

Transcript

Cameron Conner

It's time for a Life Launch conversation on Show Me Today, The Voice of Missouri. I'm Cameron Conner. We're spotlighting adulting resources. The tool is designed to help young adults navigate jobs, health, money, and support systems. If you've ever thought, I wish someone showed me how to do this, well, today's episode is for you. Youth and Family Liaison for Early Psychosis Care, Grace Chappel rejoins us. Grace, I'm looking over the resources page and it brings numerous tools across multiple, multiple areas from really anywhere you can think. How should someone approach the site if they're feeling overwhelmed, unsure of where to begin?

Grace Chapel

I think the resources tab is a fantastic place to start. It's color-coded by section. So we have education, employment, housing, financial, transportation, food, wellbeing, legal, pet, healthcare, and a couple other categories. So if you are struggling with any of these sections, you just scroll down until you have that header and then it asks you questions. It says, do you have a hard time with this? Are you looking for information for that? And it links you to things that connect you to resources for that exact need. So if you're looking for a job and you don't know where to start, if you're currently in the military or wanting a career in the military, we have info to get you that. If you want to buy a house, if you want part to get in on homeowners assistance programs, if you want to learn how to set up financial accounts and really get good with managing your money, if you need ride shares, if you want to buy a car, we have all kinds of resources on there. And so there should be something to meet just about every basic need that a struggling young adult shows up to our site with.

Cameron Conner

Just an aside that I thought of before I move on to my next question. I mean, all of the resources this offers, I wish I had this or knew about it when I was this age. There's really a category mention or resource for anything.

Grace Chapel

Absolutely. There are tons of resources out there for you. That's from the federal government, that's from state governments, that's from Missouri specifically and other states. That's from nonprofits. People want to help you. The problem is usually you have to

go find it yourself. You know, they're not always very well advertised. Here's \$10,000 for free to put towards buying a house, but you have to know the website to go to, you know, but unless you have their physical business card, you don't know how to get in touch with them. One of the large purposes of Life Launch is to collate as much of that as possible into the same space so you don't have to go hunting yourself. So you don't need to know yet how to go hunting yourself and we want to teach you.

Cameron Conner

And for parents, mentors, and professionals listening, there's an entire section built just for you on LifeLaunchMo.org so you can support young adults without reinventing the wheel. It's another Life Launch conversation and we're talking about adulting resources on Show Me Today, the Voice of Missouri. I'm Cameron Conner. Grace Chappel is alongside with us so we can easily navigate through. Grace, this next question is a mentor, professional, or parent to young adult dynamic. How can parents or mentors use the resources page to guide young adults without taking over the process?

Grace Chapel

Youth and young adults are entering this world where now they have all this autonomy and freedom that they didn't have when they were a child. And that is so exciting to young adults and they are so afraid of losing it. They don't want to ask for help. They don't want anybody to think they can't do everything themselves because they're afraid that agency is going to be taken away from them and they're going to be forced back into the world of being a little kid. And so when you're working with a youth or a young adult who's in this transitional period of figuring out their life and being responsible for themselves, it's really important to work with them. You don't tell them what to do. You partner with them to make a decision. You don't want to tell them, well, this is where you should be. You should have had a job by now. You should know better than this. Meet them where they're at. Respect their pace as they develop these things and let them be in charge. It's their life. They have to live it. Help them make that possible. So we have tons of resources on our site. It's under the for professionals tab, but usually these can be used by anybody who has youth and young adults. One of my favorite materials that we have on here is the Playbook for Professionals. This is a whole book on, it's full of information about youth and young adults and different needs that they have, different issues that are common to this developmental period and how to support them through it. We also have the option for you to sign up for a training to receive a companion manual to this Playbook for Professionals. And that is a book full of hands-on materials. It's worksheets, it's things you can cut out and write on. It's templates that you fill out together. It's flow charts that you can fold up and keep in their pocket to guide them through certain processes. So if you sign up for our

training on the website, you'll be able to receive a copy of that and we'll teach you exactly how to use it.

Cameron Conner

Wow, that's great. You dovetailed into my next question. You might have answered it. In your opinion, for all of the youth out there going to this site for the first time, if they're going to take away anything or use a building block to start off with, what's one resource on the site that every young adult should have in the back of their mind from the moment they go there?

Grace Chapel

I would actually say for young adults, I would bookmark the blog on the Life Launch site. We are working to get a new post uploaded every week with a life skill. So a couple that we have up there right now, how to grocery shop, how to fold a fitted sheets, because for some reason that is the bar that makes people feel like they have everything together and they know how to be an adult. We have one on how to declutter. you've moved three times from college apartment to college apartment and half your stuff's at your mom's and half your stuff is with an old roommate and you just don't, you have all this stuff and you don't know what you need. We have a blog post on how to declutter and get rid of that kind of thing. We have things on meal planning, on how to make a phone call and send a good e-mail. A lot of young adults are terrified to get on the phone these days. And it can be scary until you know how to do it. And so we want to teach you how to do it. So that blog is always being updated. We have about 100 posts planned for different skills that we actually consulted young adults and we said, which of these were hard for you? What do you wish was on this list? What did you need help with when you were getting started? And what do you think that we should tell people who are learning for the first time? So keep an eye on that, bookmark it and check back often because we're trying to update it as often as we can.

Cameron Conner

That's Grace Chappel with early psychosis care. To explore the full library of adulting resources, visit lifelaunchmo.org/slash/resources. I'm Cameron Conner and this is Show Me Today, The Voice of Missouri.