



# TAKE CHARGE OF YOUR BEHAVIORAL HEALTH

A BEHAVIORAL HEALTH GUIDE FOR  
TRANSITION AGED YOUTH (TAY)  
IN RHODE ISLAND

April 2019

RI Department of Behavioral Healthcare, Developmental  
Disabilities and Hospitals



April 2019

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 18<sup>th</sup> 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,

**Rebecca Boss**

Director, Rhode Island Department of Behavioral Healthcare, Developmental Disabilities and Hospitals

**Trista Piccola**

Director, Rhode Island Department of Children, Youth and Families

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# 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 that impact your relationships, 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 co-occurring disorders are vulnerable to relapse and a worsening of symptoms. The integration of treatment for co-occurring 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.

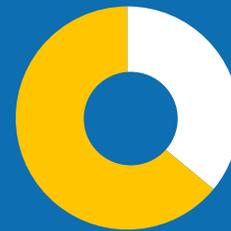
## What is behavioral healthcare?

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.

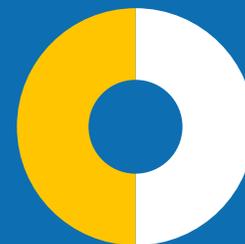
## FACTS ABOUT BEHAVIORAL HEALTH AND YOUNG ADULTS



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

Source: IOM (Institute of Medicine) and NRC (National Research Council) 2014, Investing in the health and well-being of young adults. Washington, DC: The National Academies Press.

# 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

# What Happens When I Turn 18?

AS A CHILD	AS AN ADULT
<b>MAKING APPOINTMENTS</b>	
Parent, guardian or social worker may schedule your appointments.	You schedule your own appointments. You can invite others to attend with you.
<b>GETTING TO APPOINTMENTS</b>	
Adults usually provide transportation to appointments.	You arrange your own transportation to services. Ask your provider for assistance if you need help getting to appointments.
<b>KEEPING APPOINTMENTS</b>	
Adults remind you to keep your appointments.	You are responsible for keeping appointments. Some offices require at least 48-hours notice to cancel, and may terminate or charge if you miss an appointment.
<b>PAYING FOR SERVICES</b>	
Parents/guardians are responsible for payment for services.	You are responsible for payment together with insurance when applicable.
<b>TALKING TO DOCTORS</b>	
Doctors and providers discuss your treatment and medications with you and your parents/guardians.	You discuss your treatment and medications with your doctor or provider.
<b>SHARING HEALTHCARE INFORMATION</b>	
Up to your 18 <sup>th</sup> birthday, your parents/guardians control and have access to your healthcare information under the Health Insurance Portability and Accountability Act (HIPAA).	At 18, you decide who sees your medical information, and you must consent before most information is shared. This includes giving access to your parent or guardian.

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 are seeing 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.

## PLAN YOUR TRANSITION

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.

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.

## VERIFY YOUR BENEFITS

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.

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.

