



SST8 Family Newsletter

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Families have an Important Role in the Transition Process

Becoming an adult involves much more than reaching a certain age or completing a number of high school credits. Youth learn the skills they need as adults in school, at home and in the community. Families and caregivers can help ensure that youth are prepared to turn their dreams into reality by participating in the transition process.

Families and caregivers play an important role in helping youth to envision a future for themselves. It involves thoughtful planning and high expectations. Whether a youth has a disability or not, it is beneficial when youth dare to dream and set their goals high from an early age.

Youth need to be supported as they ask themselves; what do I want to do, where would I like to work, where do I want to live and what do I want to do in my spare time?

For youth “family” may mean a traditional family, households led by single parents, grandparents, or relatives, being involved in foster care, or living in a group home. Whatever the situa-

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tion, informed families, have the greatest impact on youth. Their knowledge of education, employment, youth development, and community supports provide a smooth transition for youth on their journey to adulthood. Informed families are better prepared to help youth understand options and make responsible decisions about their own lives. (continued on next page)

Families have an Important Role in the Transition Process

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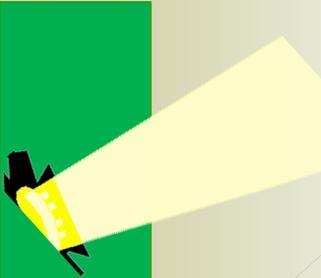
Families are usually the first, most knowledgeable and most consistent influence a youth will have in their lives. Therefore, families are in a unique position to teach youth needed social skills and work skills to instill a sense of purpose and determination that goals can be achieved.

Families and caretakers can influence and support youth transitioning into adulthood by:

- Maintaining high expectations that youth will exceed in school, employment, and as members of the community. Convey these expectations to educators and service providers.
- Remain involved in the life of youth, especially in the teenage years.
- Help youth access information about employment, postsecondary training and education, as well as community service needs, so youth can make informed decisions and eventually build skills to manage their own needs.
- Take an active role in the transition process to support youth in the decision making process.

These basic strategies provide a critical foundation for parents, family members, and/or other caring adults committed to supporting the social, emotional, physical, academic and occupational growth of youth. Families can help ensure that youth are prepared to turn their dreams into reality by participating in transition planning.





childguidance & familysolutions

Agency Spotlight

Child Guidance & Family Solutions (CG&FS) was established in 1939 by The Junior League of Akron, as 'Child Guidance Center' to provide 'mental hygiene' for children. The purpose then and now continues to be to relieve the suffering of children who face mental, emotional and behavioral health challenges.

Early Childhood

The foundation for sound mental health is built early in life as experiences shape the developing brain.

CG&FS can help your child meet age-appropriate emotional and intellectual milestones.

School Age

As your child enters school they will face many social and emotional challenges.

CG&FS works collaboratively with you and your child's teachers to help your child meet the challenges before them.

Teens

Growing up is hard. The pressure to be liked, do well in school, and make big decisions increases as you enter into the teen years.

CG&FS is here for you.

Adults and Families

The responsibilities of family life can be overwhelming and leave us feeling helpless.

CG&FS provides support to help you cope and find a pathway to contentment.

They offer:

- Getting Help*
- Coordination of Care
- Group Counseling
- Evaluation and assessment
- Individual Counseling and Therapy
- Crisis Intervention

Please consult their website for more in depth information.

<https://www.cgfs.org>

Child Guidance and Family Solutions have five offices throughout Summit County.

Phone: 330-762-0591

Looking ahead:

April 19, 2017 - **PAC Meeting** 9:30 am - 10:00 am. Summit DD will present a brief overview of the Ombudsman Services and Discovery Program. Presented by Diamon Perry-Ombudsman and Jan Dougherty - Discovery Program. From 10:00 am - 1:30 pm Gary Tonks, Executive Director of the Arc of Ohio will present "What's New in Ohio?" In this open forum you will learn about legislative issues, waivers, changes and updates in DD and Medicaid services, and anything else you wanted to know or ask. Please RSVP to Alice Doyle via email at aliced@sst8.org or call 330 929-6634 ext. 511232. Lunch will be provided. Meeting will be at Summit ESC, 420 Washington Ave., Cuyahoga Falls, Ohio.

SAVE THE DATE! October 4, 2017 - **2017 AT Conference and Vendor Fair** at: NEOMED - Northeast Ohio Medical University, 4209 State Route 44, Rootstown, OH 44272. (Hosted by SST's 3, 4, 5, 8, and 9). This is a collaboration of OCALI and the Ohio State Support Teams.

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