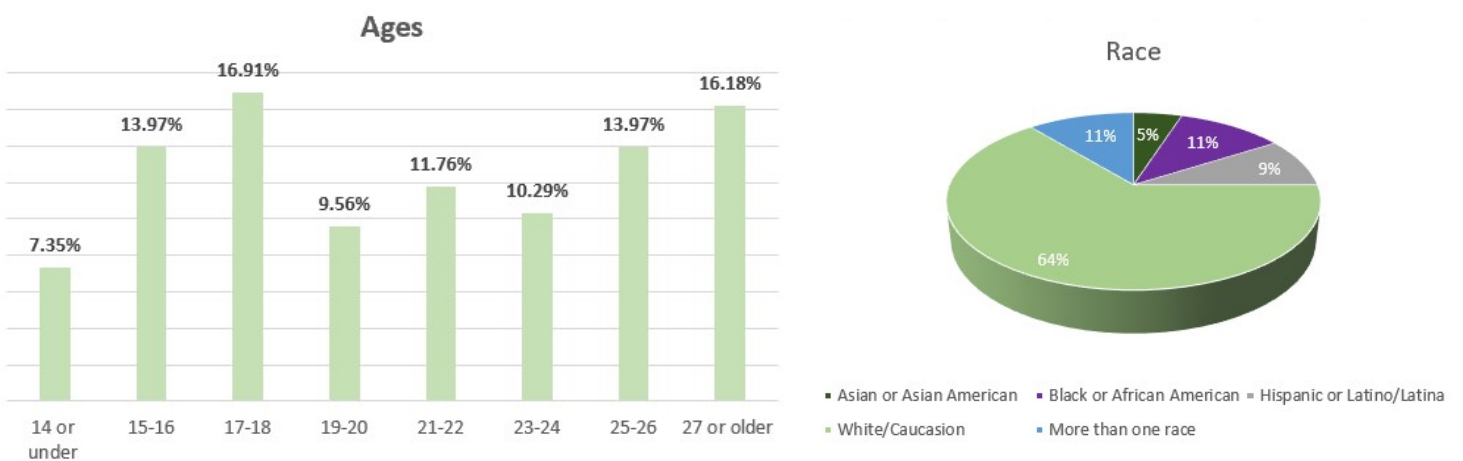


What Youth and Young Adults Shared

Overview: The transition into adulthood is a crucial time. During this time, youth and young adults need support systems, advice, and health care guidance to help them get through. In 2020, Parent/Professional Advocacy League (PPAL) and Youth MOVE Massachusetts surveyed 136 youth and young adults (ages 14 to 30 years) about the role of their families during these years. A parallel survey for parents was also conducted.



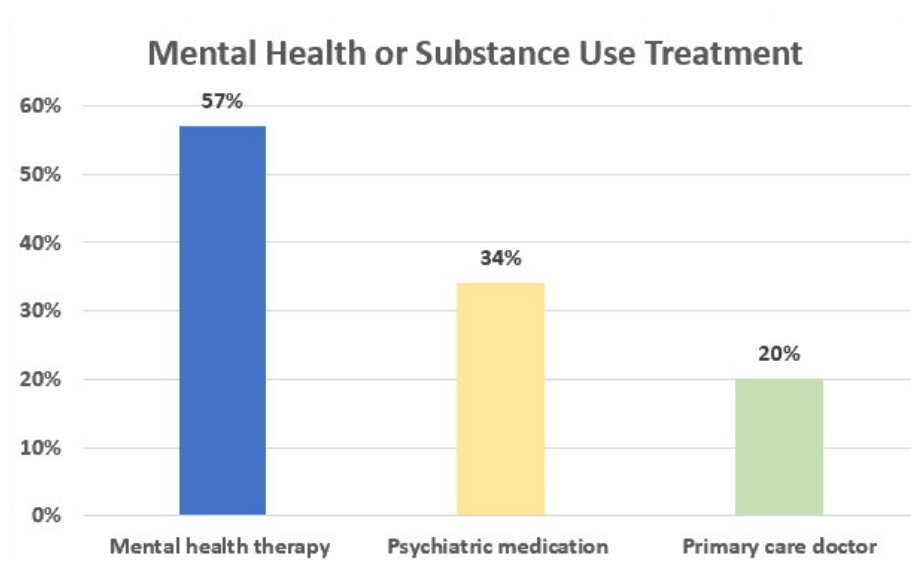
FINDING 1:

