"I can get from here to there, but I need some help, guidance on the best way to do it, and someone to talk to who has done this before. This is new to me but just a part of growing up and becoming a responsible adult who has dreams and goals that are sometimes challenged by my mental health needs."
Emerging Adult in Transition

Issue 14

focus

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TOPIC WATCH

Each month we will feature a different topic; expanding the knowledge, resources, and peer networking in targeted areas. These target areas will include workforce development, transition, supported education, leadership, organizational development, sustainability, and others as they are identified.

Emerging Adult Transition Resources: Getting from Here to There…

Transition is as a lifelong process through which individuals come to understand themselves as they relate to the world of work. It occurs through participation in a range of activities, encompassing both formal and informal experiences, both within and outside of programs and agencies. The transition process also includes career development and community partnership, often involving the education system, the home and family structure, business, industry, and government, as well as a variety of community agencies and organizations.

Transitions occur throughout the lives of all individuals, but there are times when transition planning is especially critical to ensure desired outcomes. For emerging adults who receive mental health services, a pivotal transition point is the period between high school and adult life, whether that includes college, technical school, or work. Each individual, and their needs and adult goals, will be different. Nonetheless all individuals can benefit from thoughtful transition planning. There are countless resources that provide information, forms, direction, guidance, and step by step advice. Some of them are targeted toward families and some directly to those emerging adults who are experiencing the transition. Many sites and resources are for individuals with "disabilities." Whether an emerging adult considers themselves as having a disability or not, these resources can be adjusted or used to facilitate smooth transitions for any individual.

This edition of Café TAC's Focus will center on transitions as related to emerging adult transition into post-secondary education, adult healthcare systems, and the workforce. We have selected a few of the most useful resources to share here. Ideally they will be worthy additions to your library of transition resources for emerging adults, and will be of use in guiding emerging adults as they begin their new journey toward their goals and dreams.

Websites

The National Center on Secondary Education and Transition (NCSET) coordinates national resources, offers technical assistance, and disseminates information related to secondary education and transition for youth with disabilities in order to create opportunities for youth to achieve successful futures. Their IEP & Transition Planning site provides information on strategies to support student, family, and professional participation in developing a student's Individualized Education Program (IEP) and transition plan. http://www.ncset.org/topics/ieptransition/default.asp?topic=28

The Society for the Study of Emerging Adulthood (SSEA) is an international, multidisciplinary organization focused on theoretical, empirical, and policy research issues related to emerging adulthood, ages 18 to 29. http://www.ssea.org/index.htm

Wrightslaw is a vast site that includes thousands of articles, legal decisions, and news items on different topics related to special education and education law. The site contains a variety of links to other resources on the internet that deal with transition and special education. It has been considered the premier resource on special education law. View their Transition, Transition Services, Transition Planning page at http://www.wrightslaw.com/info/trans.index.htm

National Dissemination Center for Children with Disabilities - NICHCY has devoted an entire section of its website to the subject of transition, including articles written expressly for students themselves, school personnel, and parents. This section of their site focuses on what IDEA requires in the IEP for transition-aged students: http://nichcy.org/schoolage/iep/iepcontents/transition

Got Transition? is a national resource for health care professionals, families, youth, and state policy makers focusing on a young adult's transition from pediatric to adult health care. This site serves as the basis for an information exchange about health care transition, particularly as pertaining to youth with special health care needs. http://www.gottransition.org/

The Transition Coalition provides online information, support, and professional development on topics related to the transition from school to adult life for youth with disabilities. http://transitioncoalition.org/transition/

National College Transition Network's mission is to strengthen policy and practice related to college and career readiness of adult learners. The NCTN works with adult education programs, professional development providers, and policymakers to enable adult learners to succeed in postsecondary education that leads to jobs with family-sustaining wages. http://www.collegetransition.org/home.html

The **National Secondary Transition Technical Assistance Center (NSTTAC)** provides technical assistance (TA) and disseminates information to State Education Agencies, Local Education Authorities, schools, and other stakeholders to (a) implement and scale up evidence-based practices leading to improved academic and functional achievement for students with disabilities, preparing them for college or other postsecondary education and training and the workforce; (b) implement policies, procedures, and practices to facilitate and increase participation of students with disabilities in programs and initiatives designed to ensure college- and career-readiness; and (c) achieve 100% compliance with IDEA, Part B. http://www.nsttac.org/content/about-nsttac

The Health Care Transition Initiative at the University of Florida's mission is to increase awareness of, gain knowledge about, and promote cooperative efforts to improve the process of transitioning from child-centered (pediatric) to adult oriented health care. Their vision is to improve the transition process for all adolescents and young adults, although their current efforts focus on those with disabilities and special health care needs. http://hctransitions.ichp.ufl.edu/

