

UNDERSTAND THE ROLE OF PCs

The first step to take as a professional working with an **emerging adult** and their **PCs** is to identify the level of involvement the **emerging adult** would like them to play in their recovery. Follow these steps:

1

Learn about their relationship with the PCs

- **Identify** how the **emerging adult** views their **relationship** with their **PCs**. Is it supportive? Do they think the **PCs** are willing and able to be involved?
- **Make room** for the **emerging adult** to discuss any **tension** with their **PCs**.
 - Is their relationship strained? If yes, does the **emerging adult** want to work towards repairing that relationship?
 - If they are unsure, assist them in making a list of pros and cons for repairing their relationship.
- If there is tension, consider how **damaged** or **broken** the relationship is.
 - Has the **emerging adult** shared that they do not want their **PCs** involved? If so, **respect their decision**.
 - If they do not want their **PCs** involved, work with them to **identify other adults** in their life that they see as supportive.
- Help them evaluate if the relationship with their **PCs** is harmful or abusive (See **HEALTHY RELATIONSHIPS** chapter of this playbook). Even if their relationship is unhealthy or abusive they may want their **PCs** involved. **This is their decision, be respectful of their choice.**

“ Do you feel supported by your parent/caregiver? ”

“ You mentioned you have a difficult relationship with your mom. Do you want to work on making it better it? ”

“ Who are some supportive adults in your life? ”

“ How can you make sure boundaries are clear and respected? ”

UNDERSTAND THE ROLE OF PCs

2

Become informed about laws and consent for minors

- Depending on your role as a professional, if the young person is 18 or older, you may need to get **consent** and/or **written permission** from the **emerging adult** to speak to and involve their **PCs**.
- Ensure **legal rules** are discussed and clear between the **PCs** and the **emerging adult**.
 - Legally, if the **emerging adult** is 18 or older **they make the final decisions**.*
 - If under 18, consider **empowering** the **emerging adult** to have a greater role in making decisions regarding their health. This will allow for a better transition when the **emerging adult** turns 18.
 - This can be tricky and challenging because many **emerging adults** have **varying dependence** on their **PCs** for things such as financial support and providing for their basic needs.
- Identify if there are any topics that the **emerging adult** does not give permission for you to discuss with their **PCs**. Ensure that the **PCs** are aware.
 - **Acknowledge** that this can be frustrating for the **PCs** and remind them it is the law.
 - Remember that providing help and support to the **emerging adult is your priority**, and it is extremely important to **maintain that trust**, even if it means upsetting a **caregiver**.
 - Ensure the **PCs** and **emerging adult** understand that this does not apply when it comes to **safety concerns** such as a plan for suicide or homicide, regardless of the age of the **emerging adult**. See the **SUICIDE PREVENTION** chapter for more details.

“ Are you ok with signing this release of information so I can speak with your parents? ”

“ How do you feel about calling our office to make appointments instead of your dad? ”

“ Are there certain topics you don't want me to speak with your caregiver about? ”

*There may be circumstances in the **emerging adult's** life where they are not their own legal guardian (behavioral health or developmental disability).