When asked who organizes medical care, 46% of youth reported that their parents/caregivers call the pharmacy and 44% call the doctor's office. More than half of youth reported that they preferred receiving medical information from a clinician in the presence of their parent/caregiver.



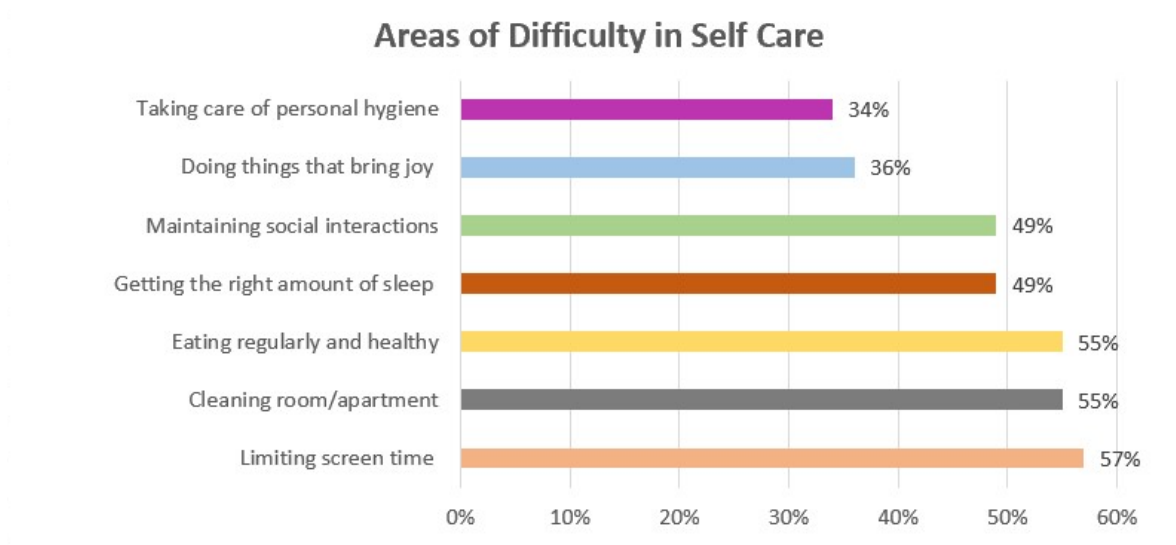
FINDING 2:

Young people sought mental health and substance use services into adulthood. 57% of respondents accessed mental health therapy in the past 24 months.



FINDING 3:

Respondents related a number of self care challenges. Nearly half responded that maintaining social interactions is difficult. 57% noted difficulties in regulating screen time. 55% answered they struggle with eating habits and house cleaning issues.



FINDING 4:

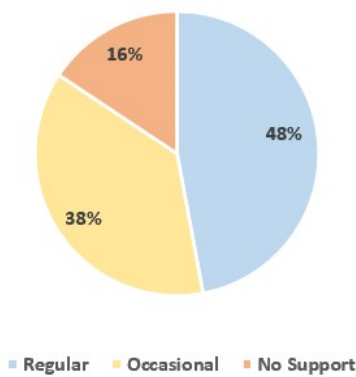
Few respondents reported that the schools provided transition support and good communication during the process. 1/4 of respondents wished officials had kept them more informed about this process. Only 15% reported officials keeping them informed. 19% noted their schools connected them with services. 66% of youth responded that their parents/caregivers were actively involved in their educational planning.



