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2013

## Young Adults Getting Involved: Participatory Action Research & Transition Age Youth

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### Repository Citation

Delman J. (2013). Young Adults Getting Involved: Participatory Action Research & Transition Age Youth. Implementation Science and Practice Advances Research Center Publications. Retrieved from [https://escholarship.umassmed.edu/psych\\_cmhsr/623](https://escholarship.umassmed.edu/psych_cmhsr/623)

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## Young Adults with Serious Mental Health Conditions Actively Participate in the Research & Dissemination Process



There is insufficient research on the needs & preferences of Transition Age Youth (TAY)



TAY participation in the research process enhances the relevance of research questions and quality of methods



Tay knowledge of social media brings effective methods of collecting data and disseminating findings



TAY are the most effective communicators of research findings & recommendations in terms of impacting policy & practice changes

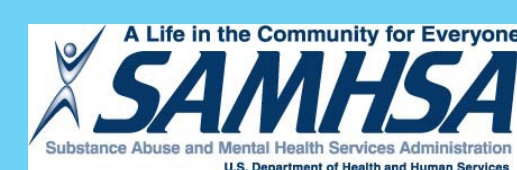
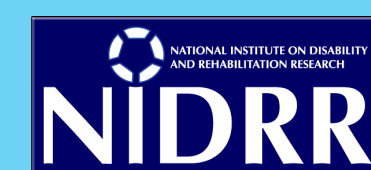


Research participation brings new vocational skills, self-efficacy, and a sense of hope

The Learning & Working Transitions RTC

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The Transitions RTC is supported by funding from the National Institute of Disability and Rehabilitation Research, United States Department of Education and the Center for Mental Health Services Substance Abuse and Mental Health Services Administration, United States Department of Health and Human Services (NIDRR grant H133B090018). Additional funding is provided by Commonwealth Medicine, the Healthcare Consulting group of University of Massachusetts Medical School. The content of this poster may not represent the views or policies of the funding agencies. In addition, you should not assume endorsement by the Federal Government.



# Young Adults Getting Involved: Participatory Action Research & Transition Age Youth

## Key principles employed at Transitions RTC

- Personal commitment of research leadership
- Good communication
- Individualized respectful approach
- Promoting young adult self-efficacy
- Developmentally appropriate vocational supports
- Adult mentoring

## RTC strengths

- Associate Director for PAR
- Four TAY employees
- TAY staff producing effective social media
- TAY staff developing their own research project on the experience of TAY in college
- Staff making efforts to address TAY staff concerns

## Major challenges for RTC

- Addressing needs of TAY in their first office job
- High energy environment can add to TAY stress
- Adult staff uncertain about their respective roles in guiding TAY employees
- Irregular supervision

## Challenges being addressed

- Creating time in supervisor's schedule for regular supervision
- Creating time for TAY staff monthly peer support meetings
- Workshop for all staff on reasonable accommodations
- WRAP (Wellness Recovery Action Plan) plan training for interested TAY staff
- Looking into internal supported employment



## TRANSITIONS RTC®

*Gathering the Voice of Young People Across the Nation*

Visit us online: <http://labs.umassmed.edu/transitionsRTC/>  
For young adults: <http://www.voices4hope.net/>

The Transitions RTC Is A National Effort That Aims To:

## Improve Supports For TAY & Young Adults Who:

- are between the ages of 14 & 30
- have a serious mental health condition
- want to complete schooling & training to move into rewarding work lives



## Principles:

- support transition age youth & young adults as students, learners & workers
- examine ways for programs to address the unique needs of transition age youth & young adults
- partner with transition age youth & young adults to conduct research & share our findings

