

Transition Readiness Discussion Guide (Step 1)



Youth name (*first/last*): _____ Date completed: _____

Completed by: DHS/tribal caseworker ILP worker Name: _____

This worksheet is to guide initial discussion with youth before assessing skills and developing the Transition Plan. Not all questions are relevant for all youth, and answers do not need to be recorded or turned in — the purpose is to prompt discussion to assess youth readiness and prioritize skill-building activities.

Personal Growth & Social Development: *Strengths and challenges, self-awareness, internal motivation, problem-solving and planning, social skills*

Tell me about yourself — **who are you** as an individual **and what's important to you**?

- What are some of your personal interests, hobbies or things you really care about?
- What are some things that you like about yourself? How would a good friend describe you?
- Do you personally identify with any cultures or groups? Are there any that you'd like to learn more about? Are there activities in your community that you'd like to become more involved with?

What **motivates** you personally?

- Are you able to **set goals** for yourself, take action and finish what you start?
- What things do you consider before making an **important decision**? For example, how do you choose between something that you want right now versus something that could help you reach your goals for the future?

How can other people **support you** in your goals? For example, how do you deal with compliments and/or constructive criticism?

Thinking about **your own growth and development**, are there any things you think you might like to work on? For example:

- Sometimes it's hard to manage stressful situations — what are some **ways people cope** when they are feeling stressed or upset? How do you usually deal with situations that make you upset? What kinds of situations might make you feel stressed or upset?
- It's not always easy to get the help you might need — do you feel comfortable **asking for support**? Do you usually know *who* and *how* to ask for help?

Sometimes it's hard to connect with new people — do you feel like you know how to talk to new people and make a good impression? What kind of **social situations** are you most comfortable in? Are you a good communicator? Do you get along with most people, or only a few?

NOTES:

Youth name: _____

Family Support & Healthy Relationships: *Healthy relationships, reconnecting with family, parenting/childcare, domestic violence*

Do you feel like you have enough **caring and supportive people** in your life?

- Who is in your support system? How do they support you? How satisfied are you with the support you get from others?
- Do you have at least one adult, other than a professional, to go to for advice or emotional support? What kind of things can the supportive adults in your life help you with? Have you ever completed a Permanency Pact with a supportive adult?
- Are there two people you would call in an emergency? Where could you go if you needed a place to stay? Who will you spend important occasions with (*holidays, birthdays, etc.*) when you are on your own?
- Is there at least one close friend you can go to for advice or emotional support?
- Do you have other supportive connections in the community? (*spiritual, sports, clubs, etc.*)
- Who do **you** provide support to? Do you feel responsible for anyone (*younger siblings, for example*)?

How are your relationships with members of your **family of origin** (*siblings, grandparents, etc.*)? Can you reach out to them if and when you want to?

What are some characteristics of a **healthy relationship** (*trust, respect, boundaries, safety, etc.*)? How can you tell if a relationship is **unhealthy**? What would you do if you had a friend who seemed to be in an unhealthy or unsafe relationship? What would you do if *you* felt unsafe in a relationship?

Are you currently **parenting and/or expecting** a child? If yes:

- Do you feel you have the **knowledge and skills** to be the parent you want to be? (*For example, you have coping skills to manage parenting stress, you have strategies to use if your child is upset, etc.*)
- Do you feel you have the **support** you need to be the parent you want to be? (*For example, you have someone who can babysit on short notice or someone to give you good parenting advice, etc.*)

NOTES:

Health Education & Risk Prevention: *Healthy eating, exercise/recreation, personal hygiene, first aid/emergency, health insurance, healthy sexuality, pregnancy prevention, sex education/STDs, risk avoidance, mental health, substance use*

Describe what people might mean by a **healthy lifestyle** — for example, what are some things you might suggest to a friend trying to eat healthier?

What do you do for fun? Do you have regular opportunities for extracurricular activities, community events and **recreation**? What about **exercise**?

