



MTN

PROMOTING SUCCESSFUL TRANSITIONS
FOR YOUTH IN MAINE

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

Winter 2009

MAINE TRANSITION NETWORK INTERDEPARTMENTAL COMMITTEE ON TRANSITION

Regional Office Contacts

Aroostook (BRIDGES)

26 North St., #126
Presque Isle, ME 04769
Phone: 207-227-0046
Email: [jbug-
bee@mainetransition.org](mailto:jbug-
bee@mainetransition.org)
Web: [www.ainop.com/users/
hhcf/bridges.htm](http://www.ainop.com/users/
hhcf/bridges.htm)

Downeast (DRTC)

PO Box 8
Birch Harbor, ME 04613
Phone: 207-460-3914
Email: ljoy@mainetransition.org

Central Maine (School to Life)

80 Exchange St., 6th Floor, Suite 1
Bangor, ME 04401
Phone: 207-951-3311
Email: ctuck@mainetransition.org

Kennebec Valley

(Mid-Maine)
PO Box 2219
Augusta, ME 04338
Phone: 207-621-9893
Email: ythdreamsmg@mainetransition.org

Western Maine (ACOT)

21 Mathews Way
Turner, ME 04282
Phone: 207-592-0940
Email: mlyuce@mainetransition.org

Southern Maine (SMACT)

182 Snow Road
Durham, ME 04222
Phone: 207-446-3540
Email: cwashon@mainetransition.org

The Importance of Collective Advocacy:

The Maine Coalition for Housing and Quality Services is one way for parents and other concerned individuals to create change

Submitted by Cullen Ryan

Parents and families of individuals facing transitions can sometimes feel overwhelmed or even powerless as a result. There is a lot to know and understand, and it can feel like the system is mysterious or working against you. The Maine Council on Transition was designed in part to empower parents through information which can go a long way as a remedy. But there is more that can and must be done to ensure that all members of society are able to transition into stability and safety. One of the most important tools is collective advocacy.

Collective advocacy is where an entire group of citizens organize and ask that their elected Representatives and Public Officials address one or more of society's needs. Voices are raised in unison calling for action. It has repeatedly been proven effective, and in fact public outcry caused the development of the current system of services and housing for our most vulnerable populations. Collective advocacy produced the current system of care, and collective action is required to ensure that this system of care continues to exist, and becomes improved to effectively meet the needs of vulnerable populations.

Why is this important now? Maine currently faces

a projected budget shortfall of as high as \$800,000,000. Only part of this shortfall is due to structural problems in paying for services to vulnerable populations through MaineCare reimbursement. State dollars are required to bring in federal dollars (match). Without grassroots demand for increased revenues, it is expected that the solution will involve significant budget cuts to programs, and these budget cuts will undoubtedly effect the system of transition that many worked hard to create. Many worry that these cuts will undermine or dismantle this system. Current proposals have been judged to put the system in to serious jeopardy.

What can we do? A government of the people, by the people, and for the people is designed to be responsive to its citizenry. In times of crisis such as now, it is easy to forget that everyone in the public sector, including our state government and our elected official works for you. You are their boss. They answer to you. By asserting ourselves as a collective group and insisting on preservation or improvement of the sys-

tem, we have the best chance of getting our needs met. A number of individuals and organizations have formed collective advocacy efforts in our state, and they have been very effective. Two years ago, one Coalition formed to unite about 14 other organizations to speak with one voice when it comes to housing, and the quality of services to individuals with disabilities.

The Maine Coalition for Housing and Quality Services began in May, 2006, formed by a group of parents of children with special needs. Ultimately, the goal of the Coalition is to create a system of quality housing and personal supports that is person and family centered, with choice, dignity, and efficiency being at the forefront of efforts.



Are you advocating for those with disabilities? Have you called your local Legislator?

For more information, or to receive action emails and policy updates, please contact Cullen Ryan, Executive Director of Community Housing of Maine, cullenr@maine.rr.com or 879-0347.



