

# Optum



## Relias Spotlight Series August 2023

**What's New:** This month, we are focusing on youth (17-year-olds turning 18) transitioning to adulthood. Since our mission at Optum Idaho is to improve our members' access to care and to focus on addressing the needs of our Idaho members we developed a Transition-Aged Youth (TAY) guide. The goal of the TAY guide is to provide information and resources that can be easily used by our members, providers and partners that work with youth to support a successful transition from youth behavioral health services to adult behavioral health services.

**Why It Matters:** Transitioning into adulthood can be scary especially when youth are not equipped with the tools to help them successfully navigate the next chapter of their life. Do you work with members that:

- Express concern about transitioning to adulthood?
- Ask you for resources and information about adult services?
- Need help with self-advocacy and tools to be successful with transitioning?
- Question how they will move from youth Medicaid behavioral health services to adult Medicaid behavioral health services?
- Need resources and support when they are ready to apply for adult Medicaid?

If you answered YES to any of these questions, then the TAY Guide would be a wonderful resource for your agency and the youth you serve. The TAY guide is

available in English and Spanish that can be distributed to youth and/or parents to help with this transition.

To order TAY Guides you can email [optum.idaho.education@optum.com](mailto:optum.idaho.education@optum.com). In the email, please include the mailing address, whether you want English or Spanish and the number of copies for each.

The guide is also available to download to your own printer from the Optum Idaho website!

**Members (resources and tools)** <https://www.optumidaho.com/content/ops-optidaho/idaho/en/members/resource-center.html>

**Providers (resources for those supporting youth)**  
<https://www.optumidaho.com/content/ops-optidaho/idaho/en/providers/resource-library.html>

If you would like more information and education around the topic of transitioning aged youth, we encourage you to log into [Relias](#) and search for the following modules:

Class	Course	CEU
<a href="#">Meeting the Behavioral Health Needs of Transition Age Youth</a>	REL-BHC-0-MBHNTAY	1
<a href="#">Addressing Suicide in Adolescents and Transition Age Youth</a>	REL-BHC-0-ASATAY	1.5
<a href="#">Optum Idaho Transition Age Youth Guide (TAY) Video Presentation</a>	1442424	0

Thank you again for the work that you do each day with our members so that Idaho can continue to improve access to behavioral health services. Optum is excited to offer these resources to you.

Sincerely,  
The Optum Education and Training Team