



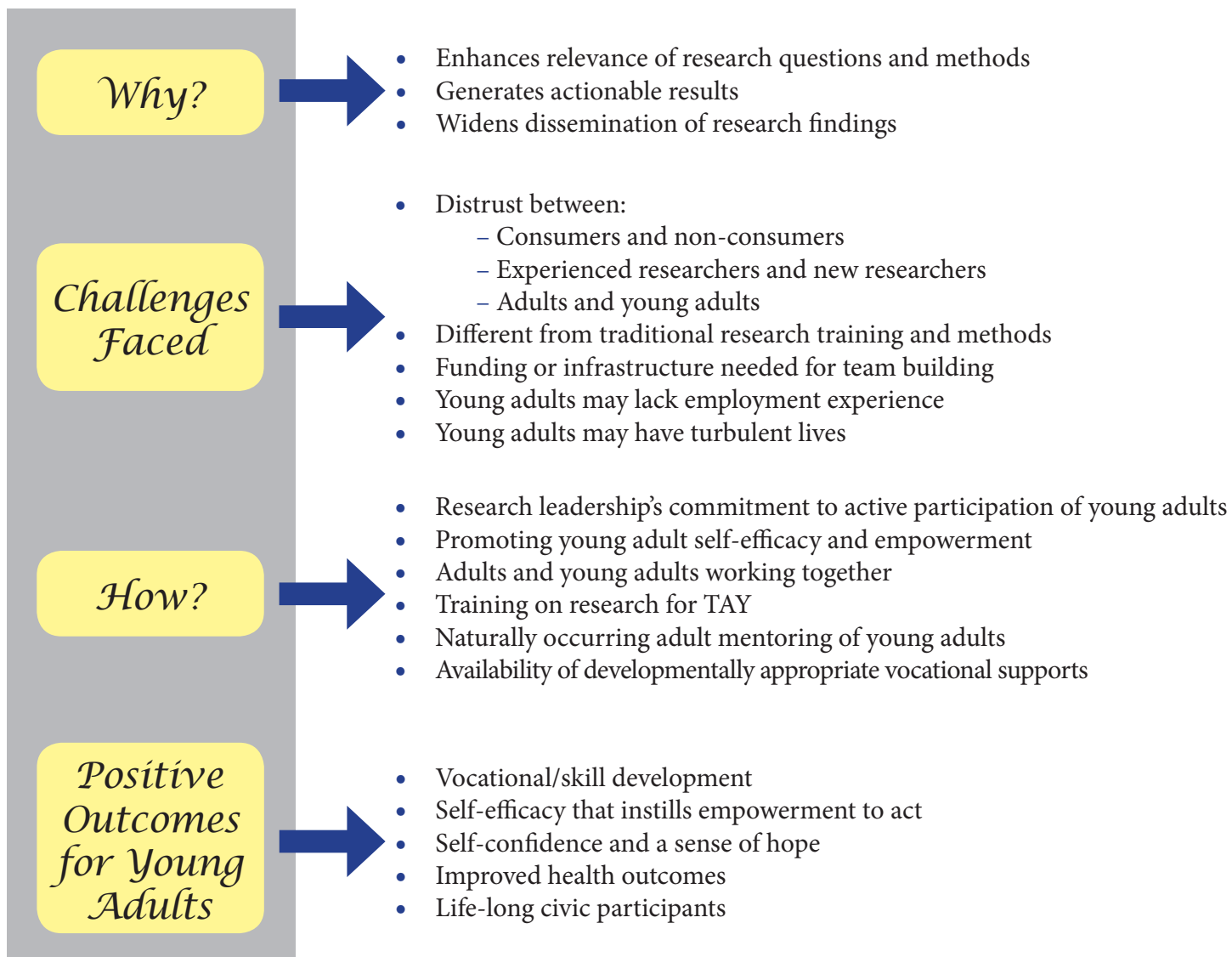
# Young Adults Getting Involved: Participatory Action Research & Transition Age Youth

Tip Sheet 1

TRANSITIONS RTC

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Participatory Action Research (PAR) is a process in which researchers and transition age youth (TAY) collaborate on a research project designed to improve mental health services. Collaboration requires that TAY have the opportunity to be actively involved in all phases of the research from defining the problem to disseminating results.



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