Do you know how and where to get **health care**? (*making appointments, getting there, paying for services*)

- Do you have **health insurance**? (*You can stay on Medicaid until 26.*) Do you know how to find free/low-cost health care if you need it?
- Do you have a regular **doctor or medical clinic** you usually go to? What about a **dentist**? Do you know how to find a regular doctor or dentist?
- Where you would go for **urgent or emergency care**? What kinds of things would you go to urgent care for? When should you go to the ER?
- Where can you get your **prescriptions** filled? Do you understand any **medication** you're taking and why you're taking it? When you're living on your own, what *else* will you keep in your medicine cabinet?
- Where can you get **mental health services or support**? Can you explain the difference between physical and mental health? What activities could you suggest to a friend trying to improve their mental health? (*counseling, hotlines, medication, diet/exercise/sleep, etc.*)

In general, do you feel you have the knowledge and skills to avoid illegal or otherwise **risky behavior**? For example:

- What are the dangers and consequences of abusing drugs or alcohol, driving too fast, etc.?
- What are the consequences of getting in trouble with law enforcement?
- Have you or your friends had experiences where drugs or alcohol caused problems or got you in trouble? Who can you ask for help?

What do you consider to be healthy sexuality and sexually responsible behavior?

- How would you describe healthy sexuality? How can you tell the difference between a healthy intimate relationship and an exploitative or manipulative intimate relationship?
- What would you tell a friend to help protect them from sexually transmitted diseases or infections?

Do you have the knowledge and skills to **postpone parenthood**? (*For example, using birth control if you have sex, finding low-cost birth control, etc.*)

NOTES:

High School Skills/Support: *Study skills and homework/tutoring for high school diploma/GED*

Do you have your high school diploma or GED?

Do you feel you have an **achievable education plan** in place? What is your plan? (*get a GED, go to college, get a certificate, etc.*)

- Are you on track with your educational goals? (*attending regularly and doing well, making progress, etc.*)
- Do you feel you have the academic skills (*reading, writing, math*) you need to succeed? What about support (*tutoring, homework help, supplies, etc.*)?

Has someone discussed with you any accommodations you might want or need (*IEP, 504 plan, modified or regular diploma, college supports, etc.*)?

Post-Secondary Skills/Support: *Study skills and homework/tutoring for higher education/training, enrolling and completing college/training*

What are your plans for college or job/career training?

- Do you have your academic **transcripts**? Have you taken academic **placement tests** (*SAT/ACT, etc.*)?
- Have you ever **applied for** college enrollment or a training program? Have you ever applied for financial aid? Do you understand the personal and academic requirements for different kinds of schools or job training programs (*GPA, tests, recommendations, etc.*)?
- If you are in college, do you access **campus supports** (*tutoring, advising, mental health counseling*)? Where do you stay during school breaks?
- Do you know which **educational funds** you are eligible for as a youth with foster care experience? Do you know how to apply or reapply for funds (*scholarships, FAFSA, Chafee ETV, etc.*)?

Do you have a **back-up plan** if you run into obstacles with your current plan? What is it?

NOTES:

Employment & Career Preparation: *Identifying and preparing for employment/career, getting a job, succeeding at work*

Are you **currently working**? If not, have you ever applied for a job? Have you ever worked somewhere for at least three months?

- Where can you find out about **job openings**?
- What do you do after you turn in an **application**? How can you make a good impression *before, during, and after* an interview? Do you have a **professional email address**, profile picture and voicemail? What do employers look for in a **background check** (*arrest record, social media, references, etc.*)?
- Why is it important to have steady employment? What are three **good work habits** that help you keep a job?
- Can you explain what **work ethics** mean to you? What kind of job behaviors can someone be fired for?
- What are two ways you can **build job skills** without being employed?

Do you feel you have an **employment plan** in place? (*stay at current job, finish job skills training, etc.*)

- Are you confident that you know how to find, apply and interview for a job? Do you have a resume?
- Do you have the documents you might need to be hired at the job you want? For example, a job readiness certificate, a food handler's card, valid ID, social security or permanent resident card, etc.?

What's your back-up plan if you run into obstacles in this job (*for example, if you're laid off*)?

Do you know what you want to do as **your long-term career**? (*Example: be a mechanic, nurse, teacher, etc.*)

- Does this career plan require specific **education or training**?
- How do your strengths and abilities fit with your career goal? Have you taken a **career aptitude test**?

NOTES:

Money Management: *Budgeting and consumerism, banking, bills, credit, taxes*

How do you pay for things?

