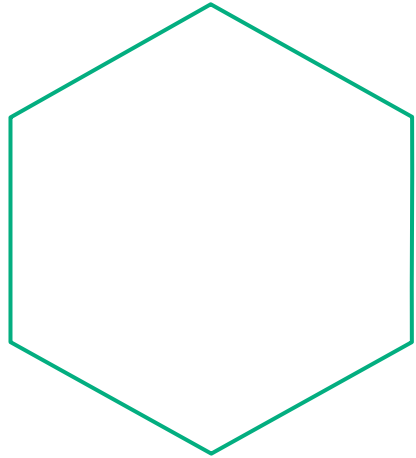


Supporting Professionals and Youth & Young Adults with LifeLaunch

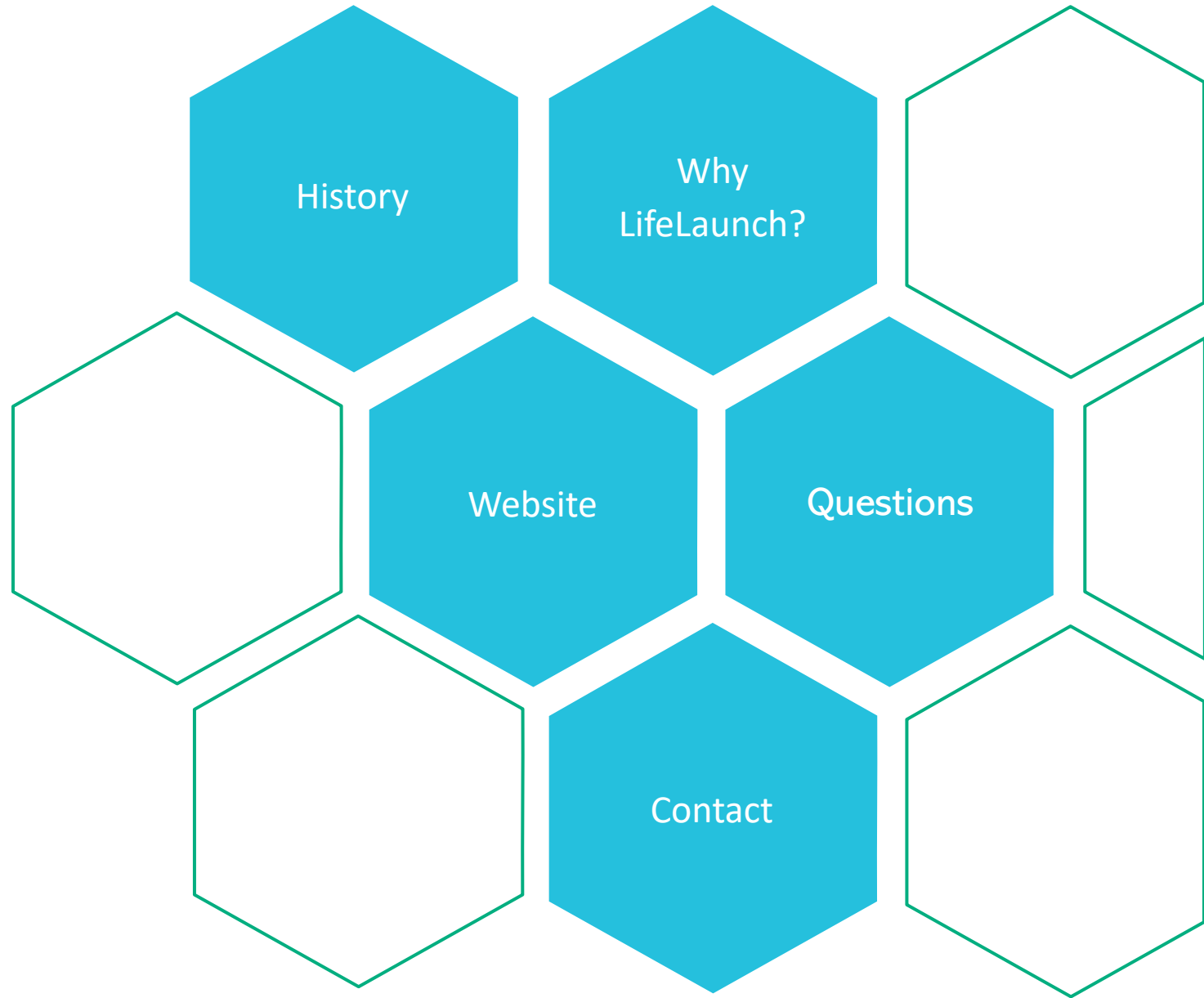
Grace Chapel

October 2025

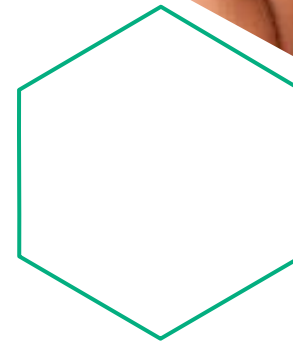


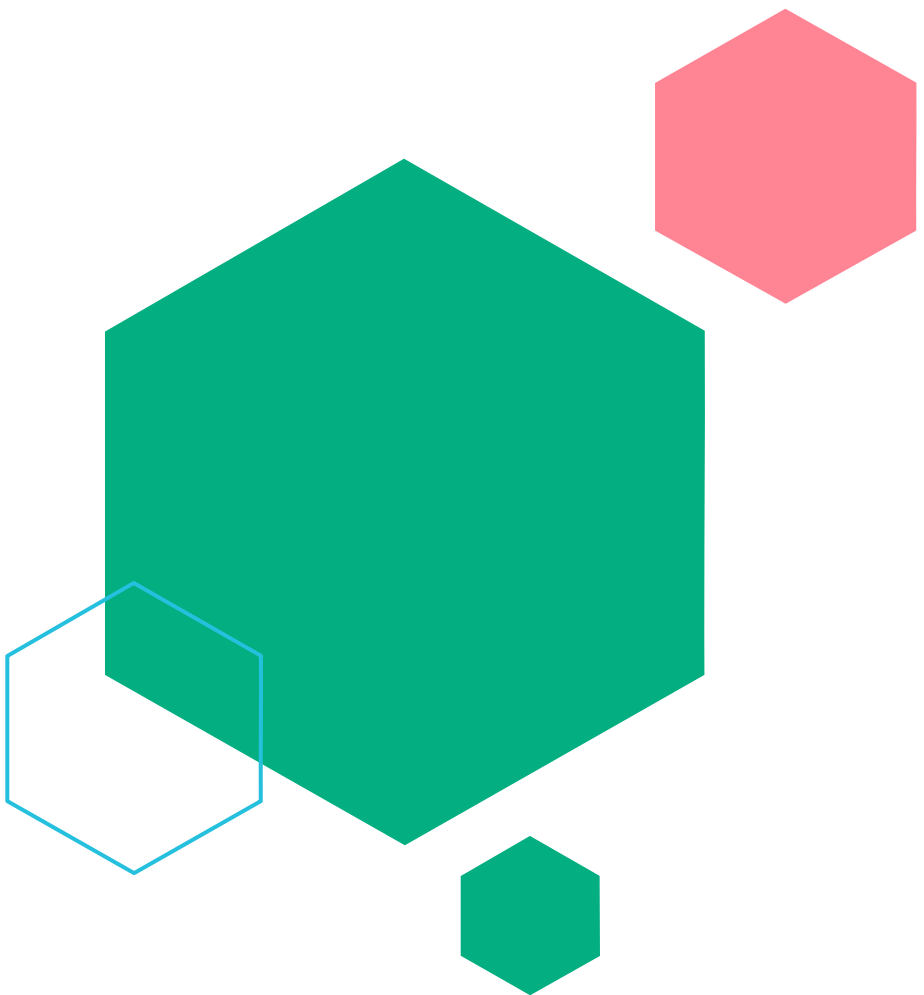


Agenda



History

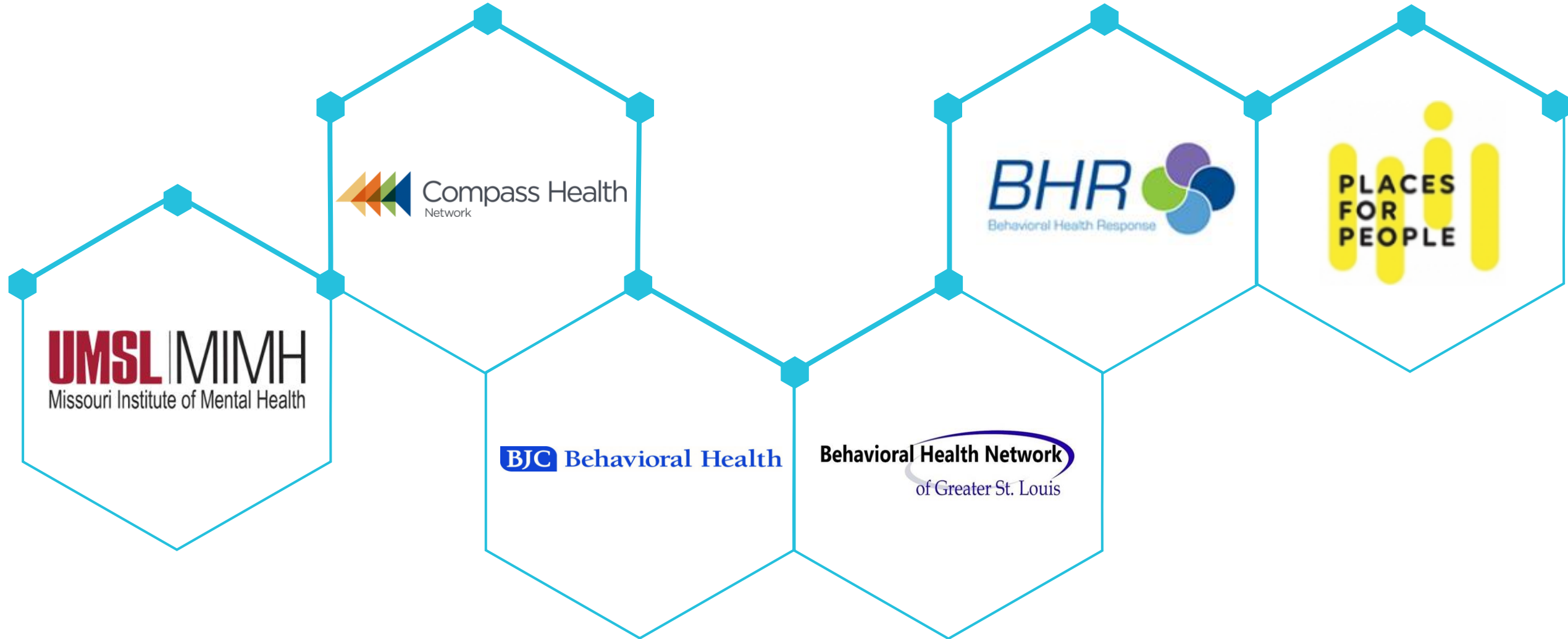




Missouri Healthy Transitions Grant

- Missouri Transition-Aged Youth Local Engagement and Recovery
- Funder: Substance Abuse and Mental Health Services Administration (SAMHSA)
- Grantee: MO Department of Mental Health (DMH)
- Timeframe: Started March 2019; up to 5 years (March 2024)
- Purpose: to improve access to treatment and support services for transition aged youth (TAY) with serious mental disorders.

MO-TAYLER Contracted Partners



Why Focus on TAY?

- Individuals between with mental health issues between 16-25 have a harder time in school and finding or keeping work
- Many face other challenges such as homelessness, being involved in juvenile or criminal justice system
- This increases the potential for admissions to hospitals, mental health, and/or correctional facilities
- These individuals are least likely to seek help & may not receive the services and supports they need to become productive and healthy adults





Outcomes

Achievements

1. Expanded model for clinical care
2. Statewide website/resource hub
3. Written and video materials
4. Youth council infrastructure-building
5. Exceeded most grant goals

Discoveries

1. Invest in outreach
2. Group opportunities are critical
3. Right fit staff matters
4. Flexibility is key
5. Involve natural supports
6. Let them drive the agenda
7. Space makes a difference
8. Embed specialists into the team

