



TEXAS
Health and Human
Services

**Texas Department of State
Health Services**

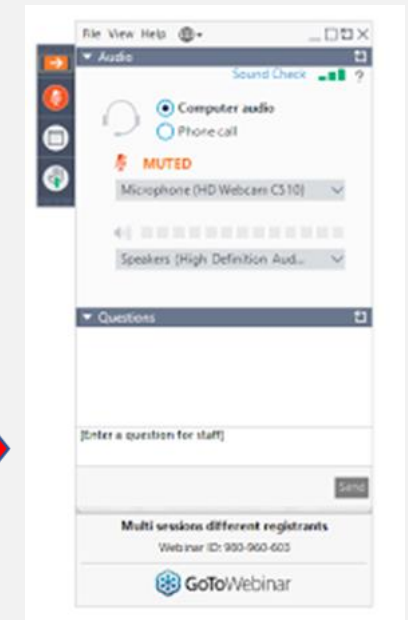
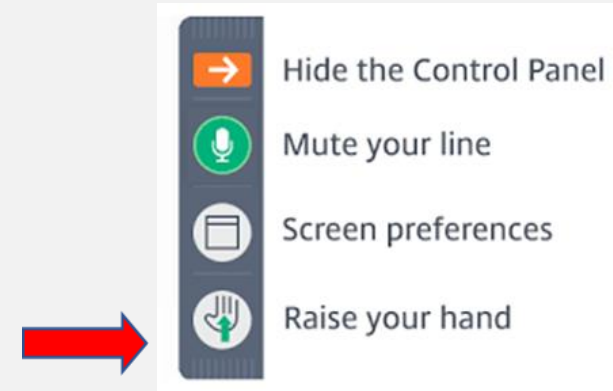
Transition to Adulthood Learning Collaborative

Fiscal Year (FY)23, Quarter 2

February 7, 2023

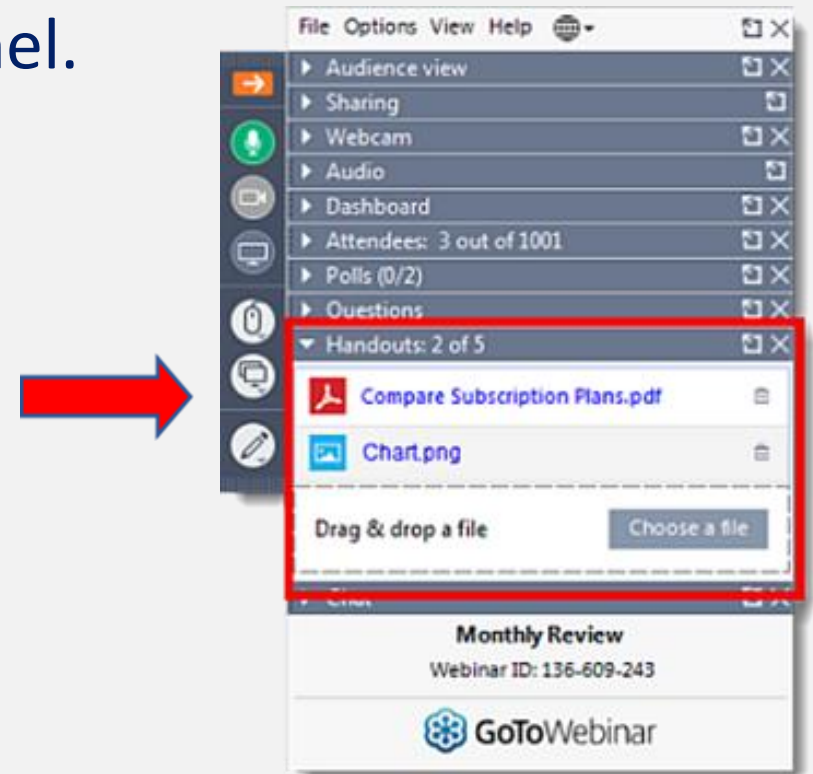
Housekeeping (1 of 2)

- All lines are in **listen-only mode**;
- To speak, click the **raise hand icon** and the organizer will unmute your line;
- If your computer does not have a mic, please use the **phone for audio**;
- **Dial the audio pin** to enable audio; and
- **Use the Question Box** to:
 - Communicate with organizers;
 - Ask the speaker a question; and
 - Get Help with Technical difficulties.



Housekeeping (2 of 2)

- The agenda and slides are available in the Handouts section.
- Look for the Handouts pane in the Control Panel.
- Today's call will be recorded.



Join our Learning Collaborative!

