TRANSITIONING FROM HIGH SCHOOL TO COMMUNITY LIFE



This guide is intended for High School students in the Special Education program, their families, and the professionals that support them. The objective is to prepare students for life after high school: college, employment, living independently, changes in healthcare, and more. This training series originally took place in fall 2020 and spring 2021.

SPECIAL EDUCATION & DISTANCE LEARNING DURING THE COVID-19 PANDEMIC

Provides an overview of: the changes to special education and distance learning for the 2020-2021 school year; your educational rights; tips for academic success; services and supports available at the regional center; helpful resources in your community; and more.

- ➤ **Watch the recording**
- ➤ **Download the presentation**
- ➤ **Resource Guide**
- ➤ **Compensatory Education Log - Template**
- ➤ **Special Education Packet**

TRANSITION PLANNING FOR HIGH SCHOOL STUDENTS IN SPECIAL EDUCATION

Provides information about high school completion options (diploma vs. certificate of completion) and what opportunities they may provide for life after high school. A list of helpful tips is shared for each grade level (9th to 12th).

- ➤ **Watch the recording**
- ➤ **Download the presentation**
- ➤ **Transition from High School to Adulthood**

HOW TO NAVIGATE THE MENTAL HEALTH SYSTEM: ACCESSING SERVICES FOR YOUR CHILD WITH I/DD

Offers assistance in navigating the mental health system (e.g. local school, county, and regional center) for students with Intellectual and Developmental Disabilities (I/DD) who may be at risk for mental health conditions.

- ➤ **Watch the recording**
- ➤ **Download the presentation**
- ➤ **Resource Guide**
- ➤ **Script for Mental Health Triage/Screening**
- ➤ **Language, Terms, and Equivalencies Between Systems**

LET'S TALK EMPLOYMENT!

Information for working-age youth interested in learning about how the regional center can support them in achieving their employment and career goals.

- ➤ **Watch the recording**
- ➤ **Download the presentation**
- ➤ **Resource Guide**

WESTSIDE REGIONAL CENTER

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GATEWAY TO HEALTHCARE: MEDICAL COVERAGE FOR YOUTH WITH SPECIAL NEEDS

Highlights the importance of preparing children and young adults for the various transitions that occur in healthcare. This includes the various agencies, health plans, and programs that administer health coverage.

- ➤ Watch the recording
- ➤ Download the presentation
- ➤ Supplementary Handout, COVID-19
- ➤ Supplementary Handout, Healthcare Countable Monthly Income Comparison Chart
- ➤ Transition-Age Youth Handout, Preparing for Healthcare Changes

PLANNING FOR INDEPENDENT LIVING

This webinar will help guide you in developing a plan for living on your own (or with a roommate) that includes creating goals, finding a place to live, how to pay for rent and living expenses, current living options available at Westside Regional Center, and more.

- ➤ Watch the recording
- ➤ Download the presentation
- ➤ Resource Guide



CREATING A ONE-PAGE PROFILE FOR YOUR TRANSITION TO ADULTHOOD

The Certified Person-Centered Thinking trainers will guide participants in creating an OPP, share tips on what information to include, and discuss how the use of an OPP can support a smoother transition to adulthood.

- ➤ Watch the recording
- ➤ Download the presentation
- ➤ OPP for Transition - Template

ADDITIONAL RESOURCES

- ➤ California Department of Education
- ➤ A Consumer's Guide to the Lanterman Act
- ➤ IEP Support Group at WRC

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