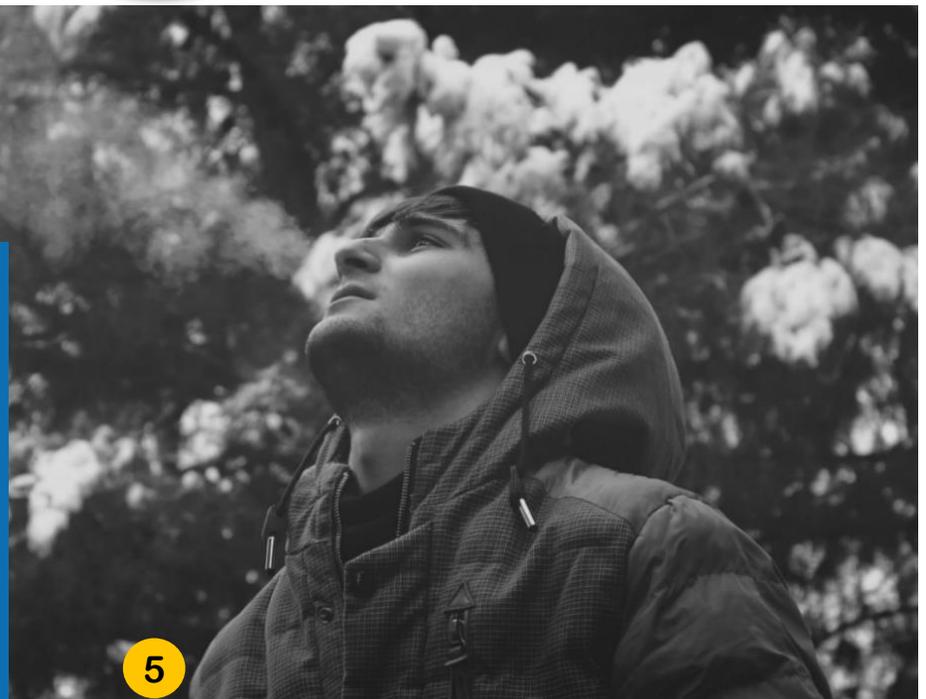
## FIND NEW PROVIDERS

If you are covered under Medicaid, call the member services number on the back of your insurance card to ask for In-Plan providers. 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 18<sup>TH</sup> AND 21<sup>ST</sup> 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.

## PLAN YOUR TRANSITION

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.

2 If you are in foster care and open to Family Court on your 18<sup>th</sup> 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.

## VERIFY YOUR BENEFITS

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.

3 DCYF Youth Development Support Services and the VEC Program are for youth not identified as having a Serious Emotional Disturbance or a Developmentally Disability, or who do not achieve permanency, and who are or were open to DCYF and in foster care on their 18<sup>th</sup> birthday due to abuse, neglect or dependency up to their 21<sup>st</sup> birthday.

## YOUTH DEVELOPMENT SUPPORT SERVICES AND VOLUNTARY EXTENSION OF CARE (VEC)

You voluntarily agree to work, be in school or be involved in a workforce development program while under DCYF and Family Court supervision. The goal of the VEC Program is to help and support you as you transition to adulthood. You make decisions about housing, education, employment, and leisure activities while receiving ongoing support and assistance from DCYF.

### THINGS YOU SHOULD KNOW:

#### Maintaining Medicaid:

Youth that age out of foster care are ENTITLED to Medicaid coverage up to their 26<sup>th</sup> birthday. You may accidentally lose your coverage if you don't confirm your 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.

To find providers, call the member services number on the back of your insurance card or refer to pages 9, 10, 11, and 16.

#### Need more information:

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.

Interested in the **VEC Program**? Talk to your current caseworker or call the DCYF hotline at 1-800-742-4453 and ask to be connected to the Youth Development Services Unit.



# IF YOU TURN 18 AT THE RHODE ISLAND TRAINING SCHOOL, OR IF YOU LEAVE THE DEPARTMENT OF CORRECTIONS AFTER AGE 19...

1

The social workers at the Training School and specialized discharge planners at the Department of Corrections will discuss your behavioral healthcare needs as part of the transition plan they create for you prior to release.

## PLAN YOUR TRANSITION

You should work closely with the social worker to coordinate your discharge planning. Let the social worker know where you will be living, and what behavioral health services you will need.

2

The social workers at the Training School and specialized discharge planners at the Department of Corrections will work with you to complete all of the necessary medical insurance documents, including a Medicaid application. You will need to follow-up and submit paperwork once you are in the community.

## VERIFY YOUR BENEFITS

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

The social workers at the Training School and specialized discharge planners at the Department of Corrections will help connect you with adult behavioral health providers as part of your discharge plan.