Health & Fitness last year. Youth in the County enjoyed a cold day of tubing at Big Rock in Mars Hill

BRIDGES Transition Summer Camp

Date: August 2—7, 2009

Place: Baptist Park, Mapleton, ME

Applications available Jan. 1 & Due May 1. [Request an application.](#)



Rep. Bernard Ayotte from Caswell invites youth to come to the State House for tour and how government works.

Private and non-profit agencies working together

TRANSITION IN AROOSTOOK

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

Job Club goes to Houlton & Madawaska

New Year & New Events!

Job Club was so successful in Presque Isle, we are taking our show on the road to Houlton and Madawaska.

- Houlton High School; 3:00—4:30PM; Thursdays in February for youth in the southern Aroostook area.
- Madawaska Career Center; 3:00-4:30PM; Thursdays in March; call for details.

Youth must commit to attending all sessions of Job Club for

us to be able to offer in your area.

February

Youth Leaders in Aroostook focus on health during the month of February and offer **Fitness & Fun** workshop. Scheduled during the school vacation, health workshop is held in the morning and youth go sliding in the afternoon. A fun time for all. Bring your own sled and dress warm!

- Wednesday, February 18, 2009, 9:00—3:30 at Caribou Tech Center. Lunch provided. Must RSVP by Noon, Wed., Feb. 11.

March

March Transition Madness

Youth Leaders are excited about this transition workshop with health and fitness focus. Can you Jitter Bug? Youth are finalizing event details, however team building and dancing are on the agenda. Check our website for details: www.ainop.com/users/hhcf/bridges.htm Please pre-register for any or all events by calling Jeanne at 227-0046 or emailing jbugbee@mainetransition.org.

Please note: events may be cancelled due to lack of participation, so please RSVP.

VICTORY PARTY IN THE COUNTY

BRIDGES Transition youth leaders planned a Victory Party for local Legislators to wish them well as they head to Augusta to work for us! Youth wanted to find out more about the Transition Topic—Legal and inform Legislators about our program. Youth asked questions, found out how bill are made and invited Legislators to stay for supper.

MTN IN CENTRAL MAINE SAYS A BIG THANK YOU TO THE EATON PEABODY, ATTORNEYS AT LAW

Private and non-profit partnerships are often talked about, but the Law Firm of Eaton Peabody, located at 80 Exchange Street, Bangor has put this talk into action, by providing an office space, “free of charge” to the not-for-profit central Maine branch of the Maine Transition Network (MTN).

When Cindy Tuck, Regional Coordinator, of the state funded program that provides programs and services to youth with disabilities, their families and other stakeholders, sent

out a plea for a no or low cost space to call home, she never expected to receive such a generous offer. But that’s exactly what happened.

The day after the urgent plea went out, Mrs. Tuck heard back from Nathaniel Putnam, an attorney with Eaton Peabody, who had previously donated his time and talents presenting guardianship workshops to parents of children with special needs. He said he would bring the request to his board, and within a week’s

time a spacious office was offered for use by the transition planning program coordinator.

Located on the 6th floor of the Bank of American building in downtown Bangor, it is centrally located to the many schools and youth being served in the region. Mrs. Tuck said, “I have plenty of room for my desk, photocopier and filing cabinets, which allows me to do my job more effectively, and in a beautiful setting. This is the nicest office I’ve ever been in. Thank you so much!”

WHAT'S HAPPENING DOWNEAST

HANCOCK & WASHINGTON

SUBMITTED BY LORI JOY

Down east Region 2-Activities

Mark your calendar!

April 9th at the Holiday Inn in Ellsworth with be our 5th Annual Mission Transition. 8:30-1:30" Mapping Out Your Future"

April 28th Bullying: Identification, Strategies and Coping Skills with Presenter **Marjorie Withers-Ellsworth Holiday Inn**

May 26th Working with Children with Challenging

Behaviors- With Presenter Marjorie Withers at the Hutchinson Center in Belfast; call Lori for more information 963-5973 or 460-3914 or email:ljoy@mainetransition.org

SUCCESSFUL ADD/ADHD CONFERENCE

The ADD/ADHD conference held on October 22, 2008 was a huge success. Attendees from as far away as Augusta and Fort Kent packed the Kay Parker building in Machias to hear Tracey Nute M. Ed., C.A.S. draw on her personal and professional experiences assisting children with ADD/ADHD.

