



MTN

PROMOTING SUCCESSFUL TRANSITIONS
FOR YOUTH IN MAINE

P.O. Box 2219
AUGUSTA, MAINE 04338
1-800-328-9549
WWW.MAINETRANSITION.ORG

Fall 2008

MAINE TRANSITION NETWORK INTERDEPARTMENTAL COMMITTEE ON TRANSITION

Regional Office Contacts

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hhcf/bridges.htm](http://www.ainop.com/users/
hhcf/bridges.htm)

Downeast (DRTC)

PO Box 8
Birch Harbor, ME 04613
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Central Maine (School to Life)

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Kennebec Valley

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PO Box 2219
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Western Maine (ACOT)

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Southern Maine (SMACT)

182 Snow Road
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Phone: 207-446-3540
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MTN REVEALS NEW LOOK

FROM THE DESK OF MTN EXECUTIVE DIRECTOR,
MICHAEL ASHMORE

Welcome to a new year of transition work in the state of Maine. The Maine Transition Network and the Committee on Transition (COT) system have been undergoing significant transitions themselves over recent months.

Because of funding reductions and changes to the statute that organizes the COT system, we have been making considerable changes to a system that has been largely unaltered for more than a decade. While the end result of these changes will, undoubtedly, be positive in many ways, the challenge—as we know well—is in the transition itself.

The COT system was affected by changes to its regional system of boards and councils. Regional Boards no longer have the ability to receive and manage financial allocations through MTN's state contracts and no longer employ coordi-



Maine Transition Network staff during recent restructuring retreat at the SERC in Winter Harbor. Staff created a statewide transition work plan.

nators. Instead, MTN has taken on the regional staff as its employees. Regional Boards have become advisory to the statewide Committee on Transition. What that looks like and how information will be communicated and received is still in development.

Because of cuts to our state contract, MTN has reduced staffing. Regional Coordinator positions were reduced by a half position, longtime MTN Administrative Assistant, Evalee Kimball, was laid off as her position was eliminated and the statewide Project Coordinator position was cut by a third.

(continued on page 8)

IN TRANSITION

Maine Transition Network (MTN) is in Transition! As MTN restructures you will find some projects, events and contacts remain the same while there will be major changes.

Take note of regional office name changes in which

names will take the look of the area served. In the case of some projects, staff will travel to other regions, however feel free to contact a coordinator in your area.

Youth events will continue with a focus on local needs. Staff will still offer Transition

Outcome Project (TOP) and provide technical assistance and workshops to school districts. In addition, professional development sessions will be presented.

See this publication and our online newsletter for details of events in your area.

TRANSITION IN AROOSTOOK

YOUTH ARE ENCOURAGED TO BRING A FRIEND TO EVENTS
SUBMITTED BY JEANNE BUGBEE



Aroostook Youth Leader presents over the ATM during COT meeting last year.

October

Aroostook County youth in the Presque Isle area will host **Job Club** every Thursday in October at the Career Center from 3:30–4:45 PM. Youth must commit to attending all sessions of Job Club. Later in the year, Job Club will be offered in Houlton and Madawaska for southern and northern Aroostook youth to participate.

Please pre-register for any or all events by calling Jeanne at 227-0046 or emailing jbugbee@mainetransition.org.

November

Youth Leaders in Aroostook offer I*Movies in November. Advocacy and Youth Led IEP's are all the buzz and we plan to lead the way with our "**Lights, Camera, Transition, Action**" workshop.

- Wednesday, November 5, 2008; 3:00–5:30PM; Frenchville Tech Center
- Thursday, November 6, 2008; 3:00-5:30PM; Houlton Region 2 Tech Center (SAVE)
- Thursday, November 13, 2008; 3:00-5:30PM; Caribou Tech Center

December

Christmas Cards, Cookies & Karaoke

Youth Leaders are excited about this budgeting workshop during the holiday season.

- Monday, December 8, 2008; 3:00–5:30PM; Frenchville Tech Center
- Tuesday, December 9, 2008; 3:00-5:30PM; Houlton Region 2 Tech Center (SAVE)
- Thursday, December 11, 2008; 3:00-5:30PM; Caribou Tech Center

Virtual Council Meetings Cover the County

BRIDGES Transition

Council Meeting-Regular Transition Council meetings are held the **second**

Wednesday of each month from 2:00—3:00. Council meetings are via ATM system for participation throughout the County.

Council meeting is followed by **Youth Leadership** meeting from 3:00—4:00 also a Virtual Meeting. Please call for more information or to RSVP.

