs and career pathways. Instruction can be provided face-to-face or online. For more information call (401) 222-8948 or [http://www.ride.ri.gov/StudentsFamilies/EducationPrograms/AdultEducationGED.aspx](http://www.ride.ri.gov/StudentsFamilies/EducationPrograms/AdultEducationGED.aspx)

**The RI Resource Hub**
This is an online directory of education and career resources to search for jobs, classes, training programs, and career development opportunities. For more information: [http://riresourcehub.org/](http://riresourcehub.org/)

**RI Individual Learning Plans (ILPs)**
ILPs are customized learning opportunities that must be developed by Local Education Agencies for all students grades 6-12, as a meaningful way to connect a student’s academic, career, and social/emotional goals and passions with their secondary school experiences. For more information: [http://ride.ri.gov/schoolcounseling](http://ride.ri.gov/schoolcounseling)

**College Planning Center**
The center provides free college planning services: help with finding colleges, and with college and financial aid applications. Call 401-736-3170 or [https://www.risla.com/college-planning-center](https://www.risla.com/college-planning-center)

Job and vocational support

**YouthWORKS411**
If you are between the ages of 14-24, you can go to a YouthWORKS 411 center. These centers are located in multiple sites across the state. Services are based on your individual needs and can include education, occupational skills training, job placement services, and connections to other social services. For more information: [http://www.dlt.ri.gov/youthworks411/](http://www.dlt.ri.gov/youthworks411/)

**Office of Rehabilitation Services (ORS)**
ORS works with schools, families, and students to prepare you for job training, career development and employment opportunities after high school. **Vocational Rehabilitation (VR) Program** assists individuals with disabilities to choose, prepare for, obtain and maintain employment. To be eligible you must have a physical, intellectual or emotional impairment which is a substantial barrier to employment, and require VR services to obtain employment. For more information: [www.ors.state.ri.us/VR.html](http://www.ors.state.ri.us/VR.html)

**Network RI**
The Department of Labor and Training matches jobseekers and employers through quality employment programs and services. Programs located throughout the state. Call 401-462-8900 or [www.networkri.org](http://www.networkri.org)

Basic needs

**Rhode Island United Way’s 211**
Call Rhode Island 2-1-1 line for confidential information and referrals related to lifelong learning, basic supports, and community engagement. You can get information about food, housing, or medical costs. The call is free and available in multiple languages. Call 2-1-1 directly, use online chat, text, or [www.211ri.org](http://www.211ri.org)

**Rhode Island Community Action Association**
This is the network of community action programs (CAPs). CAPs serve all cities and towns in Rhode Island. They can provide resources and support you may need. To find your local CAP agency: [www.ricommunityaction.org](http://www.ricommunityaction.org)

**Crossroads Rhode Island**
If you need a place to sleep or are having an emergency, contact Crossroads. Crossroads’ staff makes referrals to shelters that have available beds. Shelters provide a temporary place to stay and the basic necessities for individuals and families in crisis: 401-521-2255 [www.crossroadsri.org](http://www.crossroadsri.org) [https://www.facebook.com/CrossroadsRI](https://www.facebook.com/CrossroadsRI)

**Rhode Island Community Food Bank**
You may be eligible to receive food through the Rhode Island Community Food Bank. It distributes food to people in need through a network of agencies statewide. [http://rifoodbank.org/find-food/](http://rifoodbank.org/find-food/)

**Health Home Community Resource Guide**
This is a comprehensive listing of health and human services resources in Rhode Island. [www.sumhlc.org/resources/health-home-resource-guide/](http://www.sumhlc.org/resources/health-home-resource-guide/)

**Rhode Island Housing (RIH)**
Contact RIH if you need information about low-interest loans, grants, education and assistance to find, rent, buy, build and keep a good home and access to list of affordable housing units: [www.rhodeislandhousing.org](http://www.rhodeislandhousing.org) [https://www.facebook.com/RIHousing/](https://www.facebook.com/RIHousing/)

**RIPTA reduced-fare bus passes**
RIPTA is Rhode Island’s public transportation agency. You may be eligible for reduced-fare passes. Contact RIPTA at (401) 784-9500 ext. 2012 or [www.ripta.com](http://www.ripta.com) [www.facebook.com/RideRIPTA](http://www.facebook.com/RideRIPTA)
Local Community Supports

