



MTN

PROMOTING SUCCESSFUL TRANSITIONS
FOR YOUTH IN MAINE

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

Fall 2009

MAINE TRANSITION NETWORK INTERDEPARTMENTAL COMMITTEE ON TRANSITION

Regional Office Contacts

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PO Box 8
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Central Maine (School to Life)

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Southern Maine (SMACT)

23 Bowdoin Street
Yarmouth, ME 04096
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UMaine's Center for Community Inclusion and Disability Studies Receives 2009 National Service Inclusion Project Grant

FROM THE DESK OF SANDRA HORNE, COORDINATOR OF DISSEMINATION
AND COMMUNICATION

The University of Maine Center for Community Inclusion and Disability Studies, Maine's University Center for Excellence in Developmental Disabilities (UCEDD), has been awarded one of three 2009 National Service Inclusion Project Grants for Project Ready to Serve Maine, a collaborative partnership that will result in a measurable increase in the application, enrollment and retention of Maine national service members and volunteers with disabilities. This 12-month project builds upon a successful, creative collaboration between the Maine Commission for Community Service and the Center for Community Inclusion and Disability Studies since 2002.

The [National Service Inclusion Project](#) at the [Institute for Community Inclusion](#)—University of Massachusetts Boston, in collaboration with [Association of University Centers on Disabilities](#), conducts a comprehensive program of training, technical assistance, and dissemination designed to increase the participation of

individuals with disabilities in Corporation for National and Community Service funded programs.

Project Ready to Serve Maine will improve outcomes for Maine citizens with disabilities by forging strong partnerships between Alpha One, Maine's Center for Independent Living; Speaking Up for Us, Maine's Self-Advocacy Network; the Maine Commission for Community Service; and the AmeriCorps and AmeriCorps Vista programs in Maine.

Under the leadership of Project Director, Janet May, the Center's Coordinator of Transition and Adults, Project Ready to Serve Maine will not only support the participation of Maine citizens with disabilities in national service and volunteering, but will also help Maine volunteer and national service organizations to better support participants with disabilities.

The University of Maine Center for Community Inclusion and Disability Studies, established in 1992, is part of a national network of 67 congressionally authorized



Project Specialist Avery Olmstead and Project Director Janet May

University Centers for Excellence in Developmental Disabilities sponsored by the Administration on Developmental Disabilities within the U.S. Department of Health and Human Services.

CCIDS brings together the resources of the university and Maine communities to enhance the quality of life for individuals with disabilities and their families. Our statewide mission is met through interdisciplinary education, research, community service, and dissemination of state-of-the-art information that reflect the guiding principles of inclusion, diversity, universal design and access, and social justice. More information about CCIDS is available on its web site www.ccids.umaine.edu.

TRANSITION IN AROOSTOOK

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



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

New ListServe

MTN is using a new ListServe to distribute all the latest in transition, trainings and statewide events. To be added to our list, please email mgreig@mainetransition.org



Graham Chase Receives Citizenship Youth Award

September Event Employment Might be Seasonal

Youth had such a great time the last time we picked potatoes they wanted to go again! Employment is the Transition Topic for October and what better way to get ready to find out about jobs and employment, than to go and pick potatoes and find out about **seasonal work**. We will also find out more about **entrepreneurship**. What's that? We'll find out. I have been able to coordinate potato picking for our September event. We will take a step back in time and

work like our grandparents and great-grandparents worked years ago.

Date: Tuesday, September 22, 2009

Time: 10:00—1:30

October Event—What Does it Take? Tour of Wal*Mart

Looking for a job? Do you want to work inside or outside? Are you an early bird or work better later in the day? Do you need any special certificate or license for the job? Is there room for advancement? BRIDGES has arranged a tour of

Wal*Mart to see what types of jobs are available and what skills are needed for them. Are you interested in food service, electronics, management, gardening? We will find out all about getting and keeping a job and find out what to do if you need accommodations and/or job coach if you were to get this type of job.

