

Growing Up is Hard To Do

Transitioning youth into adult services with success



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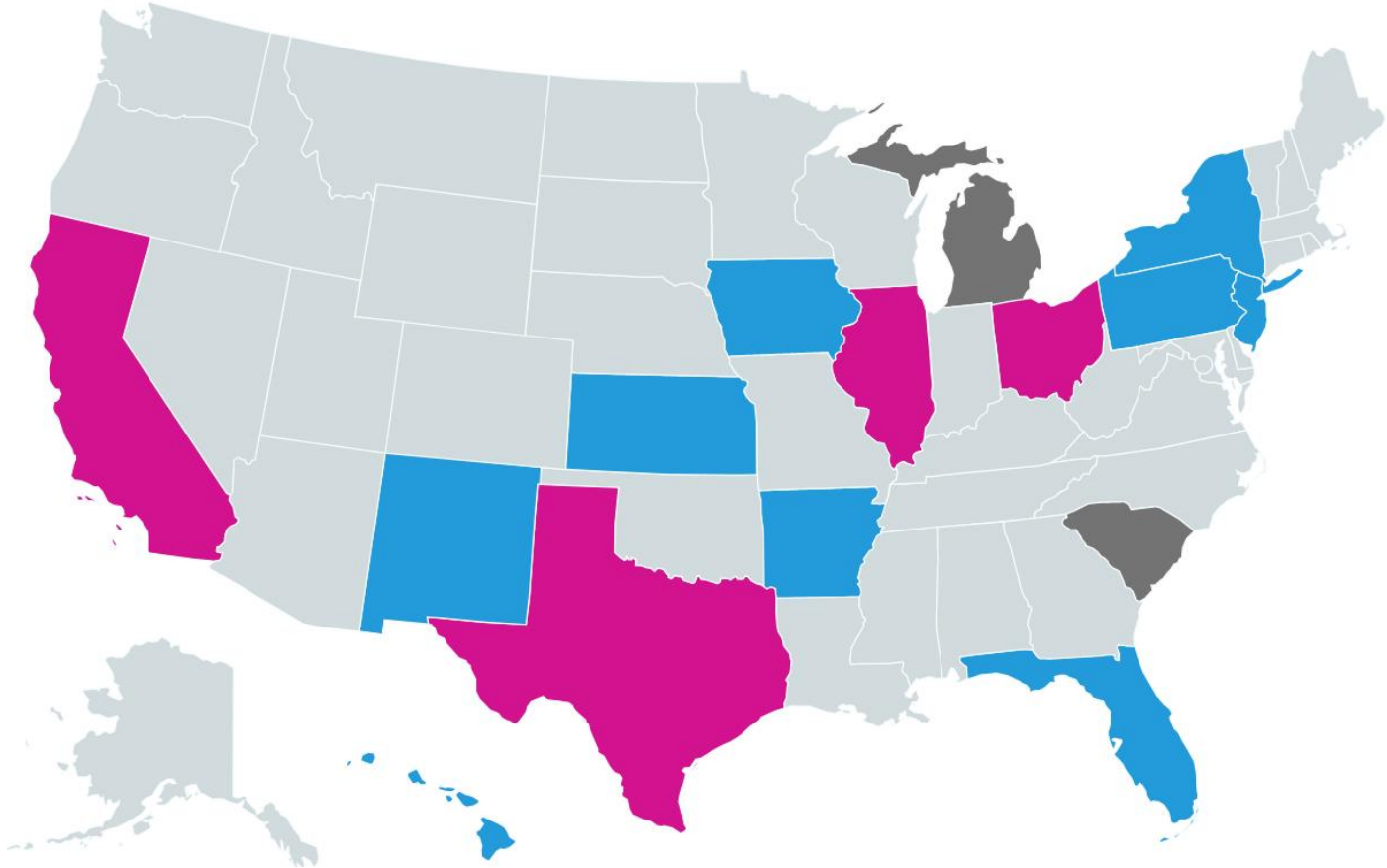


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Centene's Long-Term Services and Supports & Medicare-Medicaid Plan Footprint



*500,000 members in 15 states; Largest MLTSS health plan in the U.S.**

Populations include: Older Adults, Persons with Physical Disabilities, HIV/AIDS, Intellectual & Developmental Disabilities, Brain Injury, Serious & Persistent Mental Illness

Color Key:
LTSS
LTSS & MMP
MMP

A community partner supporting our youth and their families: SHARE – Special Needs, Family Support

Supporting family members of children with special needs to build and maintain strong and successful families.

