

Gateway to the World: A Toolkit and Curriculum

Appendix: Additional Resources for Youth In Transition



Developed and compiled through a partnership between:



Washington's
Mental Health Transformation Project
Partnerships for Recovery & Resiliency

and



Appendix: Additional Resources for Youth In Transition

Introduction

Welcome to the additional resource guide section. This site is loaded with valuable resources that you can mostly retrieve on-line for free. You will find active websites, toolkits, books and other valuable resources. Many sites are specifically designed for youth as self-help guides and ways to connect with others. Other sites are designed to be used by adults who are working with youth in transition.

On our website we tried to provide you with evidence-based practices for youth in transition. There are not many practices that are validated by good research. We chose to provide you with other resources of value in this section. Many of the sites are for private organizations. Some are managed by state or federal government agencies that may help you obtain public services, such as, Social Security or other benefits.

We tried to organize the sites by topic, but they frequently overlap so it is a good idea to scan all the items listed. Many of the websites change over time. Sometimes a document may no longer be on an active site. The sites for this document were observed through May, 2009.

Goal setting and Priorities

Illness Management

Mueser KT, Corrigan PW, Hilton DW, et al: *Illness Management and recovery: A review of the Research*, Psychiatric Services, in press.

Leete E: *How I perceive and manage my illness*, Schizophrenia Bulletin 15(2), 197-200, 1989.

Illness Management Tools, The illness management strategies were taken from the following resources: Illness management toolkit:

<http://www.mentalhealth.samhsa.gov/cmhs/communitysupport/toolkits/illness/>

Example of an IMR Goal Tracking Sheet,

http://www.google.com/search?sourceid=navclient&ie=UTF-8&rlz=1T4DKUS_enUS290US291&q=IMR+Goal+tracking+sheet.

National Alliance on Mentally Illness, (NAMI) *CONNECTIONS: A Self-Help and Resource Guide for Individuals with Mental Illness, Their Families, and Social Service Providers*, NAMI

<http://www.nami-greaterseattle.org/publications.htm>.

Life Skills, Education & Recreation

Adams, N. , Grieder, D., Nerney, T., *Person Family Centered Planning Models, Principles and Values of Person /Family-Centered Planning*,

[http://www.google.com/hws/search?hl=en&client=dell-usuk&channel=us-
psp&ibd=0080815&q=Person+Family+Centered+Planning](http://www.google.com/hws/search?hl=en&client=dell-usuk&channel=us-
psp&ibd=0080815&q=Person+Family+Centered+Planning).

Annie E. Casey Foundation, Publications on life skills and numerous other resources.

[http://www.aecf.org/KnowledgeCenter/SearchResults.aspx?keywords=youth%20life%20skills&
source=topsearchKC](http://www.aecf.org/KnowledgeCenter/SearchResults.aspx?keywords=youth%20life%20skills&
source=topsearchKC).

http://www.caseylifeskills.org/pages/res/res_ACLSAGuidebook.htm#5

http://www.caseylifeskills.org/pages/res/res_ACLSAGuidebook.htm#2

Five modules used on this website:

- [Module 1](http://www.caseylifeskills.org/pages/res/PAYA/PAYA_module1.htm): Money, Home, and Food Management
http://www.caseylifeskills.org/pages/res/PAYA/PAYA_module1.htm
- [Module 2](http://www.caseylifeskills.org/pages/res/PAYA/PAYA_module2.htm): Personal Care, Health, Social Skills, and Safety
http://www.caseylifeskills.org/pages/res/PAYA/PAYA_module2.htm
- [Module 3](http://www.caseylifeskills.org/pages/res/PAYA/PAYA_module3.htm): Education, Job Seeking Skills, and Job Maintenance Skills
http://www.caseylifeskills.org/pages/res/PAYA/PAYA_module3.htm
- [Module 4](http://www.caseylifeskills.org/pages/res/PAYA/PAYA_module4.htm): Housing, Transportation, Community Resources, Understanding the Law, and Recreation
http://www.caseylifeskills.org/pages/res/PAYA/PAYA_module4.htm
- [Module 5](http://www.caseylifeskills.org/pages/res/PAYA/PAYA_module5.htm): Young Parents Guide
http://www.caseylifeskills.org/pages/res/PAYA/PAYA_module5.htm

Casey Family Services, (2001) *It's my life: A framework for youth transitioning from foster care to successful adulthood*, http://www.casey.org/NR/rdonlyres/5FC52E1E-CCCB-42FC-B9D6-6E6D008446D5/678/casey_its_my_life_book.pdf.