EPC Partnership

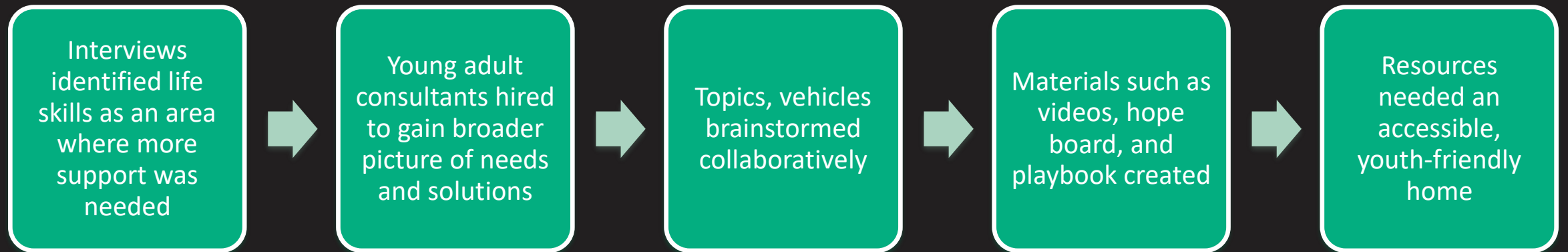
Since the end of MO-TAYLER, the Early Psychosis Care Center (EPC) has assumed stewardship of the LifeLaunch project. For more information, please visit www.epcmissouri.org



Why LifeLaunch?



Why was LIFE LAUNCH created?



What is LifeLaunch?

- Centralized resource hub dedicated to addressing and facilitating the essential aspects of the transformative journey to adulthood
- Celebrates those who face the uncertainties of grown-up life with courage and a touch of humor
- Unites young adults through shared experiences, offering support, wisdom, and a comforting shoulder to lean on
- Community ready to walk the unpredictable path of adulthood together





LifeLaunch
Website

Key Components

Videos

Video interviews with young adults



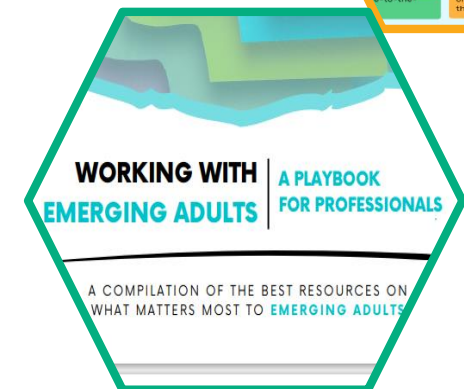
Life Skills

Videos, infographics, and blog posts



Playbook

Playbook for professionals



Features

- Tailor-made life skills resources
- Playbook for professionals
- Video interviews with young adults
- Hope board
- Connections to external resources for a variety of topics