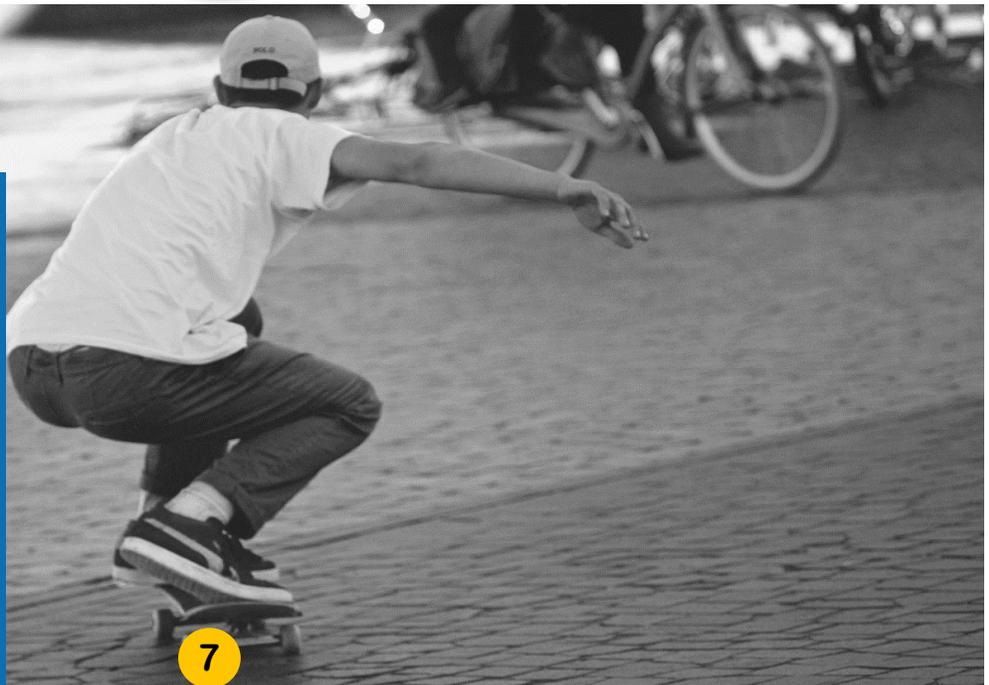
## FIND NEW PROVIDERS

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 17<sup>th</sup> birthday. It is up to you whether or not you choose to disclose a behavioral health issue when applying for DD services.

## APPLY FOR ELIGIBILITY

You can apply for eligibility at <http://www.bhddh.ri.gov/developmentaldisabilities/index.php>, 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.

# 2

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.

## ASSESS YOUR CAPABILITIES

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.

# 3

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.

## PLAN YOUR SERVICES

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.



# How Do I Find Behavioral Health Services?

## Types of Behavioral Health Providers and Peer Supports



### Psychiatrists

Physicians who diagnose mental and substance use disorders, prescribe and monitor medications, and provide counseling and therapy.



### Psychiatric or Mental Health Nurse Practitioners

Provide assessment, diagnosis, and therapy for mental health and/or substance use disorders. They may prescribe and monitor medication.



### Clinical Psychologists

Licensed clinicians who evaluate, test, diagnose, and treat through counseling and therapy. They do not prescribe medication.



### Mental Health Counselors and Marriage and Family Therapists

Licensed counselors who apply therapeutic techniques to define goals to develop treatment plans, and engage in psychotherapy of a non-medical, non-psychotic nature.



### Clinical Social Workers

Licensed clinicians who practice clinical social work can diagnose, assess, and treat cognitive, affective, and behavioral disorders.



### Licensed Chemical Dependency Counselors

LCDPs provide counseling, develop treatment plans, provide information about the healthcare system, provide emotional and social support, and help your recovery.



### Peer Specialists/Recovery Coaches

People who have experienced mental or substance use disorders and are in recovery. They can teach you about the healthcare system, provide emotional and social support, and help your recovery. Peers receive training and are certified.

