Promoting Positive Pathways to Adulthood

**Approach**

**Promoting Positive Pathways to Adulthood**

- **training program developed in four phases:**
  1. **specification of core competencies,**
  2. **core curriculum design and evaluation,**
  3. **webinar content development and evaluation,**
  4. **online module development and testing.**

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<tr>
<th>Theme</th>
<th>Competencies</th>
<th>Content</th>
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| 1. **Partnering with youth and young adults** | 1. Partnering with youth and young adults  
2. Supporting empowerment | Reviews core competencies and gives an overview of the whole training series. Teaches tools to develop and sustain collaborative relationships with youth and young adults using positive development and empowerment approaches. |
| 2. **Promoting recovery** | 1. Promoting recovery | Provides information on mental illness and resources on treatment and wellness. Recovery resources include diet, exercise, medication, peer support, self-advocacy and more. Considers shared decision making and informed consent. |
| 3. **Increasing cultural awareness and building community support** | 1. Promoting support from family, peers and mentors  
2. Meeting the needs of diverse young people | Explores strategies for increasing cultural awareness and responsiveness. Examines oppression, trauma, and mental health disparities affecting Native American young people and addresses strategies for connecting Native youth and young adults to community supports to build positive ethnic and cultural identity. |
| 4. **Providing individualized and developmentally appropriate services** | 1. Providing individualized, developmentally appropriate services  
2. Meeting the needs of diverse young people | Features scientifically informed findings about brain development and trauma specific to young adults and the implications for interventions and trauma-informed engagement of young people in services and leadership activities. |

**Online Training Development**

- **Ten one-hour modules focus on different topics being developed from tested core content.**
- **Platform is Adobe® Captivate®, designed for asynchronous and free delivery through narrated slides and video clips of young people, service providers, and family members discussing core content.**
- **Each focuses on one or two core competencies, emphasizing knowledge, attitudes and skills.**

**Pathways Transition Training Collaborative**

- The Pathways Transition Training Collaborative (PTTC) is a national advisory committee of young people with mental health service experience, family members, and service providers and researchers from human service professions.
- In consultation with PTTC, we are developing a research-based online training program using core competencies and a tested core curriculum.
Theme | Competencies | Content
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7. Developing healthy relationships | 6. Meeting needs in key areas of living | Focuses on strategies to develop and maintain healthy relationships in key areas of living. Issues of stigmatization and its effects on relationships are addressed and the specific needs of LGTQIA2-S will be considered.

9. Promoting support from family, peers, and mentors | 8. Promoting support from family, peers, and mentors. | Offers strategies to support and maintain family involvement, and ways to obtain and strengthen support from adult allies and peers.

10. Using evidence-supported practices and individualizing interventions | 7. Using evidence-supported practice and individualizing interventions | Considers the distinctive and common features of best practices in interventions with young people based on positive youth development and the importance of evaluating programs.

Note: Competencies based on Jivanjee, Brennan, & Sellmaier (2012).

Online Training Evaluation

- Interactive by design, each module features:
  - internal knowledge check questions, and
  - a multiple choice assessment at its conclusion.
- We pilot tested module one and two with groups of direct service providers who completed:
  - Transition Provider Competency Scale (TPCS; Jivanjee et al., 2011) at baseline and completion,
  - qualitative post-training evaluation instrument,
  - the concluding assessment.

Examples

Here we feature sample video from two young adult PTTC training presenters focused on their experiences of peer support and opportunities for youth leadership.

First we’ll hear from Chrissy, a peer support provider and then, Maria, a student and youth leader.

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