

YOUNG ADULT ROAD MAP

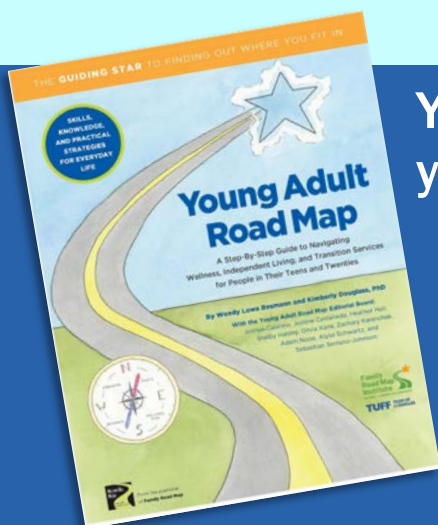
Coach Certification Training

For Social Workers, Counselors, Clinicians,
Youth/Peer/Family Support Partners, Case
Managers, and School Staff

*Help young adults with behavioral,
developmental, psychiatric, or other special
needs break through the confusion of
navigating systems*

Family Road Map Institute's "Guiding Star"
curriculum is a simple, practical engagement
tool that can be integrated into case
management as a flexible resource to meet
individual needs in therapy, support groups or
Wraparound.

[Watch the Family Road Map Guiding Star Video](#)



Young Adult Road Map Coaches teach young adults how to:

- Set goals based on strengths and concerns.
- Understand key words, rules, and procedures.
- Communicate effectively and build positive relationships with providers.
- Manage information and keep good records.
- Find support to meet ongoing challenges.

Hosted by:
Allegheny County Department of Human Services

Location: Allegheny Family Network
425 North Craig Street, Suite 500,
Pittsburgh, PA 15213

Date: Thursday, MARCH 15, 2018

Time: 8:30am – 4:00pm

Cost: \$300

Lunch is Provided

Registration Deadline: MARCH 9, 2018.

To register, go to

www.familyroadmap.org/training-registrations/
or contact alassiter@familyroadmap.org for more
information.*

Young Adult Road Map Coaches Receive:

- ✓ Young Adult Roadmap Guide and Activities Booklet.
- ✓ Step-by-step case management activities and worksheets.
- ✓ Free one-year membership in the Family Road Map Institute National Learning Collaborative, which includes unlimited technical assistance for implementing programs, free continuing education webinars, and discounts on classroom/case management materials for families.

* go to www.familyroadmap.org/training-registrations/ for
discounts on **CROSS TRAINING** with Family Road Map Facilitator
Training March 16-17, 2018 at Allegheny Family Network

Look inside the Young Adult Road Map Guide & Curriculum

Guiding Star Point One SET GOALS

Choosing a Path that Fits “The Big Picture”

- ~Picturing an “Everyday Life” Plan
- ~Analyzing your strengths
- ~Creating an inventory of concerns
- ~Identifying your priorities
- ~Bringing family, mentors, and others into the conversation.

Guiding Star Point Two LEARN SYSTEM BASICS

Getting Prepared to Navigate Systems

- ~Key words that open doors.
- ~Understanding provider roles
- ~Making sense of reports and evaluations
- ~Where to find the right medical and behavioral health care
- ~ How insurance plans work

Guiding Star Point Three BUILD RELATIONSHIPS

Working as an Equal Partner With Your Network

- ~Tips for good communication
- ~Asking effective questions
- ~Making the most of appointment time
- ~Using patient portals and reminder apps
- ~What to do if someone’s not listening

Guiding Star Point Four MANAGE INFORMATION

Keeping Records, Using Health Data to Make Good Decisions

- ~Avoiding medication mix-ups
- ~ Simple strategies for managing paperwork
- ~Getting and giving information between visits
- ~Tracking treatment progress
- ~Getting plain answers to confusing test results

Guiding Star Point Five FIND SUPPORT

Coping with Challenges, Strengthening Your Network

- ~Wellness survival kit
- ~Identifying assets and resources
- ~Building a resiliency plan
- ~The upside of making mistakes
- ~Widening your circle of support

Guiding Star Point Five THE BRIDGE TO EVERYWHERE

A Five-Point Plan for Navigating Transition Services

- ~Mapping transition services
- ~Your role at IEP meetings
- ~Decoding the jargon
- ~Reality-checking the plan
- ~Make sure goals reflect your priorities