Chadsey, J., Leach, L., Shelden, D., *Including Youth with Disabilities in Educational Reform: Lessons Learned from School-to-Work States*,
<http://www.ed.uiuc.edu/sped/tri/statestories.htm>.

Clark, H., David, M., *Transition to Adulthood*, A Resource Guide for Assisting Young People with Emotional or Behavioral Difficulties. <http://www.brookespublishing.com/store/books/clark-4544/index.htm>. Some downloadable chapters on website

Clark, H., David, M.,(2000) *Transition to independence Process, A Resource for Assisting Young People with Emotional or Behavioral Difficulties*, University of South Carolina, ,
<http://tip.fmhi.usf.edu/>.

Clark, R., Deschenes, N., Sieler, D., Green, M., White, G., Sondheimer, D., *Services for Youth in Transition to Adulthood in Systems of Care*, <http://nnyt.fmhi.usf.edu/resources/books/services-youth-transition-soc.pdf>. And <http://nnyt.fmhi.usf.edu/resources/book-chapters.cfm>.

DBTAC: Mid-Atlantic ADA Center 09: Links to resources on employment, advocacy, education/transition,/health and recreation/arts/technology/disabilities and more.
<http://www.adainfo.org/youth/>.

Essential Lifestyles Planning

http://www.helensandersonassociates.co.uk/Reading_room/How/Person_Centred_Planning/Essential_Lifestyle_Planning.htm/.

Evans, S.W., Weist, M.D., (2007), *Advances in School-Based Mental Health Interventions, Best Practices and Program Models*, Vol. II, Civic Research Institute.

Garner, D., (2008), *Youth Aging Out of Foster Care, Identifying Strategies and Best Practices, 2007-08 Presidential Initiative*, National Association of Counties, February.
http://www.naco.org/Content/ContentGroups/Issue_Briefs/IB-YouthAgingoutofFoster-2008.pdf.

Humphrey, S., Townsend, W.L., (2005), *The Impact of Culture on Person/Family Centered Planning*, A paper presented at the SAMHSA Person/Family Centered Planning Consensus Meeting, December. <http://www.nlbha.org/PDFs/CulturePlanning.pdf>.

Kids as Self Advocates (KASA), Information on a wide range of life skill/health topics readers can access on line. Free web resources. Kids as Self Advocates / Kids As Self Advocates (KASA) is a national, grassroots project created by youth with disabilities for youth. We are teens and young adults with disabilities speaking out. KASA knows youth can make choices and advocate for themselves if they have the information and support they need. <http://www.fvkasa.org>.

Kohler, P., Hood, L., *Improving Student Outcomes: Promising Practices and Programs for 1999-2000*, A directory of Innovative Approaches for Providing Transition Services for Youth with Disabilities. <http://www.ed.uiuc.edu/sped/tri/kohlerdirectory2000.htm>

Making Action Plans, (MAPS) is a planning process used by teams to help students

plan for their futures. The process uses a person-centered building plans upon the student's dreams, fears, interests, and needs. It is directed and guided by the student and family and is facilitated by the team members. <http://www.ric.edu/sherlockcenter/publications/MAPS.pdf>.

Mary E. Copeland, *Mental Health Recovery and WRAP*, learning courses and books. <http://www.mentalhealthrecovery.com/>.

National Alliance for Mental Illness, (check out various State organizations) http://www.nami.org/http://www.nami.org/Content/NavigationMenu/Inform_Yourself/About_Public_Policy/NAMI_Policy_Platform/4_Services_and_Supports_for_Children,_Adolescents,_Young_Adults_and_Families.htm.

National Center for Secondary Education and Transition, *What Does Health Have to do with Transition? Everything!*, <http://www.ncset.org/publications/viewdesc.asp?id=2967>.

National Collaboration on Workforce and Disability, How-to documents include: school-after-school-programs, http://www.ncwdyouth.info/resources_&Publications/index.html, also : <http://www.ncwd-youth.infor/roadmap/discover.html>.

The National Network for Youth Transition for Behavioral Health, <http://nnyt.fmhi.usf.edu/>

P.A.T.H. (Planning Alternative Tomorrows of Hope) Adult Transition Planning, <http://pisp.ca/strategies/strategies61.pdf>. More information and training tools regarding PATH, including videos, Inclusion Press at: <http://www.inclusion.com/vdpathtraining.html>.