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. You may also 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>
- 4 Call the Rhode Island BH Link Crisis Center: 414-LINK (414-5465). Spanish is available. [www.bhlink.org](http://www.bhlink.org)
- 5 Substance Use and Mental Health Leadership Council of RI (SUMHLC) directory of mental health and substance use treatment providers: <https://www.sumhlc.org/treatment-locator/>
- 6 BHDDH provider directories: [Licensed SUD Treatment Providers](#) [Licensed Mental Health Providers](#)
- 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/>

# 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.

## Community Care Alliance

### Alliance

- Burrillville
- Cumberland
- Lincoln
- North Smithfield
- Woonsocket

## Gateway Healthcare (Johnston)

- Cranston
- Foster
- Gloucester
- Johnston
- North Providence
- Scituate
- Smithfield

## Thrive Behavioral Health (formerly Kent Center)

- Coventry
- East Greenwich
- West Greenwich
- Warwick
- West Warwick

## Gateway Healthcare (Charlestown)

- Block Island
- Charlestown
- Exeter
- Hopkinton
- Narragansett
- North Kingstown
- South Kingstown
- Richmond
- Westerly

## Fellowship Health Resources (Statewide)

## Gateway Healthcare (Pawtucket)

- Pawtucket
- Central Falls

## Providence Center

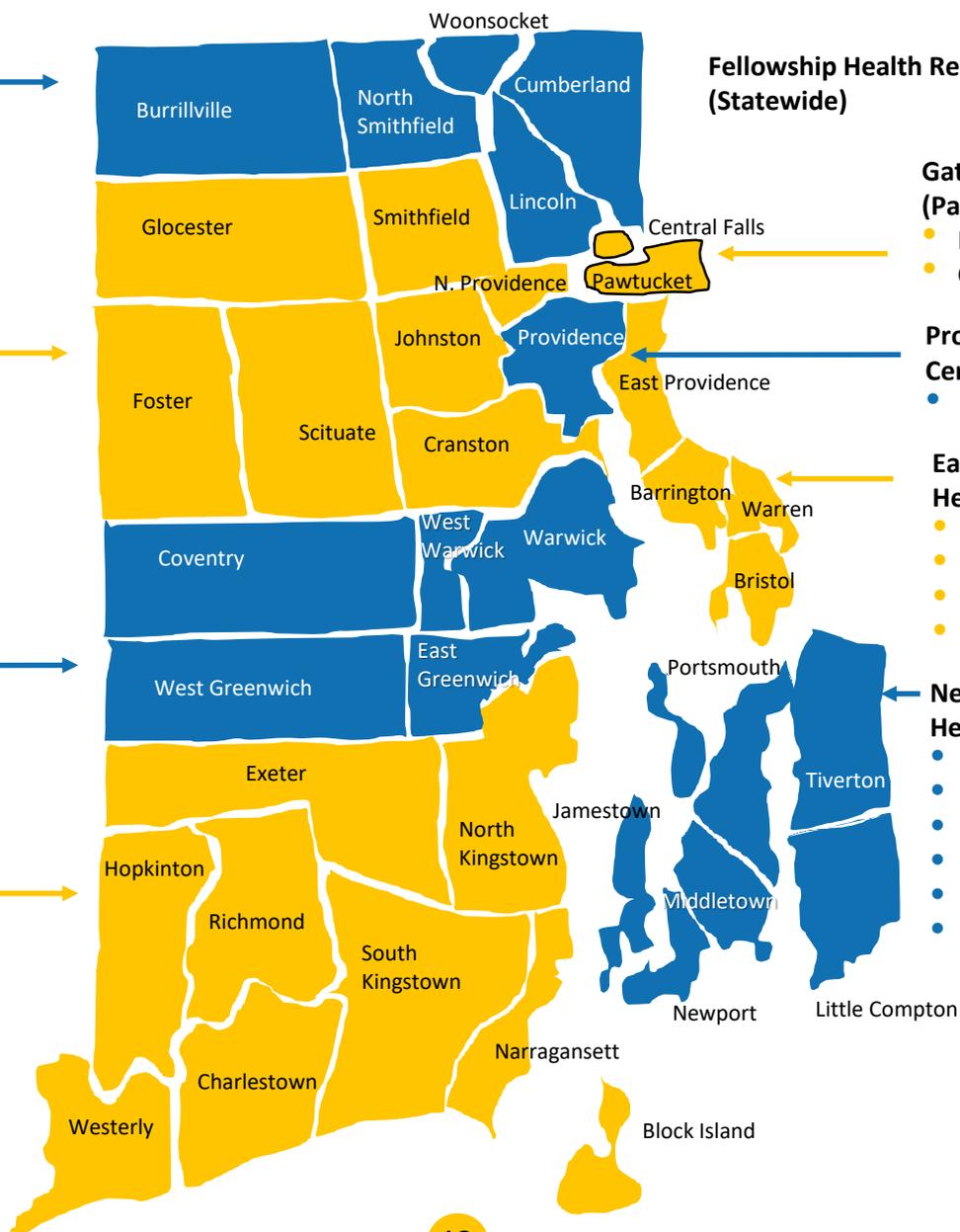
- Providence

## East Bay Mental Health

- East Providence
- Barrington
- Warren
- Bristol

## Newport Mental Health

- Jamestown
- Little Compton
- Middletown
- Newport
- Portsmouth
- Tiverton



CMHC Name	Main Address	Intake #	Emergency #	Walk-in hours	Closest bus stop*
<b>Community Care Alliance</b>	800 Clinton Street (1 <sup>st</sup> floor), Woonsocket	235-7121	235-7120	Monday-Friday 8 am – 2 pm	Route 87 Cumberland@ Clinton
<b>Gateway Healthcare (Johnston)</b>	1443 Hartford Avenue, Johnston	273-8100	273-8100	Monday-Thursday 9 am – 2 pm	Route 28 @ 1481 Atwood
