NC InCK NC INTEGRATED CARE FOR KIDS

Adolescence to Adulthood: Juvenile Justice

This document is intended to be a general resource; it will not be updated on a regular basis.

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1.0 Purpose of this Guide

This guide provides NC InCK Family Navigators (FNs) with an extensive, though not exhaustive, list of potential discussion points, tips, and resources for supporting adolescents and young adults in the NC InCK care model who are involved with the juvenile justice system. These suggestions are intended to assist FNs work with youth and their families to set goals that support the transition from adolescence to adulthood. Given the age and needs of this population, resources from NC InCK's guides on Adolescent and Young Adult (AYA) Health, Behavioral Health, and Children and Youth with Special Healthcare Needs may also be helpful.

2.0 Education and Professional Development

Topic	Discussion Ideas	Tips and Resources

High School, General Education Development (GED), and High School Equivalency Testing (HiSET)	GED and HiSET assistance	• All Standard PHPs offer some level of assistance with cost and/or training
		  ○ AmeriHealth Caritas NC - Mission GED®
		  ○ Carolina Complete Health - GED Exam
		  ○ Healthy Blue of NC - GED exam voucher (under Extra Benefits section)
		  ○ UnitedHealthcare - GED exam voucher and materials (under Extra Benefits section)
		  ○ WellCareNC - GED voucher
		• Local community colleges and literacy programs often offer free or low-cost GED or adult high school programming
		  ○ Alamance: College & Career Readiness
		  ○ Durham: High School Equivalency Testing
		  ○ Orange: Literacy Programs
		  ○ Vance/Granville: High School Equivalency
		• General resources
		  ○ Welcome to the home of the GED® test
		  ○ The HiSET Exam - Everything you need to know

	Education assistance	• NC 211 • Bull City YouthBuild literacy program (Durham County only)
Topic	**Discussion Ideas**	**Tips and Resources**
Post-Secondary Education and Professional Certifications	Financial aid and assistance with FAFSA application	• Federal Student Aid
	How eligibility for federal student aid can be affected by incarceration	• Eligibility for Students with Criminal Convictions • **Note:** Most schools and states use FAFSA® information to award nonfederal aid, so encourage submitting FAFSA application even if ineligible for federal student aid
	Applying for scholarships	• North Carolina College Scholarship & Grant Search (cfnc.org)

	Guiding possible focus areas for career development	• Career Aptitude Test for High School Students: 13 Popular Assessment Tools offers a variety of assessments and inventories
Topic	**Discussion Ideas**	**Tips and Resources**
Military	Possible benefits and limitations to enlisting based on Juvenile Justice involvement	• Enlisting in the U.S. military requires a background check and if a youth has a criminal record, additional investigation may be necessary to gain higher levels of security clearance • While some law violations may be determined acceptable, youth must disclose all violations, to include juvenile offenses, with a Recruiter to determine their qualifications for enlistment. Law violations can affect job selection and security clearances • Contact a recruiter from any military branch to discuss the specific impact of a youth's involvement with juvenile justice. • Visit www.usa.gov/join-military for more information about enlistment requirements and possible criminal conviction waivers

3.0 Employment

Topic	Discussion Ideas	Tips and Resources
Juvenile Record	Disclosing juvenile offense(s) to employers	• NC courts typically seal all records related to criminal offense committed by a minor • Employers are generally prohibited from accessing sealed NC records for hiring purposes

Employment Preparation	Resume and cover letter	• Offer to review or help build these
		• Provide templates
		  ○ Application Process and Interview Techniques - Winston-Salem Forsyth County Schools
		  ○ Resumes and Cover Letters - NC State University
		  ○ Creating a High School Resume - College Foundation of NC
		  ○ Resume Tools and Examples - Onslow County Schools

	Identifying appropriate references and asking their permission to use them	• Who to use as a reference • Personal versus Professional References
	General employment support	• NCWorks Online • Job Acquisition Training — Dress for Success Triangle NC ○ For females only

