

## Mental Health Transition to Adulthood

In Wisconsin, children ages 14 years and above are allowed to make their own mental health decisions, including the decision to refuse care. Parents are only allowed to participate if their child approves. This can be challenging if a mental illness emerges in the late teens, as many do. Parents can be left out of all interaction if the child refuses to let them be involved.

Parents can file a Chapter 51 to subject their child to care without consent, but this requires that the child presents a threat to themselves or others. Another option is Chapter 52, which allows the child, when in a calm state to designate their parents or other designee to be a part of treatment plan.

### Mental Health Resources

[Catalpa Health](#) – Collaboration between Ascension Wisconsin, Children's Wisconsin and ThedaCare to provide mental health care access to children and teens in the Fox Cities area. Catalpa Clinics are located in Appleton, Oshkosh, and Waupaca. Catalpa has a good transition program.

[Craig Yabuki Mental Health Walk-in Clinic](#) - provides same-day care for children and teens (ages 5-18) experiencing urgent mental health issues. The clinic is designed to offer an alternative to traditional urgent care and emergency room services.

### Navigation

[Well Badger Children's Mental and Behavioral Health Resource Navigator](#) – free, online, anonymous tool to help caregivers navigate resources for mental or behavioral health concerns for children under 21 years of age

[NAMI – How to Seek Help](#) – guidance for young adults (ages 14 -26 years) seeking mental health support

- [Understanding Health Insurance](#)

### Resources

[Wisconsin Department of Health Services – Clients Rights: Minors, Records](#) – information on the rules on parent/guardian access the treatment records of a minor.

[Wisconsin Department of Health Services – Confidential Information Release Authorization](#) – available in English, Spanish, Burmese, Hmong, and Russian.

[Up to Me](#) trains young adults about how to disclose their mental illness. Up to Me seeks to replace self-stigma that some who have faced trauma, mental illness, suicide attempts and/or other challenges with beliefs of recovery, empowerment, and hope. It does so by helping people consider the tone of their internal narrative, explore the costs and benefits of disclosing their personal narrative, learn strategies for disclosing relatively safely, and craft a message that best represents personal goals. Up to Me is provided by the [Wisconsin Initiative for Stigma Elimination \(WISE\)](#). WISE is a coalition of organizations and individuals building resilient and

hopeful communities by promoting inclusion and support for all affected by mental health challenges. WISE implements and advances evidence-based practices for stigma reduction.

[My Mental Health Crisis Plan app](#) empowers individuals who have serious mental illness (SMI) to guide their treatment preferences during a mental health crisis. Individuals can use this app to create and share a psychiatric advance directive (PAD). A psychiatric advance directive (PAD) is a legal document that guides care during a mental health crisis. The crisis plan is stored on a mobile device and shared only as desired by the individual. The app is completely secure. Available on the [Apple App Store](#) and [Google Play](#).

[Navigating the Experience: Family & Consumer Resource Guide](#) – A guide for people living with mental illness and their families by the National Alliance on Mental Illness (NAMI). Includes a sample mental health crisis plan on page 79.

[Stories of Recovery](#) – videos provided by Rogers Behavioral Health that share the hope of mental health recovery

[NAMI information for young adults](#) – the national NAMI website includes general information for young adults related to mental health conditions and services