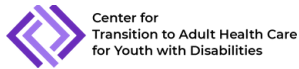


# 3<sup>rd</sup> Annual Healthcare Transition Summit Resources

Thank you for participating in the June 16<sup>th</sup>, 2025 Gillette Children's Healthcare Transition Summit. The Summit was filled with resources and knowledge sharing. Below are resources provided by speakers and participants at the Summit.

## Charting the Life Course Resources

Center for Transition to Adult Health Care for youth with Disabilities goal is to empower youth and young adults with intellectual and developmental disabilities (ID/DD) ages 12-26 to direct their own transition from pediatric to adult care with no reduction in quality of care and no gaps in service.



Charting the LifeCourse is designed to be used for your own life, for your family members, or in the work you do. The framework and tools will help you organize your ideas, vision, and goals, as well as problem-solve, navigate, and advocate for supports.



Fillable one page Life Course Profile Page from Minnesota Disability HUB.



Family Voices of Minnesota is a non-profit organization providing support and information for Minnesota families raising children with disabilities and extra needs. Family Voices of Minnesota Charting the Life Course website for additional support and help with Charting the Life Course.



Family Voices of Minnesota will be hosting two Zoom Fall Good Life Groups for Parents that is focused on transition to adult health care.

- Dates for the two sessions: Tuesday, September 16<sup>th</sup> & 23<sup>rd</sup>, 2025
- Scan or click on the QR code to learn more!



## Contact Gillette

We always are looking for people to collaborate with on Healthcare Transition initiatives. If you want to learn more about the Healthcare Transition Learning Collaborative, please reach out to Megan Gallagher at [meganmgallagher@gillettechildrens.com](mailto:meganmgallagher@gillettechildrens.com)

## Interested in participating in the 2025 Gillette Children's Health Care Transition Learning Collaborative ECHO Series

Scan the QR code to learn more and register!



## Topics for the ECHO series:

- Preventative Care for Adolescents/Young Adults (YAYs) during Health Care Transition
- Putting the Good in Goodbye during Health Care Transition with Susan Shanske
- Addressing Ableism and Health Equity during Health Care Transition with Dr. Amy Houtrow
- Differing Viewpoint of Adolescent/Young Adult and Family during Health Care Transition

# 3<sup>rd</sup> Annual Healthcare Transition Summit Resources

## Mental Health Resources

NAMI Minnesota (National Alliance on Mental Illness) is a non-profit organization dedicated to improving the lives of children and adults with mental illnesses and their families.



Family involvement law created an alternative to signing a full privacy release. The new law allows caretakers to access mental health care information that will help them to care and advocate for a person with a mental illness.



Mental Health Screening (6-20 Years) child and teen checkups fact sheet for primary care providers



The Minnesota Department of Human Services has certified the providers listed below to deliver behavioral health home (BHH) services.



The Trevor Project is the leading suicide prevention and crisis intervention nonprofit organization for LGBTQ+ young people. We provide information & support to LGBTQ+ young people 24/7, all year round.



Get free and immediate mental health support for children and adolescents



Monday – Friday | 8:00 am – 6:00 pm  
855-431-6468 | mnpsychconsult.com



At the 988 Suicide & Crisis Lifeline, we understand that life's challenges can sometimes be difficult. Whether you're facing mental health struggles, emotional distress, alcohol or drug use concerns, or just need someone to talk to, our caring counselors are here for you. You are not alone.



Smart911™ is a free, app-based technology, that allows users to provide critical information to first responders during an emergency.



FastTrackerMN.org is a dynamic behavioral health search tool that gives Minnesotans access to real time information and availability. It improves connections for Individuals and collaboration for systems. Whether you're searching for yourself, a loved one, a patient, or looking for general information, this is your place to start!



# 3<sup>rd</sup> Annual Healthcare Transition Summit Resources

## Mental Health Resources



ACT supports the leadership of people with disabilities to fight ableism and build inclusive communities.



Fun Times – is a free social inclusion program for youth with and without disabilities, sponsored by Pacer center. The group meets six times throughout the school year in Minneapolis/St. Paul metro area and provides youth ages 13 to 20 with opportunities to participate in fun activities



Highland Friendship Club helps teens and adults with disabilities make friends, learn new skills, and connect with their community.



At Reach, we offer a variety of quality, person-centered services for children, teens, and adults. We provided services through Minnesota with the majority being in the 7-metro county area surrounding Minneapolis.



Disability events near Minneapolis, MN - MN Prism Club: Queer Board Gaming



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## Disability HUB Resources



Disability Hub MN is a free statewide resource network that helps you solve problems, navigate the system and plan for your future. Click [here](#) or the QR code below.



Person-centered planning is all about you — living, learning, working and enjoying life in the way you choose. The [person-centered planning guidebook](#) will help you talk about what you want with the people who support you. Click [here](#) or the QR code below.



My Vault is a personal account that works across Disability Hub MN, Disability Benefits 101 and Housing Benefits 101. My Vault is free, private and secure. Click [here](#) or the QR code below.



Minnesota's Youth in Transition Framework defines quality transition planning, empowering professionals across the state to work together toward the same outcomes for youth. Click [here](#) or the QR code below.



Click [here](#) or visit QR code to view action steps for leadership and staff



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## Minnesota State Agency Resources

Medicaid Matters: The impact of Minnesota's Medical Assistance program



Minnesota is an Employment First state and is committed to the idea that all people, no matter the disability, have the right to fulfilling, competitive, integrated employment.



Vocational Rehabilitation Services (VRS) can help you prepare for, find and keep a job, and live as independently as possible. Our mission is to empower Minnesotans with disabilities to achieve their goals for employment, independent living and community integration.



VRS staff assigned to every high school and 18-22 transition program in the state.



List of community partners, whether a CRP or LUV, operates with a Professional and Technical (P/T) Services Master Contract with the state.



Partners in Policymaking® is a leadership training program for parents of young children with disabilities and adults with disabilities



For those living in Wisconsin, take a look at the Wisconsin Transition Resource Guide.



# 3<sup>rd</sup> Annual Healthcare Transition Summit Resources

## Additional Resources



The National Survey of Children's Health (NSCH) provides rich data on multiple, intersecting aspects of children's lives—including physical and mental health, access to and quality of health care, and the child's family, neighborhood, school, and social context.



The Minnesota Disability Law Center put together this guide to help young people with disabilities (ages 14-24) and their families understand some of the programs and services that are available beyond high school and sometimes a family home.



Project SEARCH is a groundbreaking program that challenges traditional expectations and empowers young adults with intellectual and developmental disabilities to achieve competitive employment.



Scan or click the QR code to view the national Project SEARCH website



Access 2 Advocacy exists to build bridges between the disability community, individuals and families, policymakers, advocates and leaders who seek to achieve inclusion and drive change.



# Do you have more questions?

## Contact our presenters!

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