Peer support
Parent Support Network: Peer recovery services for young adults with behavioral challenges and who are in recovery. You can also receive training on how to become a certified peer specialist yourself: call 401-889-3112 or www.psnri.org https://www.facebook.com/Parent-Support-Network-of-Rhode-Island-16904113120900/

Anchor Recovery: Provides programs and supports for individuals in recovery: Call Pawtucket 401-721-5100 or Warwick 401-615-9945 or https://anchorrecovery.org/ https://www.facebook.com/pages/Anchor-Recovery-Community-Center/147454251989214

National Alliance on Mental Illness
Local RI chapter hosts classes and free support groups for parents and adults with mental illness to support their wellness and recovery. https://namirhoidisland.org/meetings-schedules/support-groups

Legal support
Rhode Island Legal Services
Helps low income families, seniors, the elderly, and others with taxes, housing (evictions and foreclosure), domestic violence, income, consumer law, and other civil issues. Most services are free to income-qualified residents. https://www.helprilaw.org/

Rhode Island Disability Law Center (RIDLC)
Provides free legal assistance to persons with disabilities and distributes information on the rights of people with disabilities. Call (401) 831-3150 TTY: (401) 831-5335 or www.ridlc.org

Transition supports
Youth Development and Education Aftercare Services
Provides services and supports for young adults formerly involved with DCYF, who are helped in identifying and utilizing community-based resources. The goal is for each young adult to live independently by their 21st birthday. For more information, contact DCYF at 401-528-3576.

Rhode Island Parent Information Network (RIPIN)
RIPIN supports families, schools, parent organizations and others. Staff can help you and your family identify resources and supports to help your transition to adult services. For more information: www.ripin.org

Mental Health Association of Rhode Island (MHARI)
MHARI has prepared a toolkit for young adults showing you how to access adult mental health services in Rhode island. It’s available at http://mhari.org

Sherlock Center
The mission of the Sherlock Center is to promote membership of individuals with disabilities in school, work, and the community. Focus areas include inclusion, and community membership, transition, workforce and professional development, and self-determination. For more information go to www.ric.edu/sherlockcenter

Rhode Island Department of Education of Education (RIDE)
Regional Transition Resource Centers (RTCs) assist middle and high schools regionally and statewide through coordination of the four Regional Transition Coordinators. RTCs work with public, public charter, and non-public schools serving youth eligible under IDEA. They also work in partnership with adult service agencies, higher education institutions, training programs and parent advocacy organizations serving young adults with disabilities. RTCs Brochure

Rhode Island Department of Health (RIDOH)
The RI Department of Health has many resources to help you manage your transition, including Checklists, Dare to Dream, Youth Transition Workbook, Ready Set Go!, Healthy Lifestyles Classes, Got Transition, and more. For more information: http://health.ri.gov/programs/detail.php?pgm_id=89/index.php

Insurance supports
Rhode Island Insurance Resource, Education and Assistance Consumer Helpline (RIREACH)
You can contact RIREACH if you want to get coverage, understand your insurance options, or ask questions. For more information go to http://www.rireach.org

Sherlock Plan
If you are working and you have a disability, you may be able to purchase Medicaid coverage through the Sherlock Plan. This can provide you with comprehensive health coverage to help you maintain or get health coverage and other services to help you to keep working. There are income guidelines and there may be a monthly premium. To find out more or to apply, call 1-855-967-4347.
Hotlines

Please call 911 if you feel you are experiencing a life-threatening emergency.

RI’s Behavioral Health Link Crisis Center (BH Link) 24/7: English & Spanish 414-LINK 414-5465. www.bhlink.org

RI’s Hope and Recovery Center 24/7: 942-STOP

National Suicide Prevention Lifeline 24/7: 1-800-273-TALK (1-800-273-8255)

Trevor Project for LGBTQ Youth 24/7: 1-866-488-7386; Text Trevor to 1-202-304-1200

Veteran’s Crisis Line/Text/Web 24/7: (veterans and families): 1-800-273-8255 press 1; Text: 838255; web: https://www.veteranscrisisline.net/

NAMI Crisis Text Line 24/7: 741-741
Helpline: 800-273-8255

Narcotics Anonymous Helpline: 1800-974-0062; NE Regional: 866-NA-HELP (866-624-3578); Southern Rhode Island: 401-461-1110; Family/Partner Supports: 1-800-477-6291

Alcoholics Anonymous: 401-438-8860 or 401-739-8777 or Spanish Speaking 401-621-9698

Child Help USA: 1-800-422-4453
Assists children and adult survivors of abuse, including sexual abuse.