Close to 70 parents and professionals net-

worked with each other, enjoyed a lunch together but most of all went away from the conference with a better understanding of the ADD/ADHD diagnosis, strategies for coping with the diagnosis and learned of resources to help along the unpredictable journey facing a child with ADD/ADHD.

The Down East Communities of Practice Plan-

ning Committee (DECPPC) sponsored the conference. This committee consists of hard working individuals from across the state that wants to bring quality trainings to parents and professionals across Washington County.

Please contact Jackie Stanley at bam-my2@verizon.net or call 1-877-963-2588 for more information.



Congratulations from Region 2

We are proud to announce that our Community Caring Collaborative was announced the award recipient from SAMSA grants of \$916,000 this is a multi-year grant that will total millions!!! We are so happy that this is coming into Washington County. Congratulations Marjorie, Jane and our whole group.

Also, our Career Center Workforce Investment Youth Program with Janie Small received the award for being #1 in the State!!!! Great Job Janie!!!

Six Areas of Transition

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



CENTRAL MAINE PENOBSCOT & PISCATAQUIS

SUBMITTED BY CINDY TUCK



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.

- January 13, 3-5pm Bowling - Bangor Family Fun Bowling Center; \$2.00 each
- February 10, 3-5pm Movie Outing – (movie theatre TBD) Brewer; Budgeting Your Money
- March 10, 3-5pm;

Beach Party – Hampden Academy; Job Interviews/Applications

- April 14, 3-5pm; Swimming? Bowling?; Mattanawcook; Summer Recreation Opportunities
 - May 12, 3-7pm; Year End Evaluation & Celebration Party; Location: To Be Announced
- (*subject to change, please

call)

Always bring your permission slip!

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



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

Region 4**Mission Transition**

Dates for Mission Transition 2009 in Region 4:

Belfast, Maine;
Huchinson Center – Late April

Somerset County – Place to be announced – Early May

UMA, Augusta, - Mid May



OTHER TRAININGS AVAILABLE

SUBMITTED BY MARION GREEN

Trainings Available in Kennebec, Somerset, Sagadahoc, Lincoln, Knox and Waldo Counties upon request to schools and families are;

- Creating Realistic Transition Plans
- Transition Planning Building a Framework for the Future
- Self Advocacy Skills for youth

Workshops can be tailored to fit specific needs if time allows

KENNEBEC VALLEY LINCOLN, KNOX, WALDO, SAGADAHOC, KENNEBEC & SOMERSET

SUBMITTED BY MARION GREEN

I Have a Dream!

A workshop to train youth with disabilities and an adult mentor, parent or guardian how to train others in recognizing aspirations and making them into goals that will help youth with disabilities have a more successful transition to life after high

school.

When: January 19, 2009 – 10 to 3:00 (snow date January 24, 2009)

Where: Old Federal Building, 295 Water St. Augusta, Maine

Youth and adults will celebrate the life of Martin Luther King by celebrating their

dreams and learning new ways to share the experience with their peers, school staff and other interested individuals.

To Register your attendance please email Marion Greene at ythdreamsmg@mainetransition.org or call 446-4710. Please register by no later than January 10th.

MAKING THE STUDENT THE MOST IMPORTANT PERSON AT IEP

SUBMITTED BY MARION GREEN

Coming in February 2009

Making the Student the most Important Person at the IEP Meeting is another train the trainer workshop for youth and adults who want to help youth and families in their schools and communities be prepared to be active participants in the IEP Process.

Date and location to be announced. If you are interested email ythdreamsmg@mainetransition.org.

