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

Jonathan Delman

University of Massachusetts Medical School

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

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

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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

Transitions RTC®
Gathering the Voice of Young People Across the Nation
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For young adults: http://www.voices4hope.net/