To join our Transition to Adulthood Learning Collaborative (TALC) and receive future meeting invitations, please email Ivy Goldstein at Ivy.Goldstein@dshs.texas.gov.

Agenda

1. Welcome
2. Presentation - *Texas Tags: Taking Ideas, Inspiration, and Vision to the Next Level*
3. Upcoming Events
4. What's New? Resources and Publications
5. TALC Member Updates
6. Adjourn

Texas Tags: Taking Ideas, Inspiration, and Vision to the Next Level

Cynda Green, Program Director

Denise Sonleitner, Lead Facilitator, Texas Network Connections Program
Texas Parent to Parent

Transition Action Groups



Texas TAGs

Taking Ideas, Inspiration and Vision to the Next Level



This work is supported by the Texas Council for Developmental Disabilities through a grant from the U.S. Administration for Community Living (ACL), Department of Health and Human Services (HHS), Washington, D.C. 20201, with a 100% federal funding award totaling \$5,907,507. Council efforts are those of the grantee and do not necessarily represent the official views of nor are endorsed by ACL, HHS, or the U.S. government.

What We'll Cover Today

- Transition is a big, scary word!
- Transition Center of Central Texas
- TAGs—Transition Action Groups
- Texas Network Connections
- Q&A

**TRANSITION IS A BIG,
SCARY WORD!**



!

- Too many moving parts!
- Feelings of paralysis and overwhelm
- Don't have time to think about the future!
- Hard to imagine a bright future

TxP2P Transition Center of Central Texas



The [TxP2P Transition Center](#) goal is to assist families to develop high quality lives for their youth and adults with disabilities after they graduate from public school

TxP2P Transition Centers

- A 1 to 2-hour consultation with parents of teens and adults with disabilities, either in person or via Zoom
- Working through a transition inventory and helping the family to establish next steps and longer-range goals
- A resource bank to access during the 1-1 session and afterward
- Transition peer mentors and information on important transition topics
- Opportunities for a family to work on their youth's future: join a Transition Action Group, start a personal network, become a transition mentor, or become a network facilitator.

Transition Action Groups



Texas TAGs

Taking Ideas, Inspiration and Vision to the Next Level

What Is a TAG?

Transition action groups, or TAGs, are a collaborative of 5-10 parents/families who commit to meeting regularly for several months to identify short and long-term transition goals, and to assist and encourage each other to achieve those goals.

Putting the “Action” into TAGs

- Setting goals
- Supporting and encouraging others to achieve their goals
- Helping parents to be accountable to themselves and to other TAG members

We're All Human!

- Thinking about the future is hard!!
- Procrastination
- Ideas vs. action
- All this compounded with the fears and stressors of raising a child with a disability or chronic illness

Why with other parents?

- Parent-to-Parent model
- Encouragement and support
- Putting our minds together—synergistic

Commitments & Expectations

- Minimum of five families to form a TAG
- Commitment to participate in six 2-hour meetings, in-person or via Zoom
- Meetings cancelled if low attendance
- Others, as agreed upon by TAG members

Starting a TAG

- Facilitator
- In-person or remote attendance
- General TAG vs. Topic TAG
- What is the group make up? (e.g. parents of children with the same disability or different disabilities, same age or different ages)
- Do you already have a group of people who want to be part of a TAG, or are you looking for a TAG to join?
- Do you have a group of 5-10 parents
- Do families live close enough to get together regularly
- Place and time to meet

What happens in TAG Meetings?

- . Getting acquainted: introductions and member stories
- . Learning about Transition Center
- . Preparing Transition inventories
- . Setting short and long-term goals
- . Setting group and individual goals
- . Identifying barriers to preparing for transition
- . Supporting each other
- . Updating each other on progress and success stories

Sample TAG Agendas

Agenda

TAG Meeting #2

November 5, 2020

Held Via Zoom



- Welcomes and action updates
- Review notes from last meeting
- TAG Handouts
 - *Transition Inventory*
- Finish telling member stories
- Breakout Exercise: *Transition Inventory* and group discussion
- Set goals for next meeting
- Confirm Next Meeting Date:

Sample TAG Agendas, Continued

Agenda
Special Stars Network TAG
Meeting #4
February 6, 2022, 4-6:00 p.m.
Held Via Zoom

- Welcomes and Action Updates
- TAG Handouts: Invitation Meeting
 - Invitation to Invitation Meeting
 - Meeting Agenda
 - Who Are Network Members?
 - Sample Follow-Up Email
- Overview of Invitation Meeting Process and Documents
- Mock Invitation Meeting
- Set goals for next meeting
- Confirm Next Meeting Date: Sunday, _____ from 4-6:00 p.m.