NSTTAC NEWS *by Lori Joy*

I was fortunate enough to attend the National Secondary Transition Technical Assistance Center Conference in Milwaukee WI in October. What a wonderful opportunity to connect our local and statewide transition projects to the national level. The conference was very intense with it being combined with the DCDD Brewing Best Practices in Transition Planning Conference.

I was able to attend

several workshops and would like to share the information with you on two of the workshops this newsletter.

First was a workshop on Quality Indicators of Postsecondary Education for Students with Intellectual Disabilities. The Presenters were Meg Grigal and Debra Hart. As postsecondary education options for students with intellectual disabilities emerge it is vital that we are able to have means

to assess services, supports and outcomes. The session provided a set of evidence based quality indicators for high quality postsecondary education services to support positive post school outcomes for students with disabilities.

They stressed that disability disclosure was vital in for success, as well as self determination and self advocacy.

WESTERN MAINE

FRANKLIN, ANDROSCOGGIN, OXFORD

SUBMITTED MARY REDMOND-LUCE

On November 11, 2008, three of the six regional MYCOT groups were able to get together and create goals for the MYCOT youth leadership group for the 2008-2009 school year. Top priorities identified by the young adults were:

- To make sure that the legislature understands the importance of special education and to not cut the funding for services to youth with disabilities. Many students talked about making I movies about their future goals to show to their school and also to their legislators.
- Students identified unanimously that the big-

gest issue that they faced in public education was bullying. Each of the MYCOT youth wanted to create something that would help youth with disabilities to overcome the emotional scars of bullying and more importantly make it an issue within schools to stop bullying behavior all together.

From this workshop Region V, the Western Maine Division of the Maine Transition Network will be conducting three legislative breakfasts in January 2009. With the Western Maine MYCOT Representatives. The idea is to welcome all legislators back into session and especially for the newly

elected public officials to talk about transition planning through special education for youth with disabilities and to not cut funding for special education as well as for programs that help students to learn in a non-threatening, harassment free atmosphere.

If your group or school would be interested in hosting or attending any of the three legislative breakfasts please contact Mary Luce at MLuce@mainetransition.org Dates are not yet determined but the locations will be in each of the tri county areas which include Franklin, Oxford, and Androscoggin.



Youth create goals for MYCOT youth at a recent workshop

Mission Transition 2009

Western Maine
"Get In the Game"
Central Maine
Community College
Week of March 16-23
Call for details
592-0940

SOUTHERN MAINE OFFERS MONTHLY COUNCIL MEETINGS

SUBMITTED BY CORIE WASHOW

Monthly Council meetings continue to be held and are well attended each month in both York and Cumberland Counties. These meetings are a perfect time for networking, sharing resources, and learning. Recent program presentation topics included the Maine Apprenticeship Program and DHHS talking about Waiver 21 cuts. In the new year, we will learn, among other things, about Social Thinking, local Career and Technical School options, Special Needs Trusts, and Disability Services at Community Colleges. For information on time and location of council meetings, or any other events in Southern Maine, please call or email Corie Washow--446-3540, cwashow@mainetransition.org.

SOUTHERN MAINE (SMACT)

SUBMITTED BY CORIE WASHOW

The winter is shaping up to be a busy time in southern Maine. Our incredibly talented and motivated Youth Leadership group put on a Futures Planning transition conference for 8th graders, attended by over 50 youth from 8 different schools.

A wonderful time sharing and planning was had by all. The Hollywood theme of the day made for plenty of laughs and creative activities. There is no rest for the weary, though--our youth leaders have jumped right into planning for the annual

Mission Transition event, to be held in March. We have a dynamic and diverse group--my time with them each month is truly one of the best parts of the job, and I am so appreciative of their passion and great sense of fun.