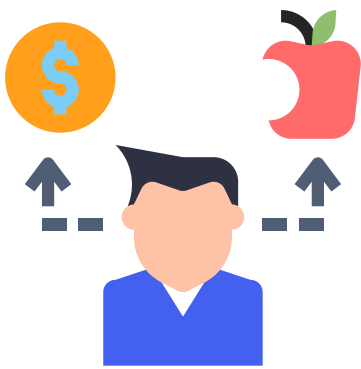
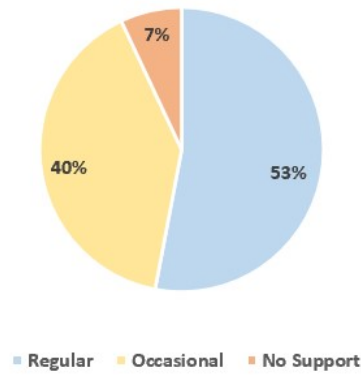
FINDING 5:

Youth responded that financial support is often needed from parents/caregivers. 84% of respondents reported receiving financial support from parents/caregivers on a regular or semi-regular basis. After the age of 20, respondents answered they received support more for emergencies. A similar finding was shown in the parent/caregiver survey.

Youth and Young Adults Survey



Parent Survey



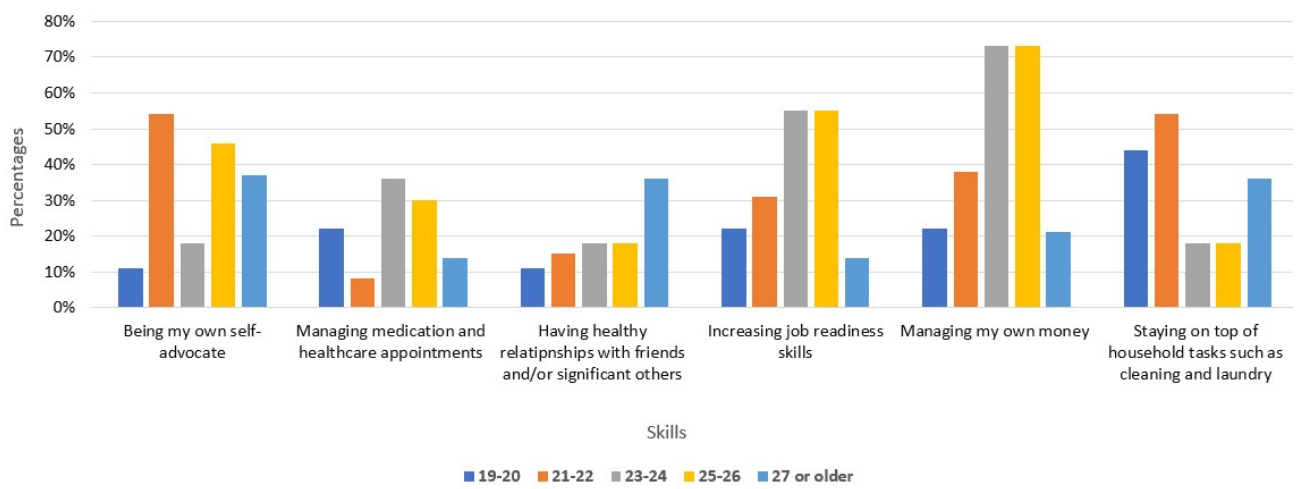
FINDING 6:

While 20% of youth said they were not good with money, only 35% said they asked for advice when it came to money. Those who reported they were not good with math were 2X more likely to say they were not good with money.

FINDING 7:

Youth revealed areas where they noticed an increase in skills over the past 24 months. Only 30% reported an improvement in money management.

Increasing Skills by Age



Youth identified roles parents/caregivers can play during this transition.

1. Giving advice when asked
2. Advocating for services such as housing
3. Offering emotional support and relationship advice
4. Making sure treatment, such as mental health care, continues
5. Helping apply for benefits such as SSI, food stamps or other benefits
6. Offering financial support when needed

Survey and analysis by Sarah Beaton, Kim Smith and Lisa Lambert