Raheem, T. *Life on the Hood*, Orphan Foundation of America, a roadmap for older teens and young adults as they start life on their own in a college dorm or apartment, http://orphan.org/fileadmin/pdf/OFA_Life_In_Hood_Sell_Sheet.pdf.

Sheehy, A.M., Oldham, E., Zanghi, M., Ansell, D., Correia, P., Copeland, R. , (no date), *Working Draft Series: Promising Practices: Supporting Transition of Youth Served by the Foster Care System*, Edmund S. Muskie School of Public Service, Annie E. Casey Foundation, National Foster Care Awareness Project, <http://www.ytfg.org/documents/promisingpracticesfostercare.pdf>.

State of Vermont, Department of Education, *Secondary Transition Planning Resources, Student and Parent resources*. http://education.vermont.gov/new/html/pgm_sped/policy/transition.html

University of South Florida, National Network on Youth Transition for Behavioral health (NNYT) A good resource for reports, journal articles and books addressing transition of youth. <http://nnyt.fmhi.usf.edu/resources/books.cfm>.

Employment

Bazelon Center for Mental Health Law, *Moving On: Federal Programs to Assist Transition-Age Youth with Serious Mental Health Condition*,

<http://www.bazelon.org/publications/movingon/index.htm>.

Bolles, R. *What Color Is Your Parachute for Teens: Discovering Yourself, Defining Your Future*, available from www.amazon.com.

Center for Mental Health Services Research, Department of Psychiatry, University of Massachusetts Medical School *Pioneering Transition Programs: the Establishment of Programs that Span the ages Served by Child and Adult mental Health*.

http://www.tapartnership.org/advisors/transition_aged_youth/documents/pioneering_transition_programs.pdf.

National Collaboration on Workforce and Disability, NCWD/Youth, Source for information about employment and youth with disabilities. <http://www.ncwd-youth.info/index/html>. and [http://www.ncwd-youth.info/resources & Publications/mentoring.html](http://www.ncwd-youth.info/resources_Publications/mentoring.html),

The National Transition Alliance (NTA) for Youth and Disabilities.

<http://homepages.wmich.edu/~kohlerp/research5.html> and <http://www.ed.uiuc.edu/sped/tri/kohlerdirectory1999.htm>

National Transition Network: School to work project, has numerous guidebooks <http://ici2.umn.edu/ntn/projects.html> and <http://ici2.umn.edu/ntn/stw/default.html>

(SAMSHA) Substance Abuse Mental health Services Administration

<http://mentalhealth.samhsa.gov/cmhs/communitysupport/toolkits/employment/SEconsumerinfo.asp> supported employment background document.

SAMSHA National Mental Health Services Administration, *Evidence-Based Practices: Shaping Mental Health Services Toward Recovery-Supported Employment*, Information about supported employment—a service that helps consumers find and maintain meaningful competitive jobs.

<http://mentalhealth.samhsa.gov/cmhs/communitysupport/toolkits/employment/SEconsumerinfo.asp>

Supplemental Security Income: A bridge to work

<http://www.ncset.org/publications/viewdesc.asp?id=937>.

Technical Assistance Partnership for Child and Family Mental Health

http://www.tapartnership.org/advisors/transition_aged_youth/resources.asp.

Training Resource Network, Inc. offering Career Development Web (TRN) offers Web Course: Career Development for Youth and Adults with Disabilities. For \$149.00 the Career Development course is a 2-week, 20-hour web training on developing career goals through vocational assessment, career development skills, and vocational profiling for youth and adults with disabilities, <https://trn-store.com/drupal/home>.

The Transition Coalition, Book on Transition.

<http://transitioncoalition.org/transition/index.php>.

Transition Research Institute, The National Transition Alliance for Youth and Disabilities (NTA) identified promising programs and practices that promote post-school outcomes for students with disabilities through inclusive school-to-work systems

<http://www.ed.uiuc.edu/sped/tri/institute.html>

U.S. Department of Housing and Urban Development, Employment Audio Lecture Series, Homeless Resource Center, <http://hudhre.info/index.cfm?do=viewEmpAudioLectures>.

Youth Based Organizations and Links (5-20-09)

Alanon/Alateen , A WA. State program, Alateen is a fellowship of young Al-Anon Family Group members, usually teenagers, whose lives have been affected by someone else's drinking. Free web resources. <http://www.wa-al-anon.org/Alateen.html>.