*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.*



*Youth at Mission Transition:
The Katahdin Summit last
April 2008*

Maine Transition Network supports

Mission Transition Goes Statewide

Region 1—Aroostook County

Mission Transition @ NMCC
 Date: Thursday, April 9, 2009
 Snow date: Friday, April 10, 2009
 Time: 8:30—1:30
 Place: NMCC, Edmonds Hall
 Call 227-0046 to pre-register

Region 2—Downeast

Mission Transition
 Date: Thursday, April 9, 2009
 Time: 8:30—1:30
 Place: Holiday Inn in Ellsworth
 Call 460-3914 to pre-register

Region 3—Central Maine

Mission Transition @ EMCC
 Date: Tuesday, March 31, 2009
 Snow date: Wed., April 1, 2009
 Time: 8:30—1:30
 Place: EMCC, Rangeley Hall
 Call 951-3311 to pre-register

Region 4—Kennebec Valley

Mission Transition Dates TBA
 Date: see page 4 for details
 Time: 8:30—1:30
 Place: TBA
 Call 621-9893 to pre-register

Region 5—Western Maine

Mission Transition @ CMCC
 Date: Week of March 15-20, 2009
 Time: 8:30—1:30
 Place: CMCC
 Call 592-0940 to pre-register

Region 6—Southern Maine

Mission Transition @
 Date: Friday, March 13, 2009
 Time: 8:30—1:30
 Place: University of New England in Biddeford
 Call 446-3540 to pre-register



*Mission Transition: The Katahdin Summit
 Youth attend employment and educational workshops last year at Mission Transition*

Students: Mission Transition is being offered statewide for the first time this year. In the past, MT has been offered in southern Maine locations for youth with special needs. This year the event will also be held in Aroostook County.

Mission Transition focuses on two Transition Topics, Employment and Education, that **by law** are to be included in the Individual Education Plan (IEP.) It is a great time for youth to find out about post high school educational programs and student services. For youth seeking employment, workshops will focus on applying for jobs, supported employment and more.

Mission Transition is funded in part by the Department of Labor Division of Vocational Rehab and each Region has limited funds available for substitutes and mileage reimbursement, call your local Transition Coordinator for specific regional details.

Parents: You are invited to find out more about Transition too! Most Regions will have workshops for parents and providers scheduled during Mission Transition.

Workshops: (some topics vary a bit due to location)

- Disability Services
- Finding & Applying for Financial Aid
- Day Hab & Adult Ed
- Voc Rehab
- Financial Aid
- Social Security Work Benefits
- New State Waiver Community Support Program
- Pocket Resumes
- Tour the campus
- Lunch Provided
- Door Prizes

Mission Transition is funded and sponsored by: Dept. of Labor Division of Voc Rehab, Maine Transition Network, Regional Special Education Directors, and Dept. of Education. For more information call 1-800-328-9549.

Mission Transition Pre-registration/Permission Form

Must be completed and returned in order for youth to attend event in any Maine Transition Network Region. Contact your local Transition Coordinator for event specifics; contact information on reverse side of this form. Please return ASAP for local planning purposes.

I give my son/daughter permission to participate in the following Maine Transition Network activity:

First Name:	Last Name:
Street:	City:
Zip:	
Email:	Phone:

School my child attends:

Please check MTN region you plan to attend.

	Region	Dates	Times	Location
<input type="checkbox"/>	Region 1	Thursday, April 9 (snow April 10)	8:30 – 1:30	Northern Maine Community College
<input type="checkbox"/>	Region 2	Thursday, April 9	8:30 – 1:30	Holiday Inn in Ellsworth
<input type="checkbox"/>	Region 3	Tuesday, March 31 (snow April 1)	8:30 – 1:30	Eastern Maine Community College
<input type="checkbox"/>	Region 4	Dates, times and location TBA	8:30 – 1:30	Call 621-9893 to pre-register
<input type="checkbox"/>	Region 5	Week of March 15-20	8:30 – 1:30	Central Maine Community College
<input type="checkbox"/>	Region 6	Friday, March 13, 2009	8:30 – 1:30	University of New England in Biddeford

Transportation to activity will be:

<input type="checkbox"/>	School will transport
<input type="checkbox"/>	Parents will transport
<input type="checkbox"/>	Student will transport self
<input type="checkbox"/>	Another student will transport (name of student)
<input type="checkbox"/>	Other: Please list name and relationship

I agree that my son/daughter may be photographed and pictures may be used for to promote future planning of Transition activities for youth.

