Transition for CYSHCN

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New Jersey Parent to Parent

National Federation of Families
For Children's Mental Health

Family Voices®
Transition is a lifelong journey!
Transition - Things to Consider

- Home & Family
- College vs. Employment
- Independent living skills
- Social & emotional well-being
- On-going learning opportunities
- Recreation
- Community
- Transportation
- Accessibility
- Technology
SCHOOL

• Elementary School
  o Sharing with classmates and school staff
  o Understanding challenges
  o IEP/504 meetings
  o Support System
  o Therapies

• Middle School
  o Self advocacy
  o Post secondary options
  o Community supports

• High School
  o Student’s Vision
  o Post secondary goals
  o Testing
  o Accommodations
  o College vs. employment
  o Community experiences
  o Graduation
COMMUNITY

- Elementary School
  - Accessibility
  - Communication
  - Technology
  - Sports
  - Social skills

- Middle School
  - School sports
  - Social & recreation activities
  - Peer mentor
  - Self advocacy training

- High School
  - Student-led IEP/504 meetings
  - Community experiences
  - Job sampling
  - Volunteer opportunities
  - Social and recreation activities
HEALTH

• Elementary School
  o Learning about disability
  o Communicating about disability
  o Support system
  o Health

• Middle School
  o Youth-led medical visits
  o Communicate concerns/fears
  o Medications
  o Health history

• High School
  o Make medical appointments
  o Update medical information
HELPFUL RESOURCES

- **School**
  - *Transition Checklist for Parents/Caregivers* - Statewide Parent Advocacy Network
  - *Creating Agreement, Conflict Resolution, and Collaborative Problem Solving* - Statewide Parent Advocacy Network

- **Community**
  - *New Jersey Coalition for Inclusive Ministries* - The Elizabeth Boggs Center, University Center of Excellence on Development Disabilities
  - *New Jersey All People Equal* - Inclusive recreation opportunities
    - [http://njape.org/](http://njape.org/)

- **Health**
  - *Health Advocacy Across the Lifespan: What Parents of Children with Disabilities Need to Know* - Statewide Parent Advocacy Network
  - *Being a Health Adult: Learning How to Advocate for Your Health & Health Care* - Kathy Roberson, M.S.W, The Boggs Center on Developmental Disabilities
  - *Medical Home Training for Parents* - Statewide Parent Advocacy Network
  - *Talking with Your Doctor and Other Health Care Professionals Video* - Institute for Child Health Policy at the University of Florida, Health Care Transition Initiative