



OCT 8TH-9TH 2014

TRANSITION ACADEMY

The Path from Adolescence to Adulthood

utah department of
human services

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**Focus on Linking
Youth to Lifelong
Resources**

Housing

**Positive
Permanent
Connections**

**Transition
Planning**

**Mental Health
Needs**

**Additional Questions:
DSAMH Ming Wang
DCFS Jennifer Larson
DJJS April Graham
DSPD Penny Weiss**

PROVO MARRIOTT

101 W 100 N
Provo UT 84601

October 8: 8-4:15

October 9: 8-3:15

2014 Transition Academy

Track 1	Division of Child and Family Services
Track 2	Positive Permanent Connections
Track 3	Education/Employment & Well-Being
Track 4	Mental Health

Provo Marriott, 101 W 100 N, Provo, UT 84601
Organized by Utah DSAMH, DCFS, DJJS, and DSPD

Wednesday, October 08, 2014

8:00 a m – 8:30 a m	Registration and Breakfast			
8:30 a m – 9:45 a m Welcome and Keynote	<p align="center">Welcome and Opening Remarks Doug Thomas Director, Division of Substance Abuse and Mental Health</p> <p align="center">Keynote Early Psychosis Intervention: What is it? How is it different? Why does it matter? Dr. Ryan Melton and Tamara Sales Regional Research Institute (RRI), Portland State University</p>			
9:45 a m – 10:00 a m	Break			
10:00 a m – 11:15 a m Workshop Session I	1. Normalcy for Youth in Care: Implementing HB 346	2. Transitioning Justice Involved Youth	3. Employment First	4. Start Up and Implementation of Early Psychosis Programs
11:15 a m – 12:30 p m Workshop Session II	5. Foster Youth Bill of Rights	6. Positive Permanent Connections	7. Housing--Housing--Housing	8. Not Mental Health Treatment As Usual: Early Psychosis Program Philosophy and Approaches
12:30 p m – 1:30 p m	Luncheon			
1:30 p m – 2:45 p m Workshop Session III	9. Transition Planning	10. The Importance of Positive Peer Support	11. Housing--Housing--Housing (Repeat)	12. What Does the Research Say? Evidence-Based Practices in Early Psychosis, Part I
2:45 p m – 3:00 p m	Break			
3:00 p m – 4:15 p m Workshop Session IV	13. Casey Life Skills Assessment	14. Top 10 Things You Can Do to Connect and Engage with Young People	15. Voc Rehab. Services and Workforce Investment Act (WIA)	16. What Does the Research Say? Evidence-Based Practices in Early Psychosis, Part II

Thursday, October 09, 2014

8:00 am – 8:30 am	Registration and Breakfast			
8:30 am – 10:00 am General Session	<p align="center">Federal, State and Division Perspectives on Youth-in-Transition Diane Sondheimer, Deputy Chief, Child, Adolescent and Family Branch, Div. of Services and System Improvement, Federal SAMHSA</p> <p align="center">Lana Stohl Deputy Director, Department of Human Services</p> <p align="center">Doug Thomas, Director, DSAMH Susan Burke, Director, DJJS</p>			
10:00 am – 10:15 am	Break			
10:15 am – 11:30 am Workshop Session V	<p align="center">17. Credit Reporting & Interpreting Credit Scores</p>	<p align="center">18. Family Perspectives on Letting Loose without Letting Go</p>	<p align="center">19. Employment First (Repeat)</p>	<p align="center">20. Substance Abuse Issues in Transitioning</p>
11:30 am – 1:00 pm	<p align="center">Panel and Luncheon</p>			
1:00 pm – 2:15 pm Workshop Session VI	<p align="center">21. Practice Guidelines: We are supposed to be doing that?</p>	<p align="center">22. Positive Permanent Connections (Repeat)</p>	<p align="center">23. Supported Education</p>	<p align="center">24. Trauma-Informed Care for Transitioning Youth</p>
2:15 pm – 3:15 pm Award and Closing Session	<p align="center">Dream Catcher's Award and Closing Session Representative Ronda Menlove</p>			

Wednesday, October 08, 2014

8:00 am – 8:30 am

Registration and Breakfast

8:30 am – 9:45 am

Welcome and Opening Remarks

Doug Thomas

Director, Division of Substance Abuse and Mental Health

Keynote Address

Early Psychosis Intervention: What is it? How is it different? Why does it matter?