<b>Thrive Behavioral Health (formerly The Kent Center)</b>	50 Health Lane, Warwick	732-5656	783-4300	Monday-Thursday 8:30 – 3:30; call to schedule an appointment for evenings	Route 29@ Kent County Hospital
<b>Gateway Healthcare (Charlestown)</b>	4705A Old Post Road, Charlestown	364-7705	364-7705	No walk-in hours; call to schedule an appointment	Route 204# (Westerly Flex) will stop at Center on request
<b>Newport Mental Health</b>	127 Johnny Cake Hill Road, Middletown	846-1213	846-1213	Monday-Friday 9 am – 2 pm	Route 60 W. Main @ Dudley; also Route 231 Flex will stop at Center on request
<b>East Bay Mental Health</b>	601 Wampanoag Trail, East Providence; 2 Old County Road, Barrington	246-1195	246-0700	No walk-in access; call to schedule an appointment	610 Wampanoag: 32, 30, 61X; Old County Road: 60, 61X
<b>The Providence Center</b>	530 North Main Street & 355 Prairie Avenue, Providence	276-4020	274-7111	No walk-in access; call to schedule an appointment	N. Main: Route R at University Heights; Prairie Ave: Route 6
<b>Gateway Healthcare (Pawtucket)</b>	101-103 Bacon Street, Pawtucket	273-8100	723-1915	Monday-Thursday 9 am – 2 pm	Route 80 Columbus Avenue @ Memorial
<b>Fellowship Health Resources, Inc.</b>	45 Sockanossett Crossroad, Unit 4, Cranston,	383-4885	1-866-779-4106	Monday-Friday 8 am – 4 pm	Route 21 New London Turnpike @ Chapel View

### 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.

**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 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.

# What Are My Health Insurance Options?

## PRIVATE INSURANCE

### Job-Based Group Plans

Health insurance offered to an employee (and often his or her family) by an employer. If you work 30 or more hours per week for an organization with 50 or more employees, you will qualify for a job-based group plan. Many young adults stay on their parents' insurance plan until they are 26.

### COBRA (Consolidated Omnibus Budget Reconciliation Act)

This is short term coverage for employees who have reduced hours working or have ended their employment.