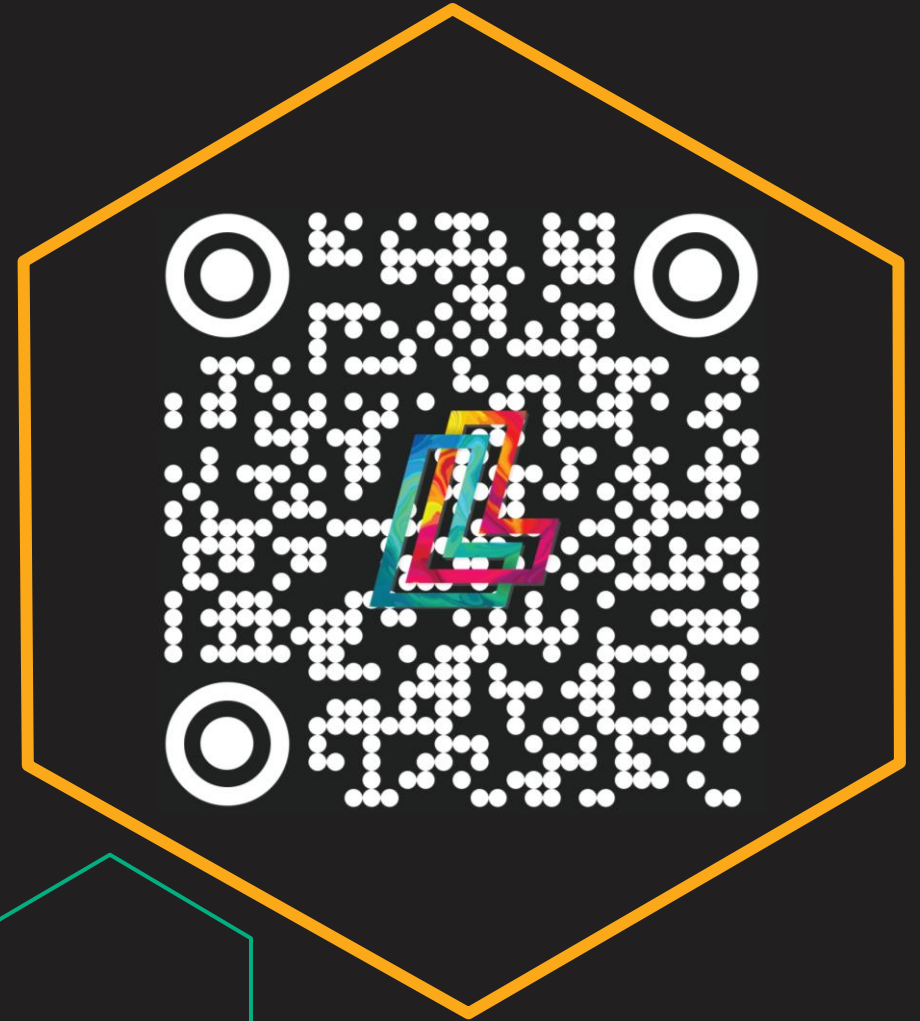


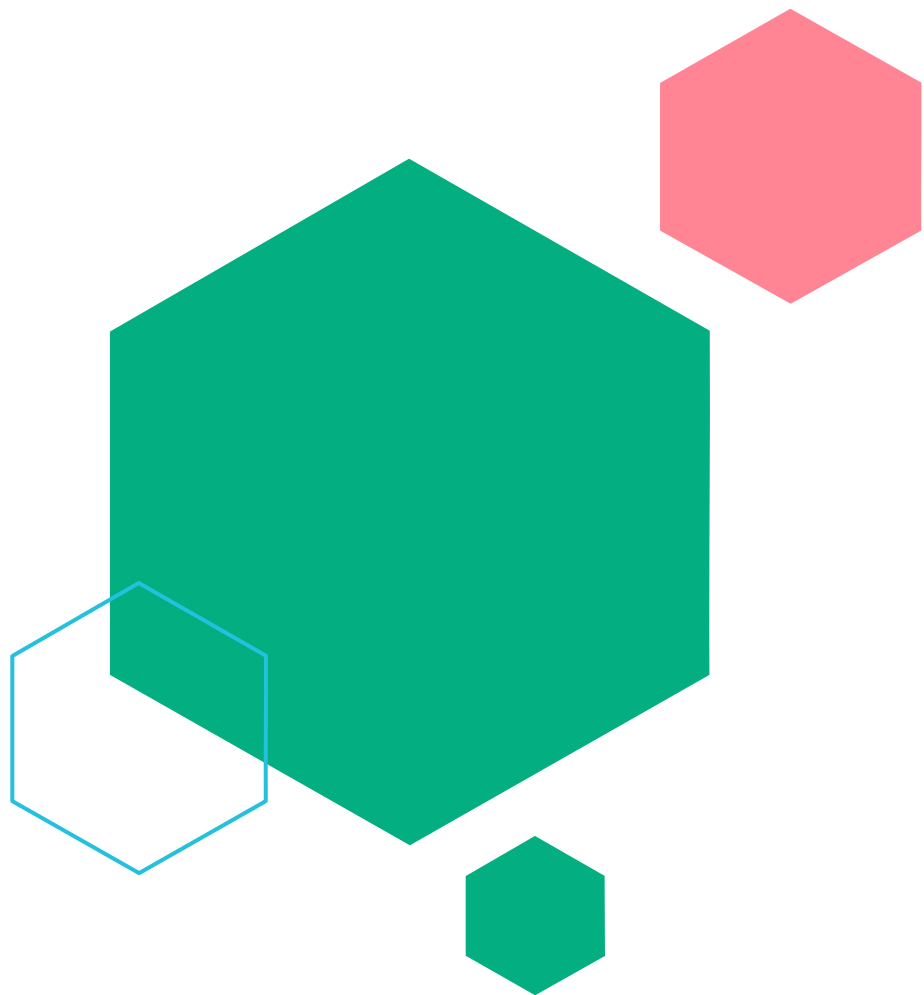
LifeLaunch connects young adults to resources for...