Ryan Melton, Ph.D., LPC, ACS, *Senior Research Associate/EASA Clinical Training Director, Regional Research Institute (RRI), Portland State University (PSU)*

Tamara G. Sale, *Director, EASA Center for Excellence, RRI, PSU*

This keynote will cover the history and evolution of early psychosis intervention, with an emphasis on overall philosophy, implementation and key intervention strategies. The speakers will discuss their experience and lessons learned from the Early Assessment and Support Alliance (EASA) program in Oregon, and the emergence of a national movement. Oregon was the first state and remains the only state in the United States to systematically implement early psychosis intervention for teens and young adults state-wide in community mental health centers.

9:45 am – 10:00 am

Break

10:00 am – 11:15 am

Workshop Session I

1. Normalcy for Youth in Care: Implementing HB 346

Jennifer Larson, *Adolescent Service Program Administrator, Division of Child and Family Services (DCFS)*

Participants will gain an understanding of how HB 346 was created and the barriers to implementation. Your questions regarding activities for children and youth in the custody of the Division can be answered during this session.

2. Transitioning Justice Involved Youth

April Graham, *Salt Lake Case Management Supervisor, Division of Juvenile Justice Services*

This session will discuss ways to establish stability factors for youth re-entering the community from incarceration or residential placements or as they age out of the system.

3. Employment First

Tricia Jones-Parkin, *Program Administrator*, Division of Services for People with Disabilities (DSPD)

Participants will learn about what Employment First means for transition age students in Utah, ways to increase opportunities and expectations of work for youth with all types of challenges around employment. Participants will also learn about the customized approach to employment. Customized Employment is now included in the Workforce Investment Opportunities Act and techniques and principles of Customized Employment can benefit every job seeker.

4. Start up and Implementation of Early Psychosis programs

Ryan Melton, Ph.D., LPC, ACS, *Senior Research Associate/EASA Clinical Training Director*, Regional Research Institute (RRI), Portland State University (PSU)

Tamara G. Sale, *Director, EASA Center for Excellence*; RRI, PSU

Utah and other states have been required to integrate early psychosis intervention into their statewide planning. This session will cover the systematic infrastructure necessary to fully to initiate, implement and sustain an early psychosis program. Topics will include: funding strategies, overcoming system barriers, and creating a culture of change in your organization. The session will introduce participants to existing early psychosis efforts and resources nationally and internationally.

11:15 am – 12:30 pm

Workshop Session II

5. Foster Youth Bill of Rights

Michael Blakey, Callie Gallacher, *Program Managers Transition to Adult Living*, DCFS

Sam Carling, *State Youth Council*, DCFS

As part of the Divisions IV-E demonstration project, The Foster Youth Bill of Rights was created. This is a new document that will be implemented into practice in the near future. Participants will be able to receive a sneak peek at the Bill of Rights that was written by youth in foster care for youth in foster care.

6. Positive Permanent Connections

Aubrey Meyers, *Clinical Consultant*, DCFS

All children need and deserve permanency, children who flounder or lack permanent connections face many hardships as they enter the adult world with little to no social emotional support from trusted connections. No one to ask for help or to guide them forward, no one to lean on or spend holidays with, no one to confide in or talk to that will adequately support or challenge them. Children grow best in families that will support them lifelong and be there when times are hard or help them celebrate their successes. This session will discuss how we look past our biases and traditional processes and help children/youth make permanent connections.

7. Housing--Housing--Housing

Christine Nguyen, *Statewide Community Services Program Coordinator, DSPD*

Stable, safe, and affordable housing is a necessity for youth who are embracing self-sufficiency. Finding it and keeping it are two of the critical elements of success. The third is connecting with those who can best assist them through the process. This session will explore and discuss housing issues, options, and concerns for youth who are transitioning to adulthood.

8. Not Mental Health Treatment as Usual: Early Psychosis Program Philosophy and Approaches

Ryan Melton, Ph.D., LPC, ACS, *Senior Research Associate/EASA Clinical Training Director, Regional Research Institute (RRI), Portland State University (PSU)*

Tamara G. Sale, *Director, EASA Center for Excellence, RRI, PSU*

This session will cover the key philosophical and cultural components of working with an early psychosis population. Topics will include early assessment and diagnostic considerations, engagement strategies, and adolescent and young adult culture as a component to treatment.

12:30 pm – 1:30 pm

Luncheon

1:30 pm – 2:45 pm

Workshop Session III

9. Transition Planning

Trena Adams, *Program Manager, Transition to Adult Living, DCFS*

Have you ever wondered what makes a good transition plan? This session will teach you the technical pieces of a well-written strategic transition plan for youth exiting care. The elements of a supportive transition plan that meets the needs of the youth will be discussed. Participants will come away with an understanding of why a good transition plan can make a world of difference for a youth exiting care.