### College or University Student Health Plans

Students in college or other types of post-secondary schools may be able to purchase insurance through their school.

### Marketplace (ACA/Obamacare) Individual and Family Plans

HealthSource RI ([healthsourceri.com](http://healthsourceri.com)) gives Rhode Islanders who do not receive insurance through parents, job or school the ability to purchase healthcare as an individual. All plans provide essential health benefits, including mental health counseling, doctor visits, hospitalizations, maternity care, ER visits, and prescriptions. When you apply through HealthSource, you will find out you qualify for Medicaid (see below).

## PUBLIC INSURANCE

### Rhode Island Medicaid

The Rhode Island Medical Assistance Program (Medicaid) is Rhode Island's public insurance program. You must be a resident of the State of Rhode Island, a U.S. national citizen, permanent resident, or legal alien, and have low or very low income. You may also qualify if you have a disability. For more information:

<http://www.dhs.ri.gov/Programs/index.php#medicaid>.

### Tricare

Tricare is the health insurance available to veterans, dependents, and active duty service members and their families. <https://www.tricare.mil/>

Honorably discharged veterans may receive services through the Veteran's Administration:

<https://www.va.gov/healthbenefits/cost/insurance.asp>

### HealthSource RI

If you need health insurance or want to explore other insurance options, contact HealthSource RI. Located at 401 Wampanoag Trail East Providence, RI 02915 Mon-Sat 8:00 am - 7:00 pm; Call (855) 840-4774; or visit [www.healthsourceri.com](http://www.healthsourceri.com)

### 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 substance use disorder treatment
- Inpatient services like a hospital or emergency room visit
- Preventive services like screenings for alcohol use or depression 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.

# What Resources Are Available To Me In College?

## 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!

## Behavioral health on campus

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](http://www.bhlink.org)
- To find behavioral health providers, see pages 9, 11 and 16
- [www.ulifeline.org](http://www.ulifeline.org): an online college resource that provides information about behavioral health issues and professional resources on campus.
- [www.activeminds.org](http://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](http://www.ors.ri.gov/VR.html)
- For those with traumatic brain injuries: <http://biari.org/>

## 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)
- Children under 18: Call kids' link RI: 1-855-543-5465

- Call the National Suicide Prevention Hotline 1-800-273-TALK (1-800-273-8255)
- Call the Trevor Project Lifeline: 1-866-488-7386
- Call the Veteran's Crisis Line 1-800-273-8255 press 1, or text 838255
- Refer to hotlines and other resources on page 21
- Call 911

### Call or visit RI's 24/7 BH Link Crisis Center:

BH Link is a statewide, confidential, one-stop, call-in, triage, treatment, and referral center for adults, 18 and older, who are experiencing a mental health or behavioral health crisis.

**Located** at: 975 Waterman Avenue in East Providence, RIPTA Bus Route 34 or [www.bhlink.org](http://www.bhlink.org)

**Call** any day, anytime: **401-414-LINK (414-5465)**

## Types of psychiatric hospital admissions (per RI Mental Health Law)

### Voluntary Admission

If you meet hospital level of care, you will most likely be offered voluntary admission to sign in to the hospital. As a voluntary patient, you can sign an "Intent to Leave" at any time, indicating that you no longer wish to be hospitalized. A doctor will assess you to make sure you can be safely discharged. If the hospital thinks you need further treatment to ensure a safe discharge, it can petition the Mental Health Court (MH Court) to review if you should remain hospitalized.

### Emergency Certification

A qualified mental health professional may apply to have you hospitalized on an emergency certification basis if they believe you pose an immediate danger to yourself or others. If the hospital agrees you need treatment, they can hold you up to 10 days without going to MH Court. You may be discharged at the end of the 10 days, or you may be asked to stay voluntarily if the treating physician believes you need to remain hospitalized. If you refuse to remain voluntarily, they will petition the court for an order keeping you in the hospital for further treatment.