Avanza: http://www.tapartnership.org/Regions/RegionV/docs/AvanzaNews_Fall07.pdf.

Edmonton Native Healing Center, Striving For Excellence Youth Program, <http://nativehealingcentre.tripod.com/youth.htm>.

Kids Health. Org , <http://kidshealth.org/>.

YELL-Youth Engaged in Leadership and Learning promotes youth as partners, resources, and leaders in their communities – in neighborhoods, in schools, and in youth organizations and programs - and explores the conditions necessary to create and sustain positive outcomes for youth, <http://gardnercenter.stanford.edu/docs/YELL.0711.info.packet.v0.pdf>.

Youthhood.org., www.youthhood.org

Childhood meets adulthood at Youthhood.org. This very interactive site for youth will help you start thinking about what you want to do with the rest of your life. * Looks like good site, has links to different tools: High

school, the Job Center, The Community Center, the Hangout, The Government Center, The Health clinic, the Apartment. It is a little tedious as you have to keep linking...

Relish is for more than hot dogs.

www.nichcy.org/InformationResources/Documents/NICHCY_PUBS/st3.pdf

That's the name of another NICHCY Student Guide, complete with audio program about young people with disabilities who followed their dreams and found their own sweet success. Their advice? Relish your dreams, delight in your talents, work to achieve who you are and who you will become. CD vignettes

More on the value of your dreams.

www.infouse.com/openfutures/index.php

Each month *Open Futures* will introduce you to three people with disabilities who believed in themselves and followed their dreams. *Open Futures* will also lead you to resources that will help you open up your future.

Be Your Own Advocate.

<http://www.fvkasa.org/index.php>

Visit KASA (Kids as Self Advocates), a national, grassroots network of youth with disabilities and needs (and friends), speaking out. Has links to advice on various daily living topics.

Yes! Know yourself, know what you need, know how to get it.

www.wrightslaw.com/info/sec504.selfadvo.ld.johnson.htm

More on self-advocacy.

Use your personal networks.

www.communityinclusion.org/topic.php?topic_id=7

"Making Dreams a Reality: Using Personal Networks to Achieve Goals as You Prepare to Leave High School" tells the stories of students who used their personal networks to exercise self-determination and follow their goals, and includes worksheets for you to build and use your own networks. Goal and Work related. Lots of good advise

Looking for a job? First, look inside yourself.

www.communityinclusion.org/article.php?article_id=54&type=topic&id=11

"Starting with Me: A Guide to Person-Centered Planning for Job Seekers" is a career development guide to help you make satisfying job choices.

What do you say about your disability?

www.ncwd-youth.info/resources_&Publications/411.html

This workbook will help you make an informed decision about whether or not to disclose your disability in several different post school settings.

Just for fun.

<http://www.readingrockets.org/books/fun>.

Personal Data Wizard a secure online individual career portfolio and transition planning program. A student can log on to a secure personal site and click on Virtual Tour.

www.hrop.org/wizard . Hands-on teen workbooks on positive self-awareness, personal responsibility, and other skill building topics to create a healthy and productive life,

<http://www.indepthpress.com>.

Misc. Websites to Help with Teen Transition

<http://www.ariselife-skills.org/Products/Series.aspx>.

ARISE Life-Skills Lessons, Staff training, Evidence Based manuals,

<http://depts.washington.edu/ebpi/index.php>. Evidence Based Practice Institute, University of Washington, Department of Psychiatry and Behavioral Sciences,

http://muskie.usm.maine.edu/m_view_publication.jsp?id=3491. Heath, S., Markowitz, N., (2006) *Transitioning From Foster Care, An Experiential Activity Guidebook*, Institute for Public Sector Innovation, Edmund S. Muskie School of Public Service, University of Southern Maine, http://muskie.usm.maine.edu/m_view_publication.jsp?id=3491.

<http://www.adainfo.org/youth/>. Mid Atlantic ADA Youth with Disabilities, Useful websites included for: Advocacy/Leadership Development; Disability History, Arts, Education/Transition; Health/Recreation; Bullying, Employment and Technology.

<http://www.nrcys.ou.edu/yd/nytd2.html>. The National Youth in Transition Database (NYTD) collects case-level information on youth in care including the services paid for or provided by the State agencies that administer the Chafee Foster Care Independence Program (CFCIP), as well as the outcome information on youth who are in or who have aged out of foster care.

