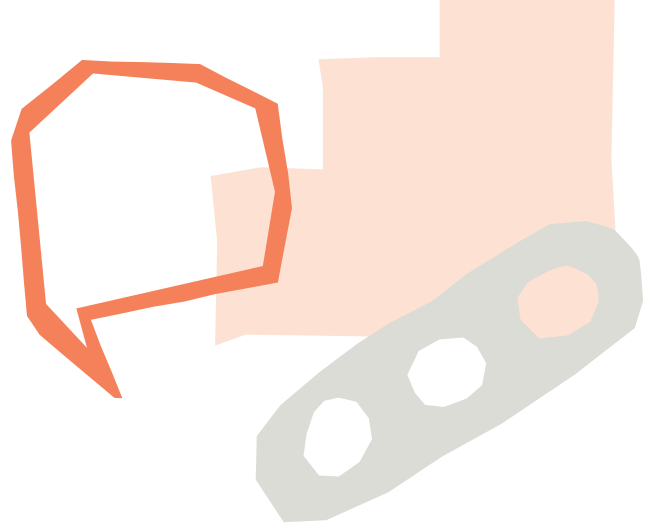


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CHANGING IT UP

Supporting young people to navigate life transitions

Young people navigate changes across a number of life domains, such as finding full-time employment, making new friends and moving out of home. These transitions are inherently connected and often occur at the same time. While these transitions can be positive and rewarding, they can also represent challenging and difficult times with long-term impacts.

Mental health and youth-related strategies acknowledge that young people navigating transitions require focused support. However, there is little understanding about the frequency, impact and supports required. Common transitions for which support could help include moving from school into further education and employment, as well as changes in social circles. There is a need to work with young people to understand their transitions and to address evolving support needs.

Common life transitions

Educational and vocational transitions

Vocational transitions include transitions between primary and secondary school, and secondary school to post-secondary education and/or employment. These can be challenging times for young people, and those with mental ill-health may need focused support during these key transition points. Support provided during these transitions may prevent or minimise lifelong vocational impacts.

Social transitions

Young people note that social transitions are the most difficult changes to navigate. They are often required to navigate change in family dynamics, relationships and friendships. Supporting young people to navigate these changes is often a missed opportunity by mental health services, programs and resources.


Economic transitions

Economic transitions can represent significant change, challenges and new stressors. Economic transitions are often associated with vocational transitions. For example, entering the workforce and becoming financially independent, or beginning post-secondary education and moving out of home. Vocational transitions provide opportunities to better connect young people with broad additional supports, such as financial counselling.


Common life transitions

The common experience of life transitions and varied need for support at different times requires policy solutions that are widely accessible to young people. Understanding young people's needs and experiences will underpin the development of these supports.


Improve transition data, research, guidelines and policy

<p>Addressing gaps in research and data ensures more effective guidelines and strategies for young people navigating transitions. Ongoing data collection and reporting assists policymakers as global trends and changing social norms alter the barriers experienced by young people navigating change.</p>		<ul style="list-style-type: none"> • Develop clinical practice points to support young people navigating change. • Identify the frequency and impact of transitions for young people. • Address gaps in adjustment disorders research. • Ensure government strategies includes a transition focus.
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Develop educational and vocational transition supports

<p>Educational and vocational transitions are highly connected to social and economic changes, such as financial independence and moving out of home. In addition to building mentally healthy environments that support young people, these transition points provide opportunities to connect young people to resources and supports for a number of broad transitions.</p>		<ul style="list-style-type: none"> • Support transitions in improvements to the National School Reform Agreement. • Include transitions in guidelines for teacher professional development and social and emotional school programs. • Develop and fund a Post-Secondary Education Transition Support package. • Develop mentally healthy workplaces with a focus on youth transitions.
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Incorporate online supports

<p>A number of digital resources and navigation platforms exist for young people who need support. These platforms should be augmented to focus on the needs of young people navigating change, and should assist in connecting young people to broad services that address their needs during times of change.</p>		<ul style="list-style-type: none"> • Support transitions on the Head to Health platform. • Develop online youth support navigation platforms.
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Orygen acknowledges the Traditional Owners of the lands we are on and pays respect to their Elders past and present. Orygen recognises and respects their cultural heritage, beliefs and relationships to their Country, which continue to be important to First Nations people living today.

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