10. The Importance of Positive Peer Support

Michelle Vance, *Youth Coordinator, National Alliance on Mental Illness NAMI – Utah*
Co-presenter, *Board Member, Utah Youth MOVE*

People connect with others they feel are 'like' them because of the life experiences they share and the mutual understanding of the struggles and triumph that come with the experiences. This session will discuss:

- a. The power of formal and informal peer support in motivating, instilling hope, role modeling, and promoting social inclusion
- b. Ways to help young people develop positive peer support

11. Housing--Housing--Housing (Repeat)

Christine Nguyen, *Statewide Community Services Program Coordinator, DSPD*

Stable, safe, and affordable housing is a necessity for youth who are embracing self-sufficiency. Finding it and keeping it are two of the critical elements of success. The third is connecting with those who can best assist them through the process. This session will explore and discuss housing issues, options, and concerns for youth who are transitioning to adulthood.

12. What Does the Research say? Evidence-Based Practices in Early Psychosis, Part I

Ryan Melton, Ph.D., LPC, ACS, *Senior Research Associate/EASA Clinical Training Director, Regional Research Institute (RRI), Portland State University (PSU)*

Tamara G. Sale, *Director, EASA Center for Excellence, RRI, PSU*

This session will cover the current specific best practices in early psychosis and modifications necessary to fit the needs of early psychosis participants and support systems. Practices discussed will include Cognitive Behavioral Therapy (CBT) with psychosis, supported employment/education, multifamily psychoeducation, dual diagnosis, feedback informed treatment and others. The session will include a discussion of levels of evidence, adaptation of evidence-based fidelity developed within the context of older individuals with more chronicity to this population, integrating emerging research, participatory decision making, and community values.

2:45 pm – 3:00 pm

Break

3:00 pm – 4:15 pm

Workshop Session IV

13. Casey Life Skills Assessment

Crystal Vail, *Program Manager, Transition to Adult Living, DCFS*

This session will review how to get the most use out of the Casey assessment and how to incorporate it into the child and family plan. We will also review the NYTD survey and how the information is gathered and utilized to better serve our foster youth.

14. Top 10 Things You Can Do to Connect and Engage with Young People

Michelle Vance, *Youth Coordinator, National Alliance on Mental Illness NAMI – Utah*
Co-presenter, *Board Member, Utah Youth MOVE*

Have you often wondered why there seems to be a gulf between you and the young people you work with? Has youth culture changed that much since you were a young person? In this session, young adult presenters will discuss the reasons why they are not connected or engaged with services and the 10 things you can do to promote connection with young people.

15. Voc Rehab. Services and Workforce Investment Act (WIA)

Fati Faatau, *Vocational Rehabilitation Counselor*, Utah State Office of Recovery

Kimber Burks, *Program Specialist*, WIA Youth program, Department of Workforce Services (DWS)

Voc. Rehab will discuss what services they offers for individuals with disabilities, what is considered a disability or impediments and how case workers can refer and help clients take advantage of the services available to them. The session will also cover how case workers and Voc. Rehab can work together as a team with other community partners in reducing recidivism, empowering individuals with careers, training, education and fulfilling stability for transitioning youth. DWS will discuss the basic resources of what WIA offers, such as job search/career assistance, post secondary training assistance, on-the-job training opportunities and supportive service funding to assist with transitioning out of training and into employment.

16. What Does the Research Say? Evidence-Based Practices in Early Psychosis, Part II

Ryan Melton, Ph.D., LPC, ACS, *Senior Research Associate/EASA Clinical Training Director*, Regional Research Institute (RRI), Portland State University (PSU)

Tamara G. Sale, *Director*, *EASA Center for Excellence*, RRI, PSU

This session continues from Part I to cover the current specific best practices in early psychosis and modifications necessary to fit the needs of early psychosis participants and support systems. Practices discussed will include CBT with psychosis, supported employment/education, multifamily psychoeducation, dual diagnosis, feedback informed treatment and others. The session will include a 20-minute Q&A.

Thursday, October 09, 2014

8:00 am – 8:30 am

Registration and Breakfast

8:30 am – 10:00 am

General Session

Federal and State Perspectives on Youth-in-Transition

Diane Sondheimer, *Deputy Chief*, Child, Adolescent and Family Branch, Div. of Services and System Improvement, Federal Substance Abuse and Mental Health Services Administration (SAMHSA)

Lana Stohl, *Assistant Director*, Department of Human Services (DHS)

Ms. Sondheimer will speak on the federal initiatives to improve the well-being and functioning of young people transitioning into adulthood. Ms. Stohl will discuss DHS's efforts to improve service for children and young people through collaboration and promotion of System of Care. Division Directors or Representatives will discuss the strengths, challenges, efforts, and progress within each division to improve youth-in-transition services.