National Network on Youth Transition (NNYT) for Behavioral Health's mission is to improve practices, systems, and outcomes for transition-age youth and young adults (14-29 years of age) with emotional and/or behavioral difficulties (EBD). http://cfs.cbcs.usf.edu/projects-research/detail.cfm?id=242

Voices4Hope is a place for teenagers and young adults with mental health challenges to talk with each other, gain access to information that will help them live happily and independently, and learn about new research and new ideas. The site was created and is maintained by a group of four young adults who are involved with research concerning the needs of people ages 14 to 30 who have mental health challenges. http://voices4hope.wikispaces.com

Papers and Booklets

Best Practice Guidelines for Transition to Adulthood for Youth with Disabilities in Ontario: An Evidence-based Approach is a white paper from Canada discussing guidelines and recommendations for successful transitions. http://transitions.canchild.ca/en/ltResources/transitionsummary.asp

Person-Centered Planning: A Tool for Transition provides action steps, implementation strategies, preparation for participation, a review of potential adult services, and information on goal setting. http://www.pacer.org/c3/curriculum/Session7/handouts/Person%20Centered%20Planning%20A%20Tool%20for%20Transition.pdf

Pacer Center: Parent Brief: Promoting Effective Parent Involvement in Secondary Transition Planning http://www.pacer.org/c3/curriculum/Session7/handouts/Person%20Centered%20Planning%20A%20Tool%20for%20Transition.pdf

Smooth Transition highlights information regarding the transition process from teen to adulthood for people with disabilities to promote transition planning with confidence and effectiveness http://www.smoothtransition.us/products.htm

Shriners Hospital for Children's tips and guidelines to assist middle and high school students with disabilities to speak up for themselves as a part of the transition planning process. http://www.floridahats.org/wp-content/uploads/2010/03/School_Advocacy.pdf

Transitioning to Adulthood for Young Adults with Mental Health Issues is a Network on Transitions to Adulthood Policy Brief that discusses the challenges and models that address transitioning to adulthood for emerging adults with mental health issues. http://www.transad.pop.upenn.edu/downloads/mental%20health%20formatted.pdf

Successful Transition Models for Youth with Mental Health Needs: A Guide for Workforce Professionals This InfoBrief describes the systems' service barriers faced by youth with mental health needs as they reach adulthood, while highlighting new models and strategies designed to break down those barriers and help youth to transition successfully into the workplace. http://www.ncwd-youth.info/information-brief-23

Addressing Trends and Developments in Secondary Education and Transition- Community Resource Mapping: A Strategy for Promoting Successful Transition for Youth with Disabilities is an information brief on strategies that promote successful transitions. http://www.ncset.org/publications/viewdesc.asp?id=939

Helping Youth with Mental Health Needs Avoid Transition Cliffs: Lessons from Pioneering Transition Programs InfoBrief discusses challenges faced by youth and young adults with mental health needs during their transition to adulthood and describes strategies used by youth service professionals to avoid age-related transition cliffs and prevent service interruptions during this critical stage of development. http://www.ncwd-youth.info/information-brief-24

Tools

Healthy Ready to Work National Resource Center provides a tool chest of information and resources. The mission of the HRTW National Resource Center is to create changes in policy, programs and practices that will help youth with special health care needs transition to adult health care with funding, to work, and to greater independence. http://www.syntiro.org/hrtw/tools/check_transition.html

Life after High School — Secondary Transition Planning site provides a Tool Kit to help families in the transition planning process. http://nhspecialed.org/TransitionSection.shtml

Planning for Secondary Transition — The Individual Transition Planning Tool is designed as a resource for students, families, educators and others to use in making plans for the future of a student with a disability. Key questions prompt thinking about the elements of a comprehensive plan that can then be embedded into the student's IEP. http://www.edresourcesohio.org/transition/quality_check.php

The Transition Checklist is designed to give family members an easy to use list of topics that should be taken into consideration when discussing transition from high school to college. http://www.thinkcollege.net/for-families/transition-checklist

Access Maine Transition Checklist is a checklist of transition activities to consider when preparing transition plans with the IEP team. Skills and interests will determine which items on the checklist are relevant and the checklist can also help identify who should be a part of the IEP transition team. http://www.accessmaine.org/Toolkits/GuideforFamilies/guide_transplan_transcheck.htm

Charting a Course for the Future — A Transition Toolkit provides information and tools necessary in creating a comprehensive and individualized transition process. http://www.cde.state.co.us/cdesped/TK.asp

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