



# Transition Resources

Helping Youth and Young Adults with the Path to Adulthood!

## Health Care Skills & Transition (for Professionals)

- Got Transition is the national center for transition research, resources and education. [www.gottransition.org](http://www.gottransition.org)
- The American Academy of Pediatrics Position Statement on Transition: White PH, Cooley, C, AAP, AAFP, ACP (2018). Supporting the Health Care Transition from Adolescence to Adulthood in the Medical Home. *Pediatrics*, 142(5). [pediatrics.aappublications.org/content/142/5/e20182587](http://pediatrics.aappublications.org/content/142/5/e20182587)
- This article includes many helpful tips for talking with adolescents about sensitive topics, including a review of important health concerns, scripting, and screening tools. Klein DA, Goldenring JM & Adelman WP (2014). HEEADSSS 3.0: The psychosocial interview for adolescents updated for a new century fueled by media. *Contemporary Pediatrics*, 1-16. <https://www.contemporarypediatrics.com/article/heedsss-30-psychosocial-interview-adolescents-updated-new-century-fueled-media>

## Health Care Skills (for Patients and Parents)

- Got Transition is the national center for transition research, resources and education. [www.gottransition.org](http://www.gottransition.org)
- Ranked Health uses doctors, researchers and patients to review health care app. [www.rankedhealth.com](http://www.rankedhealth.com)

## Employment and School

- IEPs include a transition planning section starting at age 14. Learn about your rights: [www.disabilityrightsca.org/publications/serr-special-education-rights-and-responsibilities](http://www.disabilityrightsca.org/publications/serr-special-education-rights-and-responsibilities)
- All school districts have transition programs for disabled students. There are also programs at OC Department of Education [www.ocde.us/SPED/Pages/Adult-Transition-Program.aspx](http://www.ocde.us/SPED/Pages/Adult-Transition-Program.aspx) and through Regional Center.
- A checklist for applying to college from the Khan Academy. [www.khanacademy.org/college-careers-more/college-admissions](http://www.khanacademy.org/college-careers-more/college-admissions)
- All colleges have an office that helps students with “disabilities”. Many people do not identify themselves that way, but the services are very helpful and include things like early registration and note-taking. [thinkcollege.net/think-college-learn/accessing-disability-services-0](http://thinkcollege.net/think-college-learn/accessing-disability-services-0)
- Orange County’s community colleges have many programs for students with disabilities and employment-related certification programs. Orange County has many employment programs that include resume help, job listings, and paid work experience:
  - OC Development Board Young Adult Program: [www.ocwib.org/young\\_adult](http://www.ocwib.org/young_adult)
  - Youth Programs at One Stop Centers: [ssa.ocgov.com/adopt/youth/community/employment/wib](http://ssa.ocgov.com/adopt/youth/community/employment/wib)
  - One Stop Centers [www.oconestop.com](http://www.oconestop.com)
- California DOR has programs for youth and adults that are individualized to help people with disabilities meet their goals. [www.dor.ca.gov/Home/StudentsandYouth](http://www.dor.ca.gov/Home/StudentsandYouth) or [www.dor.ca.gov/Home/JobSeekerConsumer](http://www.dor.ca.gov/Home/JobSeekerConsumer) (adults).
- Volunteering is a great way to check out different careers and build your resume. [www.oneoc.org](http://www.oneoc.org)
- Many school districts in Orange County have employment-related programs. Please check with your student’s Case Carrier or the Special Education Department of your students’ school district.

## Independent Living Skills

- Quiz – are you prepared to live on your own? [www.buzzfeed.com/alexfinnis/what-percentage-adult-are-you](http://www.buzzfeed.com/alexfinnis/what-percentage-adult-are-you)
- Learn about relationships, work and study skills, budgeting, and other skills to live on your own. [www.casey.org/casey-life-skills-resources](http://www.casey.org/casey-life-skills-resources)

## Community Resources

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- Dial **211** for all kinds of social services including emergency food, shelter, counseling, and other help. [www.211oc.org](http://www.211oc.org)
- This booklet is written for Los Angeles County, but the information about how you qualify for benefits is the same: [www.hungeractionla.org/peoplesguide](http://www.hungeractionla.org/peoplesguide) In OC you can apply for services at SSA. [ssa.ocgov.com/about/services](http://ssa.ocgov.com/about/services)
- Project Independence or Dayle McIntosh Center [www.proindependence.org](http://www.proindependence.org) [daylemc.org](http://daylemc.org) can help with questions and applications for SSI (Supplemental Security Income).

## Advocacy

- Orangewood Foundation helps foster youth success with independent living. [orangewoodfoundation.org](http://orangewoodfoundation.org)
- Information about DACA: <https://www.aclu.org/know-your-rights/know-your-rights-about-daca>
- Disability Rights CA helps individuals with disabilities, [www.disabilityrightscalifornia.org/what-we-do/programs/client-assistance-program-cap](http://www.disabilityrightscalifornia.org/what-we-do/programs/client-assistance-program-cap) as well as Dayle McIntosh Center, whose goal is living independently, [daylemc.org](http://daylemc.org) and the State Council on Developmental Disabilities [scdd.ca.gov](http://scdd.ca.gov)

## Information about Health & Services

- Search for quality health information about any condition: [teenshealth.org](http://teenshealth.org) or [amaze.org](http://amaze.org)
- Staying healthy: taking care of yourself to prevent illness: [familydoctor.org/teenagers-how-to-stay-healthy](http://familydoctor.org/teenagers-how-to-stay-healthy)
- Help in a crisis:
  - Crisis Text Line – text HOME to 741741 [www.crisistextline.org](http://www.crisistextline.org)
  - LGBTQ Youth [www.thetrevorproject.org](http://www.thetrevorproject.org)
- For family planning or other health care services: [findahealthcenter.hrsa.gov](http://findahealthcenter.hrsa.gov)
- Learn about healthy relationships: loveisrespect.org [www.loveisrespect.org](http://www.loveisrespect.org)
- For mental health or drug treatment: [findtreatment.samhsa.gov](http://findtreatment.samhsa.gov); county resources: (855)OCLINKS (625-4657)
- What happens if you mix your medicines with alcohol or other drugs? [www.drugcocktails.ca](http://www.drugcocktails.ca)

## For Parents

- Surviving the teen years: <https://kidshealth.org/en/parents/adolescence.html>
- Having conversations about sensitive topics: [www.talkwithyourkids.org](http://www.talkwithyourkids.org)
- An App to help you guide your youth through transition: [www.adolescenthealth.org/About-SAHM/Healthy-Student-App-Info.aspx](http://www.adolescenthealth.org/About-SAHM/Healthy-Student-App-Info.aspx)
- Cal Able - a program to save money for your child's care (tax free): [calable.ca.gov](http://calable.ca.gov)
- Special Needs Trust – information and referral: [www.specialneedsalliance.org](http://www.specialneedsalliance.org)
- Conservatorship information and legal resources: [www.occourts.org/directory/probate/probate-case-types/conservatorship.html](http://www.occourts.org/directory/probate/probate-case-types/conservatorship.html) and alternatives [www.disabilityrightscalifornia.org/publications/limited-conservatorships-alternatives](http://www.disabilityrightscalifornia.org/publications/limited-conservatorships-alternatives)
  - Public Law Center [www.publiclawcenter.org](http://www.publiclawcenter.org)
  - Legal Aid [www.communitylegalsocal.org](http://www.communitylegalsocal.org)