The Southern Network of Specialized Care

The Southern Network of Specialized Care is one of the four provincial Community Networks of Specialized Care. It covers the area of Hamilton/Niagara and the South West. There is one Coordinator, five local Facilitators, one Research Facilitator and two new Dual Diagnosis Health Care Facilitators.

Youth in Transition:

A Toolkit for Supporting Youth with Developmental Disabilities

Southern Network of Specialized Care

Purpose:
To promote and enhance services for individuals with developmental disabilities who need specialized care for co-existing mental health issues and/or significant behaviours (Dual Diagnosis).
Southern Network of Specialized Care - Role

1. Develop & Promote Relationships
2. Develop Specialized Clinical Skills & Services
3. Education
4. Research
5. Recruitment & Retention
6. Data – Gap Identification
7. Unified Community Voice

Youth in Transition - Toolkit

Designed mainly for direct support professionals, caregivers, and teachers who support individuals who have an intellectual disability

Background

- Fall of 2008 – Brant region provider request for Specific Training for working with TAY population
Issue Identification

- Created issues list with input from
  - Behaviour Consultants
  - Dual Diagnosis Workers
  - Local Service Delivery Networks/
    Dual Diagnosis Committees

Survey questions:

1. What are some of the issues that you are facing with this population?
2. What are some strategies that have worked well for you in supporting this population?
3. What are some of the barriers to providing services to this population?
4. What are the training needs for staff and clinicians to be able to better support this population?

Issues Identified - Categories

- Transitioning Issues
- Family Issues
- Mental Health Issues
- High Risk Behaviours
- Barriers to Service
- Vulnerability
- Social, Educational, Recreational and Work Issues
Issues Identified - Transitioning

- Come from high staffing ratios to little or no staffing support
- Coming from a system of high control to system of independence and own decision making overnight
- Very limited ADL skills – not equipped for decision making – focused on here and now and don’t recognize consequences for future
- Going from mandatory services to voluntary services
- Grown up in inclusion and feel entitlement and expect to live off of the gov’t
- At a stage where their natural inclination is towards independence and decision making and we are trying to enforce controls
- Individuals who have been segregated in high school have difficulty in integrated work settings

Issues Identified - Family

For persons from CAS often includes re-involvement of family which

1. is often dysfunctional
2. sometimes results in exploitation and misuse of individual’s money

Issues Identified – Mental Health/High Risk Behaviours

- Significant mental health issues
- Unresolved trauma issues
- Addiction issues – drug and alcohol
- Often criminal involvement – street smart
- Sexual issues – promiscuous, pregnancy issues, sexual identity issues
- Significant behaviour support required
Issues Identified – Barriers to Service
- Don’t want to be associated with others who are labelled
- Refuse to give consent to get information needed to provide good service
- Youth opt out of services and there is no clout for enforcement of plan
- Often won’t attend school
- Lack of willingness to participate in programs – don’t believe they need help
- Refusing to take medications

Issues Identified - Vulnerability
- Very vulnerable – peer pressure – immaturity
- Homelessness/couch surfing
- Often carrying debt
- Very limited ADL skills – not equipped for decision making – focused on here and now and don’t recognize consequences for future
- Re-involvement of family - often dysfunctional – sometimes exploitation and misuse of individual’s money

Issues Identified – Social, Education Work, Recreation
- No real positive social networks or good recreational activities
- Often kicked out of school
- Individuals who have been segregated in high school have difficulty in integrated work settings
The higher degree of the disability the better the transition – greatest challenge is with the higher functioning and streetwise youth.

Working Group

Developed with Group of Professionals from the Southern Region

Nathalie Brown, Bethesda Adult Treatment

Terra Burke, Bethesda Children's Autism

Tanja Colonerus, St. Joe's DD Program

Marcia Cramp, Contact Niagara

Cheri Emerson, Community Living Access Support Service

Lisa Fisher-Nooyen, St. Clair College

Liz Graham, Bethesda Outreach

Maxine Lean, Contact Brant

Pauline LeDrew-Bonafide, Regional Support Associates

Jodie Petkovich, Hamilton Brant Behaviour Services

Chad Quanz, Regional Support Associates

Tracey Taylor, Contact Haldimand-Norfolk

Sara Wardell, Mainstream

Sally Wilson, Chatham-Kent Health Alliance

Toolkit Takes Shape

- Issues Summarized Further
  - Developmental Disability
  - Transitioning Issues
  - Rights and Responsibilities
  - Mental Health/Dual Diagnosis
  - Behaviour Challenges/High Risk Behaviours
  - Vulnerabilities/Safety Issues
  - Social, Educational, Recreational and Work Issues
Resources Identified

- Books
- Curriculums
- Tools
- Websites
- Support Groups

Consultant

- Leslie Auger, M.A. hired Jan 2010
  - Create a consistent format for information
  - Reviewed resources gathered and edit as needed
  - Added other resources as needed
  - Created Tip Sheets