Date: Wednesday, October 7, 2009

Time: 9:30—1:30

To sign up, contact Jeanne Bugbee at jbugbee@mainetransition.org or 227-0046

Transition Topics Covered in Lunch & Learn Series

BRIDGES Transition is pleased to announce "Lunch & Learn," a series of informal workshops for parents, professionals and providers. These sessions will focus on transition topics you asked for from our recent survey. There will be one topic per month and it will be offered in two locations, Presque Isle and Houlton.

This is a great staff development or sessions for you to be up-to-date on transition topics as your youth is getting ready to leave high school. Workshops are FREE however

you MUST pre-register by noon the Friday before so we can plan for meal and materials.

- Focus on Transition Topics
 - Accessible & Central locations
 - Light lunch provided
 - 2-contact hours provided
- Space is limited. Please call for more information or to RSVP.

Topics:

- ▶ Sept. Eligibility for Adult Services

- ▶ Oct. Understanding Social Security Benefits
- ▶ Nov. Housing Options
- ▶ Dec. What is VR?
- ▶ Jan. Guardianship
- ▶ Feb. Alpha One Services
- ▶ March MPF— Finding Support Groups
- ▶ April Education Options
- ▶ May Developmental Disabilities & Sexuality

Please call to pre-register and find out specific location for the workshops you would like to attend.



YOUTH LEADER RECEIVES AWARD

SUBMITTED BY CINDY TUCK

Graham Chase was recently selected by the Division of Deafness Advisory Council to receive the Citizenship Youth Award. The State Division of Deafness will hold a reception and program in the Hall of Flags at the State House on

Thursday, September 24, 2009 from 2:00 p.m. – 4:00 p.m. as the kick-off event to Deaf Culture Week September 22 - 26, 2009. This year's keynote speaker at the tea is Jonathan Connick. A portion of this program will be devoted to honor-

ing those individuals from the State of Maine who have contributed to Deaf Culture in various ways.

Graham is a participant in Region 3 Youth Leaders' Club and active with the Mission Transition Event. Congratulations!!!

WHAT'S HAPPENING DOWNEAST

HANCOCK & WASHINGTON SUBMITTED BY LORI JOY

Bullying: Identification, Strategies and Coping Skills

October 7, 2009
 Schoodic Education and Research Center
 Schoodic Drive
 Winter Harbor, Maine

8:00-2:30

With Presenter
 Marjorie Withers

Workshop will focus on:

- Understand what bullying is
- Recognize the signs of bullying
- Understand the impact of bullying on the whole

family, in the workplace and in social settings.

Free workshop and Lunch Included

Contact Hours Available
 CEU's available for a \$5.00 Fee

To Register:
 Brenda Clough- 667-2430 ext 93 or scftcm3@yahoo.com



Transition Tip

Begin your IEP meeting with Transition Topics first



MORE DOWNEAST EVENTS

Harvest of Ideas Partners in Legal Issues in Education

Date: October 13, 2009
 Time: 7:30-2:45 pm

University of Maine at Machias-Performing Arts Center

Speaker: Eric R. Herlan, Esq.

This free workshop will include: Secondary Transition, Pre-referral, Re-

sponse to Intervention (RTI), Identification and Eligibility, Student Assessment Teams, 504 Plans and current issues in the field of Special Education.

Target Audience: Parents, Guardians, Educators, Service Providers, Administrators and Interested Community Members. Presentation will be videotaped for those unable to attend. Video will be available through the Washington County Con-

sortium for a limited time.

Goal for the Day: Promoting a common understanding of special education laws and regulations and improving collaboration among stakeholders.

To Register call 207-963-5973 or email ljoy@mainetransition.org

For more information or to request accommodations- contact SAT unit nancy.drake@maine.gov or call 255-3625.

