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Want to Stay Up-To-Date on Events, Articles, Research?

Sign up for our Newsletter mailing. There is a newsletter every month. The quarterly newsletter is packed with resources (local, state and federal), events, and up to date research/articles. The monthly newsletter is events and tips. Our Facebook page is updated almost daily with articles, events and tips on raising a child with special needs or supporting an adult with special needs.



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<https://www.islandcountywa.gov/Humanservices/Pages/Parent-to-Parent.aspx>
<https://www.facebook.com/islandcountyparent2parent/>

**Resources, Information & Support For Families In
 Island County, Statewide And Region**

This and other resource guides are available on our website: <https://www.islandcountywa.gov/Humanservices/Pages/Parent-to-Parent.aspx>

*Island County Disability Resource Guide

*Island County Autism Spectrum Disorder Resource Guide

*Island County Behavioral Health Resource Directory

*Island County Transition Services: School Age to Adulthood *Quick Guide*

*Island County Transition Services & Resources *In Depth*

Island County Autism Resources for Families Website

<https://www.pilotace.org/>

Updated March 2022

**Transition Services & Resources
 in Island County
 School Age to Adulthood
 Quick Guide**



One Step at a Time.

**It is never too early to start planning
 for the future.**

Connect with Resources in Your Community

What does everyday life look like after we finish school?

As we get older, our daily activities change. We worked so hard to help our kiddos be successful in school. We don't want them to go from graduation to endless screen time.

What opportunities are available?

Work: What support is available for youths with disabilities?

Education: How is postsecondary different from high school?

Other: Volunteering, recreational activities, adult day services and more.



Quick Directory of Services & Providers

Washington State Programs

*Developmental Disabilities Administration (DDA):

Island County: Region 2 (800) 788-2053 DDA2IETEAM@dshs.wa.gov

*Department of Vocational Rehabilitation (DVR)

Mt. Vernon (360) 429-3097 Everett (425) 339-4880 OH Office (360)240-4736

*School Transition Coordinator/DVR:

Island County: Anthony Whitesides anthony.whitesides@dshs.wa.gov
(360) 899-0085

*Tribal Vocational Rehabilitation Program

Island County dadamson@samishtribe.nsn.us (360) 726-3647

*Developmental Disabilities County (DD)

Mike Etzell (360)678-7883 mikeet@islandcountywa.gov

Employment Support Providers

*Service Alternatives (800)292-6697

*Washington Vocational Services (WVS)
(360)419-0910 Burlington (425)774-3338—Everett

*Sherwood Community Services (425)334-4071

*Pathways to Employment www.pathways.dshs.wa.gov

Resources & Support

*Island County Parent to Parent Tiffany Wheeler-Thompson

t.wheeler-thompson@islandcountywa.gov (360)632-7539 call/text

*Informing Families <https://informingfamilies.org/>

*High School Transition Toolkit
<https://informingfamilies.org/transition-toolkit/>

*Got Transition <https://www.gottransition.org/>

AND THEN WHAT?

You and your student have been working hard to prepare for adulthood. What might that look like for a youth with developmental disabilities? In Washington State, integrated employment is the expectation and the norm. Working Age Adult Policy Washington State prioritizes employment as the first choice for individuals of working age. All employment is based on an individual's strengths and interests. Therefore, regardless of your student's disability, there are opportunities and expectations for him or her to work



and fully participate in his or her community. Adult Services Adult services follow the Washington State Working Age Adult Policy (<https://www.dshs.wa.gov/sites/default/files/DDA/dda/documents/policy/policy4.11.pdf>), which promotes gainful employment in integrated settings in the community as the preferred option for working age adults (age 21 through 61). Adult Services provide eligible adults aged 21 and older vocational services. Supported Employment Supported employment occurs in a variety of typical, integrated business environments. Supported employment includes assistance obtaining and maintaining a job, assistance with promotion and career development and should be minimum wage pay or better. Support is provided to individuals, employers, and/or coworkers through activities such as on-the-job training, job restructuring, and technical assistance to employers and coworkers.

Three Basic Questions?

- Where is the student presently?
- Where is the student going?
- How does the student get there?



The Most Important Reason?

- To help students learn about themselves so as to better prepare them for taking an active role in their career & employment development.

Help The Student To Answer the Following:

- Who am I?
- What are my unique talents and interests?
- What do I want in life, now and in the future?
- What are some of life's demands that I can meet now?
- What are the main barriers to getting what I want from school and my community?
- What are my options in the school and community for preparing me for what I want to do, now and in the future?