<input type="checkbox"/>	Yes	Initials:	
<input type="checkbox"/>	No	Initials:	

My son/daughter need the following accommodations to participate in this activity: (ex: special diet, allergies, interpreters, visual aids)

My signature authorized the above mentioned agreement and also authorizes emergency medical treatment in the event that I cannot be reached.

Signature of parent/guardian	Date
Signature of youth	Date

Phone Number(s) of parent/guardian can be reached during the hours of this event:

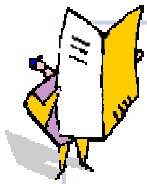
Phone:	Work:
Cell:	Emergency Person:



MAINE TRANSITION NETWORK
Interdepartmental
Committee on Transition

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

PROMOTING SUCCESSFUL TRANSITIONS FOR
YOUTH IN MAINE



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



Mission Transition is a great way for youth to start to plan and connect with people who will assist them in the next phase of their lives.

A few helpful websites by Lori Joy

www.ou.ed/zarrow/sdetermination.html - self determination

www.Beachcenter.org - self determination

Thinkcollege.net- self advocacy checklists

Google the University Center on Excellence and Developmental Disabilities- wonderful information!!

Adaptive Behavior skills Assessments

www.caseylifeskills.org
www.proedinc.com

PRE-TRAINING FOR MISSION TRANSITION FOR EDUCATORS

SUBMITTED BY MARY REDMOND-LUCE

Mission Transition (a resource fair for transitioning youth) has been a long standing tradition in central Maine. In the past two years the Bureau of Rehabilitation Services in partnership with the Maine Transition Network, has expanded Mission Transition to six areas of Maine in an effort to help support young adults with disabilities exit high school with the tools needed to achieve their goals after exiting high school.

This year we hosted a pre-training Mission Transition for educators. Our hope is two fold; first for school personnel to prep students for mission transition and secondly, attendees will help identify which trainings will most benefit their student population as we develop content. It is our belief

that this information will be useful for Mission transition as well as help students to have input in their IEP process.

The pre-training gave an overview of Mission Transition as well as highlight four Mission Transition workshop topics. Our intent is to provide transition information to teachers which will better prepare students to access and participate in Mission Transition events in the spring of 2009.

- High school vs. post secondary education: The differences as well as what supports can you find in post secondary education.
- What can you expect from Vocational Rehabilitation as you transition
- Disability Disclosure in

education, work, or community and self determination.

- Panel Discussions: During most Mission Transitions students can participate in a panel discussion listening to successful youth who have transitioned or businesses representatives from their local area and their expectations.

For people who missed the pre-training but would like a copy of the CD as well as the complimentary documents that accompanies the four major topics of Mission Transition across the state, please contact: Mary Redmond-Luce at mluce@mainetransition.net to get a copy of these materials.

Comprehensive Waiver On Hold

Condensed from Memo #4 from the Office of Jane J. Gallivan, Director
Adults with Cognitive and Physical Disabilities Services (DHHS)

In a recent memo (dated 11.5.08), Director Gallivan elaborated on cuts taking place in early December 2008. She writes that the Home and Community Based waiver program (Section 21, known as the Comprehensive Waiver) "continues to be significantly over budget." Several steps will be taken to help resolve the FY '09 budget deficit, including the 10% reduction of

some elements of the program, and the elimination of a few others. But, the most drastic step being taken during this dismal time is the actual closure of the Waiver program to "all new admissions."

Director Gallivan states that these steps are necessary to help meet "budget neutrality". She requested suggestions from interested stakeholders to help

"achieve staffing efficiencies" and "to reduce administrative burdens." Gallivan goes on to state, "our collective focus remains to provide services that ensure the health and safety of the individuals served." [To see the entire Waiver memo #4; contact the Director you may call 207-287-4242]