Visit Now:

<https://lifelaunchmo.org/>





Questions?

Toolkit for Professionals Working with Emerging Adults

A Companion Resource to the Life Launch Playbook

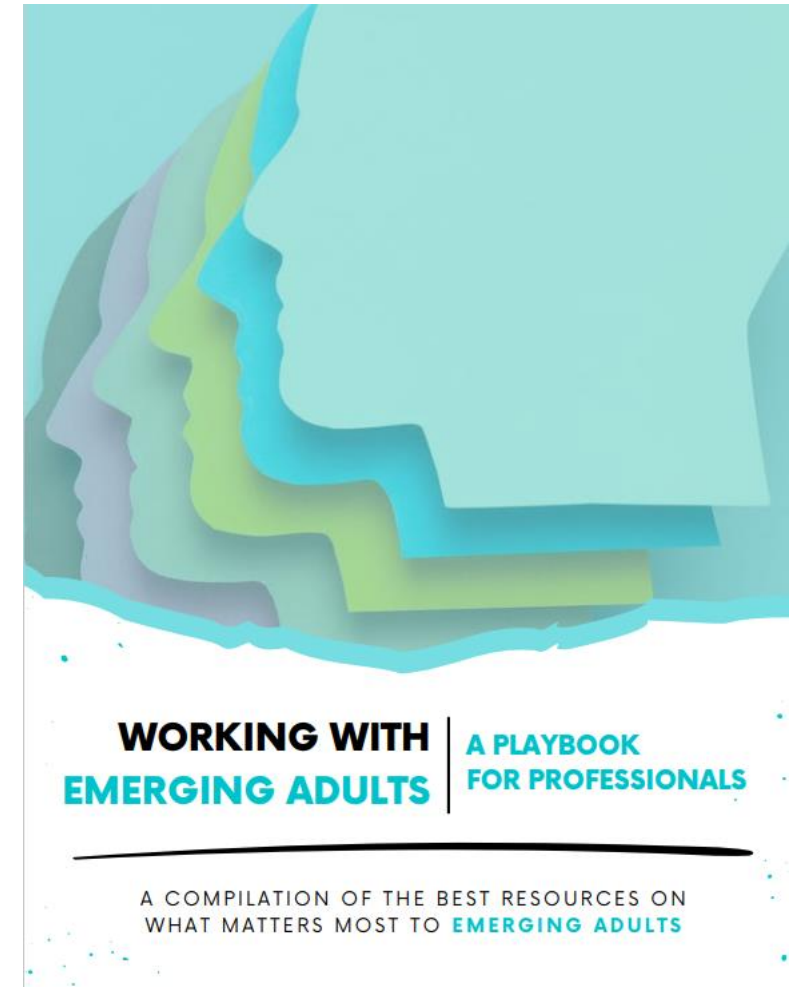


Who We Are



Why Was This Toolkit Created?

- Playbook for Professionals
- Received feedback that professionals loved the information it contained but struggled with implementation
- This toolkit was created to answer that need with hands-on, actionable tools for youth and professionals



Who Is This Toolkit For?

- Any professional who works with emerging adults (16-25 years old)
- This may include:
 - Clinicians
 - Case managers
 - Teachers
 - School counselors
 - Coaches
 - Volunteers
 - Employers
- The tools are intended to be used flexibly across a variety of environments and relationships



Understanding Emerging Adults

- This period is marked by big transitions and deep questions— *Who am I? What matters to me? What kind of life do I want to build?*
- Many young people are navigating systemic challenges, education and employment, housing or financial insecurity, health and mental health issues, discrimination, and family pressures
- They're developmentally wired for experimentation, risk-taking, and identity exploration
- Their brains are still developing, particularly the parts responsible for impulse control, emotional regulation, and long-term planning... but their ideas, values, and feelings are very real and valid
- Many are fiercely protective of their independence, deeply sensitive to perceived judgment, and still building the confidence to ask for help



Youth-Centered Approach

- Recognize their expertise in their own life
- Partnership over prescription
- Meet them where they are, not where we think they “should” be
- Respect their pace
- Affirm their identities
- Help them develop skills to move through the world on their own terms



How Do I Navigate the Toolkit?