### Civil Court Certification

This is the legal procedure that allows the medical system to treat you without your permission (involuntarily) for up to 6 months. The court order specifies where and what treatment you must receive.

Court-ordered treatment may be provided in a psychiatric hospital, a group home operated by a CMHC, or mandatory treatment by a CMHC while you live in the community.

For more information on voluntary admission, emergency certification or civil court certification, please refer to RI Mental Health Law: [§40.1-5-6](#) and [§40.1-5-7](#) and [§40.1-5-8](#)

## 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.

### 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.

#### 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.

# 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, oxycontin, vicodin, Tylenol with codeine. Continued use/misuse can lead to serious health problems such as severe tolerance and withdrawal symptoms and even death.

**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.

**Stimulant use disorder:** the misuse of stimulants like Molly, Ecstasy, cocaine and amphetamines can cause tolerance, long-term brain changes, and sleep or appetite loss. Withdrawal symptoms can include craving, fatigue, hallucinations, depression, violence, and paranoia.

**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.

**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.

# Where Can I Find Substance Use Treatment?

## Types of Substance Use Treatment and Recovery Resources

### Some treatment options available to treat substance use disorders:

**Detoxification Treatment:** Programs provide medically supervised outpatient or residential detox treatment.

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

**Intensive Outpatient and Partial Hospital Treatment Programs:** More frequent and intense than outpatient treatment. Treatment includes individual and group sessions.

**Residential Treatment Programs:** Offer substance use disorder therapies and other services usually between 30 to 90 days and participants stay overnight.

**Medication-assisted Treatment (MAT):** Treatment includes therapy and the use of medication like suboxone, naltrexone, or methadone.

**Naloxone:** Naloxone Kits are available from any pharmacy in RI. They are free if you have Medicaid and there may be a co-pay for other insurances. 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](http://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 RIPTA Route 34 (Seekonk). Services available for adults 18 and older: [www.bhlink.org](http://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/](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 substance use 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](http://www.bhddh.ri.gov/substance_use/help.php)

### Substance Use Resources:

- **RI Regional Prevention Coalitions:** resources including newsletters and tool kits: <https://riprevention.org/>
- **Drug Guide for Parents:** [http://riprevention.org/admin/filemanager/userfiles/drug\\_chart\\_for\\_parents.pdf](http://riprevention.org/admin/filemanager/userfiles/drug_chart_for_parents.pdf)
- 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).

The SSA Brochure, [Working While Disabled: How We Can Help](#), explains general work incentives. 1:1 Work Incentive Benefits Counseling can help you learn what work incentives are available to you. Call the Ticket to Work Help Line: 1-866-968-7842

Attend an SSI or SSDI Work Incentive Information Session. For more information: <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:** 2 Shaw's Cove, Room 101, New London, CT

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:

[https://www.ssa.gov/disability/disability\\_starter\\_kits.htm](https://www.ssa.gov/disability/disability_starter_kits.htm)

# 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 the 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.

## 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 19, 20 and 21 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.

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>

# 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>

### 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/>

### 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>

### 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>

## 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>

## 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/>

### 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: <http://www.ors.ri.gov/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)

### 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/>

### 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/>

### 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](https://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](http://www.psnri.org) <https://www.facebook.com/Parent-Support-Network-of-Rhode-Island-169041113120900/>

**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 RI

Local RI chapter hosts classes and free support groups for parents and adults with mental illness to support their wellness and recovery.

<https://namirhodeisland.org/meetings-schedules/>

## 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](http://www.ridlc.org)

## Transition Supports

### Youth Development and Voluntary Extension of Care (VEC)

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](http://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](http://www.ric.edu/sherlockcenter)

### Rhode Island Department 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](http://health.ri.gov/programs/detail.php?pgm_id=89/index.php)

## Insurance Supports

### Rhode Island Parent Information Network Call Center:

You can contact RIPIN if you want to get coverage, understand your insurance options, or ask questions. For more information go to

<https://ripin.org/services/services/#callcenter> [ripin.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 and Other Resources

**Hotlines:** (Please call 911 if you are experiencing a life-threatening emergency.)

**RI's BH Link Crisis Center (BH Link) 24/7:** English & Spanish 414-LINK 414-5465. [www.bhlink.org](http://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 child and adult survivors of abuse, including sexual abuse.

