

PARENT UPDATE

on

THE POST-BHS TRANSITION -- WHAT SENIOR PARENTS NEED TO KNOW

Whether heading off to college or the military or staying close to home for a gap year or to work, the transition from high school life is a big change. On [Tuesday April 30th](#) at 7pm the Senior PTO and B-PEN presented a special evening with guest speaker Dr. Anjini Virmani, BHS Social Worker Abby Dean, and B-PEN Outreach Coordinator Jennifer Gangadharan.

KEY TAKEAWAYS

Prevention/Intervention Social Worker Abby Dean talked about the importance of preparing teens for what's next and preparing ourselves for letting go as they begin the next phase of adulthood. She drew from an excellent article by Heather Barnett, "[15 life skills every kid should know before they leave for college.](#)" B-PEN Outreach Coordinator, Jennifer Gangadharan shared some lessons learned through launching her own kids. Topics included withdrawal deadlines at colleges, health insurance rules about coverage out of state, and navigating health systems for students studying abroad.

Dr Anjini Virmani gave the evening's main presentation. *An Internal medicine physician practicing at Atrius Health since 1998 with a focus on college health, innovative care, and teaching, she also served as Associate Dean of Health, Wellness and Counseling and the Medical Director of the Health Center at Bentley University and is currently the Internal Medicine Chief of Clinical Coverage department at Atrius. Her two children graduated from BHS. One graduated college in 2020, and the other will graduate in 2024.*

Her main points are outlined in the materials linked below and include important information about dealing with college student medical needs away from home, including insurance issues, HIPAA health privacy guidelines, and a "medical tool kit." She also stressed the importance of students studying out of state being aware of differences in women's health laws (i.e., birth control is fully legal, but some college health centers may not prescribe) and marijuana laws still vary state to state.

RESOURCES

[Dr. Virmani's Medical Tool Kit for Students](#)

[Dr. Virmani's Medical Tool Kit for Parents](#)

[College Transitions](#) page on B-PEN website (<https://www.b-pen.org>)

[What Every Kid Needs to Know Before Leaving Home](#)

["15 life skills every kid should know before they leave for college"](#)

[Ten College Transition Tips](#)

www.B-PEN.org

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