

Transition Domain: Psychological

Transition Challenge: Identity issues

What transition difficulties with the challenge of *Identity issues* may look like; behaviors and situations you may see.

(Note that well-being domains aren't discrete, in real life they often overlap.)

- Struggle to find identity takes on multiple forms. May be related to trauma, victim identity.
- May take on “crazy” identity. Use mental health as excuse or shield.
- May experience rejection or stigma due to presenting identity or race, either by unconscious choice or social rejection.
- May use off behaviors or appearances as a protective shield.
- Identity is tied to peer group that Y/YA associates with
- Y/YA may present with radical changes to identity or constant change in appearance due to freedom after leaving parental home
 - Discovery of who they are instead of family or raised identity
- Disjointed relationships with family or support systems
- Racial or ethnic identity formation - questions about the meaning of Y/YA's own race or ethnicity, negative or positive experience about race/ethnicity
- Gender or sexual orientation identity

<p>Some Staff Competencies Needed for this Transition Challenge:</p> <ol style="list-style-type: none"> 1. Partnering with young people. 2. Addressing domain-specific transition needs. 3. Planning partnerships with providers of other services. 4. Promoting support from family, peers, mentors. 	<p>Some Things You Can Do:</p> <p>Engaging:</p> <ul style="list-style-type: none"> • Relationship building. Take time to find out what they like, or what they are interested in. • Support explorations to discover what they like, interested in, who they think they are <ul style="list-style-type: none"> ◦ Provide opportunities for these explorations while have safety net • Engage in open conversations about race, culture, gender, sexual orientation with the youth <p>Equipping:</p> <ul style="list-style-type: none"> • Expose to different ideas and identities. • Involve in trauma therapy if necessary • Educate regarding mental health and successful people living with mental health concerns. • Educate about tools to manage, ie support groups, including culturally appropriate and relevant supports • Educate about different roles “hats’ everyone wears, and how our identity may change in different circumstances • SPARKS- This may go in engaging as well <p>Empowering:</p> <ul style="list-style-type: none"> • young adult is able to identify genuine interests and identity. • Self acceptance occurs • Young adult is able to present themselves in a comfortable manner • Motivational interviewing/PCP
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SPARKS link:

http://www.boostconference.org/PDF/2012_workshops/Igniting%20Sparks%20in%20Youth%20to%20Put%20Them%20on%20the%20Path%20to%20Thriving%20-%20Nancy%20Tellet-Royce.pdf

More information on SPARKS & thriving: <https://www.search-institute.org/our-research/youth-development-research/sparks-and-thriving/>