**Kids' link RI: 1-855-543-5465** RI Hotline for children (under 18) in emotional crisis.

## Other Resources

**Prevent Overdose RI:** <https://preventoverdoseri.org/>  
This website provides the latest data on substance use 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 possible co-pay with other insurances.

**RI Prevention Resource Center:** [www.riprc.org/about-us/](http://www.riprc.org/about-us/)  
Provides training and technical assistance on substance abuse prevention, including cannabis and e-cigarettes.

**Prevention Coalition**  
A group of providers responsible for planning and delivery of regional substance use prevention activities.

[http://www.bhddh.ri.gov/substance\\_use/providers.php](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 LGBTQ young people and their allies. Call 401-421-5626

<https://www.facebook.com/youthprideri/>

**Got Transition?** [www.gottransition.org](http://www.gottransition.org)  
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

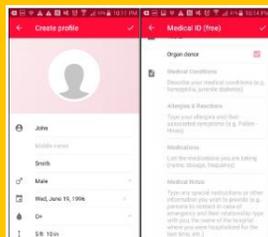
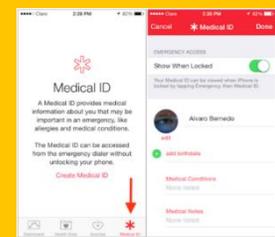
It is easy to set up and can be accessed by anyone in the event of an emergency. You can use this to enter all your health information including medications, providers, and emergency numbers whenever you need them.

#### 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**  
[https://dbhdd.georgia.gov/sites/dbhdd.georgia.gov/files/related\\_files/site\\_page/HTI%20Toolkit%209.10.15.pdf](https://dbhdd.georgia.gov/sites/dbhdd.georgia.gov/files/related_files/site_page/HTI%20Toolkit%209.10.15.pdf)
- **Utah's Youth in Transition Service Guidelines**  
[https://www.pathwaysrtc.pdx.edu/HTItoolkit/files/14-Resources/F.Youth-In-Transition\\_Service\\_Guidelines\\_Toolkit.pdf](https://www.pathwaysrtc.pdx.edu/HTItoolkit/files/14-Resources/F.Youth-In-Transition_Service_Guidelines_Toolkit.pdf)
- **Rhode Island Parent Information Network's Connecting the Dots** <https://ri-pin.org/ri-pinorg/wp-content/uploads/2017/12/Family-Voices-Resource-Guide-2018-FINAL.pdf>
- **Massachusetts's Moving to Adult Life: A legal guide for parents of youth with mental health needs**  
<http://ppal.net/wp-content/uploads/2011/01/Legal-guide-single-page-all-for-web.pdf>
- **The U.S. Department of Health and Human Services' Roadmap to Behavioral Health**  
<https://www.cms.gov/About-CMS/Agency-Information/OMH/Downloads/Coverage-to-Care-Behavioral-Roadmap.pdf>
- **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 of RI (PSN):** Family led organization providing supports and resources to individuals and families with mental illness. <https://www.psnri.org>



Gina M. Raimondo

*Governor*

Eric J. Beane

*Secretary, Executive Office of Health and Human Services*

Department of Behavioral Health, Developmental  
Disabilities and Hospitals  
14 Harrington Road  
Cranston, Rhode Island 02920-3080  
401-462-3201  
[www.bhddh.ri.gov](http://www.bhddh.ri.gov)

Department of Children, Youth and Families  
101 Friendship Street  
Providence, Rhode Island 02903-3716  
401-528-3593  
[www.dcyf.ri.gov](http://www.dcyf.ri.gov)



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