



TAKE CHARGE OF YOUR BEHAVIORAL HEALTH

A BEHAVIORAL HEALTH GUIDE FOR
YOUTH AND YOUNG ADULTS
IN RHODE ISLAND
Revised November 2022

RI Department of Behavioral Healthcare,
Developmental Disabilities & Hospitals



We are pleased to provide this guidebook to assist you as you transition into adulthood and may be experiencing behavioral health issues. the adult system.

We consider the transition to adulthood 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 18th 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. Identify a trusted adult that can help read and understand legal documents before signing (contracts, leases, etc.).

There is a lot of responsibility that will be given to you on the day you turn 18. You are legally classified as an adult in all US states. You will have more independence and more ability to direct your own future, with rights such as being able to vote, serve on a jury, marry, register to enter the military, get a tattoo and/or body piercing, buy a lottery ticket, get an unrestricted driver's license, work hours without labor law restrictions, open a bank account without having a co-signer, oversee your own medical treatment and education records, including your IEP or 504 Plan, create a will, buy and sell real estate and stock, as well as the ability to sign a lease and contracts. And, at 18, you will be prosecuted as an adult for any criminal activity. While transition into adulthood is an exciting stage of your life, it can also be one of many unique challenges for you and your family, and this may be particularly difficult if you have behavioral health challenges.

Challenges can include moving from pediatric to adult providers; moving from one insurance coverage to another; moving from home to an apartment or college; transitioning from being a student to joining the workforce; or moving from a system overseen by DCYF or the schools to one overseen by BHDDH. Some people who have helped you manage your behavioral health challenges in the past may no longer be available. We encourage you to turn to your parents, guardians, or other trusted adults for advice and consider 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!

Also, there is a specialized program for youth and young adults aged 16-25-the Healthy Transitions Program. It is designed for individuals with an identified mental health disorder and who might have a co-occurring substance use condition that is impacting their lives. Services are provided in the community. [For more information](#) on finding a Healthy Transitions Provider.

This Guide was funded 100% through the Substance Abuse and Mental Health Services Administration (SAMHSA) Now is the Time Healthy Transitions Grant, SM061885. Updates to the Guidebook were funded through the RI Healthy Transitions Grant, SM081972.

Special Thanks to the Following

Community Care Alliance-Bridget Bennett, Jewel Collins, Benedict Lessing, Mary Turillo; Disability Rights RI-Anne Mulready; Foster Forward-Jessica Nievera McCluskey; MHARI-Ruth Feder; NAMI-RI-Cindy Elder; Newport County Mental Health-Daniel Wartenberg; Parent Support Network- Lisa Conlan, Matt Finkler; Power for Good-Michelle Duso; RIC- Keri Rossi-D'entremont; RIHCA- Jane Hayward ; RIPIN-Tara Townsend; RISAS-Sarah Dinklage, Leigh Raposa; Sherlock Center-Victoria Ferrara, Claire Rosenbaum; Substance Use Mental Health Leadership Council-Sue Storti; BHDDH-Brenda Amodei, Kate Breslin Harden, Lori Dorsey, Christine Emond, Susan Hayward, Linda Mahoney, Linda Marzilli, Thomas Martin, Sarah Smith; DCYF-Tanya Alderman, Mike Burk, Susan Lindberg; DLT-Carlos Ribeiro; DOC-Lauranne Howard; EOHHS-Chantele Rotolo; ORS-JoAnn Nannig; RIDE-Jane Slade, Alice Woods; and RIDOH- Deb Golding and Colleen Polselli.

A very special thank you to the transition aged youth focus group participants at Thrive Behavioral Health and Parent Support Network- your input was invaluable!



The 2018 Guidebook was researched, written, and designed by Suellen Rizzo, L.C.S.W. The 2021 updates were written by Denise Achin and Jordan Maddox (BHDDH).

Special thanks to the Sherlock Center on Disabilities at Rhode Island College for reviewing and translating the 2021 Spanish version for accuracy.

What Will I Learn in This Guide?

PAGE

- 1 What is wellness?
- 2 What is behavioral health?
- 3 How do I take charge of my behavioral health?
- 4 What happens when I turn 18?
- 9 Who can help me make decisions about my life?
- 10 Finding employment or a career
- 11 What is Supplemental Security Income (SSI)?
- 12 How do I find behavioral health services?
- 13 What is telehealth?
- 14 What are my health insurance options?
- 15 What resources are available to me in college?
- 16 What is a Licensed Community Mental Health Center? And where can I find one?
- 18 What is a mental health condition?
- 19 Experiencing an addictive behavior?
- 20 What is a substance use Condition?
- 21 Where can I find substance use treatment?
- 22 What if I have a crisis?
- 23 Psychiatric hospitalization
- 24 Hotlines and other resources
- 25 Staying socially connected
- 26 What community, transition, and substance use supports can help me with education, job training, housing, and other needs?

What is Wellness?



Everyone's path to wellness varies. SAMHSA has a guide to help you develop a plan for your path. This guide offers a broad approach for things you can do-at your own pace, in your own time, and within your own abilities-that can help you feel better and live longer:



[SAMHSA's Step-by-Step Guide to Wellness](#)

How are you supporting yourself?

Click on these links to find things of interest to you:

[Read a book](#) [Visit a beach or state park](#) [Walk Your Dog](#)
[Meditate](#) [Go for a walk or hike](#) [Find a Job](#)
[College Planning](#) [Find a Church near you](#) [Quit Smoking](#)
[Explore your faith](#) [Encourage someone else](#)
[Eat Healthy](#) [Find an Event Near You](#) [Exercise](#)
[Improve Your Sleeping Habits](#) [Living Skills Tip Sheets](#)
[Go for a bike ride](#) [Volunteer](#) [Play a Brain Game](#)

MORE IDEAS

Take a break Socialize with friends Dance!!!
Create Something Take Your Meds Explore a Hobby
Find a support Group Listen to music
Follow your treatment plan Connect with a Youth Group
Ask for help!

Wellness is your self-care.

Wellness is made of interconnected components that contribute to you having a healthy life. Wellness is about how you live your life and the joy, fulfillment, and health you experience. These are the 8 elements that impact your wellness:

Emotional Well-being

- Allow yourself to accept your achievements and your failings
- Find a counselor for on-going issues
- Maintain routines
- Talk with someone you trust

Physical Well-being

- Access regular medical appointments
- Get regular physical activity
- Eat healthy foods
- Maintain your daily cleanliness

Social Well-being

- Become involved in community activities
- Develop/cultivate meaningful relationship(s)
- Find a supportive circle of friends
- Volunteer at a shelter, school, nursing home

Occupational Well-being

- Learn a trade
- Maintain employment
- Attend classes or enroll in school

Financial Well-being

- Learn how to manage/budget your money
- Understand and manage your benefits
- Maintain a consistent source of income

Environmental Well-being

- Having safe, affordable, and stable housing
- Keep your physical space clean and orderly
- Find your happy place (the beach, the park...)

Spiritual Well-being

- Understanding what you believe-your moral compass
- Treat yourself and others with kindness

Intellectual Well-being

- Learn something new everyday!
- Find a hobby that interests you
- Explore public events in your community

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 conditions. Your behavioral health is interconnected with your physical health.