ATM Locations: Fort Kent, Caribou Tech Center, Houlton Tech Center (SAVE) and

Hodgdon High School

- Oct. 8, 2008
- Nov. 12, 2008
- Dec. 10, 2008
- Jan. 14, 2009
- Feb. 11, 2009
- March 11, 2009
- April 8, 2009
- May 13, 2009

Please get visitor pass at school office.



ATM Room for Virtual Council Meetings in the County. If you have an interest in youth with special needs, join us at one of our ATM sites.

TRANSITION REGULATION TRAININGS

Regional Coordinators have been doing Transition Regulation Trainings for schools, agencies and parents this past year and continue to offer this training throughout the state. This is a great training for parents to know about transition in the IEP.

If you would like to schedule a regulations training for your parent groups, staff members or agencies, please contact your local Transition Coordinator for more information.



Employment Workshop in Aroostook; seasonal employment opportunities during fall harvest.

*Do you know the transition regulations?
Are transition topics covered at the IEP?
Does the plan contain a coordinated set of activities?*

WHAT'S HAPPENING DOWNEAST

HANCOCK & WASHINGTON

SUBMITTED BY LORI JOY

Down east Region 2- Fall Activities

Youth Leadership

- September 23; 3:30-5:00 pm; Ellsworth Public Library; Ice Cream Social and Ice Breakers
- October 23; 3:30-5:00pm; Ellsworth Public Library; Harvest Party and Picking Your Future with Your Skills
- November 25; 3:30-5:00 pm; Ellsworth Public Library; Give Thanks for your Strengths Party and Self Advocacy

- December 23; 3:30-5:00 pm; Ellsworth Public Library; Cards, Carols and Cookies



Please call Jackie at 1-877-963-2588 to register for supply and food purposes. We hope to see you there!!!

MORE DOWNEAST EVENTS

Upcoming Workshop: **The Challenges and Joys of ADD/ADHD** with speaker Tracey Nevells Nute at the Kay Parker Building in Machias on October 22, 2008. To Register-Call Jackie at 1-877-963-2588 or email bam-my2@verizon.net.

Down east Advisory Board meetings are held the second Thursday of every month at the CareerCenter in Machias from 1-3 pm.
October 9
November 13

December 11
January 8
February 12
March 12
April 9
May 14

Down east Communities of Practice Meeting is held on October 14th 9:30 am at WCCP in Machias.

Youth Leadership Planning Committee Meeting will be held on October 1st

11:30 am at SHEAD high School in Eastport.

Disability Mentoring Day will be held on October 24th from 10-2 at the Machias CareerCenter. For More Information email Kent DeMerchant at Kent.D.DeMerchant@maine.gov
Lori Joy, Transition Coordinator
PO Box 8, Birch Harbor, Maine 04613
963-5973, cell 460-3914
ljoy@mainetransition.org
www.mainetransition.org

Six Areas of Transition

- Education
- Employment
- Community Activities
- Legal
- Health
- Housing



The Maine Transition Network is funded, in part, by the Maine Department of Education

Page Farm

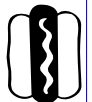
Museum & Student Union, UM

Tuesday, October 14, 2008; 3-5 pm

2:30-3:00 pm

Early Birds Meet at the Student Union for a Bite to Eat

Everyone pays for their own food.



Contact: Cindy Tuck, Transition Coordinator, Central Maine 951-3351 or ctuck@mainetransition.org



YOUTH LEADERS' CLUB 2008 - 2009

Submitted by Cindy Tuck



Maine Transition Network – Region 3 Announces Pending Schedule* Any young person between the ages of 14 – 25 is invited to attend.

- October 14, 3-5pm Page Farm Museum – UMO College Visit; Post Secondary Education
- November 10, 3-5pm Harvest Dance – Old Town High; The IEP Meeting & You
- December 9, 3-5pm;
- January 13, 3-5pm; Snow Sled-ding/Tubing - Hermon High; Healthy Eating
- February 10, 3-5pm; Movie Outing - Brewer; Budgeting
- March 10, 3-5pm; Beach Party – Hampden Academy; Job Interviews/Applications
- April 14, 3-5pm; Swimming? Bowling?; Mat-tanawcook; Summer Recreation Opportunities
- May 3-7pm; Year End Evaluation & Celebration Party; Location: To Be Announced

(*locations subject to change, please call)

Contact: Cindy Tuck, Transition Coordinator, Region 3 @ 951-3311 or ctuck@mainetransition.org

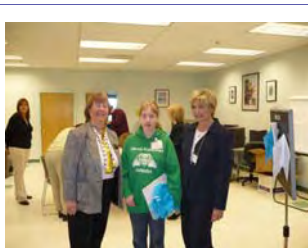


Youth team building activity at a recent youth retreat.