- Youth-facing materials have **white backgrounds** and are designed to be shared directly with young adults
- Professional-facing materials have **grey backgrounds** and are designed to be used by the professional during a session with the youth
- Resources are color-coded by type:
 - Checklists
 - Worksheets
 - Visuals
 - Cheat sheets
 - Role-play scripts and conversation guides
 - Activities
 - Templates

Welcoming Environment Checklist
 Quick adjustments to make your space feel safe, inclusive, and youth-friendly
Purpose: Physical spaces and the way we show up in them send a message. This checklist helps you set the tone for trust and connection before a single word is spoken. Use it to make your office, classroom, or shared space.

Supporting Peers in Crisis: Do's & Don'ts Cheat Sheet
 What to do when a friend is struggling without losing yourself in the process
 When someone you care about is going through a mental health crisis or talking about suicide, it can feel scary, overwhelming, or like you don't know what to say. You're not a therapist, but you are a lifeline. This cheat sheet provides guidance on how to support them.

Keys to Support Activity
 A hands-on way for youth to identify the people who support them and how they help
Purpose: Each key represents a kind of support emerging adults might need. On each, they can write the name of someone who helps them in that way or leave it blank if they're still figuring it out. There's no limit to how many keys they can create.

Apology & Repair Worksheet
 A tool to help you make things right
 Nobody gets it right all the time. If you've hurt someone, even on accident, it doesn't make you a bad person. It just means there's an opportunity to own it, learn from it, and maybe repair the relationship. This worksheet guides you through the process.

Non-judgmental Substance Use Conversation Starters
 Prompts for opening respectful, real conversations about substance use
Purpose: This tool offers language and prompts to help professionals, parents, and other trusted adults discuss substance use with emerging adults in a way that supports openness, trust, and personal agency rather than control.

When Parents Disagree with My Choices Visual
 A step-by-step guide to help you hold your boundaries when your caregiver pushes back
 This tool helps you think through what to do when you and your parent or caregiver don't see eye to eye, especially when you're trying to make a choice about your life and they don't agree. It's okay to want more independence and to want to keep the relationship strong.

```

graph TD
    A[Pause and reflect. What are my... Values? Goals? Reasons?] --> B[START HERE Do you know what matters most to you in this situation?]
    B --> C[Can you explain your decision clearly and calmly?]
    C --> D[Prepare. Try writing it out first or practicing what you want to say.]
    D --> E[Plan your moment. Choose a calm time and use "I" statements]
    E --> F[Have you shared your decision with your parent or caregiver yet?]
    F --> G[Did they react with strong emotion, judgement, or control?]
    G --> H[Pause the conversation. Schedule a time to come back to the discussion.]
    H --> I[You might say... "You don't have to agree, but I need you to respect that I've thought this through."]
    I --> J[Keep the conversation going. Are they asking questions or trying to understand?]
    J --> K[Are they setting a boundary that affects your safety, housing, or support?]
    K --> L[This is a bigger conversation. You may need support from a mediator. Pause the conversation.]
    L --> M[Stick to your decision with care. You can validate their feelings without giving up your autonomy.]
    M --> N[End the talk and reflect back. Did I say what I needed to say? Did I stay true to what matters to me? What's my next step?]
    
```

When Parents Disagree with My Choices Visual (Continued)

...they haven't brought...

...s. I'm always down to...

...for you?"

...; about judgment." things. If that's ever...

...versation going.

...if?"

...ing"

...ing.

...you stop and think?"

...r harder?"

...s?

...ve person

...or send a message

...h someone I trust

...reach out. I just want to

How Do I Navigate This Toolkit?

