



# Youth in Transition Worker Program

The Youth in Transition Worker Program is designed to assist young adults aged 16-24 who are or have been involved in the Child Welfare system with their transition to independent living.

## **Program Eligibility:**

Young adults between the ages of 16-24 who are, or have been, involved in the Child Welfare system.

## **Intent of the Program:**

- Familiarize and support young adults to access resources and services in their community
- Identify and develop goals towards independent living
- Mentor and support young adults; building self-confidence and reducing the anxiety of living independently
- Promote and encourage healthy lifestyle choices

## **Role of the Youth Worker:**

Using a client-centred approach the Youth Worker will assist the young adult to identify, develop and implement a plan based on their personal goals.

The plan could incorporate:

- Educational resources and post-secondary opportunities
- Employment services and training
- Life skills training (i.e. financial management, household management, problem solving)
- Health, mental health and other social services
- Volunteer and recreational activities
- Housing assistance
- Safety planning
- Legal services

## **Referral Process:**

- Complete YMCA Youth in Transition Worker Program referral form
- Submit completed referral form to the Youth in Transition Worker by fax or e-mail
- Youth in Transition Worker will contact the young adult and referring worker for follow up

*Note: It is not essential for the referring worker to attend the initial meeting.*

Contact us!

**YMCA of**

**Owen Sound Grey Bruce**

Youth in Transition Worker Program

648 2nd Ave. East, Owen Sound, ON N4K 2G8

Tel: 519-371-9230 Fax: 519-371-9224

Building healthy  
communities

Information for Community Agencies

The Youth in Transition Worker Program assists young adults with resources available in their community which will aid in their transition to independence. The topics listed below are an example of areas which the Youth in Transition Worker may assist in.

### **Financial**

- Discuss source of income/explore source of income options
- Set up bank account with appropriate monthly fees
- Create a budget
- Inform individual about community resources such as food banks, secondhand stores etc.
- Understanding and paying bills

### **Emotional/Social Support**

- Explore interests/support healthy lifestyle
- Provide opportunity to connect with peers
- Attend appointments to provide support
- Assist with building confidence to live independently and learn new skills
- Support with gathering information about what individuals are entitled to regarding money and services from CAS and the community when leaving care
- Problem-solving

### **Employment**

- Connect individual with an Employment Advisor, training and volunteer opportunities
- Offer support while applying for employment
- Interview preparation (i.e. clothing choice)

### **Household Management**

- Grocery shopping/healthy meal choices
- Aid with teaching life skills (laundry, household management etc.)
- Assist with completing forms (rental applications, budgets etc.)

### **Education**

- Assist in finding a tutor
- Explore post-secondary opportunities
- Link to GED, OSSD, Academic Upgrading resources/services
- Assist with setting up campus tour/accompany individual to local campus to speak with Academic Counsellor

### **Legal Services**

- Provide information on where to receive legal support

### **Health**

- Inform individual of health providers and services in their community
- Accompany individual during appointments (individual must have own transportation)

### **Safety Planning**

- Discuss social media and risks of oversharing
- Assist individual with obtaining personal identification/discuss how to keep personal information safe
- Provide information about what to do if personal identification is lost or jeopardized
- Provide information about how to keep living space safe (working smoke detectors, functioning locks etc.)