

Transition Age Youth (TAY) Practice Guidelines

Applies to: Healthfirst Medicaid Managed Care

Healthfirst supports the need for specialized expertise in the assessment and care of special populations, such as Transition Age Youth (TAY), and encourages providers to familiarize themselves with and adopt evidence-based practices to better serve them.

Overview: TAY are young people ages 18 to 25 years who are transitioning into the adult system and who received intensive children's services between the ages of 16 and 20 from any Office of Mental Health (OMH), Home and Community-Based Services (HCBS), Office of Alcoholism and Substance Abuse Services (OASAS), or Office of Children and Family Services (OCFS) licensed, certified, or funded children's program, and State Education 853 schools providing day and/or residential programs for students with disabilities.

TAY Challenges

TAY are navigating the challenging developmental years of growing out of childhood and into adulthood—a time of facing more adult-like challenges without having yet mastered the tools, or acquired the maturity, of adulthood.

TAY transitioning out of child-serving systems experience higher levels of homelessness and mental health needs and have low educational and vocational outcomes when compared with the rest of their peers. These challenges, combined with the developmental needs of TAY, place them at risk for poor outcomes. Thus, it is important to ensure that services are tailored to meet the needs of this age group for a successful transition.

For additional resources, including best practices, visit:

- [Strategies for Engaging Young Adults](#)
- [The Community Technical Assistance of New York and the Managed Care Technical Assistance of New York](#)
- [Transition Age Youth, Office of Mental Health](#)
- [Youth Power – Families Together in NYS](#)

If you have any questions, contact your Network Account Manager, or call Provider Services at **1-888-801-1660**, Monday to Friday, 8:30am–5:30pm.

Coverage is provided by Healthfirst PHSP, Inc.