TRANSITION AHEAD ROUNDTABLE

Lorie Sandaine
Celina Urquidez
Wendy Parent-Johnson

Sonoran Center for Excellence in Disabilities
University of Arizona

WHAT IS TRANSITION AHEAD ROUNDTABLE?

The **Transition *AHEAD* Roundtable** project aims at addressing the transition needs and future action planning for youth and their families. The **Transition *AHEAD* Roundtable** [TAR] is focused on collaborating with emerging adults to find and support the kinds of actions and decision-making that will help them achieve greater levels of independence. In other words, we seek to facilitate a process that "engages and supports" the notion of the young adult becoming the "leader" of their own lives.

GOALS OF TRANSITION AHEAD ROUNDTABLE

Provide a secure space for youth and their families to explore and discuss their interests, goals, and barriers to a successful adult transition with knowledgeable staff and providers.

Help youth and their families start the hard conversations

Bring together most needed resources for a one-day experience

Help youth learn and practice self-advocacy skills

Teach and practice family goal setting

Help youth explore their interests and get some perspective on working

YEAR 1/PILOT

OVERVIEW OF PILOT ACTIVITIES

Due to the circumstances that arose over the last year, it was also important to create a process that was accessible but was also conducted in a safe environment.

- Reframing our initial model, we developed an online program, thus making it possible to connect youth and their families with our staff and representatives from our partner agencies from various locations around the state.

- This "virtual format" allowed us to utilize a variety of technologies to provide each of our key activities during each Roundtable appointment.

YEAR 1 ACTIVITIES

- Developed Transition *AHEAD* Roundtable: an ARIZONA model for a transition planning & action steps
- Developed a ***virtual*** model of the Transition AHEAD Roundtable in response to COVID-19 realities
- Conducted six Transition *Ahead* Roundtables, including public, charter, and tribal schools
- Inclusive of diverse students/families
- Developed Transition Planner Worksheets
- Developed a "Follow up Report" template

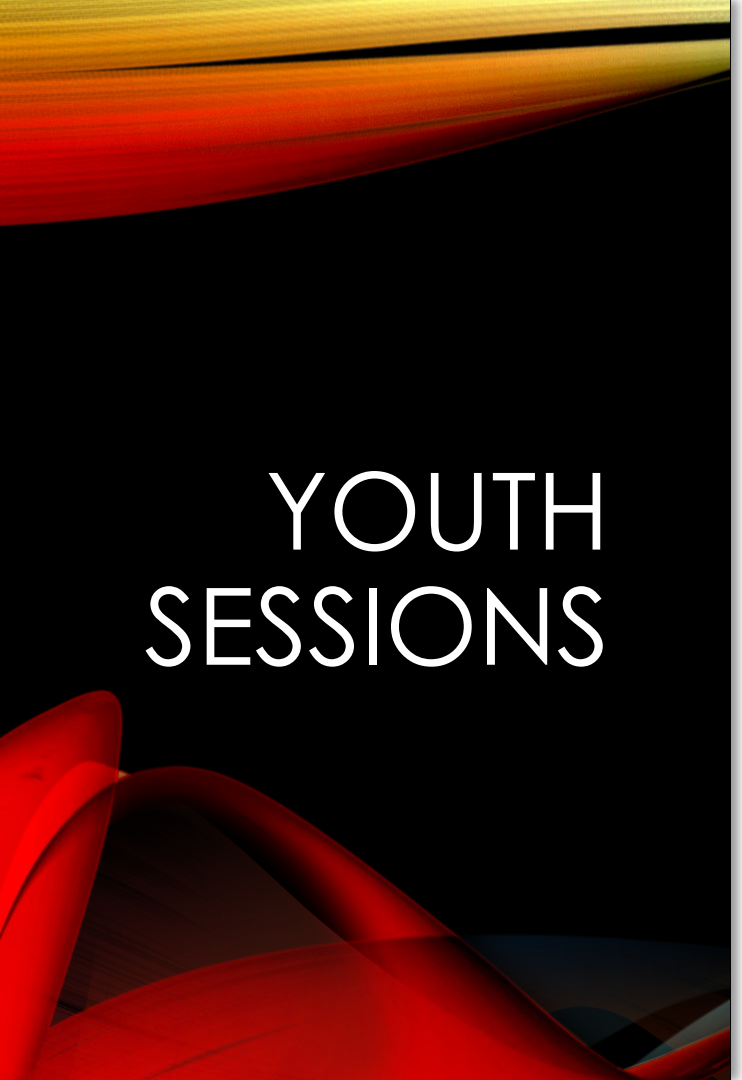
TRANSITION AHEAD ROUNDTABLE DAY SCHEDULE