Behavioral health conditions are common. People of all ages, genders, races and ethnicities can have mental health or substance use conditions.

- A mental health condition involves changes in your perception, thinking, mood, and/or behavior.
- A mental health condition is a condition that affects the way people think, feel, behave, or interact with others. There are many mental health conditions, and they have different symptoms that impact people's lives in different ways.
- A substance use condition is usually diagnosed by the continued use of alcohol and/or drugs despite negative consequences that impact your relationships, health or functioning at home, work, or school.
- An individual with at least one mental health condition and one substance use condition is said to have a co-occurring condition. Individuals with co-occurring conditions are vulnerable to relapse and a worsening of symptoms. The integration of treatment for co-occurring conditions 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 of any condition can help you feel and get better and prevent a condition from getting worse.

What is behavioral healthcare?

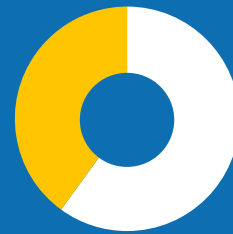
Behavioral healthcare is a combination of treatments and supports tailored to fit the needs of each individual and can be provided in person or virtually (telehealth). This can include counseling, medication, assistance with getting or keeping a job or housing, as well as educational, social, and emotional 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.

[SAMHSA Young Adults](#): resources available on behavioral health issues you may be experiencing.

FACTS ABOUT BEHAVIORAL HEALTH AND YOUNG ADULTS



ONE-FIFTH OF YOUNG ADULTS AGES
18-24 HAD A MENTAL HEALTH
CONDITION IN THE PAST YEAR



2/5 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.

One in four of individuals that are homeless in RI, have a serious mental health condition.

([NAMI](#))

MHA Lakeshore's [Mental Health Adulting Handbook](#) is a reference guide that addresses identity, self-care, relationships, mindfulness, homesickness...

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 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.

Know the 5 Signs of Emotional Suffering

Join Rhode Island's Pledge to [Change Direction](#).

SAMHSA's [Understanding BH Benefits](#)



TAKE CHARGE BY KNOWING YOUR RIGHTS*

You have the right:

- To receive equal and nondiscriminatory treatment
- To be fully informed and participate in decisions regarding treatment and services
- To be treated with dignity and respect for your privacy and confidentiality
- To question your mental health services through a formal process
- To request information about the professional experience, training, and credentials of your provider
- To change providers

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 OF YOUR MEDICAL DECISIONS

How can you take charge?

- Know your treatment goals identified in your treatment plan
- 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-you may need to share it
- Learn how to stay healthy, prevent illness, and maintain good health

* A full list of your rights can be found in the [Rules and Regulations for the Licensing of Behavioral Healthcare Organizations](#)

What Happens When I Turn 18?

AS A CHILD	AS AN ADULT
MAKING APPOINTMENTS	
Parent, guardian or social worker may schedule your appointments.	You schedule your own appointments. You can invite others to attend with you.
GETTING TO APPOINTMENTS	
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.
KEEPING APPOINTMENTS	
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.
PAYING FOR SERVICES	
Parents/guardians are responsible for payment for services.	You are responsible for payment together with insurance when applicable.
TALKING TO DOCTORS	
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.
SHARING HEALTHCARE INFORMATION	
Up to your 18 th 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 14 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, refer to page 19.

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, refer to page 14.

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, refer to pages 12, 15, 17, and 21.

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 18TH AND 21ST 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 18th 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. Refer to page 11 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 an Intellectual and/or Developmental Disability, or who do not achieve permanency, and who are or were open to DCYF and in foster care on their 18th birthday due to abuse, neglect or dependency up to their 21st 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 26th 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 2, 7, 18, 21, and 24.

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, refer to page 14.

3

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

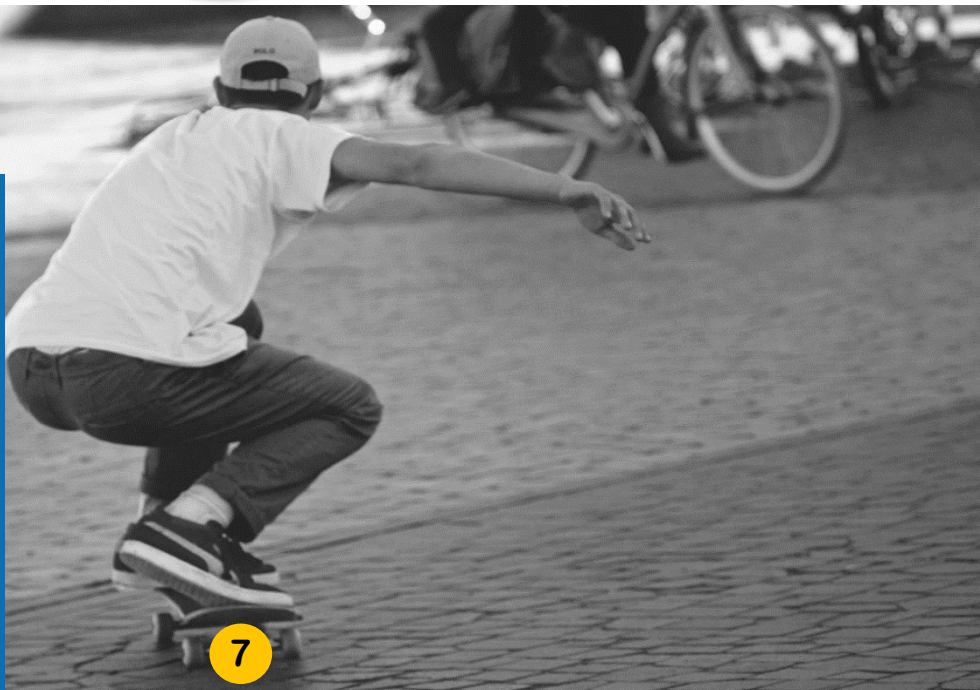
FIND NEW PROVIDERS

If you need more information about finding adult behavioral healthcare providers, refer to pages 12, 15, 17, and 21. 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 AN INTELLECTUAL OR DEVELOPMENTAL DISABILITY...

The Division of Developmental Disabilities (DDD) at BHDDH oversees eligibility and services for adults with intellectual and/or developmental disabilities. If you have an intellectual or developmental disability (I/DD), start discussing whether you will apply for services before you leave school. You should apply for services 2 months prior to your 17th birthday. It is up to you whether you choose to disclose a behavioral health issue when applying for DD services.

APPLY FOR ELIGIBILITY

You can receive an application by calling (401) 462-3421 or download it from the [BHDDH website](#). You will receive a confirmation letter from BHDDH after your application is received. Your completed application will be reviewed within 30 days.

Call (401) 462-2629: [BHDDH's 24/7 QA Hotline](#) to report suspected Mistreatment, Abuse, Neglect, and Exploitation (MANE) cases regarding individuals who have a developmental disability, individuals with a disability, and/or individuals with a disability within the ages of 18-59 living in the community.