	Address to include in application if member is homeless/has no permanent address	• Use the address where you currently get your mail or your local DSS agency address • Speak to your local postmaster to set up General Delivery service • Set up a PO Box™
Topic	**Discussion Points**	**Tips and Resources**
ID and Social Security Card	Getting/updating state ID or driver's license	• How To Get a North Carolina State ID • Local DMV locations
	What to bring to the DMV office and cost associated with obtaining a State ID or driver's license	• Documentation to get a State ID • Driver's Licenses & State ID Fees
	Steps to obtain a Social Security number or replace a card	• Social Security number & card | SSA
Topic	**Discussion Ideas**	**Tips and Resources**
Professional Communication	Preparing for an interview, introducing self and greeting others in professional manner	• 5 Tips for Your First Interview as a Teenager • Interview Guide Booklet • 8 Interview Questions for Teens with Examples and Tips • 14 Sample Interview Questions for Teens (with Realistic Answers) • 9 Job Interview Tips for Teens • Job Interview Prep - YouTube • Recommend practicing a mock interview with someone they trust. Suggest having mock interview recorded and/or videoed and offer to provide feedback.

	Addressing juvenile justice involvement and turning it to a strength	• Emphasize how you've made better choices since then and focus on the positive changes you have made in your life. For example, you could say that you made a youthful mistake, but have changed. You are more mature now and have stayed out of trouble since.
		• Focus on the positive things you are doing in your life.
		  ○ I have good grades.
		  ○ I graduated from high school (or completed my GED).
		  ○ I'm attending college.
		  ○ I volunteer with_____.
		  ○ I have a job at_____.
		  ○ I help take care of my younger siblings.
		  ○ I help with household responsibilities, like chores and running errands for my parents.
		• If you must explain, be brief, don't give too many details, and avoid blaming others.

		• Practice! Sometimes it's hard to talk about past events—practice with a friend or mentor to make sure you feel comfortable. • Get a letter of recommendation from a mentor, teacher, or someone who supervised your volunteer work that talks about your good qualities and why you should be hired or accepted.
	Creating a professional email address for employment opportunities	• Creating a Professional Email Address - Getting You Hired
Topic	**Discussion Ideas**	**Tips and Resources**
Professional Attire	Dressing professionally for interviews and employment	• Discuss what is appropriate to wear to an interview: ○ Neck or bow tie ○ Sport coats/blazers ○ Shirts with sleeves and collars (polo or button-down) ○ Dress pants (slacks, khakis, chinos) ○ Dresses or skirt/blouse • Discuss what is not appropriate to wear to an interview: ○ Jeans ○ Shorts ○ Sleeveless shirts ○ Sundresses ○ Leggings ○ Flip-flops • Connect them with organizations that provide low or no cost professional clothing, such as: ○ Note in the Pocket ○ SuitedNSuccess ○ Dress for Success Triangle NC ○ Habitat for Humanity ReStores ○ Goodwill Stores
Topic	**Discussion Ideas**	**Tips and Resources**
Assessment and Planning	Assess employment preferences and assist in planning job search and outreach	• Find out if they prefer full-time, part-time, and/or temporary employment. • Help them complete employment interest assessments • Educate how to navigate employment websites, such as: ○ NC Careers.org ○ Monster Jobs ○ Idealist • Discuss the Work First program if they are a parent ○ Work First Eligibility and Income Requirements • Career Coaching through Wake Tech

		• Help set up a LinkedIn account ○ LinkedIn Profile Checklist by Wake Tech
Topic	**Discussion Ideas**	**Tips and Resources**
Youth with Special Needs	Connect with employment resources focused on individuals with special needs	• Employment - Exceptional Children's Assistance Center • Children and Youth with Special Health Care Needs - NC InCK Guide • NCWorks NextGen Program for ages 16-24

4.0 Finances

Topic	**Discussion Ideas**	**Tips and Resources**
Income Options	Supplemental Security Income (SSI) or Social Security Disability Insurance (SSDI)	• Disability Benefits - Legal Aid of North Carolina • Youth Resources, Including Resources for Transition-Aged Youth (14-17) • Understanding Supplemental Security Income (SSI) Application Process and Applicants' Rights • How To Apply for Social Security Disability Benefits (SSDI)
	Student aid	• FAFSA® • Work-Study Jobs - College • North Carolina College Scholarship & Grant Search (cfnc.org)
Topic	**Discussion Ideas**	**Tips and Resources**
Banking and Budgeting	Checking and/or savings accounts, and the value of having one or both	• Why Teens Should Open a Bank Account
	Money ideas to talk about and try out with parents and youth	• Consumer Financial Protection Bureau Guidance for Teenagers and Young Adults
Topic	**Discussion Ideas**	**Tips and Resources**
Credit Building and Managing Money	Building credit	• Everything Teens Should Know About Building Credit
	What credit card is best for their situation	• Secured vs. Unsecured Credit Cards
	Ways to manage money	• Money Management for Youth • Managing Your Money