Transition Outcomes Project Goes High Tech

Schools discover if Transition Regs are reflected in their IEP's



Youth at Mission Transition: The Katabdin Summit last April 2008

KENNEBEC VALLEY LINCOLN, KNOX, WALDO, SAGADAHOC, KENNEBEC & SOMERSET
SUBMITTED BY MARION GREEN

I'm The Most Important Person at My IEP

On September 25 & 26, the Kennebec Valley Region 4 coordinator facilitated a workshop with 15 students and five staff at Mt. Ararat High School (SAD 75) in Topsham, Maine. Classroom teacher, Joe Furrow asked for a workshop so students would develop a greater awareness on the importance of their participation in the transition planning portion of the IEP meeting. The workshop focused on

students preparing a Dream Collage, Goals and SNOW based on their post high school interests. A follow-up workshop for students and teachers in the use of action planning will be held later in the fall. The action planning workshop will aide students and teacher in developing incremental steps to reach goals that impact the post school outcomes of youth in transition. If you are a student, parent or teacher in the Region 4 Kennebec Valley and are interested in information about pre-

paring your student(s) to be actively involved in the transition planning process please call 446-4710.

Transition Board Meeting

The first meeting of the MMRTB will be held on October 1, 2008 at UMA in Augusta. If you wish to have an up to date list of board and regional activities in the Kennebec Valley Region 4 email yth-dreamsmg@mainetransition.org or call 446-4710 and request to be put on their email or mailing list.

TRANSITION OUTCOMES PROJECT FIRST ON-LINE REVIEW

SUBMITTED BY MARION GREEN

MTN Region 4 in collaboration with SAD 12, Forest Hills Consolidated Schools piloted the Transition Outcome Projects, first on-line record review on August 27, 2008. Yvette Costello, Special Education Director and one of her staff along with MTN staff worked together to com-

plete this record review in an on-line program created by MTN staff, Meridith Greig. Ms. Greig has been instrumental in developing a program to lessen the length of time it takes to turn the data around. This will allow us to begin the work of supporting schools to reach their goal of hav-

ing their IEP's reflect the good things that are being done to support students in transition. Thank you, Forest Hills Consolidated staff and administration, we look forward to working with you over the next two years.

MISSION TRANSITION

COMING SOON TO A LOCATION NEAR YOU

Maine Transition Network in collaboration with the Department of Labor will be sponsoring a day long conference, "Mission Transition" throughout the state in 2009. Typically Mission Transition is held at a college campus and youth get an opportunity to experience workshops in education at an educational setting.

The focus of Mission Transition is education and employment and workshops are offered on a variety of related topics to help youth, parents, guardians and educators assist youth with their transition to college and the world of work.

Youth leaders in all six regions of the state are

already planning for the Mission Transition in their area. If you would like to be a part of the planning or present a youth led workshop, contact the Transition Coordinator in your region.

Watch for details, dates, times & locations in next publication of MTN Newsletter.

WESTERN MAINE

FRANKLIN, ANDROSCOGGIN, OXFORD

SUBMITTED MARY REDMOND-LUCE

Training and Workshop Offerings

This is a partial list of trainings and workshops that can be delivered by the Western Maine office of the Maine Transition designed for students, parents, and adults in the area of transition:

1. Facilitate your IEP with an I-Movie or portfolio. Youth explore with their peers things about themselves and the people they would like to be as they transition from school to adult life.
2. SNOW/DREAM and for older students the SUN's workshops for students who are just beginning the transition process. And build your organization's identity among peers, members, employees, or vendors.
3. 411 Disability Disclosure, students will lead their peers through 5 ½ hour compo-

nents of how to talk about your disability in an employment, education, or community setting.

4. Customized youth advocacy. This is a program where the Maine Transition Network can work with local youth to become statewide advocates to represent youth with disabilities and talk about the issues and concerns that face today's youth as they transition.

5. Youth Entrepreneurial Training.

Programs for both adults and students:

* Difference between College and High School

* Transition 101: general overview of transition planning and best practices.

* IDEA 2004 training / workshops to explore how to write the transition plan for maximum benefit

*Transition Outcomes Project: this is a school based volunteer project designed to help schools with state monitoring of transition files for state and federal compliance of indicators 13 and 14.

*Age appropriate transition assessments: We will explore both the traditional as well as non-traditional age appropriate assessments used to help young adults with career decision making.

*Resource Fairs: Do you want a transition resource fair in your area. Please email the local regional council to have one arranged in your local area.