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. Refer to pages 12, 15, 17, and 21. 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
- [Access the Transition Timeline for Caregivers and Youth.](#)

If you are found not eligible for services and would like an administrative review of that decision, send a written request for review, within 30 days of receiving your decision letter, to the attention of Cynthia Fusco, Division of Developmental Disabilities, 6 Harrington Rd, Cranston, RI 02920-3080 or send email to

cynthia.fusco@bhddh.ri.gov



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 24, 25, and 26 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. Forms and more information can be found on the RI Department of Health [website](#).

FINANCIAL

If you cannot manage your Social Security or VA disability benefits, you can direct the Social Security Administration (SSA) 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 and will help you manage your funds, which will 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.

You may want to go through a more formal Decision-Making Process as defined by the Supported Decision-Making Act: [RIGL 42-66.13](#). 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.

Call (401) 462-2629: [BHDDH 24/7 QA Hotline](#) to report suspected Mistreatment, Abuse, Neglect, and Exploitation (MANE) cases regarding individuals who have a developmental disability, individuals with a disability, and/or individuals with a disability within the ages of 18-59 living in the community.

For more information on shared decision making, guardianship and more contact the [Disability Rights Rhode Island](#): Call (401) 831-3150 or TTY: (401) 831-5335.

Finding Employment or a Career

Working is good. Finding a job can add to the quality of your life. Earning money can help you live a healthier, more full life. It can help you get an apartment, buy a car, buy clothes, do entertaining things with your friends, go on trips, just to name a few. You may need special skills for some jobs or careers. Most jobs require a High School Diploma or GED, and others may require specialized training or a college degree. Depending on your interests, you may want to attend a technical high school to get training or a certificate in a trade like plumbing, electricity, hair dressing, or childcare. You may want to attend a job training program like Job Corps or college to get a degree so you can teach, become a nurse or other healthcare provider, become an accountant or a scientist. The Americans with Disabilities Act (ADA) requires employers provide reasonable workplace accommodations.

Training or Education

Need to get your High School Diploma or GED? Find information of [available programs](#).

Want to go to College? See [College Planning Center](#).

Want to learn a specific trade? Job Corps provides free training for 16–24-year-olds. [Enroll online](#) or call 1-/800-733-JOBS. They will help you get your GED or HS Diploma. [FAQ](#)

If you are in Middle School or High School, [Prepare Rhode Island](#) can provide you with the advanced skills you will need for in-demand jobs.

The Providence Public Library offers education and classes including free opportunities in [workforce training](#), the [Teen Squad](#), and [technology classes](#).

The [RI DLT](#) provides access to job training programs.

Families can help prepare their children for the workforce. Read this [Issue Brief](#) for things parents can do to learn more about employment issues.

[Goodwill](#) of Southern New England and [Employ RI](#) both have resources for employment and trainings.

[Tools](#) for exploring your educational options.

BHDDH supports [Employment First](#), resources for creating an employment plan and for community-based employment services.

Finding Employment

Use the people you know to find employment opportunities. Visit your School Counseling or Career Center. Volunteer somewhere to get experience. Go online: [Shagajob](#) [ZipRecruiter](#) [CareerOneStop](#) [Indeed](#) [LinkedIn](#)

[Job Search Tips for High School Students](#) ([thebalancecareers.com](#))

[PACER](#) Preparing Youth for Employment Success

[RI Reconnect](#) will connect you with a job navigator.

The RI Department of Labor and Training has “[Jobs and Training](#)”, [Back to Work RI](#), and Apprenticeships

[RI Navigator](#): career and employment resources.

Have you been in Foster Care at least one day after 14 and are 26 or younger? Check out [Work Wonders](#).

[Vocational Rehabilitation Program](#) at ORS



Applying for a Job

- Prepare your [resume](#) and [cover letter](#).
- Learn about the company-think about why you want to work there.
- Invest in interview clothes. You want to look professional. [Dress for Success Providence](#) has resources for women.
- Check out these videos [Videos of getting a job](#) or [Prepare for the interview](#).
- US Department of Labor: Prepare, apply, maintain a job [resources](#)

Keeping a Job

- Arrive at work on time
- Dress Appropriately for the job/environment
- Stay focused on your job
- Avoid confrontations with co-workers or customers
- If you have a disability, decide if you should share this information and plan how you will share this information. ([Disclosing a disability](#))

What is Supplemental Security Income (SSI)?

Supplemental Security Income (SSI)

SSI is a Federal program administered by the Social Security Administration (SSA), that provides Medicaid coverage and monthly cash payments to eligible individuals who meet both income and disability criteria. Eligibility criteria for children under 18 is different from that for adults 18 and older, a “[redetermination](#)” must be done before you turn 18 to see if you qualify for benefits as an adult. About 1/3 of eligible youth are found ineligible as adults.

Adult Eligibility (18 and older)

At 18, your income and assets, not those of your parents, are used to determine income eligibility. You must meet the adult criteria for disability as defined by SSA. Disability is defined as having a medically determinable physical or mental impairment which results in the inability to do any substantial gainful activity that has lasted or can be expected to last for at least 12 months.

If you are found eligible, [SSA](#) starts paying your benefit amount and you are eligible to receive Medicaid coverage. If you are found ineligible, you can file an appeal.

You can work while receiving SSI

SSA encourages youth to work! There are many work incentives available, including the Student Earned Income Exclusion. 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).

Refer to Making Decisions page 9.

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](#). SSA provides information in other languages, [for more information](#).

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 that can be downloaded from the link above.

SSI Work Incentives Resources

SSA has many [resources](#) available in English, Spanish, other languages, and audio. [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

The Sherlock Center at Rhode Island College provides public Information Sessions on both SSI and SSDI Work Incentives. Dates, times, and registration instructions are available on its [website](#).

How Do I Find Behavioral Health Services?

Types of Behavioral Health Providers and Peer Supports



Psychiatrists

Physicians who diagnose mental and substance use conditions, 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 conditions. 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 health conditions.



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 lived experienced with mental or substance use conditions and are in recovery. They can teach you about the healthcare system, provide emotional and social support to 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. They might provide services on site, in the community or offer telehealth services. An important step to getting behavioral healthcare is finding a provider. Check with your insurance company to be sure they accept your insurance and are an in-network provider. There are different ways to do this:

- 1 Discuss with your Primary Care Provider ([PCP](#)). They may be able to screen and provide treatment or referral assistance to a specialty provider.
- 2 Ask family, friends, or a trusted person in your community for suggestions and recommendations.
- 3 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.
- 4 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.
- 5 If over 18 go to [BH Link](#). If under 18 call Kid's Link, a behavioral health triage services and referral network: 1-855-543-5465.
- 6 Substance Use and Mental Health Leadership Council of RI ([SUMHLC](#)) directory of mental health and substance use treatment providers:
- 7 BHDDH provider directories:
[Licensed SUD Treatment Providers](#)
[Licensed Mental Health Providers](#)
- 8 Go to [Zencare](#), a web-based referral service for the RI providers.
- 9 Contact the [Interfaith Counseling Center](#)
- 10 Call or visit your college's health services or counseling center.
- 11 If you do not have insurance: [RI Free Clinic](#) [Clinica Esperanza](#) [Dorcas International Institute](#) [Find Free or Income Based Clinics](#)

What is Telehealth?

