

TRANSITION **IN ACTION** CLINIC

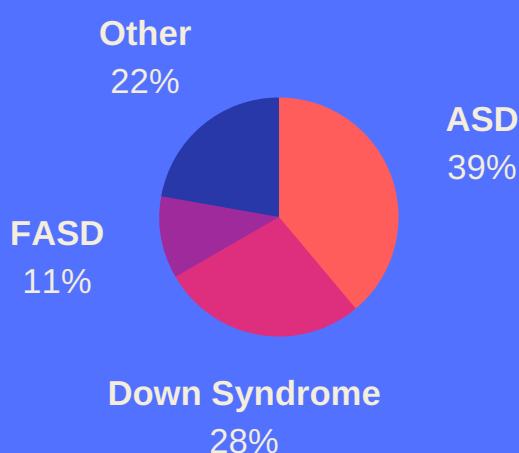
Bridging Meaningful Connections for the Journey Ahead

The **TransitionInAction Clinic** is a comprehensive, day long, multi-disciplinary team experience designed to assess a young adult's current transition "status" and make recommendations in the major life areas of: health care, employment, wellness, personal supports, education, independent living, self-determination and future planning.

WHO HAVE WE SERVED?

- The Clinic has served an equal number of males and females ages 16-21.
- 89% of young adults served had co-morbid diagnoses.
- The most common co-occurring conditions among youth included mental health, behavior and other chronic health conditions.

Primary Diagnoses



WHAT RESONATES MOST WITH FAMILIES DURING THE CLINIC?

- Many parents recognized their "over-protective" behaviors had become barriers to their child's independence and decision-making.
- Families expressed a genuine sense of relief that so many diverse services and supports existed.
- Families developed plans to better "integrate" the diverse systems and organizations involved in their young adult's transition.

KEY CLINIC FINDINGS AND RECOMMENDATIONS

- Many young adults lack self-efficacy. They need to learn and be supported in practicing basic goal setting in order to recognize their own capabilities.
- Many young adults feel alone and have difficulty making and keeping friends. They need to be supported in finding and participating in settings they can enjoy with peers.



PRE/POST INTERVIEW FINDINGS

- Families want greater personal and social independence, including work opportunities, for their young adults.
- Many young adults had a "boost" in their self-confidence after participating in the clinic.
- Many young adults and their families increased their social networks in terms of resources, supports and friendships after the clinic.

QUOTES

- "Now we have more resources than we could have ever imagined!" -Parent
- "I'm actually really glad I came here. I learned a lot about myself today. I have great ideas and resources now!" -Young Adult
- "I feel much more confident in the transition process." -Parent

