

# YOUNG ADULTS MAKING IT HAPPEN

## TRANSITIONS RTC

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*Gillian Simons*

*Jennifer Whitney*

*Amanda Costa*

*Tania Duperoy*



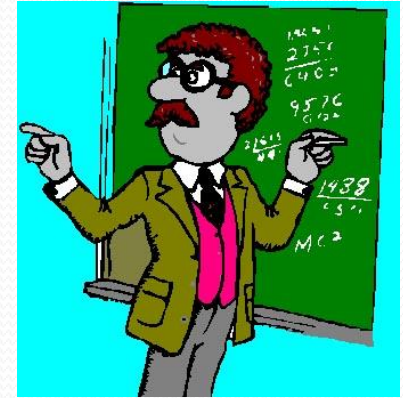
Project Assistants at  
The Transitions RTC

# Participatory Action Research (PAR)

- PAR consists of direct involvement of young adult project assistants with serious mental health conditions (SMHC) in:
  - Conducting research and knowledge translation activities
  - Informing other youth and young adults, service providers, policy makers, consumers, and family members
  - Impacting and improving services that best guide young adults with SMHC to reach their goals in employment and education



# Learning to Do Research



## *Interview Training*

- Project Assistants underwent an intensive interviewer training with Jon Delman, Director of PAR at the Transitions RTC. They were equipped with the skills to recruit and interview research participants.

## *Young Adult Employment Study (YAES)*

- Project Assistants worked with a research team on a qualitative RTC study looking at the experiences of young adults with employment supports in Massachusetts. They aided in the creation of the semi-structured interview script, as well as conducting one-on-one interviews with young adults, transcription, and data entry.

# PAR - Young Adult College Students and Accommodations

*What are the perspectives/experiences of young adult college students with SMHC on seeking and using reasonable accommodations in a college setting?*

- We decided on this topic because of our own experiences with campus MH services
- 4 Phases:
  - Phase 1 – Secondary Analysis of Mark Salzer’s study (Community Inclusion RRTC – Temple U.) on experiences of young adults with mental health conditions in college – explore gaps
  - Phase 2 – Qualitative interviews with college students with SMHC; shape web survey
  - Phase 3 - Create and design a web survey for colleges and organizations
  - Phase 4 - Collect and analyze data, disseminate findings



# Resources for Young Adults

- Becoming an Adult Brief
- Accommodations on Campus
- Voc. Rehab
- IEP- Transition Services
- Mental Health Rights on Campus
- Disclosure at Work



# YOUNG ADULTS & SOCIAL MEDIA

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# VOICES

# 4

# HOPE

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## SOCIAL MEDIA



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333 people like this. Sign Up to see what your





**Voices4Hope** is a place for teenagers and young adults with mental health conditions to find resources and stigma busting information that can help us lead happy and independent lives.

This website was created and is maintained by four young adults with mental health conditions at the [Transitions Research and Training Center](#) (RTC).

[Find out more](#) about the Voices4Hope creators!

## CHECK OUT OUR NEW TIP SHEET ABOUT DISCLOSING YOUR MENTAL HEALTH CONDITION AT THE WORKPLACE!

Many young adults ask themselves why, when, and how they should talk about their mental health conditions at work. Putting your mental health status out there when you know about many cases of discrimination can be scary. Are you wondering about this issue? If you are, then this is the perfect tip sheet for you!



[Click here to read!](#)

[CHECK US OUT ON FACEBOOK!](#)



[A GUIDE ON MEDICATIONS FOR YOUTH](#)





# MUSIC



Check out these songs! Some of them are about the musician's experience while other songs simply inspire us in our path to recovery. They remind us that we are not alone in our daily struggles!

*\*\*Please note that inclusion of these artists on this page does not indicate that they have a mental health condition.\*\**

[Music](#)[Celebrities](#)[Books/Mags](#)[Movies/TV Shows](#)[Mental Health in the News](#)[Recovery Journey](#)

## JILLIAN JENSEN

Jillian Jensen is a young adult who has been bullied and has strength to stand against it, supporting those who have been bullied, in her audition to the show "X Factor." The song is also very inspirational! Enjoy!



## MEG HUTCHINSON



[Click picture for her website](#)

Lyric-based, contemporary acoustic songwriter from Massachusetts. She also suffers from Bipolar Disorder.





## VOCATIONAL REHABILITATION

Vocational Rehabilitation agencies (VR) can help people who have diagnosed disabilities get and maintain jobs. If you are trying to get connected to your local VR agencies you can visit the (SOAR): Searchable Online Accommodation Resource: [askrjan.org](http://askrjan.org)



Click on pic for tipsheet!



### MY NEXT MOVE

Looking for the right job can be really hard. Knowing what you want to do, and how to find a company that provides those types of jobs isn't always easy. This website gives you the opportunity to type in what you like to do, and get a list of occupations that have those activities. As well, you can take quizzes to figure out what kind of jobs would work for you, and browse careers by industry.

[mynextmove.org](http://mynextmove.org)



### Ticket to Work

Choose Work through the Ticket to Work program, offers people with disabilities a shot at achieving financial independence by enabling more choice in employment-related support services, and access to meaningful work.

[choosework.net](http://choosework.net)

### Massachusetts Rehabilitation Commission

Gives you a town listing of VR offices near you in Massachusetts

[www.mass.gov](http://www.mass.gov)

### Work With Out Limits

Provides resources and information on employment for many audiences, including people with disabilities, family members, employment service providers, and employers.

[workwithoutlimits.org](http://workwithoutlimits.org)

### Career One Stop

Career One Stop is your source for employment information and inspiration!

[careeronestop.org](http://careeronestop.org)




### Volunteer

Looking for a volunteer opportunity? Here's the perfect website to match your interests with some great volunteer work!

[volunteermatch.org](http://volunteermatch.org)



[www.voices4hope.net](http://www.voices4hope.net)

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## Gillian's Recovery Story



Gillian, a Young Adult Project Assistant at the Transitions RTC had her recovery story featured on the NCWD/Youth Blog site! Check it out!



# Young Adult Community Involvement

*As members of The Department of Mental Health (DMH) Young Adult Councils, we advocate for transition age services, advise DMH and providers, and foster hope.*

DMH Young Adult Councils help the Transitions RTC by:

- Providing input on our tip sheets
- Getting involved in our research studies
- Disseminating information to youth and young adults across Massachusetts

- MHE&YOU Community at UMass
- Youth Development Committee (YDC): Subcommittee of State Mental Health Planning Council focused on the DMH TAY Initiative.
- Statewide Young Adult Council (SYAC): Advocates for youth and young adults receiving DMH services and the community.
- Central MA Young Adult Advisory Council (YAAC)



# Conferences



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