Telehealth may be an option for you to receive counseling and other services in the comfort and privacy of your home or elsewhere by live video, phone or other uses of technology. Since the COVID-19 pandemic, more providers are offering telehealth as an alternative to going into an office or other clinical setting and more insurances are paying for this option. The same confidentiality laws for in-person appointments apply. If interested, check with your provider to see if this is an option for you. Counseling via text is available but is not covered by insurance.

Is Telehealth for You?

Does your provider do telehealth?

Does your insurance cover telehealth?

Do you have what you need to **participate** in a telehealth appointment?

What if you don't like telehealth?

Preparing for Your Appointment

- Make sure your provider or provider agency is licensed in Rhode Island
- Check to see if you have the right device, the software or the necessary app is installed, and that your internet connection is working
- Log in early, about 10 minutes before the scheduled appointment, to test your device and connection.
- Write down any questions you have for your provider

During Your Appointment

Is your space private?

Do you have a safe word to alert your provider that your situation is not safe or secure?

Stay focused-do not be tempted to check your phone or other social media.

BENEFITS

- Services are provided in the privacy and comfort of your selected setting
- Services can include therapy (individual, group, family), medication management, evaluations
- You do not have to worry about how to get to an appointment
- It's usually more flexible and easier to schedule
- If you don't like telehealth, you can ask your provider for in-person meetings

FOR YOUR INFORMATION

- Be prepared to pay a co-pay for this service if applicable
- You need to have an appropriate device
- You may need to have the internet
- You may not have a private or secure setting that allows you to have a safe/private session
- It may not work for you

HOW DO YOU FIND IT?

- Ask your doctor or check with your health insurance plan
- Ask someone: friend, family member, teacher
- Refer to page 2: How to find Healthcare Providers

RESOURCES

National Federation of Families [COVID-19 Resources](#) for Parents, Families, and Youth
Tips for preparing for a telehealth appointment: [English](#) or [Spanish](#)
Learn more about [telehealth](#) and Resources for [Free Laptops](#)
The Rhode Island Parent Information Network [Telehealth Resources](#)

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) 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 ([RI 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 met the income criteria. You may also qualify if you have a disability.

Tricare

[Tricare](#) is the health insurance available to veterans, dependents, and active-duty service members and their families. Honorably discharged veterans may receive services through the [Veteran's Administration](#).

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. Call (855) 840-4774 Monday through Saturday from 8:00 am - 7:00 pm.

No Insurance

Contact the following if you do not have insurance. Each offers special programs: [Find Free or Income Based Clinics](#) [Clinica Esperanza](#) [RI Free Clinic](#) [Progreso Latino](#) [Dorcas International Institute](#)

What is health insurance?

Health insurance helps pay for healthcare services like office visits, annual check-ups, other treatments... Health insurance helps protect you financially if something unexpected happens. It may also cover services to keep you healthy or to 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 services. These may be provided in person or through telehealth and include:

- Services provided by providers like psychiatrists, psychologists, social workers, registered nurses, and counselors
- Treatments like psychotherapy, counseling, medication, and substance use treatment
- Hospital or emergency room visits
- Preventive services like screenings for alcohol use or depression are covered at no cost under most health insurance plans
- Pre-existing conditions like diabetes, obesity...

What costs do you still have to pay when you have insurance? These depend on your insurance and do not apply to Medicaid.

- **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. Does not apply to Medicaid.
- **Premium expenses:** the amount of money you pay your insurance company for your plan. Premiums are usually paid monthly. Does not apply to Medicaid.
- **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 18 and older and working and have a disability, you may be able to purchase Medicaid coverage through the [Sherlock Plan Medicaid Buy-In](#). 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. To apply call 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

Any student experiencing a crisis or hardship may apply through the Office of Student Life for a medical withdrawal, leave of absence, or "Incomplete". Do not hesitate to talk with someone on campus!

[Transitions ACR College Accommodations](#)

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. FMI: [College Planning Guide for Students with MH Disorders](#).

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 its policy.

Where can I find services and other supports?

- Check your college website to find its counseling center, health services, disability services, and office of student life. Most college counseling centers provide free therapy visits.
- Go to [BH Link](#) or call 988.
- To find behavioral health providers, refer to pages 2, 7, & 21.
- [ULifeline](#) is an online college resource that provides information about behavioral health issues and professional resources on campus.
- [Active Minds](#) is a student-run organization dedicated to raising mental health awareness among high school and college students. RI Chapters include Brown, Bryant, Providence College, URI, and RIC.
- [Project Lets](#) is a Peer Support model available at some schools, including Brown and RIC.
- [Jed Foundation](#) Mental health resources and help for youth and young adults. Text "Home" to 741-741
- The Office of Rehabilitation Services ([ORS](#)) might provide services to eligible students.
- [Brain Injury Association of RI](#) for those with a traumatic brain injury

GETTING BEHAVIORAL HEALTH ACCOMMODATIONS ON CAMPUS

- 1 Set up a meeting with your school's disability services center/access center/office of accommodations. Bring someone with you.
- 2 Bring to your meeting documentation from a recent evaluation done by your doctor or psychiatrist about your behavioral health condition.
- 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 accommodations, you must provide a copy of your accommodations letter to each instructor every semester.
- 6 Working with the school, your accommodations can be revised.

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. The CMHCs provide various behavioral health services including 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 support. 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, see map below. As a RI resident, you may access services at any CMHC. For more information about location and hours of operation for each Center, refer to page 16. Residents of any town can access services at Fellowship Health Resources, which provide behavioral health services for individuals with mental health and substance use conditions. If you are experiencing a non-life-threatening behavioral health crisis, call 988 or go to [BH Link](#) or call any Community Mental Health Center. For after-hours emergency treatment: call 988 for behavioral health or 911 for medical emergencies, including overdose. See other options on pages 21, 22 and 24.

Community Care Alliance

- Burrillville
- Cumberland
- Lincoln
- North Smithfield
- Woonsocket

Gateway Healthcare (Johnston)

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

Thrive Behavioral Health (formerly The 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

