

Pediatric-to-Adult Transition Group Medical Visits

Structured support for older teens and young adults preparing for the transition to adult health care

The **Wellness Center for Youth with Chronic Conditions** is now offering a four-session Pediatric-to-Adult Transition Group Medical Visit (GMV) series for older teens and young adults who would benefit from structured support in building transition readiness skills.

What the series includes

The series combines group-based education, discussion, and individualized transition consultation related to each participant's medical condition. Topics include:

- Transition and transfer awareness and education
- Shared decision-making and TRAQ skill-building, including medication refills, appointment tracking, health management, and communicating with providers
- Independence and self-advocacy across work, school, and community settings
- Creating a transfer plan and advocacy strategies

Upcoming Series: January 2027 and April 2027

To refer your patients, search "wellness" in Epic and select the referral to Group Wellness classes.

Questions? evonsche@ucsf.edu or sydney.gressel@ucsf.edu.

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