

School to Community-Based Transition Services

Transition services are one of the most frequently-used services offered through Northern Human Services. Transition services are provided to individuals with developmental/intellectual disabilities between the ages of 16 and 22 who are nearing the end of their education and will need support services after graduation. The transition process spans several years and may include staff/input/support from Northern Human Services, your local school district and the New Hampshire Department of Education, Bureau of Vocational Rehabilitation (VR New Hampshire).

There are a lot of new terms to learn and the process may feel a little overwhelming at times as individuals and families identify post graduation plans and complete the necessary documents to transition from child to adult services. Every individual/family is assigned a Northern Human Services transition coordinator who will help you navigate the process and develop a transition plan specifically for your child.

Specific supports provided are based on the age and needs of the young adult and their family, but may include review of school plans, attendance at school meetings, application for guardianship and requests for adult services funding.

What is Transition Services and why is it important?

Transition planning begins with thinking about your future. This service is designed to help individuals and their families to navigate the process from school to being an adult in the community. Our staff engage with individuals and their families beginning at age 14 to help them through the planning process; asking questions and providing guidance to ensure a smooth transition to adult services, which may include supported employment, community participation services, residential needs, guardianship, budget planning and more.

Some of the questions a transition coordinator might ask include:

- What are your hopes, dreams and fears about life after school?
- What kind of job do you want?
- Are you interested in learning to drive?
- Do you want to explore post-secondary education?
- How will you achieve your goals?
- What resources are available to you?
- What concerns do you and your family have about your transition and how does this factor into your planning and decisions?

What does the transition timeline look like?

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| Ages 14-15 | Begin working with Northern Human Services on transition needs. NHS transition coordinator establishes contact with the individual and family and begins planning for graduation (diploma/certificate) and what life will look like life after school. |
| Age 16 | A transition plan is developed. The transition coordinator works with the family to develop a preliminary graduation plan. |
| Age 17 | The transition coordinator begins to discuss Social Security, Medicaid, guardianship options, post-secondary education and potential future service needs with individual and family. Together they develop a "Projected Needs List." |



- Age 18 Together with the individual and family member(s), the transition coordinator begins investigating adult service options and supports and assists with applying for Social Security and Medicaid and guardianship, if appropriate. Post-secondary education plan is finalized and the Projected Needs List is updated as needed. The transition coordinator works with NHS staff to secure housing needs, if applicable.
- Age 19-22 Continue to investigate adult services and natural supports. Discuss and update the Projected Needs List as needed. Finalize budget needs and transition to the Wait List for Adult Services.

The transition process is designed to help individuals and their families think about and prepare for their life after high school and includes identifying long-range goals. Transition planning includes the individual, their parents, teachers, an NHS transition coordinator and staff from VR New Hampshire. There may be other team members inside and outside of Northern Human Services that will contribute to this process.

Who do I contact for more information?

Northern Human Services has three transitions coordinators covering specific geographical areas. Please reach out to the coordinator in your local area.

Coos County - Berlin/Gorham/Groveton/Colebrook

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