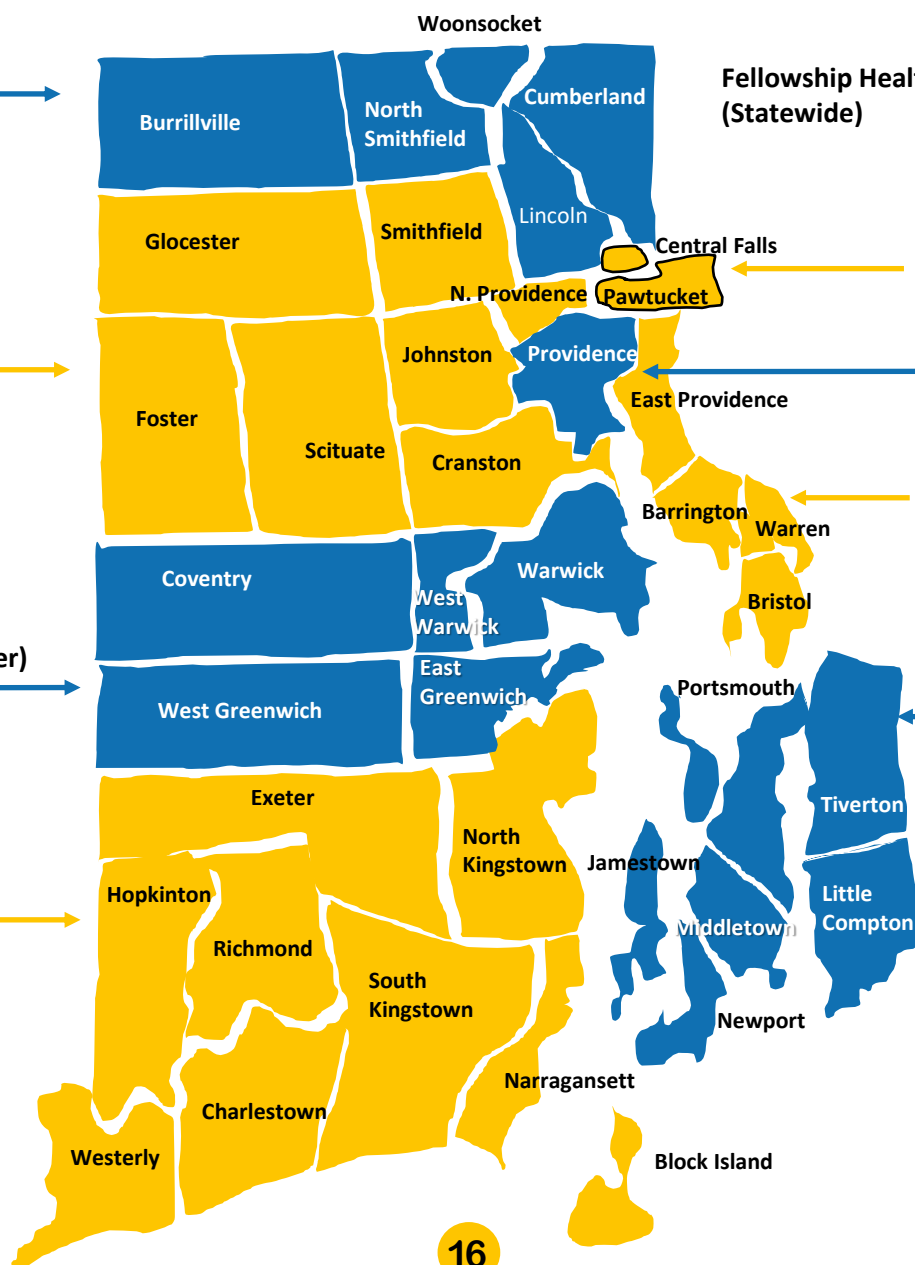
- Providence

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*
Community Care Alliance	800 Clinton Street (1 st floor), Woonsocket	235-7121	235-7120	Monday-Friday 8 am – 2 pm	Route 87 Cumberland@ Clinton
Gateway Healthcare (Johnston)	1443 Hartford Avenue, Johnston	273-8100	273-8100	Monday-Thursday 9 am – 2 pm	Route 28 @ 1481 Atwood
Thrive Behavioral Health (formerly The Kent Center)	50 Health Lane, Warwick	732-5656	738-4300	No walk-in hours; call to schedule an appointment	Route 29@ Kent County Hospital
Gateway Healthcare (Charlestown)	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
Newport Mental Health	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
East Bay Mental Health	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
The Providence Center	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
Gateway Healthcare (Pawtucket)	101-103 Bacon Street, Pawtucket	273-8100	723-1915	Monday-Thursday 9 am – 2 pm	Route 80 Columbus Avenue @ Memorial
Fellowship Health Resources, Inc.	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 22.

Medicaid benefit: Medicaid covers non-emergency medical transportation. To request a ride, call 1-855-330-9131.

* Flex buses are available by appointment. [RIPTA](#) Call 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 is a Mental Health Condition?

At some point in our lives, we may go through a change in emotions and behaviors. When these changes interfere with your daily functioning, this may be a sign of a mental health condition or illness. The origin of many mental illnesses are biological and not within your control. The average age when most people experience a serious mental illness for the first time is usually in their mid 20's. If you are experiencing a mental illness, you may start to act differently. You might notice a change in your sleep or appetite, you might withdraw from social situations you might normally participate in, you might not want to leave your home, you might change your hygiene practices like stop taking showers or you might start arguing with friends and family for no apparent reason. You might turn to or begin to use substances like alcohol, tobacco, weed, or other drugs to help you cope. Taking legal or illegal drugs is not effective and might worsen your symptoms. For more information: Mental Health America [Self Screening Tools](#) and JED Foundation resources [Taking Care of Your Mental Health](#).



Asking for help early can help reduce the impact a mental health condition or disorder has on your life for work, school, socializing, and maintaining or developing new relationships. Asking for help is sign of strength not weakness! This process begins with HOPE – the belief that recovery is real, and that people can and do overcome the challenges of mental illness to have a better life. ([SAMHSA Recovery](#))

COMMON MENTAL HEALTH CONDITIONS		TAKE CHARGE!
Anxiety Social Anxiety Panic disorder Depression Seasonal Affective Disorder Eating Disorders ADHD Post Traumatic Stress Disorder (PTSD) Borderline Personality FACT SHEETS	DON'T LET YOUR STRUGGLE BECOME YOUR IDENTITY. THERE IS HOPE IN RECOVERY!	Things you can do <ul style="list-style-type: none">• Learn about your condition• Reach out to family and friends• Keep your primary care physician/provider updated• Follow your treatment plan• Practice self-care<ul style="list-style-type: none">Get regular physical activityEat healthy foodsDevelop/cultivate meaningful relationshipsFind a supportive circle of friendsLearn a trade Refer to Pages 1, 10, 25, 26 and 27.
SERIOUS MENTAL ILLNESSES		
Major Depression Bipolar Disorder Schizophrenia		

There are effective treatments and strategies to manage the early symptoms of a mental illness. The National Institute for Mental Health offers brochures and fact sheets on mental health illness available in [English](#) and [Spanish](#), including information on depression, anxiety, and ADHD. The Substance Abuse and Mental Health Administration ([SAMHSA](#)) also offers materials on mental illness and on its [Young Adults page](#).

Experiencing an Addictive Behavior?

Activities that may be considered normal may become unhealthy or addictive if they are causing negative consequences that impact different areas of your life. It is possible that these behaviors may develop overtime and you may not be aware of the negative impact on your life. Continued or excessive engagement in these activities can cause damaged relationships with friends and family, significant loss of money or possessions, legal problems, negative impact on your school or work performance, or even detrimental changes to your health and well-being, including thoughts of suicide. Addictive behaviors include gambling, online or social media, gaming, exercising, sexual behavior, and eating.

You might have a problem if you:

Think about the activity all the time.

Engage in the activity instead of going to school or work.

Engage in the activity instead of hanging with family or friends.

Hide or lie about engaging in the activity.

