Improve Supports For TAY & Young Adults Who:
• are between the ages of 14 & 30
• have a serious mental health condition
• want to complete schooling & training to move into rewarding work lives

The Transitions RTC is a national effort that aims to:

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

Transitions RTC®
Gathering the Voice of Young People Across the Nation
Visit us online: http://labs.umassmed.edu/transitionsRTC/
For young adults: http://www.voices4hope.net/

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