10:00 am – 10:15 am

Break

10:15 am – 11:30 am

Workshop Session V

17. Credit Reporting & Interpreting Credit Scores

Jordan Witbeck, *Transition to Adult Living Coordinator*, DCFS

With more and more focus on financial literacy for youth in care, credit reporting and credit monitoring for youth is a new federal requirement, which requires us to become financially literate as well. Participants will understand the requirements for credit reporting and what their role is in teaching youth. Participants will also learn how to understand a credit report, which benefits both the youth and you.

18. Family Perspectives on Letting Loose without Letting Go

Lori Cerar, *Executive Director*, Allies with Families (member organization of the Utah Family Coalition)

When young people with disabilities (including mental health issues) move into adulthood, their parents experience the same feelings that all parents do when it is time to “loosen up”. But letting sons and daughters with disabilities “try their own wings” can be more frightening because they have usually been more dependent on others. It is a delicate task to let loose without letting go. In this session, a family member will discuss the challenges of finding such a balance and ways professionals can team up with family members to help young people succeed in adulthood.

19. Employment First (Repeat)

Tricia Jones-Parkin, *Program Administrator*, DSPD

Participants will learn about what Employment First means for transition age students in Utah, ways to increase opportunities and expectations of work for youth with all types of challenges around employment. Participants will also learn about the customized approach to employment. Customized Employment is now included in the Workforce Investment Opportunities Act and techniques and principles of Customized Employment can benefit every job seeker.

20. Substance Abuse Issues in Transitioning

Presenter to be Finalized

Substance use is a serious public health concern and it poses a greater hazard for children and teenagers because their brains are not fully developed. Abuse of prescription drugs is highest among young adults aged 18 to 25, with 5.9 percent reporting nonmedical use in the past month (NSDUH, 2010). Sometimes, substance use starts as self medication to manage emerging mental health symptoms. This session will discuss the trend of substance abuse among young people, reasons for using, co-occurring substance abuse/mental health disorder, and identifying and selecting evidence-based practices.

11:30 am – 1:00 pm

Panel and Luncheon

The insight from service users, care givers/family representatives/advocates and providers are critical in our efforts to continuously inspect service system and improve its effectiveness. This panel will include young people receiving services, family members, and providers to share their views on the current status of youth-in-transition services and to identify areas of strengths and challenges.

1:00 pm – 2:15 pm

Workshop Session VI

21. Practice Guidelines: We are supposed to be doing that?

Krystal Lyman, *Transition to Adult Living Coordinator, DCFS*

You mean you don't frequently read policy and procedure? We will be making policy and procedure a fun and interactive way to learn the ins and outs of those dang rules we are supposed to be following! Please come prepared with a cell phone and a curious mind!

22. Positive Permanent Connections (Repeat)

Aubrey Meyers, *Clinical Consultant, DCFS*

All children need and deserve permanency, children who flounder or lack permanent connections face many hardships as they enter the adult world with little to no social emotional support from trusted connections. No one to ask for help or to guide them forward, no one to lean on or spend holidays with, no one to confide in or talk to that will adequately support or challenge them. Children grow best in families that will support them lifelong and be there when times are hard or help them celebrate their successes. This session will discuss how we look past our biases and traditional processes and help children/youth make permanent connections.

23. Supported Education

Jacqueline Leedy-Chamberlain, *State Education Liaison, Department of Human Services*

Murray Meszaros, *Education Specialist, CTE and Title I Neglected/Delinquent Services, Utah State Office of Education*

In Utah, children/youth in state custody have lower grade point average, higher mobility rate, higher rate to be placed in special education, and higher rate to receive services for an emotional disturbance. This session will discuss two programs that help these youth:

- a. Education Transition & Career Advocates (ETCA) help delinquent and neglected youth be able to identify education and career strengths, take next steps in the education and training process, and maximize their potentials.
- b. The free on-line high school credit recovery program to give students a chance to earn credit in subjects they previously failed.

24. Trauma-Informed Care for Transitioning Youth

Brian Miller, Ph.D., *Project Director*, Trauma Program for Families with Young Children, The Children's Center

Research indicates that trauma during childhood is associated with all kinds of difficulties in life: developmental difficulties; mental health difficulties; physical health difficulties; substance abuse; difficulties developing meaningful and supportive relationships, and involvement with child welfare and the justice settings. This session will discuss how trauma impacts young people and the developing brain, how we relate this to our work, and how we can help young people receive the care that addresses the trauma issue.

2:15 pm – 3:15 pm

Dream Catcher's Award and Closing Session

Representative Ronda Menlove