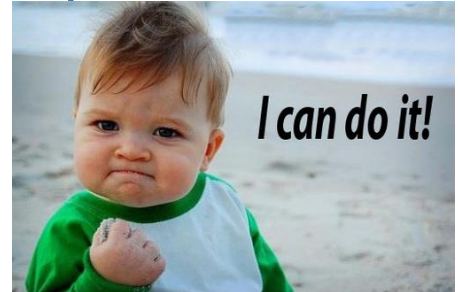
Spend, borrow or steal money you can't afford on the activity.

Feel ashamed, anxious, guilty or depressed over engaging in the activity.

Become restless or irritable when you attempt to cut down or stop.

Answering yes to any of these might indicate that you should seek help. Asking for help is a sign of strength! You can gain back control by seeking treatment.

Refer to page 7 for treatment options



Behaviors that Can Become Addictive

Gambling

Call Problem Gambler's Helpline:
1-877-9Gamble or 401-499-2472

Internet

Call 24/7 for Free Confidential Help:
1-800-926-9037

Exercise:

Have you ever worked out even if it caused physical harm?

Shopping

Have you ever engaged in binge shopping or bought things you don't need and can't afford?

Sexual

Have you ever obsessed over sexual thoughts and fantasies or engaged with multiple partners?

Eating

Common eating disorders include anorexia nervosa, bulimia nervosa, and binge eating. These can lead to serious health issues-even death.

Call or contact the [National Eating Disorders Helpline](#)
Call or Text: 1-800-931-2237 [On-Line Chat](#)

Gaming

The excessive use of video games that negatively impacts your life.

Individual and Family Support

Joining a support group can help you avoid feeling isolated and alone in your struggle, regain control of your life, learn from others who've experienced the same or a similar struggle, meet with people who won't judge you, talk openly about your experiences and feelings, relieve stress, anxiety and depression, and give you a new perspective on your habits. There are also groups for your friends and families that can support them as they learn to support you.

[Gamblers Anonymous](#)
[Debtors Anonymous](#)
[Spenders Anonymous](#)
[Stopping Overshopping](#)
[Helping a Loved one](#)
[Starting the Conversation](#)
[Virtual Recovery Groups](#)
[MHA Resources](#)
[Al-Anon/Alateen](#)

What is a Substance Use Condition?

Substance use conditions and symptoms: A substance use condition is usually identified by the continued use of alcohol and/or drugs despite negative consequences that impact different areas of your life such as finances, relationships, school, work, legal, mental health, medical or spiritual. A substance use condition is when you continue to drink or use drugs despite negative consequences. Use 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. The coexistence of a mental health condition with a substance use condition is referred to as a co-occurring condition, 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 while pregnant. Do you think you have a problem? Take this [Self-Screener](#).

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 from alcohol or benzodiazepines should be under medical supervision to detoxify.

Types of substances that can be misused:

Alcohol, Cannabis, Tobacco, Opioids, Benzodiazepines, Stimulants and Hallucinogens

Alcohol misuse : 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 misuse: persistent smoking, including vaping nicotine (e-cigarettes), can damage nearly every organ in your body. Potential consequences can include lung cancer, respiratory conditions, heart disease, stroke, or other illnesses, and can cause tolerance and withdrawal symptoms.

Opioid misuse: includes both illegal use of prescribed pain medications or those bought on the street. These drugs include heroin, fentanyl, oxycontin, Vicodin, and Tylenol with codeine. Continued misuse can lead to serious health problems such as severe tolerance and withdrawal symptoms and even death.

Stimulant misuse: 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) misuse: 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 or psychosis symptoms.

Inhalant misuse: sniffing glue, huffing and other types of inhalant use can cause short-term and long-term health problems like respiratory failure, seizures, choking, liver or kidney damage, and even death. This includes use of aerosol sprays, cleaners and other household chemicals.



Hallucinogen misuse: 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 or behaviors, paranoia and violence.

Benzodiazepine (Benzos) misuse: Benzos include valium, Xanax, Klonopin, Ativan, Halcion, and Serax. They 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.

Refer to page 21 for types of Substance Use treatment and how to find resources and 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 or Problem Behavior Treatment?

Types of Treatment and Recovery Resources

[BHDDH](#) maintains a list of licensed detoxification, outpatient, and residential treatment providers, including COE for Opioid Disorders and [self-help groups](#).

[The Substance Use and Mental Health Leadership Council of RI](#) maintains a list of mental health and substance use treatment providers on its website.

[Detoxification Treatment](#): Programs provide medically supervised outpatient or residential detox treatment.

Outpatient Treatment: Treatment is provided in an outpatient setting and can include individual and/or group sessions.

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

Residential Treatment Programs: Offer substance use therapies and participants stay overnight.

Medication-assisted Treatment (MAT): Treatment includes therapy and the use of medication like suboxone, naltrexone, or methadone. This includes services through the Centers of Excellence (COE) for Opioid Disorders.

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 may save your life or the life of a friend.

Peer-to-peer support and recovery centers: [Peer support and recovery centers](#) provide support to individuals in recovery from people who are in recovery from a substance use or co-occurring condition.

RICARES: [RICARES](#) is a grassroots alliance of people in recovery.

Recovery Housing: [Recovery Housing](#) is safe, sober and healthy housing available for individuals 18 or older.

Get Treatment for [Problem Gambling](#): a Network of Comprehensive Resources: Helpline: 401-499-2472

Get Treatment for [Problem Eating](#)

Get Treatment for [Video Gaming/Internet](#)

BH Link : Call 988 or visit: 975 Waterman Avenue, East Providence RIPTA Route 34 (Seekonk). Triage and treatment services are available 24/7 for adults 18 and older.

[Prevent Overdose RI](#) is dedicated to stopping the Opioid epidemic, resources are available for families, providers, and emergency personnel. Call 942-STOP 24/7.

[The RI Community Mental Health Centers](#) provide substance use and co-occurring treatment.

Virtual Recovery Programs: find [virtual recovery resources](#) like AA, NAMI...

SAMHSA's National Substance Use [Treatment Locator](#): enter your zip code to find a provider near you.

[RI Regional Prevention Coalitions](#): provide substance use resources including [Raising Healthy Teens](#), parent resources, and tool kits.

What to look for and what to avoid when searching for a [drug treatment program](#).

What questions to ask when searching for a [substance use treatment provider](#).

[Drug Facts Challenge](#): Jeopardy-style game of drug facts.

[RI Prevention Resource Center \(RIPRC\)](#): Information and resources on e-cigarettes, marijuana, and [drinking](#)

[Growing Up Drug Free: A Parent's Guide](#) includes risk factors for youth, descriptions of substances...

[Get Smart About Drugs](#): a federal website resource for parents, educators and caregivers.

SAMHSA's [Talk They Hear You Campaign](#) for Parents (learn how to talk with your child about drugs.)

[7 Challenges](#) outpatient program for youth and young adults 12-25 diagnosed with a substance use or co-occurring disorder.

What If I Have a Crisis?

A crisis may occur when you are feeling overwhelmed, and your coping strategies are not working, or 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. Do not ignore these feelings. Get in touch with someone who can help you. If you or others are in immediate danger, call 911 immediately.

