YouthCare
HealthChoice Illinois

Supporting the Journey to Adulthood

Helping youth in care build skills, relationships, and confidence for a successful transition



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The Transition Is More Than a Birthday

Adulthood does not begin all at once.

- Physical and behavioral health
- Housing and independent living
- Education and employment
- Transportation and finances
- Adult systems and coverage
- Supportive relationships



Early planning creates time to practice, adjust, and build confidence.

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What Is YouthCare a2A?

adolescence-to-Adulthood

Specialized transition support for youth ages 17–21



Assess

Annual youth-focused assessment

Plan

Individual goals from strengths and needs

Build Skills

Practice healthcare and daily living skills

Connect

Healthcare, Social Supports, Community Resources

Transition

Plan for adult services and coverage

2025 Program Engagement

21% Increase in assessment engagement from 2024

74% Youth with greater care needs engaged at age 20

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Whole-Person Transition Planning

The youth's goals connect the plan.

Physical and behavioral health

Healthcare self-management

Housing and independent living

Education and employment



Youth's goals

Transportation

Community resources

Self-advocacy

Decision-making

Supportive adults

Family, friends, and trusted people

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The TIP Model at a Glance

Transition to Independence Process

Doing WITH, not doing FOR

A way of working with young people,
not doing transition planning for them.

Discover strengths and motivators

Let youth goals guide the work

Practice real-life skills

Grow choice and ownership

Build a dependable safety net

Track outcomes

Support and coaching — **Confidence and self-direction**

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What Advocates Can Do

Ask. Listen. Practice. Connect. Follow Through.



Ask

Youth-defined adulthood and success

Listen

Youth voice in meetings and plans.

Practice

Small steps and real-life practice.

Connect

Trusted adults, a2A, Countdown to 21, Care Manager.

Follow Through

Flag gaps early. Revisit the plan.

Start early. Center youth goals. Practice real-life skills.
Keep trusted people connected

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Thank you!