5.0 Physical Health

Topic	Discussion Ideas	Tips and Resources
Primary Care	NC InCK Resource	• Adolescent and Young Adult (AYA) Health Guide
	Locate and schedule appointment with PCP	• Call PCP offices to see if taking new patients and accept insurance. • Make three-way call with member to schedule initial appointment.
	MyChart account	• MyChart Frequently Asked Questions • MyChart How To Guides
	Common questions they can ask their provider	• Questions for Youth to Ask about Transitioning to Adult Care
Topic	**Discussion Ideas**	**Tips and Resources**
Medication Management	Importance of taking OTC and prescriptions medications as directed	• Medication Adherence: Taking Your Meds as Directed
	Understanding the process for requesting refills, speaking the pharmacist	• Offer to 3-way call the pharmacy
	Adolescent and young adult medication management	• Educational Toolkits for Tweens, Teens and Young Adults • Review Medication with Your Provider
Topic	**Discussion Ideas**	**Tips and Resources**
Immunizations	Importance of having a copy of immunization records	• Offer to help request a copy or provide resources for them to request on their own • Contact doctor or clinic to search the North Carolina Immunization Registry (NCIR) to access immunization records ○ The NCIR is a statewide immunization registry that is only accessible and intended for healthcare providers and public health clinics to use to save and update vaccination records • Contact your previous healthcare providers • Contact the Local Health Department, pharmacies and neighborhood clinics for previous visits • Contact previous/current schools, colleges, universities, childcare centers, and summer camps • If served in military, check for immunization information
	Keeping immunizations up to date	• Find Your Local Health Department ○ Provide regular immunizations, such as flu shots, for no cost

		• Connect with a good PCP because they help:
		  ○ Stay updated on everything needed to be healthy
		  ○ Navigator preventative care
		  ○ Reduce pharmacy costs by providing samples, when available and appropriate
		  ○ Keep regular immunizations up to date and provide them for little or no cost

Topic	**Discussion Ideas**	**Tips and Resources**

Medicaid	Medicaid as an adult, possibly using discussion prompts	• Ask if they are still receiving Medicaid through their parent or guardian's case and, if they are not sure, offer to make a three-way call to the local DSS office to help find out. Or provide them the contact information if they prefer to call on their own.
		  ○ Local DSS Directory | NCDHHS
		  ○ Alamance County DSS
		  ○ Durham County DSS
		  ○ Granville County DSS
		  ○ Orange County DSS
		  ○ Vance County DSS
		• Discuss that Medicaid expansion covers adults ages 19-64 and they may be eligible if they do not live with a parent/guardian
		• Connect with NC Navigator Consortium to speak with a health insurance navigator

	How to apply and offer to assist	• ePASS • Paper application • In-person at local DSS agency

	What documentation is needed for identity verification and help with gathering documents	• Some examples of acceptable documentation:
		  ○ Driver's license
		  ○ Birth certificate
		  ○ Work or school ID
		  ○ Wage stubs
		  ○ Voter registration card or free voter ID card from local Board of Elections
		  ○ Verification of receipt of other social services programs, e.g. Work First Family Assistance

Topic	**Discussion Ideas**	**Tips and Resources**
Dental	Medicaid covered dental services and recommended dental hygiene	• NC Medicaid Covered Dental and Orthodontics • NC InCK Dental Guide
	Locating a Medicaid covered dental provider	• Search by Provider for a Plan | NC Medicaid Managed Care • Find a dentist