All Team Members should demonstrate an understanding and be aware of the customs, traditions, and values of the families from culturally and linguistically diverse backgrounds

Age	What To Do & When To Do It For Students With A Developmental Disability If my child has a developmental disability, here are some timelines to keep in mind
15-16	Apply for a Washington State ID Card Why: It will be needed to apply for adult services. WA State ID & License designation are available for DD, medical condition, deaf (360)675-6466 OH
16	Apply to become a client of Developmental Disabilities Administration (DDA) Why: You may want these service options when you child turns 21. Island County Region 2 OH (360)544-6543 Island County Developmental Disabilities Mike Etzell (360)678-7883
17-17 1/2	Consider if guardianship is necessary and determine the type of guardianship. Why: Age 18 legal age of becoming a legal adult and your child may need support making legal, medical and vocational decisions.
17-19	Apply for HUD Housing Why: The waitlist for housing can be very long, so it is important to apply early. HUD (800)955-2232 Island County Housing Navigator (360)678-8284
18	If you child does not receive Social Security Benefits-Apply NOW! Why: Your child is now an adult and parent’s income is not counted. Your child may be eligible for cash and medical benefits. There are many provisions available including work incentives that allow people with disabilities to keep benefits including Medicare/Medicaid while working. (800)772-1213
18	Ask your DDA Case manager about Medicaid Personal Care Funding If you child is a client of DDA and with family provides personal care (help
Senior Year	Fill out the FREE Application for Federal Student Aid (FAFSA) Why: If seeking aid to attend college, this form must be filled out by March 1 of your senior year.
19-21	Apply for services with Division of Vocational Rehabilitation (DVR) Why: This agency helps people with disabilities become employed and understands how working will affect people’s benefits. (360)240-4736 OH
Anytime	Call Island Transit for Travel Training and Paratransit services. (360)678-7771
Anytime	Contact Island County Parent to Parent P2P provides support for parents of children with disabilities and chronic illnesses. Information and referrals to community resources, social events and networking opportunities. Sign up for their monthly newsletter to keep up to date with programs in Island County. Email: t.wheeler-thompson@islandcountywa.gov (360)632-7539



- ◇ Inclusion in general education
- ◇ Exit exam requirements
- ◇ Program of study
- ◇ Transition programs with evidence based practices
- ◇ Career awareness
- ◇ Vocational Education/ occupational courses
- ◇ Community experiences
- ◇ Paid work experiences
- ◇ Work study
- ◇ Self-care/Independent living skills
- ◇ Self-determination and self advocacy skills
- ◇ Social skills
- ◇ Student support
- ◇ Parent involvement and expectations

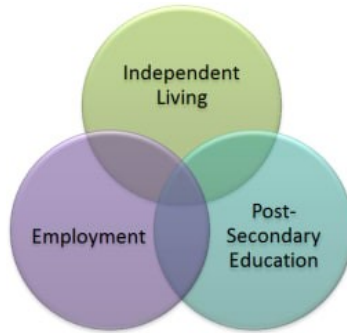
outcomes for students. Researchers know that the following items are predictors of post-school success:

Interagency collaboration (National Technical Assistance Center on Transition) Another indicator of positive transition outcomes is parents’ expectations for their student.

When parents have a child with a disability, goals might need to be modified. This doesn’t mean expecting less of your child, but it may mean expecting something different than what you had envisioned. It’s important to understand the critical influence of having “high expectations” and instill those expectations in your youth and advocate for those expectations throughout the transition process. Families that consistently set high expectations have a better chance of creating that same vision in the people who educate, employ, and socialize with their child. Research has shown that families of youth with disabilities who maintain higher expectations will see their child achieve greater academic success. Higher academic achievement is correlated with better outcomes in postsecondary education, employment, and financial self-sufficiency. High expectations are a valuable tool!

WHAT IS TRANSITION?

By sending their children to school, parents hope their child will take advantage of the educational opportunities provided and make the most of his or herself to become a productive adult and valued member of the community. During school years children learn academic and social skills that can help them build a satisfying and independent life. For youth with disabilities, additional planning is needed as



