



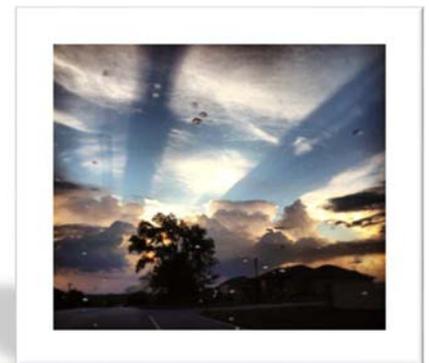
## Youth and Trauma

Transition Age Youth (TAY) are young adults between the ages of 16-25 years of age who identify as having lived experience within the mental health care, foster care, and/or justice systems. Their lived experience can take many forms including

- \* abuse/neglect
- \* substance abuse
- \* trauma
- \* lack of support systems
- \* traumatic removal from their homes
- \* separation from siblings
- \* poverty and homelessness, and much more.

TAYs are a special population group because of the sensitivity of their experiences combined with being launched from adolescence into young adulthood and usually without any direction or supports. This distinct population is called upon to make complex decisions about their lives in regards to

- \* personal relationships,
- \* employment,
- \* health care,
- \* housing,
- \* education and
- \* finances.



## The Power of Language

**From “What’s wrong with you?” to “What has happened to you?”**

TAYs have extraordinary needs and are often faced with multiple challenges and environment changes that they are often not prepared for. When stumbling in their attempts to navigate through this transition the result can often be isolation, economic hardship, challenges with their mental health condition, substance abuse, and even suicide attempts.

The prevalence of serious mental health conditions in TAYs are almost double that of the general population, yet young people continue to have the lowest rates of help seeking behavior (SAMHSA). Young adults with serious and persistent mental health needs can have difficulty finding services that support them through the transition to adulthood. Behavioral health, supportive services, and housing are not always suited for young adults, therefore many individuals may not opt to receive these services all together. It may also be challenging to qualify for adult programs or to pay for behavioral health services.

**Nebraska’s Network of Care: [www.dhhs.ne.gov/networkofcare](http://www.dhhs.ne.gov/networkofcare)**

**Nebraska Family Helpline: 888-866-8660**

**Suicide Prevention Lifeline: 800-273-TALK**