

## Transition Plan:

- ◇ Start Transition Planning at age 15.
- ◇ Establish & maintain a file for high school & disability records.
- ◇ Complete vocational and community based assessments.
- ◇ Discuss Vocational Rehabilitation at age 16.
- ◇ Pursue an adult diagnosis at age 17.
- ◇ Collaborative planning with family, school, employment and Independent Living.
- ◇ Explore transfer of rights & guardianship.
- ◇ Apply for SSI redetermination.
- ◇ Explore options for adult mental health services.
- ◇ Identify & refer to adult resources.
- ◇ After graduation, secure housing & pursue vocational/educational goals.



## Agency Resource List

*Addictive & Mental Disorders Division*  
(406) 454-6078

*Center for Mental Health*  
(406) 761-2100

*Children's Mental Health Bureau*  
(406) 454-6088

*Vocational Rehabilitation*  
(406) 454-6060

*North Central Independent Living Services, Inc.*  
(406) 452-9834

*Job Service*  
(406) 791-5800

*Office of Public Assistance*  
(406) 454-5640

*Opportunities, Inc.*  
(406) 761-0310 (main)  
(406) 216-2300 (Resource Center)

*Housing Authority*  
(406) 453-4311

*Trio Program*  
1-800-446-2698 or (406) 771-4326



For more detailed information, contact Jane Wilson at:  
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# Moving On &

# Moving Up

# Your Move To Independence



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## Freshman/Sophomore

*Age 15-16:*

- ◇ Establish a file for high school and disability records.
- ◇ Complete transition self assessments.
- ◇ Develop post high school goals.
- ◇ Prepare your own statements for your IEP and attend IEP meetings.
- ◇ Identify strengths.
- ◇ Explore career interests and potential life goals.
- ◇ Build communications skills.
- ◇ Build independent living skills.
- ◇ Learn about your medication.
- ◇ Discuss transfer of rights & guardianship.
- ◇ Identify transportation needs and options



## Junior/Senior

*Age 17-18*

- ◇ Update your file of high school & disability records.
- ◇ Refine post high school goals.
- ◇ Identify post high school resources from adult agencies & begin filling out available applications.
- ◇ Identify post high school support team.
- ◇ During your senior year, participate in completing the IEP Summary of Performance document.
- ◇ Firm up career interests & potential life goals.
- ◇ Explore college or employment options.
- ◇ If college focused, explore TRIO program.
- ◇ Participate in a school & community based work experience.
- ◇ Pursue adult diagnosis— at age 17.
- ◇ Prepare for Social Security application or redetermination.
- ◇ Clarify transportation needs.
- ◇ Explore transfer of rights & guardianship.
- ◇ Learn about medical coverage— rules & options.
- ◇ Understand your medication.

## Post High School

*Age 18 and Up*

- ◇ Maintain file for post high school & disability records.
- ◇ Act on post high school goals.
- ◇ If college focused, follow through with the TRIO program.
- ◇ If employment focused, follow through with Vocational Rehabilitation & Job Service.
- ◇ Apply for adult mental health services.
- ◇ Act on career interests & life goals.
- ◇ Apply for housing options.
- ◇ Utilize transportation resources.
- ◇ Utilize strengths & skills.
- ◇ Identify leisure resources & activities.
- ◇ Manage your medication.
- ◇ Young men register for Selective Service within 6 months of turning age 18.