The Roundtable is a day-long set of activities. Throughout the day, both the young adult and their family are engaged in collaborative activities with Sonoran UCEDD staff and staff from outside agencies and organizations that address five key areas:

- Employment
- Healthcare
- Education & Training
- Relationships and Community
- Independent Living

FAMILY SESSIONS

- Wellness and Interest Goals
- Supported Decision Making/Empowering Youth
- Transition Resources (DD) & Employment & JC/VR
- Benefits and ABLE Act & Transition Resources (IL)
- Transition Resources (Raising Special Kids) & Peer Mentor



- Meeting with Peer Mentor
- Wellness/Friendships & Relationships
- Interests (Personal, Education, & Work)
- Situational Assessments
- Prepare for Debriefing

Education & Post-Secondary

Health Care Transition Conversation

Roundtable Debriefing and Family Goal Setting

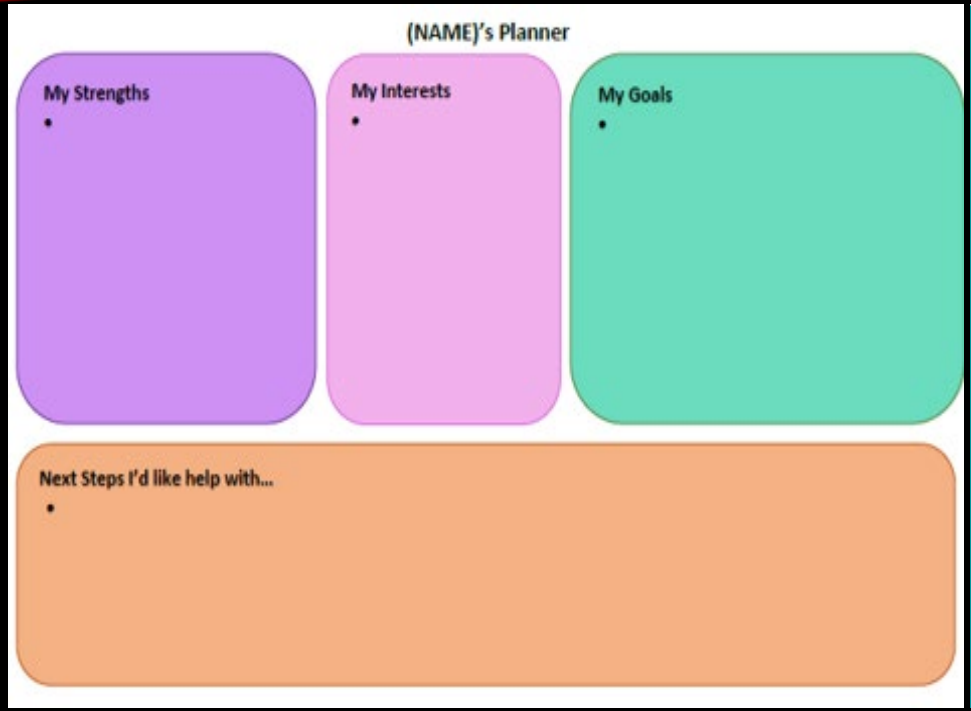
SITUATIONAL ASSESSMENTS

DEBRIEFING SESSION

The day ends with a conversation– led by the young adult – about what they have identified as their strengths, as well as key goals and meaningful supports they want in order to achieve their desired level of independence.

The overall process is intended to help each emerging adult begin to achieve outcomes that connect to their own lifelong aspirations. It also helps the adults in their lives identify opportunities and actions they, too, can take to support those aspirations.