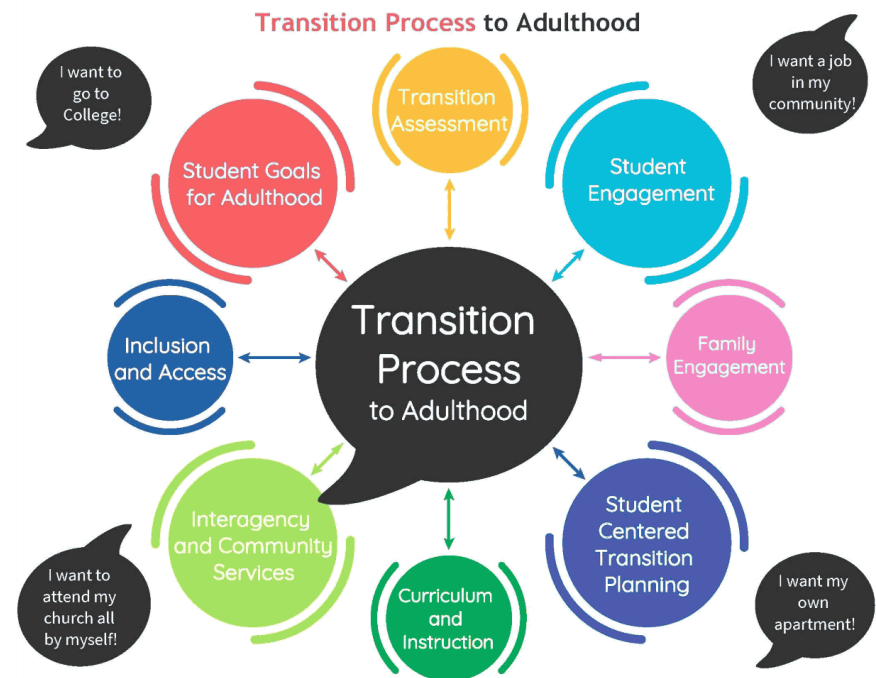
they prepare to leave school, move into adulthood, and meet their employment, educational, or independent living goals. This process is often referred to as “transition.” Think of it as preparing students who receive special education services for life after graduation while they are still in school. As students enter transition age and prepare to exit school, parents often find it difficult to adjust to the fact that the activities, supervision and services the student received during the day will no longer be available as the student enters adulthood. Transition is about planning for what your child’s life will look like after graduation. The main opportunities during these transition years are to prepare students for the world of employment, independent living skills and advocacy. Regardless of disability, there are opportunities and expectations for your child to work and participate fully in your community. Planning is critical. Transition-age students in special education have the right to learn more than traditional classroom subjects at school. They have the right to study social skills, job skills, and independent-living skills. There is a federal law that requires schools to provide these “transition services” to students with disabilities between the ages of 14 and 21. This law is called Individual with Disabilities Education Act, or IDEA and ensures that children with disabilities have the opportunity to receive a free and appropriate education (FAPE) just like other children. 6 You will read more about IDEA and transition services in the following pages. As you do so, keep in mind that there are evidence-based transition practices that predict positive post-school

Effective Transition Planning:

- Individualized Transition Plans
- Reflect a Student’s Strengths and Needs
- Support the Building of Student Resiliency/independence

A Transition Plan Should Include:

- Identify Context and Goals
- Define Strategies and Actions
- Clarify Roles and Responsibilities
- Specify Timeline



Excerpts from: Morningstar, M. & Clavenna-Deane, B (2018). Your Complete Guide to Transition Planning and Services. Baltimore Maryland: Paul H. Brooks.

Want to know more about Transition in Island County?

2 different guide versions available. **Quick Guide and In-Depth.**

Check website for these and other resource guides available.



Step by Step Guide

Just a couple of quick steps to think about

Step One:

Apply for Services with Developmental Disabilities Administration (**DDA**)

DDA (formally DDD) serves individuals of all ages. It is important to get connected early. The case manager can help you get connected to resources and support through your life.

To Apply: <https://www.dshs.wa.gov/dda> (800)788-2053

Planning is available to help DD eligible participants who are interested in pursuing employment and need assistance to brainstorm and develop employment goals and next steps. Contact your DD case manager for a referral.

Step Two:

If eligible for Developmental Disabilities contact the Island County Transition Coordinator Mike Etzell (360)678-7883. Once you are determined DD eligible, the Island County Transition Coordinator can help you navigate the adult service system, connect with community and employment services.

Island County Transition Council: A network of schools, providers and professionals invested in the transition process for ages 18-21 and offers an **Annual Transition Resource Fair**.

Step Three:

Develop an Employment Plan: Island County School To Work Program - Mike Etzell (360)678-7883 A partnership between schools, DDA, Division of Vocational Rehabilitation (DVR) and local employment vendors to assist students in being gainfully employed and have supports in place before they leave school.

Division of Vocational Rehabilitation (**DVR**) provides services and support to help you reach your employment goals. Apply for services during your last year at school. (360)240-4732 (Oak Harbor)

- Be eligible for DDA Services
- Be 18-21 years of age
- Be committed to Working
- Have Reliable Transportation
- Apply for DVR
- Choose an Employment Provider
- Apply for Social Security Benefits (**SSI**)
- Be eligible for Medicaid
- WA State ID Card

Step Four:

Chose an Employment Agency and have Reliable Transportation
Employment Agencies for Island County (as of 2022)

- Sherwood Community Services
- Washington Vocational Services (WVS)
- Service Alternatives (SA)



Social Security Benefits Planner: if you are DD eligible and live in Island County, the Benefits Planner can help you navigate social security system and answer questions about how working may affect your benefits. Contact your DD case manager for referral.

Transportation: Transportation is critical for getting a job and connecting to the community. Island Transit/Paratransit (360)678-7771

www.islandtransit.org

Step Five:

- Self Advocacy: People First of Island County pmmdfm@cablespeed.com
- Recreation and Leisure:
 - Special Olympics ages 8 & up wispecialolympics@gamil.com
(360)320-2549 Several different sports all year long
 - Heritage Adventures for 18 and over (360)221-5748