Topic	Discussion Ideas	Tips and Resources
Vision	Medicaid covered vision services and frequency of eye examinations	• Medicaid Eyecare Benefits for Children • NC Medicaid Vision Coverage • NC Medicaid Vision Flyer
	Locating a Medicaid covered vision provider	• Search by Provider for a Plan | NC Medicaid Managed Care • Medicaid Covered Services

	Glasses and/or contacts	• Inquire if they have a current prescription
		• Learn if they need new glasses or more contacts
		• There are many options for obtaining low cost glasses online and if you have a copy of your prescription you can go online and get glasses for a tiny fraction of the cost at an eye doctor's office
		  ○ Envolve Vision or 833-678-1324
		  ○ Walmart Vision Center
		  ○ Zenni Optical

6.0 Behavioral and Mental Health

Topic	Discussion Ideas	Tips and Resources
Personal Relationships	What a healthy and unhealthy relationship looks like to them	• Characteristics of Healthy & Unhealthy Relationships
	Who they confide in and if they can be on the Care Team	• Add to the NC InCK Care Team Consent (English or Spanish)
Topic	**Discussion Ideas**	**Tips and Resources**
NC InCK Resources	NC InCK resources	• Behavioral and Mental Health Services Guide • Adolescent and Young Adult (AYA) Health Guide
Topic	**Discussion Ideas**	**Tips and Resources**

Treatment	Resources available through Prepaid Health Plans	• **AmeriHealth Caritas of NC** (No referral required)
		  ○ Call member services at **1-855-375-8811** with the member on three-way call and ask for Behavioral Health Care Management
		  ○ Look up providers online with member, call and schedule appointment with member at AmeriHealth: Find Provider
		• **Carolina Complete Health** (BH services only for ages 18 and older currently)
		  ○ Call member services at **1-833-552-3876** with the member on three-way call and ask for Behavioral Health Care Management

		○ Look up providers online with member at Carolina Complete: Find Provider ○ Connect through Telemedicine • **Healthy Blue** ○ Call member services at 1-844-594-5070 and ask to have a Behavioral Health Care Management call the member. The customer service representative will put the referral in the system ○ Make a referral via email to BHReferrals@healthybluenc.com • **United Healthcare** ○ Call member services at 1-800-349-1855 and request a referral to a Behavioral Health advocate. • **WellCare of NC** ○ Call Member Services at **833-207-4240** and ask to speak with a Behavioral Health Care Manager ○ Look up providers at WellCare: Find Provider ○ Contact IC Tara Bartasavich via email at tara.bartasavich@wellcare.com or phone at 919-576-6093 and she will put the referral into the system.
Topic	**Discussion Ideas**	**Tips and Resources**
Medicaid Tailored Plans	Connecting with behavioral health supports	• Alliance Health - Tailored Plan • Vaya Health - Tailored Plan • Medicaid Tailored Plan Overview • NC DHHS: LME/MCO Directory
Topic	**Discussion Ideas**	**Tips and Resources**
Military Involvement	Limitations to enlisting if they certain diagnoses	• Can You Join the Military with Depression, Anxiety, or Other Mental Illness?
Topic	**Discussion Ideas**	**Tips and Resources**
Challenging Conversations	Crisis Services	• Crisis Services through NC-DHHS • 988 Suicide & Crisis Lifeline • Peer Warmline • Crisis Solutions of North Carolina • Trevor Project
	How to discuss healthy relationships, marriage, and/or parenting	• Healthy Relationships - The Hotline • Healthy Relationships Top Tips • Navigating the challenge of blended families • Family Toolkit 2024 • 10 Positive Co-Parenting Tips • Coparenting | Fatherhood.gov • Talking About Relationships: A Resource for Parents

7.0 Sexual Health

Topic	Discussion Ideas	Tips and Resources
Types of Health Care Providers	Appropriate type(s) of doctor based on needs, gender, identity	• Different Types of Doctors & Medical Specialists Explained • The Ultimate List of Medical Specialties and Sub-specialties
Topic	**Discussion Ideas**	**Tips and Resources**
Sexual Education	Share online resources	• AMAZE – Age-appropriate puberty and sex education videos • Sexual Health Resources for Adolescents
Topic	**Discussion Ideas**	**Tips and Resources**

Safe Sex and Pregnancy Prevention	Tools and resources about safe sex, pregnancy prevention, and unplanned pregnancy	• For adolescents and young adults:
		  ○ Your Safer Sex Toolbox
		  ○ Contact the Local Health Department
		  ○ NC DHHS: Unplanned Pregnancy Services
		  ○ Adolescent and Young Adult (AYA) Health Guide
		• For adults:
		  ○ Talking About Relationships: A Resource for Parents
		  ○ What should I teach my high school-aged teen about pregnancy and reproduction?