- Do you have a **checking and/or savings** account? How can you prevent overdraft fees on your account?
- How do/would you **pay your bills**? How do you keep track of the money you've spent and how much money you have left?
- Can you describe how debit cards work? What's the difference between **debit cards and credit cards**?
- How do **money orders** work? What other ways can you pay for things without a bank account?
- Describe how credit cards work. What are the benefits and risks of **credit cards and loans**? What about payday loans and pre-paid cards?
- What is **identity theft**, and how can you prevent it? What happens if someone makes charges under your name?

Do you currently have **sufficient financial resources** to support yourself?

- How comfortable are you with money management? Do you have a **budget**?
- What are your **sources of income**? (*wages, SSI, food stamps, TANF, child support, etc.*)
- Do you have enough **money saved** for upcoming transitions or other financial needs?
- Do you know which **ILP funds** (*or other foster care-related funds*) you are eligible for?

How much will you need to move out on your own? How much will you need to stay in an apartment? What will you include in a monthly budget?

What if you need **financial help in an emergency**? Who can you ask for help? What if someone asks *you* for money? Are you comfortable saying no?

Do you have a recent **credit report** for yourself? Why is it important to establish good credit? What could damage your credit report (*collections, etc.*)?

Describe how **income taxes** work. When and how do you file taxes? What are the W2 and W4 forms for?

NOTES:

Housing & Home Management: *Renting and utilities, clean and safe household, shopping and cooking*

Do you have a solid **housing plan in place** for the next year? (*Example: if you'll be exiting foster care, you know where you are going to be living, or you are staying somewhere stable and you don't expect to move, etc.*)

Do you currently have a **safe and stable place to live**? (*a place you can call home, a bed to sleep in every night, living with people you get along with, etc.*)

Do you know how to **find a place to rent**, apply and get approved?

- Describe how you would go about renting or leasing a place to live. What will affect your decision when choosing where to live? What are some signs that it's a safe place to live?
- What do landlords look for on an application? What if the landlord requires a cosigner? What's the difference between a rental or lease agreement? What happens if you break a lease?
- Describe some qualities of a good tenant. Name at least two things that can lead to being evicted.
- Name two things that can lead to losing your security deposit. What's the purpose of the walk-through inspection and why is it important? How can simple repairs help you keep your deposit?

What are some potential problems that can cause conflict when **living with others** (*cleanliness, hygiene, guests, etc.*)? What's a roommate agreement?

Are you prepared to do your own **shopping, cooking, laundry and cleaning**? Describe how to do these things safely, regularly and appropriately when you're on your own. What are some ways to save money when shopping? Describe a healthy meal you will make for yourself.

Do you know where to go if you need **rental or utilities assistance**? If you are out of food or money, what community resources could you access for help?

Do you have a plan for where to stay **in an emergency**? Who can you ask for help if you don't have a place to sleep? What kind of services are available?

NOTES:

Transportation and Other Living Skills

Do you have **reliable transportation** to get around on your own (*bus, car, bike, etc.*)? What's your **back-up plan**? (*car trouble, missed your bus, etc.*)

Do you have a **driver's permit/license** (*if you want one*)? Have you taken driver's education? What are the benefits of taking a driver's education course?

Do you understand all the costs and requirements of **having a car** (*insurance, registration, maintenance, etc.*)?

- What is involved in maintaining your car registration? What happens if you don't?
- How do you get car insurance? What happens if you don't have it? How can you lower your rate?
- Do you know basic car maintenance? Can you list three main things to check?

Do you have a **personal filing system** where you can safely keep important documents?

- Do you have a copy of your birth certificate (*or do you know how to access it if needed*)?
- Do you have your Social Security card?
- If you are over 18, are you registered to vote? If you are male, have you also registered for selective service (*and do you know what that is*)?
- Do you have a valid state ID?
- Do you have your Oregon Health Plan (OHP) card or other health insurance documentation? What about your vaccination record?
- Do you have your ward of the court documentation, if needed?

Do you have an **attorney** that you know how to contact? Do you know what kinds of situations an attorney can help you with, now or in the future?

Do you attend **court hearings** or CRB meetings about your case? Do you know when they are, what they cover and why you are encouraged to attend?

How do you use **social media**? What are safety and financial risks of having personal information available on the internet? How can you protect yourself?

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