



Ready, Set, Go / Transitional Planning Conferences ***What Youth Need to Know***

What Is Ready, Set, Go (RSG) / Transitional Planning Conferences (TPC)?

- Support offered to you to understand and plan for transition and long-term well-being with the emphasis on preparing for success throughout your teens and up to 23 years of age
- Driven by policy directive, CW 003-23 - Preparing Youth for Successful Transition from the Care of Children's Aid Societies (Province of Ontario, April 1, 2023, section 42 of the *Child Youth Family Services Act* (CYFSA)).
- The importance of **YOUR** input on the direction, access and level of support is one of the key drivers of the program
- Six core dimensions are built upon: **health, education, identity, family and social relationships, emotional and behavioural development and self-care skills**. Each of these are considered from your perspective **with appropriate guidance in the context of age, culture, maturity and experience** to support your long-term success

You Are Eligible If:

- You're between 13–23 and have been in care for 12 consecutive months and may be in care for longer than 12 months
- You're 16 or 17 years old and in a Voluntary Youth Services Agreement (VYSA)
- You're in a customary care agreement supervised by a society, and are/could be connected with your FNIM community
- Youth between 18-23, you must meet additional criteria according to [section 124](#) of CYFSA and associated regulations

Services Offered: (all ADR TPC services are free of charge)

- Youth must be offered the RSG program at set intervals (see chart on opposite side)
- Youth participation in RSG/TPC is always completely voluntary
- If you are under 18 you are entitled to have a lawyer through the Office of the Children's Lawyer (for free)

Your CAS worker can connect you with an ADR-Link professional who does not work for CAS:

- you will need to agree to using the service by signing a consent to make the referral (gives CAS permission to share your name, contact information and a few personal pieces of information with ADR-Link)
- Office of the Children's Lawyer OCL notification for those under 18 years is mandatory
- Send the referral paperwork to ADR-Link@lfc.on.ca or fax to 519.679.4234

Like any teenager/young adult there are many things you need to think about to plan your future. Children's Aid, ADR-Link and the people you feel are important in your life can work together with you to help.

There are 6 main categories that people concentrate on when working to becoming a successful person:

- **Health**
 - Staying healthy physically (do you have a doctor, dentist, have you had all the vaccinations you need to have and how do you get these – how do you keep your health records safe etc.)
 - Is your diet nutritious? Do you have a safe, clean place to live?
- **Education**
 - Are you doing the best you can in school? If not, do you need support to do better?
 - How to access college/university? Do you know what type of work do you want to do and what education do you need to get there?
 - What financial support is available to help with educational costs?
 - What extracurricular activities do you want to do?
- **Identity**
 - Do you have proper identification? (Birth certificate, social insurance number, health card etc.)
 - If you are an Indigenous person, do you have your Secure Certificate of Indian Status or other membership?
- **Family and Social Relationships**
 - Do you have relationships with people who you trust? Do you feel supported by them? How do/can they support you?
- **Emotional and Behavioural Development**
 - What support and services are in place? Do you feel well connected? Have you had any necessary assessments?

- **Self-care Skills**

- What are your hobbies? What do you think is a skill of yours? Do you know how to cook? How to approach personal care?

Activity Chart: (sample of service and items that can be accessed any time between 13 – 23 years)

When?	CAS Worker	ADR-Link	You
At your 13th birthday	<ul style="list-style-type: none"> • Will review your Action and Assessment Record (AAR) • Will review your Plan of Care with you • May offer to connect you with ADR so you can meet with another service provider to help you understand and develop plans 	<ul style="list-style-type: none"> • May provide a professional person that is not working for CAS to help you to do some planning • You will decide who you want to include in this process • Can help you to reconnect with people that you feel may support your success 	<ul style="list-style-type: none"> • Will have input into what these 2 documents mean for your long-term planning and support • Can request ADR services at any time to help with any issues you feel you need to understand better and plan for
Before your 16th Birthday	<ul style="list-style-type: none"> • Will meet with you to review your plans and go through a checklist of things you should be thinking about • Will offer to connect you with ADR so you can meet with another service provider to help you understand and develop these plans • Will be part of the plan development and approval process of these plans 	<ul style="list-style-type: none"> • Will try to arrange for the same person to work with you as you did before • Will arrange to review your plans/checklist and help you work your way through what's important to work on now and what can wait • Can help you to reconnect with people that you feel may support your success • Will offer you the opportunity to take prepare for long term planning 	<ul style="list-style-type: none"> • Will have input into what these plans mean for your long-term planning and support • Identify concerns and areas where you need support or skills development appropriate for a 16 year old • Decide what other people you want to be involved in your progress
Before your 18th birthday	<ul style="list-style-type: none"> • Will meet with you to review the same checklist and review progress • Will offer to connect you with ADR so you can meet with another service provider to help you understand and develop these plans • Will be part of the plan development and approval process of these plans 	<ul style="list-style-type: none"> • Will try to arrange for the same person to work with you as you did before • Will arrange to review your plans/checklist and help you work your way through what's important to work on now and what can wait • Can help you to reconnect with people that you feel may support your success • Discuss post-secondary education and the resulting increased monthly funding for 20-23 year olds • Ensure that you are connected with professional supports and provide connections to community supports 	<ul style="list-style-type: none"> • Will have final decision and input into what these plans mean for your long-term planning and support • Identify concerns and areas where you need support or skills development appropriate for an 18 year old • Decide what other people you want to be involved in your progress
Before your 23rd birthday	<ul style="list-style-type: none"> • Will meet with you to review the same checklist and review progress • Will offer to connect you with ADR so you can meet with another service provider to help you understand and develop these plans • Will be part of the plan development and approval process of these plans 	<ul style="list-style-type: none"> • Will try to arrange for the same person to work with you as you did before • Will arrange to review your plans/checklist and help you work your way through what's important to work on now and how to address other outstanding items that need your attention • Can help you to reconnect with people that you feel may support your success • Provide connections to community supports 	<ul style="list-style-type: none"> • Will have final decision and input into what these plans mean for your long-term planning and support • Identify concerns and areas where you need support or skills development as you get ready for independence • Decide what other people you want to be involved in your progress

Where to find more information about RSG/TPC at The policy directive CW 003-23 and general program information are available on the Government of Ontario [website](#). Questions regarding any ADR services should be directed to your CAS worker or ADR-Link@lfcc.on.ca ADR-Link 23 09 18