8.0 Housing and Utilities

Topic	Discussion Ideas	Tips and Resources

Living Independent of Parent/Guardian	Low-income housing resources	• Contact potential housing options to see if there is a waitlist and how long it is, if they are taking applications, and what verifications are needed
		• **NC InCK Housing Specialist Referral:** Referral for NC InCK PHP Housing Specialist
		• **General**:
		  ○ NC Housing Search
		  ○ Renters: NC Housing Finance Agency
		  ○ Project Fam - LGBTQ Center of Durham Housing Assistance
		• Offer to connect with Legal Aid of North Carolina, if appropriate.

Topic	Discussion Ideas	Tips and Resources

Home Furnishings and Community Resources	Furniture, appliances, cookware, and other furnishings and resources	• Provide cost-effective resources, such as thrift stores and consignment shops
		• **General:**
		  ○ Findhelp.org
		  ○ NC 211
		• **Alamance:** Alamance County Community Resource Assistance Guide
		• **Durham:**
		  ○ Durham County Community Resource Assistance Guide
		  ○ Partnership for a Healthy Durham Resources
		• **Granville**
		  ○ Granville County Community Resource Assistance Guide
		• **Orange:**
		  ○ CommunityWorx
		  ○ Orange Congregations in Mission Thrift Store
		• **Vance:**
		  ○ Vance County Community Resource Assistance Guidehttps://www.gvph.org/wp-content/uploads/2022/07/21.1-Vance-County-Community-Resource-Guide.pdf

9.0 Food and Nutrition

Topic	Discussion Ideas	Tips and Resources

Food and Nutrition Services (FNS) Benefits as an Adult	Applying for FNS (aka SNAP)	• Offer to help them apply
		  ○ ePASS
		  ○ Paper application
		  ○ Refer to More in my Basket or to Food Bank of Central & Eastern NC for assistance with FNS application
		• If they need to apply, assist with gathering as many needed verifications as possible

	Other food resources	• Finding Food Resources - Legal Aid of North Carolina

Topic	Discussion Ideas	Tips and Resources
Women, Infant, Children (WIC) Benefits for Parents	WIC guidelines, benefits, and application process	• Share eligibility criteria: Parent of child under age 5, including single fathers or pregnant, postpartum, and/or breastfeeding • Provide information about applying for WIC ○ Inform family that if they have a Medicaid card, it can serve as required proof of identity, income, AND residence • Assist parent in completing and submitting the WIC Referral Form
Topic	**Discussion Ideas**	**Tips and Resources**
Cooking and Recipes	Basic cooking skills, ex. boiling water and making pasta, storing food to refrigerate or freeze, thawing and reheating food	• Leftovers and Food Safety • How to freeze cooked leftovers • What methods of reheating food are safe?
	Easy, healthy recipe ideas	• Dinner Ideas for Teens • Healthy Meals That Cost Less Than $3 Per Serving • Modifying a Recipe to Be Healthier
	Importance of eating healthy	• MyPlate | U.S. Department of Agriculture
Topic	**Discussion Ideas**	**Tips and Resources**
Grocery Shopping	Meal planning, assessing what food you have at home to decide what you need to buy	• How to Plan Weekly Meals • Weekly Meal Planner, Grocery List, and Recipes • Weekly Menu Planner and Grocery List • Printable Resources from MyPlate
	Benefits of making a list of what you need to buy and stick to it	• Grocery List Template • Look at sale ads for local grocery stores
	Online shopping, which can be delivered or picked up	**Note:** All vendors listed below EXCEPT Lowe's accept SNAP/EBT cards for online shopping. Click here for a full list of NC vendors accepting EBT online. • Instacart • Food Lion To Go • Harris Teeter Shop Online • Publix Shop Online • ALDI Grocery Pickup • Walmart Pickup and Delivery • Lowes Foods To Go