Region 3

YOUTH LEADERS' CLUB 2009-2010

Submitted by Cindy Tuck

Looking Ahead

- ▶ October 13, 3-5pm; Harvest Party & Dance @ Old Town High School, Stillwater Ave.
- ▶ November 10, 3-5pm; Beachball Volleyball @ Columbia St. Church, Penobscot Valley High (in charge)
- ▶ December 8, 3-5pm; Holiday Party: Cookies, Crafts & Carols; @ Orono High School, just off Main St.
- ▶ January 12, 3-5pm; Bowling & Pizza @Family Fun Bowling Ctr.; Hermon High (in charge)



YOUTH LEADERS' CLUB 2009 - 2010

Submitted by Cindy Tuck



YLC "Kick Off" Cook Out



Tuesday, Sept 22, 2009 3-6 pm*
 Dorothea Dix Park, Rt. 1A, Main Rd.,

Hampden, ME

(Columbia St. Church, Bangor will be our location, in case of inclement weather - call first.)

Outdoor Games (wear sneakers)

- Kickball, Parachute & others
- Hamburgers, Hotdogs & Chips
- Campfire & Marshmallows
- Special Guest

Contact: Cindy Tuck, Regional Coordinator,

Maine Transition Network - Region 3

80 Exchange St. 6th floor, Suite 1, Bangor, ME 04401 951-3311 (cell)

* Please take notice of the extended time change for this event!!!!



Youth team building activity at a recent youth retreat.

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

Six Areas of Transition

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



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.

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

**Getting the “Big Picture” about Transition Planning
 that leads to successful outcomes for your students**

If you are an administrator, teacher, Ed tech or service provider who works with students having IEP’s this workshop will help you put the transition pieces together for your students. Come and join us for a three part workshop strand. The cost for this series of workshops will be \$45.00.

Part 1 – Who and what are the resources and how can they help with the transition planning process?

Part 2 – Age Appropriate Transition Assessments

Part 3 – Realistic Transition Plans that meet the requirements and lead to successful post-school outcomes.

- Somerset County, November - 2009
- Rockland, November
- Augusta Area, January - 2010

Time: 4:00 to 6:00
 Exact Dates and location fliers coming out in October.

Please Email yth-dreamsmg@mainetransition.org (Marion Greene) if you are interested in attending. Healthy snacks, a notebook full of useful handout and lots of good ideas will be provided.

Certificates with contact hours will be given. Workshop fees will be used to support youth leadership/self advocacy workshops in your schools or communities.

Calling All Teachers and Youth!

Help test transition tools *submitted by Marion Greene*

We are going to need some help to test out a new transition tool that we will be offering to schools and community groups to help youth understand the importance of participating in their transition planning. We have a small team working on this project

(youth, DOL Staff, Pernet/Maine Cite Staff and MTN staff) If you are interested in being part of this project please email me or call me at 446-4710 and let me know. We would really love to have a few more youth and a couple of teachers involved in this fun and important

project. We will also be looking for a couple of schools or youth groups who might want to be the youth who test this process out and help us to make it as user friendly and meaningful as possible.

Please Email yth-dreamsmg@mainetransition.org (Marion Greene)



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Training Pull-Out

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kbeaudoin@mainetransition.org

Professional Development Workshops

Maine Transition Network offers several trainings throughout the state on a wide range of transition topics for youth, parents, providers, teachers and professionals. This page is designed so you can print it off front and back and keep at your fingertips or bulletin board.

- Please realize that each regional Transition Coordinator offers most trainings listed, although they may have a different name they advertise it by.
- Most Transition trainings are free and open to the public; however there are some professional development workshops that have a charge for the session.
- MTN Transition trainings are designed to be flexible to meet your needs and time frames. Please contact your local coordinator to discuss the workshops you would like to have presented in your area.

Transition Regulations or Developing Realistic Transition Plans

This workshop focuses on the Transition Regulations and is designed for teachers and parents. It is an introduction to the transition planning process and federal and state expectations. We will take you through the reasons for transition planning, the philosophy behind it, as well as explain the expectations for each of the transition components of the IEP.