Other Resources

Prevent Overdose RI: preventoverdoseri.org
This website provides the latest data on addiction and overdose in Rhode Island. You can find resources on preventing overdose written for family members, healthcare providers, and others.

Naloxone: available at all RI pharmacies-free with Medicaid and $25 for all others.

Prevention Coalition
A group of providers responsible for planning and delivery of regional substance use prevention activities. For more information go to http://www.bhddh.ri.gov/substance_use/providers.php

The Trevor Project: https://www.thetrevorproject.org
Provides crisis intervention and suicide prevention for LGBTQ youth 13-24. Trevor CHAT

Youth Pride, Inc. (YPI): http://youthprideri.org/
YPI provides a safe space, services, programs, and supports for LGBTQQ young people and their allies. Call 401-421-5626
https://www.facebook.com/youthprideri/

Got Transition? www.gottransition.org
This is a national resource for healthcare professionals, families and youth that aims to improve transition from pediatric to adult healthcare by providing effective healthcare transition supports to youth, young adults, and families.

Mobile Resources

Using the Medical ID feature on your smartphone
It is easy to set up and can be accessed by anyone in the event of an emergency. You can use this to enter all your health information including medications, providers, and emergency numbers whenever you need them.

Apple Devices: http://www.gottransition.org/resourceGet.cfm?id=437
Android Devices: http://www.gottransition.org/resourceGet.cfm?id=439

Healthy Transitions Mobile App
You can use this to learn more about healthcare, insurance, healthy lifestyles and relationships. Available FREE on the Apple App Store and Android Market.

Society for Adolescent Health and Medicine (SAHM) Thrive Mobile App
Helps teens and young adults aged 16 to 25 understand their role and ownership over their own health. You will find a large library of teen health and wellness topics relevant to you. Available FREE on the Apple App Store and Android Market.
The following were invaluable in creating and structuring the information in this Guide:

- Georgia’s Healthy Transitions Provider Toolkit
- Utah’s Youth in Transition Service Guidelines
- Rhode Island Parent Information Network’s Connecting the Dots
  http://www.ripin.org/pdfs/Family%20Voices%20Resource%20Guide%202017%20FINAL.pdf
- Massachusetts’s Moving to Adult Life: A legal guide for parents of youth with mental health needs
- The U.S. Department of Health and Human Services’ Roadmap to Behavioral Health
- University of Massachusetts Transitions to Adulthood Center for Research (ACR)-many materials available:
  https://www.umassmed.edu/transitionsacr

Youth Organizations

- **Youth Pride Incorporated (YPI):** Located in Providence, YPI provides free services to LGBTQ youth and young adults in a safe and accepting environment.  http://youthprideri.org/ 421-5626  https://www.facebook.com/youthprideri/
- **The Voice:** Youth Empowerment and training for youth/young adults 14-24 who have been in foster care.  https://www.fosterforward.net/programs-initiatives/for-children-teens/the-voice-youth-leadership-training-empowerment-group/
- **Youth MOVE RI:**  https://www.facebook.com/YouthMOVERI  [facebook.com]
- **National Alliance on Mental Illness, Rhode Island (NAMI-RI):** Provides support groups and resources.  https://namirhodeisland.org
- **Parent Support Network RI (PSN):** Family led organization providing supports and resources to individuals and families with mental illness.  https://www.psnri.org

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Cranston, Rhode Island 02920-3080  
401-462-3201  
www.bhddh.ri.gov

Department of Children, Youth and Families  
101 Friendship Street  
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401-528-3593  
www.dcyf.ri.gov

Disclaimer: The views, opinions, and content expressed in this document do not necessarily reflect the views, opinions, or policies of the Center for Mental Health Services (CMHS), the Substance Abuse and Mental Health Services Administration (SAMHS), or the U.S. Department of Health and Human Services (HHS).

November 2018: This guide is available electronically on the BHDDH website:  www.bhddh.ri.gov/mh/individual.php