Topic	Discussion Ideas	Tips and Resources
NC InCK Resources	Resources on the NC InCK website	• NC InCK Quick Reference Guide: Food Insecurity Resources • Food and Nutrition Support Guide

10.0 Personal Support

Topic	Discussion Ideas	Tips and Resources
Adult Support	Who the adult(s) is/are they can depend on when they need support	• Pursue including adult(s) on NC InCK Care Team Consent (English or Spanish)
	Awareness of parent advocacy and support	• Parent Advocacy & Support through Legal Aid of North Carolina
Topic	**Discussion Ideas**	**Tips and Resources**

Building a Support System	Who they identify as their support system, person, or mentor	• Do they have your best interest at heart?
		• If you don't have one, who in your personal life do you look up to/admire?
		  ○ Consider reaching out to their Juvenile Court Counselor for insight, as long as included on NC InCK Care Team Consent (English or Spanish)
		• Do they support your goals and dreams?
		  ○ How do they support these (encouragement, financial, etc.)?
		  ○ What other support do you need from them?

	Who they may want to include on their NC InCK Integrated Care Team	• Relative(s)
		• Close friend(s)
		• Mentor
		• Juvenile Court Counselor
		• Social Worker(s), such as:
		  ○ DSS
		  ○ Juvenile Justice
		  ○ School
		  ○ Medical
		• Faith-based support person(s), such as:
		  ○ Pastor
		  ○ Bible School teacher
		  ○ Choir director
		• School support person(s), such as:
		  ○ Teacher
		  ○ Guidance counselor
		  ○ Coach or activities instructor

Topic	Discussion Ideas	Tips and Resources

Mentoring and Transition-Age Programs	Community-based programs and national resources	• Youth Village Lifeset Program
		  ○ Community-based program for transition-age youth with a trained specialist by their side to help them identify and achieve goals.
		  ○ Designed to help young people aged 17 to 22 who are aging out of child welfare and/or juvenile justice.
		  ○ Referrals must be made by a Juvenile Court Counselor.
		• Evolve Mentoring
		  ○ Organization based in Raleigh-Durham helping Black, Brown, Latino, and Native American youth to thrive into adulthood
		  ○ Pairs young adults with a trusted mentor advisor to help support youth with their overall wellbeing, by encouraging, supporting, and inspiring youth in all areas of life.
		  ▪ Includes assisting and offering guidance on stress management, problem solving, communication and character development
		• National Mentoring Resource Center
		  ○ Comprehensive and reliable resource for mentoring tools, program, and training materials, as well as access to no-cost training and technical assistance
		  ○ Assist youth in searching for a local or virtual mentoring program
		• Big Brothers Big Sisters of the Triangle
		  ○ Impact on Juvenile Justice: Big Brothers Big Sisters Youth Mentoring
		• Boys & Girls Clubs of America
		• YMCA Locations and YMCA of the Triangle

	Parent, peer, and Juvenile Justice-involved supports	• Parent Advocacy & Support • Peer Support for Youth and Families • Programming for Justice Involved Individuals • NC Voices Amplified

11.0 Additional Information

Topic	Discussion Ideas	Tips and Resources

Miscellaneous Topics and Resources	Collateral consequences of Juvenile Justice involvement	• Offer checklists and informational resources the youth and family can use for goal-setting
		  ○ Strategies to Address the Needs of Justice-Involved Youth Impacted by Collateral Consequences
		  ○ Collateral Consequences Checklist for Juvenile Defenders

	Expunction of juvenile record	• Criminal Record Expunction: FAQs, Self-help Materials and More • Durham Expunction & Restoration Program
	Local Juvenile Crime Prevention Council (JCPC) services	• Alamance County JCPC Programs • Durham County JCPC Programs • Granville County JCPC Programs • Orange County JCPC Programs • Vance County JCPC Programs
	Voting	• A youth's juvenile record will NOT affect their right to vote • Free voter photo IDs available from local county boards of elections • Nonpartisan guidance on voter registration, eligibility, and voting methods (e.g. by mail, early voting, in-person)
	Jury Duty	• A youth's juvenile record will NOT impact their ability to serve on a jury