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The following document gives some suggestions on how you can adapt The Jed Foundation's [Transition of Care Guide](#) to your school's specific resources. Primarily written for students with diagnosed mental health conditions and their families, this guide walks through important considerations related to the transition of mental healthcare from home to college. The guide details step students and their families should take during each year of high school and during the transition to college in order to successfully transition their care. While the guide is written with mental health primarily in mind, most of the considerations may also be applicable to transitioning care for other chronic or ongoing health conditions.

Please see below for an outline and some suggested language.

- › Place school logo here
- › Place JED logo here (you can [download JED's logo file here](#))
- › Use this language to attribute the adaptation:
 - › Adapted from Set to Go - [Transition of Care Guide](#), with permission from The Jed Foundation (JED). [JED](#) is a nonprofit that exists to protect emotional health and prevent suicide for our nation's teens and young adults. [Set to Go](#), a JED program, guides students, families and high school educators through the social, emotional and mental health challenges related to the transition out of high school to college and adulthood.
- › School welcome message:
 - › Welcome to [NAME OF SCHOOL]. We are so pleased you have chosen to join us. We have adapted this guide to help make your transition from high school to college as smooth as possible. If you are or have previously received treatment for a mental health condition, there are several things to keep in mind as you make your transition to college. This guide will help walk you through those considerations. The guide may also be useful if you currently receive or have received treatment for any chronic medical medication.
- › University Counseling Center Information:
 - › Hours and location
 - › How to make an appointment
 - › Process during first appointment / intake
 - › Link to website
 - › Link to other relevant websites or outreach programs
 - › For more questions, include phone number
- › Other Campus Resources:
 - › Learning Center / Disability Services:
 - › Remind students that IEPs will not automatically transfer to college - connect to relevant university forms
 - › Link to learn more about disability accommodation process at the school

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- › Wellness Office or “Office of Wellbeing” - describe what the office entails
 - › Link to relevant programs with a short, one-sentence description
 - › Example from [Wake Forest’s adapted Transition of Care Guide](#): “Ready for a spa day? The Office of Wellbeing offers hour and half hour-long massage therapy sessions to students at \$50/hour and \$30/half hour.”
- › The Office of the Chaplain - describe and link to website
- › International Students Office - describe and link to website
- › LGBTQ Center - describe and link to website and relevant programs
- › Student Health Service:
 - › Hours and Location
 - › How to make an appointment
 - › Brief description of what services are available
- › ALANA Cultural Center / Diversity Office - describe and link to relevant websites
- › Insert rest of Transition of Care Guide as published
- › Emergency Resources
 - › List if the counseling center is open for emergencies
 - › List if there are urgent walk-in hours at the counseling center
 - › List signs to look out for that may indicate urgent risk:
 - › Current or recent thoughts of harm to self or others
 - › Experience of a recent trauma
 - › Experience of hallucinations, delusions, disorganized thinking and/or behavior
 - › Significant changes in eating, sleeping, self-care, or socializing habits
 - › Signs of sadness and/or withdrawal from social situations, especially if they persist for a while
 - › Extreme mood swings or irritability
 - › Using drugs or alcohol, especially changes in typical patterns of use
 - › Difficulty with or neglect of basic self-care, personal hygiene, etc.
 - › Sudden increase in reckless, impulsive, out-of-control behaviors

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