



Resources

- [Oklahoma Family Network](#)
- [Oklahoma's Promise](#)
- [DHS Developmental Disabilities Services Division](#)
- [Oklahoma Transition Education Handbook](#)
- [Oklahoma Secondary Transition Planning](#)
- [OK Dept. of Rehabilitation Services "Disability Resource Guide"](#)
- [Oklahoma Systems of Care](#)
- [The YES | CAN Program OK Independent Living Program](#)
- [Youth Services of Oklahoma County](#)
- [Youth Services of Tulsa County](#)

Oklahoma Healthy Transition Initiative Sites

Cleveland County
Central Oklahoma Community Mental Health Center
Family Frontier System's of Care
405-573-3903

Tulsa County
Youth Services of Tulsa
918-582-0061

For newsletter questions, contact: lgoldberg@odmhsas.org

Save the Date!!

Children's Behavioral
Health Conference

May 15-17, 2012

Tulsa Southern Hills
Marriott

Contact: 405-522-8019

The Oklahoma Parents Center (OPC) OK's Statewide Parent Training and Information Center



The Oklahoma Parents Center provides training to all families of children and youth in Oklahoma and the providers who service and support them.

In order to effectively advocate for children, detailed information is needed on the laws, communication, team building skills, etc. Ongoing training opportunities for all parents and professionals can assist in this process.

Workshops are available to groups and organizations upon request. They are typically two hours long and can be provided in your area of the state. Topics include: Basic Rights Regarding Special Education, Section 504 of the Rehabilitation Act of 1973, Transition from School to Adult Life, The Individualized Education Program (IEP) Process, Positive Behavior Planning, Bullying Prevention & Solutions.

If you have school services or transition related questions, please feel free to contact the Oklahoma Parents Center at by calling 877-553-4332.

The Oklahoma Parents Center, Inc. is funded in part by the U.S. Department of Education, Office of Special Education Programs (OSEP) and the Oklahoma State Department of Education (OSDE).

The Permanency Pact

"A permanency pact is a pledge by a supportive adult to provide specific supports to a young person in foster care with a goal of establishing a lifelong, kin-like relationship" (FosterClub, 2006). When a youth "ages out" they may feel they are losing their support system. Although no longer minors, youth need a safety net and an adult they can count on for advice and support. The Permanency Pact provides: structure and safety net; a written commitment to a long term, supportive relationship; and clear, comfortable expectations and boundaries.

For more information, contact [FosterClub, Inc.](#) at (503) 717-1552

ISSUE

04 Young Adults in Transition

Oct.—Dec.
2011

From the Oklahoma Healthy Transitions Initiative



Without sufficient
transition services,
youth are more
at risk for:

Dropping out of high
school

Suicide

Substance Abuse

Incarceration

Homelessness

Being victims of a
violent crime

Transition Tips from a College Student's and Mom's Perspective

By: *Joni & Ellen Bruce*

Check-list for Transition:

- Student can articulate disability and supports needed to succeed
- Student must have current testing that was provided following their 16th birthday (check web site of school's disability services for actual testing needed)
- Begin transitioning health care management to student (should be done by middle of senior year)
- Identify health care provider in town of school planning to attend
- Student schedules own health care appointments with current providers
- Student transports themselves and leads appointments with parent attending
- Student transports themselves via public system, a friend or driving and attends appointment alone
- Student takes medication routinely without being reminded
- Student knows how to order her medication and fill medication box
- Once student has identified post-secondary school, they and parent/caregiver should meet with Disabilities Services office at college/career tech for coaching and required documentation needed (should be done Junior year or early Senior year)
- Explore possibility that student may qualify for Vocational Rehabilitation Services with your school (by 16 years old)

Continued on the next page.

Oklahoma Department of Mental Health
and Substance Abuse Services



Developmental Stages of Transition Age Youth

Cognitive:

More abstract and hypothetical thinking

Insight

Planning

More autonomy

Social:

More complex peer relationships

Peer group is of utmost importance

Friends through work or college

Moral:

Begin to view right and wrong in terms of serving the greater good

What is good for society?

Sexual:

Development of sexual identity and orientation



“What is the definition of young adult in transition?”