Coping strategies include things you can do or say to help you get things under control. They can include taking deep breaths, talking through what's bothering you, talking with someone, doing something healthy like exercising, eating or making something healthy, or creating something! Refer to Wellness page 9 for more ideas.

Do something when you start to feel anxious, fearful, panicky, angry, overwhelmed, afraid, or out of control.



If you are in a Behavioral Health Crisis Call or Text 988

Call or go to RI's 24/7 BH Link

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

Located at: 975 Waterman Avenue in East Providence

RIPTA Bus Route 34

Refer to hotlines and other resources on page 24

Reach out to someone who can help. This can include:

- Call your doctor
- Call 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 or other BHDDH licensed provider: [Mental Health Providers](#) or [Substance Use Providers](#)

Call or Text other Programs

- [Trevor Project](#) Lifeline-specific for LGBTQ young people under 25: 1-866-488-7386
- [Veteran's Crisis Line](#) Call 988 and press 1, or text 838255
- [JED Foundation](#): text HOME to 741-741 for a free confidential conversation with a trained counselor 24/7. Click here if you are experiencing [Suicidal Thoughts](#)
- [National Teen Dating Abuse](#) Helpline: 1-866-331-9474 or text "love is" to 22522 24/7

Refer to [After an Attempt](#), a guide developed by and for family members whose loved one attempted suicide.

Psychiatric Hospitalization

The information on this page refers to laws in effect for adults 18 years and older. They have been created to protect you and your rights if you are admitted for inpatient psychiatric hospital level of care. We have provided a brief description of each, click on the links to see the full law for each types of admission.

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 into 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. You should receive notice of your rights.

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 Community Mental Health Center (CMHC), or mandatory treatment by a CMHC while you live in the community.

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 401-462-2629, the 24/7 [Quality Assurance Hotline](#) at the Department of Behavioral Healthcare, Developmental Disabilities, and Hospitals (BHDDH).

A safety plan should be developed before you are discharged, this should include what you should do in a crisis. Most hospitals will discharge you with referrals, or with actual appointments at a community mental health center in your area.

Discharge: What to Expect

Discharge Planning

Every hospital has staff they call "Discharge Planners". It is their role to work with you to provide you with paperwork that includes discharge contact information and appointments. Please make sure all your questions for follow up are answered before you leave the hospital.

Elements of a Discharge Plan

- Contact Information and dates and times of appointments for after you leave the hospital.
- Your discharge plan should include medications prescribed for you and how to get these medications on the date you are discharged.

Who can help you with your discharge?

- A friend, family member, or a healthcare provider who have signed releases to participate in your follow up care.
- For any concerns about your rights on follow up care, call the Mental Health Advocate: 462-2003

THINGS YOU SHOULD KNOW:

Court Orders

Court orders can be issued 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. Most patients are represented by the Mental Health Advocate, and hospitals are represented by an attorney from BHDDH at these Mental Health Court hearings.

Hotlines and Other Resources

Get Help Now

Please call 911 if you are experiencing a life-threatening emergency.

Call or text 988 for a non-life threatening behavioral health crisis.

RI's Hope and Recovery Line 24/7: 942-STOP

[SAMHSA's Suicide webpage](#)

[Trevor Project for LGBTQ Youth 24/7](#); 1-866-488-7386; Text Trevor to 1-202-304-1200
[Trevor CHAT](#)

[Veteran's Crisis Line/Text/Web 24/7](#): (veterans and families): 988 press 1 or text 838255

[NAMI Help Line 800-273-8255](#)

[Narcotics Anonymous Helpline: 1-800-974-0062](#); [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.

[Day One: 1-800-494-8100 24/7](#) RI Helpline for sexual assault victims.

[Alliance to Mobilize our Resistance \(AMOR\) 24/7](#) English and Spanish support line for victims of hate crimes: 401-675-1414

[National Teen Dating Abuse Helpline: 1-866-331-9474](#) or text "love is" to 22522 24/7

[Kids' Link RI: 1-855-543-5465 24/7](#) RI Behavioral Health Triage Service and referral network for children under 18.

Other Resources

[JED Foundation](#): provides information and resources to help teens and young adults. Need someone to talk with? Text "Home" to 741-741.

[Prevent Overdose RI](#): find the latest data on substance use and overdose in Rhode Island. Resources are available for family members, healthcare providers, and others.

[RI Regional Prevention Coalitions](#): Regional coalitions supporting resources and activities for substance use prevention.

[RI Prevention Resource Center \(RIPRC\)](#): provides resources On e-cigarettes, drinking and marijuana use.

[Youth Pride, Inc. \(YPI\)](#): provides a safe space, services, programs, and supports for LGBTQQ young people and their allies. 401-421-5626 [Facebook](#)

[Got Transition?](#) 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.

[BHDDH](#) maintains information on self-help programs and groups, overdose grief support, proper disposal of medications, reducing stigma and advocacy resources, culturally specific resources, and other resources.

[BHDDH's 24/7 QA Hotline](#): Call (401) 462-2629 to report suspected Mistreatment, Abuse, Neglect and Exploitation (MANE) cases regarding individuals who have a developmental disability, individuals with a disability, and/or with a disability within the ages of 18-59 living in the community.

[Naloxone](#): used to prevent an opioid overdose, available at all RI pharmacies-free with Medicaid and possible co-pay with other insurances.

Mobile Resources

[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.

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](#).

[My3 Mobile App](#): Let's you stay connected when you're having thoughts of suicide. Free Apple and Android apps.

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. These can be set up on both [Apple and Android Devices](#).

Staying Connected with Your Friends and Family Virtually

Your everyday life changed during the COVID-19 pandemic. This included the need to maintain safe physical distances or separations from friends and family members. During the pandemic, we found creative ways to stay connected with our friends and families virtually. Here are some strategies to stay connected with others while maintaining a safe physical distance. In addition, you may have done appointments over the phone, tablet or computer (Telehealth) during the pandemic. You may be able to continue to receive services through telehealth. Refer to page 13 for more information on Telehealth. Refer to page 1 for Wellness Activities.

Get on social media –this may be a good way for you to stay connected with your friends and family. It can also have negative effects so make sure you aren't feeling more anxiety by reading other people's posts.

Take advantage of online resources – Many organizations are offering online webinars, tutorials and wellness classes. Check your school's website for ideas. You can also visit national parks, zoos and aquariums via webcam.

Use video chat – Embrace video chat to stay in touch with family and friends. Utilize services like Skype, Facetime, WhatsApp or Google Hangouts.

Check in regularly with friends and family – Whether by phone, text, video, or social media.

Have virtual get togethers – Connect with your friends and family virtually. Take advantage of video chat or other means to have meals together, play games, or watch TV through video.



Make a Plan

Establish regular times to connect with your friends.

Reach out to someone if you haven't heard from them in a while.

Get physical exercise.

Take your dog for a walk.

Call the RI COVID-19 Info Line at 401-222-8022. [RI Resources](#)

Check out [COVID-19 Resources for Families and Youth](#).

Watch for Signs of Stress

Normal reactions to uncertain times are to be expected. Talk with your friends or family.