DEBRIEFING SESSION TOOLS



YOUTH AND FAMILY FEEDBACK

"I used to feel like we had very little options for my child. After today, I feel that we have so many options to choose from! It seems too good to be true."

"I learned about resources I didn't know existed. Going through this event has given me some good ideas across the board, all the areas that are important."

"The Roundtable event was so helpful to my son and I to understand the resources available to him as he transitions to life after high school. I am optimistic that he will be able to continue with college classes and secure a good job. Thank you to all the wonderful people who put this together!"

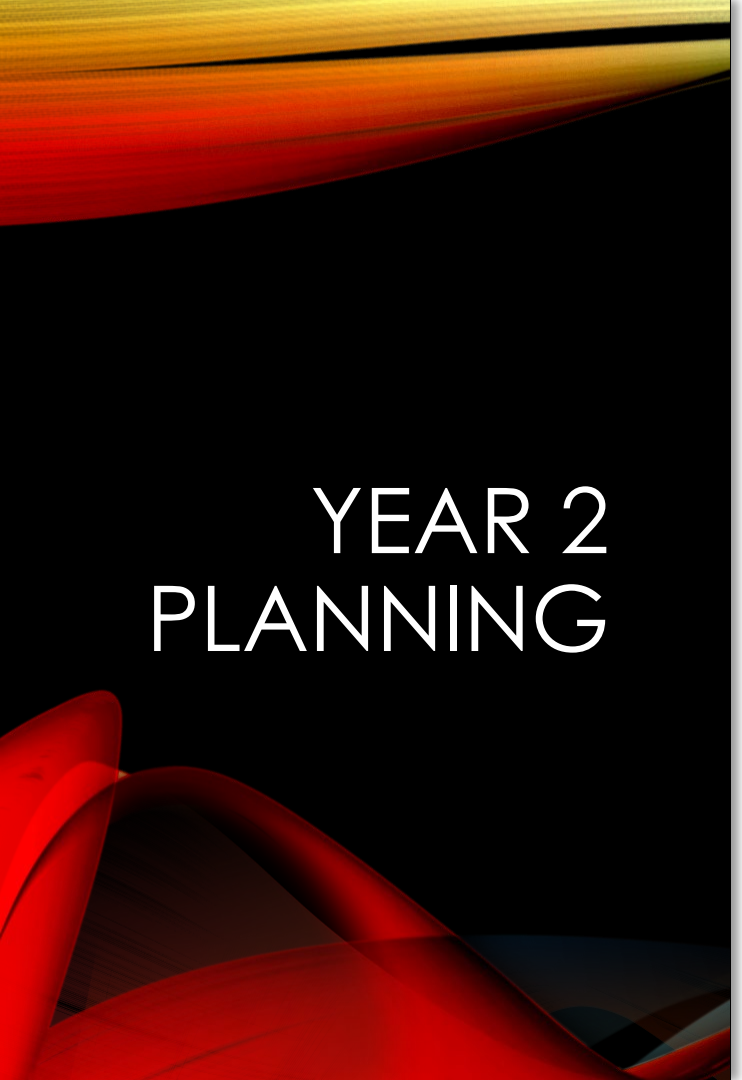
BARRIERS/WHAT WE LEARNED

- Lack of technology for some families (i.e.: Wi-Fi, laptop for each person, printer, etc.)
- In-person situational assessments (real life work experience at a worksite in their community) not always possible due to COVID-19.
- Hesitancy to share personal experiences

YEAR 2

YEAR 2 GOALS

Year 2 activities will be focused on application to other diverse populations and expansion geographically through design of a telehealth approach. We will build on what we learned in year one and expand diversity of participants.



- 20 Roundtables
- New schedule
- Goal planning
- Forming relationships with families and community
- Model Development & Sustainability

LOOKING AHEAD

SHORT TERM IMPACTS

1. Identify and implement best practices
2. Improve on the telehealth model
3. Implement the liaison model
4. Help families begin tough conversations

LONG TERM IMPACTS

- Sustainability
- Expansion of services
- Increase of agency utilization
- Trust

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QUESTIONS?