From the Oklahoma Healthy Transitions Project Director's Desk

Marqus Butler

Transitioning to adulthood can be a period of growth and accomplishment, especially when youth have the resources they need to navigate this process, such as community connections and a stable family that can provide guidance and financial assistance. For young people in transition with a severe emotional disturbance, substance abuse addiction or disability, the transition process can be described as a period of severe challenges and barriers, fears and uncertainty. They face the reality of living in shelters or on the streets, being exposed to higher risk for physical and sexual assault or abuse, and physical illness, including HIV/AIDS. Many of these young people have experienced a combination of placements that include foster care (therapeutic), group homes, shelters, detention facilities, residential centers, institutions, and hospitals. The unique service needs of these young people extend beyond those of children and younger adolescents, and they differ from those of adults. While these young people have ongoing needs for clinical services, they also have significant needs for support services (employment, education, and housing) that facilitate independent living and the ability to make wise choices as young adults.

For years professionals from various agencies have struggled with a definition of young people in transition. To truly develop a universal definition of a young adult in transition involves a multi-dimensional approach that reflects on past service systems, and cultural experiences. Young adults in transition come from multiple services systems such as child welfare, juvenile justice, behavioral health, education and vocational rehab. They bring with them past cultural experiences (poverty, substance abuse, physical and sexual abuse). Their race, gender and ethnicity cross multiple demographics. Some young people come from single parent homes, some from broken homes and others from no home at all, just a “facility”. Some of these young people will require a lifetime of support and services; while others will require short points of intervention. The one consistent theme among all of them is the ability to survive and thrive in the most challenging situations. It is a resiliency factor that encourages a young person to dream bigger and brighter, when they have been knocked down again and again. No assessment or counseling session can measure or evaluate a resiliency factor. So, the definition of a young adult in transition: “A young adult in transition represents a complex, intertwined demographic of young people with severe emotional disturbance, behavioral health challenges or disabilities, who are on an individualized journey to adulthood.”

For more information, contact Marqus Butler at mbutler@odmhsas.org or call (405) 522-0994.



Transition Tips from a College Student's and Mom's Perspective (cont.)

By: Joni & Ellen Bruce

- If student plans to live on campus, tour the dorm/apartment where you plan to live early your senior year to assure accommodations for your disability or special health care need can be met by facility. Special attention should be regarding bathrooms for accessibility and lack of mold (especially if you have asthma or other lung-related health care issue)
- If you have not developed a good relationship with your student's academic advisor prior to now, their junior year is the time to begin. They will have a list of potential funding sources, including scholarships, available. Begin your student's junior year reviewing scholarship sites. They can write scholarship essays during the summer before their busy senior year. The senior year of high school tends to be extremely busy and full of anxiety for the entire family.
- Have a discussion with your student early during their senior year or late their junior year regarding comfort level of living away from home. Visit the school and optional housing opportunities. Explore Greek life first semester their senior year. If the student has an interest, it will require additional planning--especially for girls and a significant financial commitment, even if they don't live in the house, in addition to housing, tuition, meals and other fees. Save 25% more than you think you need, there will be surprises. Most higher education and career techs have a section on their web site to assist families in estimating the cost of their student's education. I suggest you check this annually beginning their freshman year. Costs increase annually as a general rule.
- If you plan to have senior portraits made, do so the summer following their junior year. Explore options for announcements and purchase early so envelopes can be addressed over Christmas break or spring break their senior year.
- If you plan to have a gathering of friends celebrating high school/GED completion, decide the date early and check the school calendar. Be sure to share the date with friends and family as soon as a date is set.
- A good bicycle is a great form of transportation for students living near or on campus. It will assist the student in getting to class and work on time and limit tickets and difficulty in identifying parking spaces.
- Once the student has moved into their dorm/apartment be sure to exchange cell phone numbers with the RA.

For more information, contact Joni Bruce at the Oklahoma Family Network at joni-bruce@oklahomafamilynetwork.org or call (405) 271-5072.

In 2008, the 18-25 year age group was more likely to suffer mental illness or emotional disturbance than any other age group.

Source:
[SAMHSA, 2009](#)



Stay Informed

[OK Healthy Transition Initiative Facebook](#)

Call: 800-522-8336

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