Free for parents and TOP School Participants; fee for agencies and non-TOP schools

2-hour workshop



Age Appropriate Transition Assessments

Another transition area that can be unclear. Understand just what an age appropriate transition assessment is, learn the scope of available assessments and when to use them, and discover new assessments appropriate for all your students.

Free for parents and TOP School Participants; fee for agencies and non-TOP schools

2-hour workshop



Summary of Performance

This is a relatively new area that is often met with confusion. We can demonstrate how to create an effective and useful document your students will be able to use after they leave school to help self-advocate and educate others.

Free for parents and TOP School Participants; fee for agencies and non-TOP schools

2-hour workshop

INFORMATION AND REFERRAL

We strive to be a networking source for transition related referrals statewide. We may not know the answers to all of your questions, but we will do our best to point you in the direction of someone who does and is close to your community. We produced the Transition Planning: A Resource Guide (available at www.mainetransition.org website) to be a general introduction to the major components of transition. This is a good resource for families, schools, and providers to help understand transition planning and the six transition planning areas; community participation, legal, health, employment, education, housing and support.



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Youth Leadership Workshops

Training Pull-Out Section

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- MTN Transition trainings are designed to be flexible to meet your needs and time frames. Please contact your local coordinator to discuss the workshops you would like to have presented in your area.
- Schedule early, our calendars fill up quickly. :)



SNOW & Dreams (There's a Pizza at my IEP, I *Movie, Strengths Workshop, Transition 101) What is Transition Planning, anyway? Get a general introduction to transition, why it matters, the six transition planning areas (community participation, legal, health, employment, education, housing) and tools for youth and their adult supporters to get started.

Cost: Free for youth

2-hour workshop



Let Your Voice Be Heard (Speaking up at your IEP, Self Advocacy) This workshop is designed to help give youth the tools they need to participate at their IEP meetings. Focus on how youth can use their SNOW & Dreams information to begin the meeting and how to advocate for classes and services they need to succeed.

Cost: Free for youth

2-hour workshop



411 Disability Disclosure (Facilitation, Advocacy, Accommodations, ADA) This 411 Disability Disclosure is a curriculum adapted by MTN from the National Collaborative on Workforce and Disability's original 411 Curriculum. It is a powerful tool to teach youth how to self-advocate after high school, specifically in terms of why, when, and how to disclose their disability to schools, employers, or in community settings. The 411 Curriculum is a train the trainer model, designed to be taught to youth, by youth. MTN's Youth Leaders are available to teach youth from your school/community how to teach others about this very important topic. *(this workshop is long and can be divide into several shorter workshops)*

Cost: Free for youth

4-6 hour workshop



Community Workshops: We regularly partner with agencies and schools to facilitate workshops open to the general public on transition related topics. Past topics have included guardianship, supportive housing, transitioning from child to adult services, and postsecondary education. Presenters come from a variety of constituencies—state and community agencies, schools, and families. Check with your regional coordinator to see what is happening in your area.

Free for parents and youth

Varies

SOUTHERN MAINE

SUBMITTED BY KATRINA BEAUDOIN

The Southern Maine Region clearly has a rich history of strong leadership. Over the past few weeks I've been learning about that history through participation in the Maine Transition Network Annual Retreat, where I met the statewide staff, and invaluable meetings with both of my predecessors, Betsy Morrison and Corie Washow.

My name is Katrina Beaudoin and I would like to briefly introduce myself as the new Southern Maine Regional Coordinator.

My professional background is in youth development and program management. For six years I worked for an organization serving youth ages 11-17 which provided

community service, leadership and enrichment programs with a mission to help youth develop leadership and healthy life skills, build self-esteem, and connect to peers, adult mentors and their communities.

For the past two years, I've applied my skills in the world of adult learning, consulting with State departments to improve professional development opportunities for their staff and coordinating technology related training open to all State employees as well as the employees of organizations who receive State funding.