*Transportation Workshop held the fourth week of April for all students in transition held at the Oxford County Armory

*Mission Transition: During the third week of March held at CMCC



Youth practice "Two Ways Out" during Housing Workshop. Housing is a Transition Topic that should be in your IEP, is it in yours?



MTN E-Newsletter formatted by Jeanne Bugbee, Transition Coordinator for Region 1. Regional articles are inserted as received; not responsible for possible date, time, location changes. Please contact your local Transition Coordinator for specific events in your Region.

WESTERN MAINE SATELLITE OFFICES

SUBMITTED BY MARY REDMOND-LUCE

The Western Maine office of the Maine Transition Network has two satellite offices:

- Leavitt Area High School
- Goodwill Industries in Lewiston

All appointments can be scheduled at your local CareerCenter offices in the Tri-County area. To reach the Western Maine Regional office you can email Mary at: mluce@mainetransion.org or call 592-0940

SOUTHERN MAINE (SMACT)

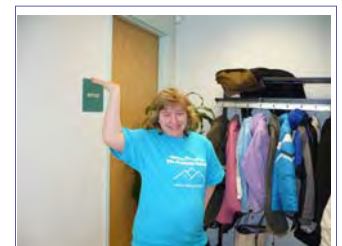
SUBMITTED BY CORIE WASHOW

Transition is definitely on our minds in more ways than one in Southern Maine. Betsy Morrison, coordinator in this region for nearly 20 years, has moved on to her next opportunity. I have spent years of working with youth in settings from residential care to the classroom, and have far too often seen kids fall through the cracks. It is so exciting to be in a position that not only prevents such

situations, but facilitates effective and meaningful transitions. I am spending much of my time meeting all the wonderful people in York and Cumberland counties, and with each meeting becoming more enthusiastic about all the good transition related things happening here and the potential for the future and getting more and more excited.

Speaking of which, we

have just started the planning for our first big Youth Leadership project of the year—a Middle School Futures Planning Conference, funded through a generous grant from the Maine Children's Cabinet. The conference will be held in early December, and our Youth Leaders cannot wait! We are all looking forward to this event, and many other opportunities to work together as the year continues.



Mission Transition: The Katabdin Summit youth after presentation during lunch.



Past MYCOT youth take a few minutes between training sessions to enjoy the view at the Boathouse in Belfast.

MYCOT

or

Maine Youth
Committee on Transition



MYCOT youth plan for statewide youth retreat last year. You could be a part of MYCOT this year.



Youth Leader presents SNOW workshop during regional youth event.

MYCOT MAKEOVER

With the restructuring of the Maine Transition Network, the youth leadership group, MYCOT also is receiving a Makeover.

PURPOSE: The purpose of the MYCOT is to pro-

vide the Maine Transition Network/Committee on Transition with a youth perspective on the transition process as it occurs for youth receiving special education, and disability services in the

state of Maine. It is also established to provide a core of youth leaders who will devote time and energy to training and mentor youth ages 14 and up as they go through the training process.

MYCOT Members Expectations

- Live in Maine
- Make a commitment to attend as many activities as possible for at least two years.
- Be a youth with a disability who is between the ages of 14 and 23.
- Be effective communicators.
- Work to develop public speaking skills.
- Take positive critique of their participation and presentation styles.
- Be open minded and has a positive can do attitude.
- Will participate in training opportunities that are offered to increase personal and professional skills.
- Is comfortable working one on one with their peers.
- Will commit to working and presenting information to groups with support from another youth or an adult mentor.
- Has good organizations skills or is willing to work towards developing them.
- Is able to set goals and model goal setting for others.
- Has had experience participating or leading their IEP meeting or other types of individual planning sessions.
- Have dreams, goals and aspirations for the future.
- Has computer/emailing skills or be willing to acquire them.
- Is willing to ask for help and support if you need it.
- Has a history of following through with activities or let people know if they can't finish a project.
- Is passionate about self-advocacy and is willing to advocate for someone else.
- Respects diversity in all living things.
- Is patient and can adapt to changes when necessary.
- Loves a challenge
- Has good time management skills or is willing to work towards acquiring them.
- Enjoys working with people.
- Believes that all people deserve to make choices and be responsible for their choices.
- Must be meeting their school academic requirements to participants in extra curricular activities.
- Must have a support person willing to transport youth to MYCOT events.