Tip Sheets

- Short and easy-to-read information on a certain topic
- Provides quick and practical information on a specific area of need in an individual’s life so that you can assist them until further planning is available
Tip Sheets

Tip Sheets are organized by the areas mentioned earlier such as:
- Developmental Disability – has descriptions of different disabilities such as FASD, ASD, etc
- Transitioning Issues – how to enhance communication skills with youths
- Rights and Responsibilities – how to promote and encourage independence
- Mental Health/Dual Diagnosis – identifying and reducing stress for youths
- Behaviour Challenges/High Risk Behaviour – completing ABC charts, using visual schedules
- Vulnerabilities/Safety Issues – internet safety, preventing bullying
- Social, Educational, recreational and Work Issues – how to create a resume, promoting leisure skills
Focus Groups
- May 2010
  - Hamilton
  - Chatham
  - Stratford
- Approximately 80 people from various sectors and agencies participated in focus groups

Focus Groups
- Provided good feedback to the toolkit
- Many new resources added
- Ideas for more TIP sheets
- Discussion around local resources
Youth in Transition: Toolkit

- Available for purchase in
  - Binder format
  - Easy to add your own additional resources
  - Plastic pocket to store other local resource information, pamphlets, booklets
  - Memory stick
    - Easy to use the hyperlinks

YIT Toolkit Distribution

To date distributed
- Over 250 Toolkit Binders
- Over 130 Toolkit Flashdrives

Youth in Transition: Toolkit

- Toolkit is available on the Network website for downloading
- Updated regularly – Living Document
- Feel free to send us info about new resources or local resources to add
- Since January 2011 we have had over 260 hits on this site
- www.community-networks.ca
Toolkit Survey
- Conducted in May 2011
- To determine:
  - Who is using the toolkit
  - How the toolkit is being used
  - What is good about the toolkit
  - How the toolkit could be improved
- We received 36 responses

Survey Results
What sector are you from?

Survey Results
What is your role?
Survey Results

What aspects of the Youth in Transition Toolkit do you like?

- Format
- Tip Sheets
- Resource Links
- Layout
- Local Resources
- Other (please specify)

Survey Results

How have you used the Toolkit (27 responses):
- Utilized the books to build upon a teen non-fiction reference library and have frequently referenced the tip sheets
- Used forms to help youth budget their finances; general knowledge and resource for myself to pass onto you and their caregivers
- For information purposes; as a guide to understanding behaviours
- I have looked up several websites for my own knowledge and for family members

Survey Results

How have you used the Toolkit (con’t):
- As a quick reference for specific topics
- To make suggestions to families we support
- Used it to check for local resources from other communities and tried to look for similar services within my own community
- Presented it to teachers, LRT, schools and parents
- Yes, I have used the toolkit (5)
- I have not used the toolkit yet (5)
Survey Results

Who have you shared the toolkit with (32 responses):
- Team, Co-workers, Staff (12)
- Supervisors (2)
- Other Service Providers (2)
- Parents (2)
- Special Ed Resource Teachers (1)
- Other Professionals (1)
- Clients (1)
- Family/home Providers (1)
- No one yet (10)

Survey Results

Did you notice Resources in the Toolkit you had not used or seen before (32 responses)?

Yes – 20
No – 12

Survey Results

What resources were missing? (11 responses)
- More local resources (4)
- None (3)
- Templates for Daily activity schedules, hassle logs, etc.
- Groups, camps, programs specific to autism
- A section on navigating the system for families and service providers; options related to living situations for TAY
- More FASD info and resources
- More info for youth transitioning from public school into high school
Survey Results

What age group did you find the toolkit most helpful for? (31 responses)

0.0% 10.0% 20.0% 30.0% 40.0% 50.0% 60.0%
14-16 17-18 19-21 22-30 Other (please specify)

Survey Results

Other comments about the Toolkit:
- Great start – love the links to other websites and that more info can be added
- Good practical document that covers a wide variety of topics
- Great resource!
- Great information at your fingertips. Nice to have all topics in one place; good review for all workers
- Fabulous idea to share resources across regions; local resource section is transferrable
- Great resource that many schools and parents have found helpful

Survey Results

Other comments about the Toolkit (con’t):
- Good job organizing and and developing material; covered a lot of areas; appreciate the additional resources and web sites listed for families and service providers.
- Would like to see complete checklist of resources for students finishing high school. What they should have in place before they leave; for example, living arrangements, work arrangements, ODSP, contacts they will need for each community ie job links, passport funding for living, etc., samples of the paperwork involved for each step.
Southern Network of Specialized Care

Linda Smith
Facilitator
Hamilton/Brant
lsmith@bethesdaservices.com
1-800-789-1773 x 444

Lynda Legge
Facilitator
Huron/Perth
Grey/Bruce
lleegge@wgh.on.ca
1-800-640-4108 x 2405