How do Transition Centers Support TAGs?

- Coordinate TAG formation
- Offer TAG facilitation services
- Recruit and Train TAG facilitators statewide
- Monthly virtual meet-ups for TAG members

Texas Network Connections

Creating Community for People with Disabilities

- Launched at TxP2P in 2016
- Modeled after PLAN
- *Introduction to Personal Networks* presentation on Thursday, February 23rd from 1:30 to 3:00 via Zoom
- Personal networks video
- Networks help families prepare for transition
- Transition Centers offer and train network facilitators

TEXAS NETWORK CONNECTIONS and TEXAS TAGS

<https://www.txp2p.org/services/texas-network-connections>

For more information, contact Denise Sonleitner at denise.sonleitner@txp2p.org



PATHWAYS TO ADULTHOOD

<https://www.txp2p.org/services-for-parents-pathway-to-adulthood>

TRANSITION CENTER OF CENTRAL TEXAS

<https://www.txp2p.org/services/services-for-parents-pathway-to-adulthood/transition-center>

For more information about these and other TxP2P programs, contact Cynda Green at 737-484-9045 or cynda.green@txp2p.org

THANK YOU!!!

Q&A

Upcoming Events

Conferences (1 of 2)

- [Texas Transition Conference](#), 2/15/2023 – 2/17/2023 - In Denton, TX and virtual. There's still time to register!
- [31st Annual Autism Conference](#), 6/22/2023 – 6/24/2023 - Save the date! In Austin, TX and virtual. This event, sponsored by the Texas Education Agency and Texas Statewide Leadership for Autism Training, provides professional development and networking opportunities for families, students, individuals with autism, educators, and professionals. The conference's goal is to increase awareness and understanding of evidence-based practices, interventions, standards, and services in the area of autism.

Conferences (2 of 2)

- Texas Parent to Parent (TxP2P) Annual Statewide Family Conference:
 - Save the Date! July 14 -15, 2023 in San Marcos, TX;
 - Call for speakers is open! Submit proposals [HERE](#); and
 - **The deadline for speaker proposals is March 1, 2023.**

Family Engagement

- [TxP2P](#) virtual Family Support Groups - For families to discuss what's going on and identify ways the TxP2P community may help with resources and ideas. Participants can also connect with other families.
 - You may register for:
 - [Meetings in English](#) - Wednesdays at 11 am Central Time (CT).
 - [Meetings in Spanish](#) - Wednesdays at 1 pm CT.
 - To reach the Family Support program, call (737) 484-9044.

What's New?

Resources and Publications



Education

Individuals with Disabilities Education Act (IDEA) Manual

- Developed by Disability Rights Texas and the Arc of Texas;
- Designed to help parents be equal partners in planning their child's education by becoming familiar with IDEA requirements and Texas law; and
- Updated in July 2022.

Mental Health

3 Tips to Improve Communication with Youth and Young Adults

- Provides parent and ally tips to improve the connection with youth and young adults with lived experience of a mental health condition.
- Developed by members of the Family Advisory Board and Young Adult Advisory Board who work with the [Transitions to Adulthood Center for Research](#).

Website

Recently launched: new and improved ADA.gov website

- The U.S. Department of Justice recently announced the launch of a new and improved version of its Americans with Disabilities Act (ADA) website.
- The new website works well with mobile devices, includes easy-to-use navigation tools, and is written in plain language. Check it out [HERE](#).

Publications

Developmental Medicine & Child Neurology “[Education and Employment as Young Adults with Spina Bifida Transition to Adulthood in the USA: A study of the National Spina Bifida Patient Registry.](#)”

- Based on the Centers for Disease Control and Prevention’s (CDC) [National Spina Bifida Patient Registry](#), the study shows that some sociodemographic functional factors (e.g., continence and self-management skills) are associated with the likelihood of employment for young adults with spina bifida.
- A six-minute [video podcast](#) is available on this work.

Recorded Webinars

Student Led IEPs

- The Exceptional Children's Assistance Center's Youth Advisory team discusses student-led Individual Education Plan (IEP) meetings and opportunities to promote self-advocacy, student engagement, and youth leadership.
- The team shares the benefits of student IEP participation and resources that students can use to prepare for and participate in IEP meetings.

TALC Member Updates



Thank you!

Transition to Adulthood Learning Collaborative
FY23 Quarter 2

Please take our post-call survey. We value your feedback!

To join and receive future meeting invitations, please email
Ivy.Goldstein@dshs.texas.gov