I currently serve on the State's Information Technology Accessibility Committee, which advises the Chief Information Officer on IT issues related to compliance with

the ADA and other relevant laws. I will continue to serve on this committee in my new role with MTN.

I have a passion for a proactive approach to serving youth and enthusiasm for the development and evaluation of effective programming designed to create opportunities for youth success. I feel strongly that all youth should be provided these opportunities and I am committed to catching those kids who are falling through the cracks. There is much work to do and I am determined to lend all my skills to support the goals of MTN and the impressive network serving youth in transition in the Southern Maine Region. I find great satisfaction in representing and advocating for a cause I support and I look forward to meeting and learning from you all!

MAINE TRANSITION NETWORK AWARDED GRANT

SUBMITTED MARY REDMONDLUCE

The Maine Transition Network has been awarded an AmeriCorps grant from the Maine Commission of Community Service (CNCS)

The Maine Transition Network has been awarded a grant called: Youth with Disabilities Entering Employment. The grant has begun on September 1, 2009 and will be recruiting a minimum of 14 AmeriCorps crew team members to work in at least 14 high schools across the state of Maine beginning in January 2010.

The goal of the AmeriCorps members is to ultimately increase the schools compliance with indicators 13 and 14 with special education regulations and then increase the student's knowledge and ability to lead their IEP for better utilization of the students plan once they exit high school.

AmeriCorps mem-

bers will be working with a minimum of 15 students per school site in a job club format as well as after school community service activities in a Youth Leader Inc, program model. Each student will be encouraged to make a personal portfolio or I movie to present at their IEP meeting which will address the student's preference in post school goals which include work, education and when appropriate independent living objectives. AmeriCorps members will also be recruiting business and community volunteers to help students with their service learning projects.

School systems are encouraged to team up

with the State of Maine Bureau of Vocational Rehabilitation which may include the Division for Blind and Visual Impairments, local job placement agencies, adult education programs and other community based programs that share the same vision and goals of helping young people maximize their resources and community network to accomplish their post school goals. There is a small financial obligation and in-kind contribution for school systems to meet in order to participate. For more information on this exciting opportunity for high schools across Maine please go to our website at www.mainetransition.org.

On September 29, 2009. The RFP bidder's information conference will be held through ITV (sites will be posted on the MTN website) from 2:30-3:45. You may also attend in person at the University of Maine at Augusta. Questions can be asked anytime and the answers for all to read will be posted on the MTN website. Question and answer period will close on October 10, 2009. For more information please email Mary Redmond-Luce at mluce@mainetransition.org.





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

To:

Two Great Transition Websites

Both have great information for all youth, including online strengths inventory, videos, activities and resources. Bookmark them and go through the activities.

Www.going-to-college.org information about living college life with a disability

Www.pepnet.org info for individuals who are deaf or hard of hearing and their families; R-Kit link to resources for teachers.

TRANSITION OUTCOME PROJECT (TOP) STAFF DEVELOPMENT FOR SCHOOLS

Submitted by Michael Ashmore, Ex. Director, MTN

Another training offered by MTN is the Transition Outcome Project. Although not listed with trainings in the pull-out, this training can be done at anytime. Currently, MTN staff are doing the TOP project in conjunction with DOE and schools that are being monitored. This training is a great way for you to train staff on what should be in the transition plan.

This is an intensive commitment based on a nationally recognized model to partner with a

particular school district to improve transition planning and post-school outcomes for youth with disabilities in that district.

Purpose:

- Assist local schools in meeting IDEA's transition service requirements
- Evaluate the effectiveness of providing and delivering transition services to students and families through the IEP process
- Provide training and resource material on the transi-

tion process for educators, administrators, adult agency personnel, parents, youth and others

- Improve graduation rates and post-school outcomes of students with disabilities

Contact your local coordination if you would like to participate in our TOP project or have questions regarding transition.