November 2008

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4 	5	6	7	8
9	10	11 	12	13	14 MYCOT Youth Training	15
16	17	18	19	20	21	22
23	24	25	26	27 	28	29
30						

SCHEDULE OF EVENTS FOR STATEWIDE TRANSITION EVENTS

- Nov. 4, 2008—VOTE!
- Nov. 11, 2008—Veterans Day
- Nov. 14, 2008—MYCOT Youth Leader Training, 9:00—4:00 at Location to be Determined. Contact Regional Office for details.
- Nov. 27, 2008—Happy Thanksgiving



TIME COMMITMENT FOR MYCOT

Approximately 4 hours a month working with a regional coordinator to provide training to youth in transition, attending a meeting via ATM every other month and other tasks as assigned. Youth will be expected to attend a training retreat at least once every year to gain skills in youth leadership and transition planning. Youth are expected to attend at least 5 meetings and at least one training yearly to stay in good standing on the MYCOT board

Activities that MYCOT youth will be expected to participate in are:

- Youth Leadership Retreat
- Hall of Flags at the Legislature in Augusta
- Assist and participate in other regional events and activities
- MYCOT Meetings
- Represent Youth at COT meetings



Youth interested in being a MYCOT member should contact their local Transition Coordinator and request a MYCOT Membership Application. (See contact info for all regions on front.)



Financial Obligation as a MYCOT Member

Youth will not be expected to pay any out of pocket expenses involved with training and mentoring youth in their regional area. Transportation provided by youth or family will be reimbursed at .42 per mile when an expense form is submitted to the MTN.



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 Interdepartmental
 Committee on Transition

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Please Recycle Responsibly.
 Give This Flyer to a Friend That Would Benefit by the Information.

(continued from page 1, "From the Desk of the Executive Director")

In the process of hiring on the Regional staff, the Regional Coordinator position was standardized across all regions so that calendars, salary and benefits are similar. During this transition, two of our regional staff members, Betsy Morrison and Carol Brown, elected to move on to other pursuits. MTN is now at 40% of its total FY05 funding.


Contraction is always painful and many members of our community found these transitions and lots of smaller related changes difficult. It is important to note, though, that transition brings opportunity along with challenge. MTN has moved to save money in innovative ways; reducing rental costs while saving fuel by starting up home offices, moving to online video conferencing for staff meetings, developing electronic timecards and record keeping as well as other new found efficiencies. There is no question that the system's capacity is reduced –there is simply no way to lose more than half of your resources and simply become that much more efficient. However, there is also no question that the opportunity, the demand, to more closely examine our practice and our long held ways of doing things will result in a leaner and more efficient organization.

MTN continues to provide assistance to those individuals and organizations working to make the transition from school to life smoother. We continue to look forward to a day when all young people all have the opportunity to plan for their own future within a supportive and coordinated community of caring adults, even as we plan and seek our own organizational future in the wake of a tumultuous year of transitions.

Sincerely,

Michael Ashmore
 MTN Executive Director

This Just In
 MTN Region 3 – Penquis
 YOUTH LEADERS' CLUB
 "Harvest Party &
 Dance"
 MONDAY,
 November 10,
 2008 3-5pm
 NOTICE THE CHANGE IN DAY !
 at Old Town High School's
 Cafeteria, 203 Stillwater Ave.
 In addition to the party &
 dance, we will learn why it is
 so important to actively partici-
 pate in your own IEP meet-
 ings. Contact: Cindy Tuck,
 Regional Coordinator, 951-
 3311 or
ctuck@mainetransition.org



**Transition
 Topic—Legal**

**Youth—
 Remember you
 have the right to
 Vote!!**

**Get out to the
 polls and cast
 your ballot.**

MTN COLLECTS DATA ON-LINE

SUBMITTED BY MERIDITH GREIG, PROGRAM COORDINATOR

The Maine Transition Network has moved into the 21st Century by changing the way it collects and reports data. Our Regional Transition Coordinators now have a way to easily submit and view reports online no matter where they are located in the State of Maine. This data system has many benefits including simplifying what used to be a cumbersome task of collecting, merging, and producing electronic data reports from paper documents.

Coordinators are able to log in to the MTN web-site and enter data con-

cerning trainings, materials, and technical assistance provided to schools, families and agencies. Reports are instantly available and have the ability to track progress by outcomes, numbers served, population served, etc. Further, MTN is easily able to customize and add reports that are valuable to the system. Much care was taken in making the online system user friendly and adaptable.

In addition MTN is putting the finishing touches on an online data collection system for the Transition Outcomes Project (TOP), a technical

assistance program for schools wishing to improve their Indicator 13 outcomes. Further, we are in the process of developing online training modules that will assist districts with Maine's Post Secondary Outcome (MPSO) data collection process.

[Please contact me](#) or your local Coordinator if you would like to participate in our TOP project or have questions regarding transition.