If feelings of anxiety, worry, or fear continue or increase in intensity talk with your parent or other trusted adult.

If these feeling persist, you should consider contacting your doctor or mental health provider.

Call BH Link if 18 or older: 401-414-5465.

Call Kid's Link if under 18: 855-543-5465.

Explore Something New

[Lumosity Brain Training](#)

[Challenge & Improve Your Mind](#)

[35 Online Games to Play With Friends](#)

[120 Fun Activities for Adults](#)

[Adult Education and GED](#)

[The Learning Connection RI](#)

[Free Smithsonian Online Courses](#)

[Google doc remote activities](#)

[Free Laptops](#)

Local Community Supports

Education Support

Adult Education and GED (General Equivalency Diploma)

The Rhode Island Department of Education offers programs in Adult Education, GED, Workforce Training, and English for Speakers of Other Languages to prepare adults for jobs and career pathways. Provided face-to-face or online. For more information call (401) 222-8948 or [RIDE's Adult Education](#).

[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.

RI Individual Learning Plans (ILPs)

ILPs are customized learning opportunities that must be developed by Local Education Agencies (public schools) 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: go to [RIDE's School Counseling webpage](#).

[College Planning Center](#)

The center provides free college planning services: help with finding colleges, and with college and financial aid applications. Call or visit its website: 401-736-3170.

[Rhode Island Promise](#): Are you just graduating from High School? You are eligible to pursue an associate degrees at CCRI Tuition-free

Employment and Vocational Support

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.

[Back to Work RI](#)

The Department of Labor and Training matches jobseekers and employers through quality employment programs and services. Additional [resources](#) are available, including COVID specific circumstances.

[Prepare Rhode Island](#)

PrepareRI provides RI students with the advanced skills they need for in-demand jobs.

[Governor's Workforce Board](#)

The Governor's Workforce Board provides special employment programs and opportunities for youth and young adults.

More resources for school or employment:

[Providence Public Library](#) [RI Reconnect](#)
[Back to Work RI](#) [RI Navigator](#)

Refer to Finding Employment or a Career Page 10.

Basic Needs

Rhode Island United Way's 211

Call Rhode Island 2-1-1 line for confidential information and referrals related to basic supports and more. The call is free and available in multiple languages. Call 2-1-1 or use [online](#) chat or text.

Rhode Island Community Food Bank

The [Community Food Bank](#) gives food to people in need through a network of agencies statewide.

Health Home Community Resource Guide

This [Resource Guide](#) provides a comprehensive listing of health and human services resources in Rhode Island.

Rhode Island Housing (RIH)

Contact [RIH](#) for information about low-interest loans, grants, and assistance to find, rent, buy, build a home and access to list of affordable housing units. [Facebook](#) page. **Call: 401-457-1234** Toll Free: 800-427-5560 TTY: 401-450-1394 Para Español: 401-457-1122.

RI Coordinated Entry System (CES)

Are you homeless or will lose housing? Contact the RI CES by calling or via its [website](#). 401-277-4316. M-F hours and holidays/weekends hours.

Rhode Island Department of Human Services (DHS)

DHS oversees many public programs that include Energy Assistance, Refugee Assistance, Veteran's Services. Contact [Health Source RI](#) to apply for the medical coverage, Supplemental Nutrition Assistance Program ([SNAP](#)), RI Works, Child Care Assistance Program and others. For more information: [Regional Offices](#) or call **1-855-MY-RIDHS (1-855-697-4347)**

RI Community Action (CAP) Association

The network of CAPs serve all cities and towns in Rhode Island. They provide resources and support you may need. Call or visit its [website](#) for more information: 401-921-4968.

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 [Facebook](#)

Crossroads Rhode Island

Contact [Crossroads](#) ref for referrals to shelters that have available beds for a temporary place to stay for individuals and families in crisis. Call 401-521-2255 or [Facebook](#)

Local Community Supports

Peer Support

Parent Support Network RI (PSN) Provides training on becoming a certified peer specialist yourself: call 401-889-3112.

Peer Recovery and Family Support: There are several Recovery and Community Centers across the state. They provide programs and supports for individuals in recovery.

National Alliance on Mental Illness RI (NAMI_RI)

Local RI chapter provides education, advocacy and hosts classes and free support groups for parents and adults with mental illness to support their wellness and recovery. Call 401-333-3060

Rhode Island Communities for Addiction Efforts

(RICARES) Provides recovery opportunities through community engagement, activism, advocacy, cultural support, support for diverse populations, harm reduction... call 401-475-2960.

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. Call 401-274-2652

Disability Rights Rhode Island (DRRI)

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

Need to contact an advocate for Mental Health?
File a complaint? Find Family Support Services?

For more information

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. Call 401-270-0101

Sherlock Center

Its mission is to promote membership of individuals with disabilities in school, work and the community. Focus areas include inclusions and community membership, transition, workforce and professional development, and self-determination.

Voice: 401-456-8072 TTY via RI Relay: 711

Spanish via RI Relay: 711

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. Call 401-222-4600.

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. Call 401-726-2285.

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 Health and Wellness

Insurance Supports

Rhode Island Parent Information Network Call Center:

You can contact RIPIN's RI Reach Program if you want to get coverage, understand your insurance options, or ask questions. 401-270-0101

Progress Latino: Can help with getting insurance and other resources like WIC, SNAP... Call 401-728-5920

Sherlock Plan: A Medicaid Buy-In 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 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.

Additional Resources

- [Georgia's Healthy Transitions Provider Toolkit](#)
- [Utah's Youth in Transition Service Guidelines](#)
- Rhode Island Parent Information Network's [Connecting the Dots](#).
- Massachusetts's Moving to Adult Life: [PPAL Legal Guide](#) for parents of youth with mental health needs
- The U.S. Department of Health and Human Services' [Roadmap to Behavioral Health](#)
- University of Massachusetts Transitions to Adulthood Center for Research ([ACR](#))-resources and materials available.
- Pathways Research and Training Center (RTC): [Toolkit](#) [Home Page](#) [Products in Spanish](#)
- NAMI Minnesota: [Transitions-supporting a Young Adult with a Mental Illness](#)
- [Best Journey to Adult Life](#)
- [Paving the Way: Meeting the transition needs of young people with developmental disabilities and serious mental health conditions](#)

Youth Organizations

- **Youth Pride Incorporated (YPI):** Located in Providence, [YPI](#) provides free services to LGBTQQ youth and young adults in a safe and accepting environment. Phone: 401-421-5626 or [Facebook](#)
- **Youth MOVE RI** [Facebook](#)
- **National Alliance on Mental Illness, Rhode Island ([NAMI-RI](#)):** Provides support groups and resources.
- **Parent Support Network of RI ([PSN](#)):** Family led organization providing supports and resources to individuals and families with mental illness. Phone: 401-467-6855 or Toll Free: 800-483-8844
- **[Youth Empowerment](#):** Peer-led website is designed to offer support and help to young people through tough times.
- **[Active Minds](#)** is a student-run organization dedicated to raising mental health awareness among high school and college students. RI Chapters include Brown, Bryant, PC, URI, and RIC.



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