<http://nnyt.fmhi.usf.edu/>. National Network on Youth Transition for Behavioral Health, University of South Florida, numerous resources

http://www.nwrel.org/mentoring/mrc_pubs.php. National Mentoring Center, several publications on mentoring.

www.hrtw.org Healthy & Ready to Work National Resource Center. Contains information, downloadable files, and numerous links to other resources related to systems and services, youth involvement, health care access and funding, education, employment, recreation, and independence.

www.medicalhomeinfo.org American Academy of Pediatrics website offers a variety of information for providers including resources on CPT codes to use when caring for children and youth with special health care needs, the Medical Home Training Module, and AAPs Medical Home Policy and description at <http://www.medicalhomeinfo.org/states/index.html>.

www.familydoctor.org. American Academy of Family Physicians website has lots of downloadable teaching materials including site for teens; is linked to www.KidsHealth.org.

<http://depts.washington.edu/healthtr>. Materials from the University of Washington, Adolescent Health Project, includes suggestions for families to prepare their children for independence to greatest extent possible; Adolescent Autonomy Checklist is downloadable and printable.

<http://brightfutures.aap.org>. American Academy of Pediatrics website with materials for anticipatory guidance, health promotion, and preventive health services for children birth through 21. Materials for health care providers and for parents. Many downloadable and printable materials. Bright Futures Mental Health and the Tool Kit (Manual 2) offer screening and teaching tools.

www.healthfinder.gov. Great place to find information on various conditions/diseases and health promotion information.

www.mentalhealth.org. SAMHSA's (federal government) National Mental Health Information Center.

www.disabilityinfo.gov. Website of the federal government that is a starting point for all government services and information sites.

www.doleta.gov/youth_services/. and www.studentjobs.gov. Department of Labor's Employment and Training Administration website with information on work and preparing for work.

www.ncwd-youth.info. NCWD/Youth is your source for information about employment and youth with disabilities. Experts in disability, education, employment, and workforce development strive to ensure the highest quality, most relevant information available.

www.socialsecurity.gov. Social Security Administration information and calculators SSA Benefits Counselor. <http://www.ssa.gov/work/ServiceProviders/BPAODirectory.html>.

www.nsttac.org.

National Secondary Transition Technical Assistance Center website with materials to assist teachers, parents, and students regarding effective transition education and services.

www.ncset.org. National Center for Secondary Education and Transition website has information focusing particularly on transition from school to higher education and work.

www.nichcy.org. National Dissemination Center for Children with Disabilities has teaching materials on transition; state pages of resources at <http://www.nichcy.org/states.htm>.

www.abledata.com. NIDRR's site on assistive technology of all kinds for all sorts of conditions.

www.familyvillage.wisc.edu. Waisman Center at the University of Wisconsin site with links to a variety of information on children and youth with disabilities,
<http://www.medicalhomeinfo.org/Tools/transitionFam.html>. Adolescent Health Transition Project.

<http://www.ebecri.org/custom/transitionresources.html>. List of resources, mostly teacher oriented, but some youth oriented.

<http://www.newwaystowork.org/>. New Ways to Work builds community connections that prepare youth for success as adults. New Ways pioneered the All Youth-One System approach to help communities build comprehensive youth-serving systems for all youth, including our most vulnerable young people.

http://www.naco.org/Content/ContentGroups/Issue_Briefs/IB-YouthAgingoutofFoster-2008.pdf. Gardner, D. (2008) Research Division of National Association of County Services Departments, Youth Aging Out of Foster Care, Identifying Strategies and Best Practices, 2007-2008 Presidential Initiative.

www.orphan.org . Mentoring,

Kaplan, J., (2001) Older Teens in TANF Families, Overcoming Barriers to Self-Sufficiency, Welfare Information Network, Issue Notes, Vol. 5 No. 8,
<http://www.financeproject.org/Publications/youthtransitionissuenote.htm>.

The Faculty Room, What is the role of a Mentor?
<http://www.washington.edu/doit/Faculty/articles?438>

To locate helpful books:

<http://www.amazon.com>. for almost any book.

http://books.google.com/books?q=Transition+to+Independence+Process,+Transition+to+Adulthood&source=in&ei=cYYSqSDNYzstgP8tZHhDQ&sa=X&oi=book_group&ct=title&cad=bottom-3results&resnum=11. Google List of Books on Transition.