Below is a list of services provided at no charge:

For Parents:

- Parent Quest
- Counseling
- Access to Resources
- Dad's Night Out
- Mom's Night Out
- NICU Support
- Workshops on Transitioning to Adulthood and Emergency Preparedness

For Siblings without special needs:

- Sibling Celebration
- Sibshop Saturdays
- Sibcamp
- Sibling Scholarships
- Counseling

For Family:

- Facility-Based Respite Care
- Medical Needs Respite
- In-Home Respite
- Family Celebrations
- Back-to-school Supplies



SPECIAL NEEDS. FAMILY SUPPORT.

Key Transition Topics and Priorities

- Transition as a lifelong process
- Accessing available resources, training and education
- Supported decision-making
- Educational and employment support
- Social and community needs

Coordination of Community

The (Ongoing) Conversation

Start Transition Planning Early: Best to Start Transition Discussion at Birth

Things to remember-

- You are always transitioning to the next stage of life!
 - Normalizing anxious feelings for both youth and parents can be helpful.
- We are always aging!
 - Parents may not always be able to physically meet the care needs of their adult child.
- You are not alone!
 - Surround yourself with others on a similar journey.
- Learn all you can & Look to the future!
 - Being knowledgeable can help you advocate in powerful ways.
 - Keep your options open, because you don't know what will be needed in the future.

Use the Resources Available to do Purposeful Planning

Person Centered Thinking: Helps facilitate conversations that focus on the needs of the individual

LifeCourse Framework and Tools: Developed by the Family to Family program at the University of Missouri

Parent Training and Information Center and Family to Family Health Information Centers: States must have a parent training and information center

Community!

A community partner supporting Kansas youth and their families: **Families Together, Inc.**

Kansas's Parent Training and Information (PTI) & Family-to-Family Health Information Center (F2F HIC)



Families

- Individual Assistance
- Person-Centered Planning using the LifeCourse Framework

Youth

- Individual Assistance
- iTransition in-person training
- Online Modules
- Person-Centered Planning using the LifeCourse Framework

Families, Youth & Professionals

- Team Empowerment Conferences
- Family Employment Awareness Trainings (FEAT)
- SHIFT Transition Team Empowerment Conferences
- Together We Can Learn Conference
- Let's Talk Transition: Empowering Families through Person Centered Planning, Collaboration, and the Must Have's in Your Child's IEP

Encouraging, educating, and empowering families and transition age youth to be effective advocates.

Honoring the Member

Decision Making

Supported Decision Making

At age 18, society assumes a person can give informed consent and make legal, financial and medical decisions.

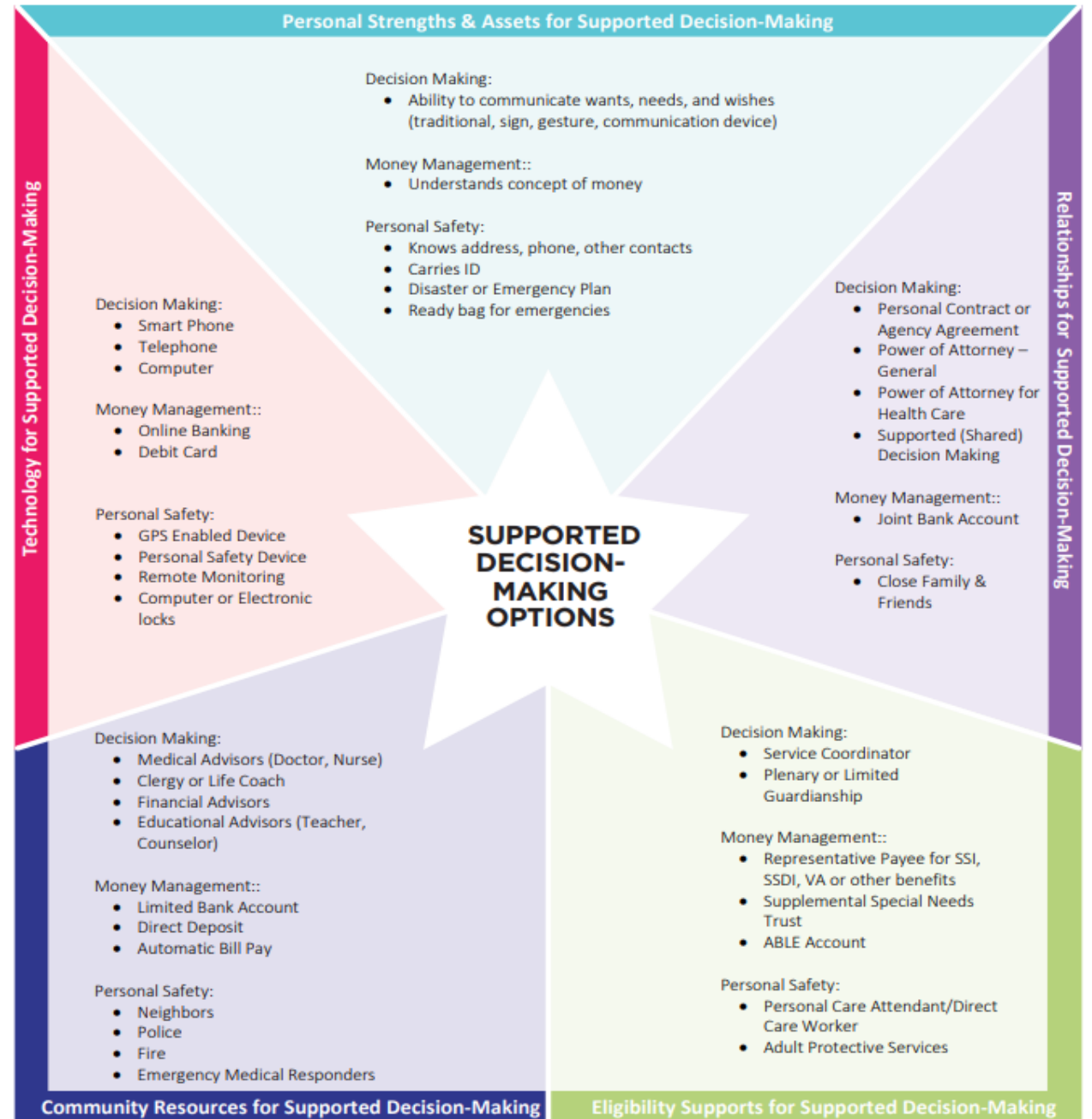
Before the 18th birthday, it is important to:

- Evaluate the youth's ability to make decisions
- Think about least restrictive but supportive approach
- Take a person-centered approach and include the youth in conversations
- Research and discuss options

Once an option is chosen, take steps to get it in place as soon after the 18th birthday as possible.

- Guardianship requires acquiring legal assistance and attorney fees

LifeCourse Resource for Supported Decision Making



Coordinating Next Steps

Schools, Employment, Vocational Rehabilitation

School Coordination & Vocational Needs

School Coordination: Know your rights and how to advocate!

- Schools are mandated to educate students.
- Students have the right to public education until age 21.
 - Additional years of school may be beneficial for structure and social development.
- Transition services must begin by the first Individualized Education Plan; when the student turns 14.
- The IEP must include measureable post-secondary goals in the areas of training/education, employment, and independent living, where appropriate.

Vocational Needs

- Review the young adult's interests and preferences.
- Be open-minded and focus on the abilities; not the limitations.

School Coordination & Vocational Needs

Vocational Needs: Volunteer, Day Hab, Supported Employment

- Encourage ongoing learning and development.
- Explore strengths, preferences, interests and needs.
- Engage in employment vocational planning – pre ETS.
- Foster independence for the intrinsic value it provides.
- Leverage Project SEARCH – www.projectsearch.us

Remember to try Customized Opportunities

Social and Community Needs

Supporting Community Living

Social and Community Needs

- It is important to build capacity within your community
 - Don't limit it to activities designed for people with disabilities
- Learn to listen to the individual's communication - whether verbal or nonverbal
- Person Centered Planning: Community Mapping
- Encourage interdependence: Empower individuals to do as much as they can independently

Social and Community Needs

We are social beings and connecting with others is important. It is vital for individuals with disabilities to have others in their life that can relate and are on the same journey.

- While social outlets can be overlooked among other transitional tasks or elements, it is very important to encourage and make time for connection. Isolation can bring about depression and loneliness.
 - Camp Participation
 - Sponsored Events such as Festivals & Sensory-Friendly Movies
 - Community Events such as Autism Walk
 - COVID has limited some opportunities
 - Consider social media and video conferencing opportunities as applicable

Summary

Call to Action

Employment Resources to Support Transition:

- Supports available through **The Workforce Innovation and Opportunity Act (WIOA)** for transition services www.wintac.org/topic-areas/pre-employment-transition-service
- **Project SEARCH** is an international program that teaches employment skills within a business setting. www.projectsearch.us/
- **Rehabilitation Services Administration** is a federal program that provides supports for employment Vocational Rehabilitation <https://rsa.ed.gov/about/states>

Other Resources that Support Transition

- **Parent Training and Information Centers (PTIs)** provides free training, individualized support and resources to families whose children are ages birth-26 who have any disability. www.parentcenterhub.org/find-your-center
- **Family-to-Family Health Information Centers (F2Fs)** provides information, education, technical assistance, and peer support to families of children and youth with special health care needs (CYSHCN) and the professionals who serve them. <https://familyvoices.org/lfpp/f2fs/>
- **Got Transition** website provides healthcare transition models and readiness assessments. <https://gottransition.org/>
- **Charting the LifeCourse Tools** assists individuals and families to live the good life. <http://www.lifecoursetools.com/>

Contact Information:

Reach out if you'd like to learn more!

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