The toolkit is divided into topic-specific sections which align with the chapters of the *Playbook for Professionals*:

- **Outreach & Engagement**
- **Healthy Relationships**
- **Working with Parents & Caregivers**
- **Peer Support**
- **Substance Use**
- **First Episode Psychosis**
- **Suicide Prevention**
- **Employment**

You do **not** need to move through this toolkit in a set order. Instead, let the young person's needs, interests, or current situation guide your approach. For example:

- A young person navigating friend drama might benefit from the healthy relationship scripts and visuals
- Someone beginning a new job could use the employment readiness tools
- A youth in early recovery or facing peer pressure may connect with the substance use resources



How Do I Use This Toolkit?

- Pick 1–2 tools per session
- Collaborate with the youth to use each tool or ask them to take it home and use on their own time
- Adapt the language or content to fit your setting
- Invite youth to personalize the tools according to their own needs
- Mix and match across domains based on what's relevant to the youth's individual circumstances



Outreach and Engagement

Objective:

Build trust early, reduce system barriers

Contents

- “Where Is This Youth At?” Checklist
- “Where Do I Want to Start?” Worksheet
- “Say This, Not That” Visual
- Common Barriers to Engagement Cheat Sheet
- The Traveler’s Phrasebook Cheat Sheet
- Navigating Difficult Conversations: Role-Play Scripts
- Welcoming Environment Checklist
- Icebreaker Activities
- Setting Expectations & Boundaries Worksheet
- Who Can I Reach Out To? Worksheet



Healthy Relationships

Objective:

Explore trust, conflict, boundaries, and
communication skills

Contents

- Identifying Supportive vs. Harmful Relationships Worksheet
- Working Through Conflict Visual
- Boundary-Setting Role-Play Scripts
- "What's a Red Flag?" Activity
- Communication Styles Cheat Sheet
- Apology & Repair Worksheet



Working With Parents and Caregivers

Objective:
Support autonomy while navigating family
dynamics

Contents

- “Help Me Understand” Communication Worksheet
- Family Meeting Planning Template
- Advocating for Independence Role-Play Scripts
- Understanding Different Perspectives Worksheet
- Understanding Different Perspectives Worksheet
- “What’s Negotiable?” Activity
- When Parents Disagree with My Choices Visual



Peer Support

Objective:

Strengthen support networks, recognize red flags

Contents

- Circles of Support Activity
- Friendship Maintenance Checklist
- Peer Pressure Resistance Role-Play Scripts
- Social Strengths Inventory Worksheet
- Recognizing Unspoken Social Cues Cheat Sheet
- "Who's Safe to Trust?" Trust-Building Worksheet
- Listening vs. Hearing Visual



Substance Use

Objective:

Reduce harm, open dialogue, support reflection

Contents

- Substance Use Self-Assessment Worksheet
- Harm Reduction Strategies Checklist
- Non-Judgmental Substance Use Conversation Starters
- Understanding My Triggers & Coping Plan Template
- Substance Use & the Law Cheat Sheet
- Helping a Friend Who's Struggling Visual



First Episode Psychosis

Objective:
Normalize, support understanding, and build
recovery tools

Contents

- Understanding My Experience Worksheet
- My Early Warning Signs Tracker Template
- First Steps After a Diagnosis Visual
- Medication Plan Tracker Template
- Explaining My Experience to Others Conversation Guide
- Keys to Support Activity
- Grounding & Coping Strategies Cheat Sheet



Suicide Prevention

Objective:

Increase preparedness and reduce stigma around
crisis

Contents

- Suicide Warning Signs Cheat Sheet
- Personalized Safety Plan Template
- Supporting Peers in Crisis: Do's & Don'ts Cheat Sheet
- Coping Strategies Toolbox Worksheet
- Where Do I Start? Accessing Mental Health Support Visual
- Mindfulness Wheel Activity



Employment

Objective:
Build confidence in finding and keeping
meaningful work

Contents

- Workplace Readiness Self-Assessment Worksheet
- First Job Expectations Checklist
- Workplace Conflict Resolution Role-Play Scripts
- What Job is Right for Me? Career Exploration Worksheet
- Interview Readiness Role-Play Scripts
- Understanding My Rights at Work Cheat Sheet
- Being Me at Work Activity



Final Thoughts

Final Thoughts

- Use this kit to co-create progress with youth, not prescribe it
- There's no one right way to use the tools— adapt them as appropriate
- Use the items which will be most helpful to the youth's individual circumstances



Resources



Questions?



Thank you!

For more information, please reach out to
contact@epcmissouri.org