

Post-Graduation Wellness Plan

What is the goal of the tool/resource?

To discuss future plans, priorities, emergency contact information, and tips for wellbeing after high school with the youth. The completed tool can be shared with the student and can serve as a reference resource.

Who is the audience?

High school seniors receiving behavioral health services.

Who should facilitate this tool/resource?

Someone who has an ongoing, trusted relationship with a student and has behavioral health knowledge and the ability to refer to behavioral health services, if needed. Examples include school mental health providers, school-based health center staff, school psychologists, professional school counselors, and school social workers.

How should the staff team member facilitate this tool/resource?

Staff team members could allot one or more sessions to collaborate with the youth to discuss and complete the plan before they leave high school. As the youth completes the section on future plans, it may be useful to help the youth understand where and how to find mental and behavioral health resources offered in their community or in college. It may also be helpful to encourage youth to take photos with their phone of the completed plan, in addition to providing a hard copy, so they can reference it in the future. This tool can be used along with the “Transition Readiness Tool” and the “Resource to Find Medical or Mental Health Services” tool.

Post-Graduation Wellness Plan

ABOUT YOU	
Preferred Name and Pronouns	
Date of Birth	
Health Insurance Name and Policy Number	
Plans After High School (work, college, live at home, live independently, city and state)	
Name and City/State of Education Program after High School (if applicable)	

PLANS AFTER HIGH SCHOOL <i>Please complete the section below that best fits you now.</i>			
If you are attending college...	Yes	No	I am unsure
1. Do you know how to ask for any accommodations (if needed) from your college disability office or, if you are working, from your employer?			
2. Do you plan to continue therapy/counseling after high school? <i>If yes, go to #3. If no, skip to the next page.</i>			
3. Do you know how to find counseling/wellness services offered at your college or nearby?			
4. Does your college offer on-site counseling? <i>If yes, go to #5. If no, go to #7.</i>			
5. Is counseling free? If yes, do you know if there is a limit to how many visits are free?			
6. Does the location accept your insurance?			
7. Is there a hotline at your college for mental health emergencies? <i>If yes, please add on the next page.</i>			
If you are not attending college...	Yes	No	I am unsure
1. Do you know how to ask for any disability accommodations (if needed) from your employer?			
2. Do you plan to continue therapy/counseling after high school? <i>If yes, go to #3. If no, skip to the next page.</i>			
3. Do you know how to find a counselor or therapist after high school?			
4. Do you have preferences for your new therapist (location, language, gender, or expertise)?			
5. Do you know how you will get to your new appointments?			
6. Would you like your current therapist to help you with your transition to a new therapist?			

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YOUR HEALTH AND WELLNESS

Regardless of your post-graduation plans, what are 3 steps you can take to keep yourself well and cope with stress in a healthy way?

1.

2.

3.

What are some signs that you could be heading toward a crisis? How can you get ahead of it?

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Who can you contact for support? Tip: Save emergency numbers into your cell phone!

Name	Relationship/Description	Number/Contact Info
988 Suicide & Crisis Lifeline	24/7, free, confidential support during suicidal crisis or emotional distress	Dial 9-8-8
Maryland Health Insurance Sign-Up Resource	Website to sign up for health insurance	www.marylandhealthconnection.gov
Maryland Special Needs Resource Locator	Resources for any special health care need	specialneeds.health.maryland.gov
<p><i>For additional medical or behavioral health resources in the community, please see the "Finding Medical or Mental Health Services in the Community" handout.</i></p>		

List what else you need to feel prepared for the transition out of high school. Think of people in your life who can help you with this transition.

Action Needed	Who can help you?	Action Completed?