

Wisconsin
Youth Development and Leadership Materials
 For Students with Disabilities

This document is a result of the collaborative effort between DHFS Medicaid Infrastructure Grant (MIG) and DPI

Title	Author	Description	Type	Cost	Order Information
A Guide to Self-Determination: Learn How To Get What You Need, Build Your Own Support System, and Imagine What You Can Do	Laura Owens, Ph.D. Mary Ann Beckman, M.S. Jessica Steuer, M.S. Barb Weiss, M.S.	<p><u>Who Is This For?</u> Students with disabilities or at – risk of not graduating who need to build their self-determination skills. However, it is not only students in high-risk categories that can benefit from this training. It is the intention that once this program is established, it will be extended to students with or without disabilities that teachers, guidance counselors, or support staff believe could benefit from self-determination training.</p> <p><u>How Long Will This Take?</u> The program is designed as an eight-week sequence. However, each student is different and at the last meeting, it will be up to each team to determine the next step for each individual student. The ultimate goal would be to develop a strong enough relationship with the support person that formal measures would not be needed and the student would have another “guiding light” to turn to.</p> <p><u>Who Is Involved?</u> A student in need of training, a guidance counselor, a support person chosen by the student, and parents.</p>	Self-Determination instruction manual for parents, teachers, guidance counselors, and students – it is not a “cookbook” curriculum but a guide to assist students to develop their own support system	Free – pay postage/shipping	Laura Owens Creative Employment Opportunities, Inc. 1421 N. Water Street Milwaukee, WI 53202 414-277-8506 414-277-8547 (fax)
Statewide Leadership for Youth in Transition: A Person Centered, Asset-Based Community Development Approach	Publications available from Wisconsin Healthy & Ready to Work	Potential Roles for Title V CSHCN Program This 48 page report summarizes the conceptual design of the Wisconsin Healthy and Ready to Work Project, briefly describes how the project implemented that design, and offers tips and lessons learned that State CSHCN programs and others interested in youth transition can adapt.		No Cost.	Ordering Information http://waisman.wisc.edu/hrtw/publications.html
Transition to Adult Health Care: A Training Guide in Two Parts	Publications available from Wisconsin Healthy & Ready to Work	This training guide is intended to serve as a framework for anyone interested in helping young people with special health care needs and their parents prepare for the transition to adult health care. The Maternal and Child Health Bureau of the U.S. Department of Health and Human Services defines a child with special health care needs.		Cost is \$15.	Ordering Information http://waisman.wisc.edu/hrtw/publications.html

<p>Stories of Transition to the Adult World</p>	<p>Publications available from Wisconsin Healthy & Ready to Work</p>	<p>The road to adulthood is rarely smooth, even for young people who have had the best possible preparation. When a young person has a significant disability, that journey can be even more challenging. Work experiences can be harder to come by and require more support. A young person may have to learn how to manage medications and talk to doctors along with learning how to cook and balance a checkbook. Inadequate transportation and long county waiting lists further complicate the ability to live and work in the community.</p>		<p>No Cost.</p>	<p>Ordering Information http://waisman.wisc.edu/hr/tw/publications.html</p>
<p>Caleb's Story</p>	<p>Publications available from Wisconsin Healthy & Ready to Work</p>	<p>An 11-minute video developed in partnership with Wisconsin Council on Developmental Disabilities and Wisconsin Coalition for Advocacy, highlighting the work and home experiences of a young man with very involved health, cognitive and physical disabilities. It includes footage of him at work in the community, shopping and traveling in the community, and at the home he purchased. Discussion questions included.</p>	<p>DVD also includes Legal Decision-Making video and handout at no additional charge. Because this video is based on Wisconsin law, portions of the content may not directly apply outside of Wisconsin, but it will provide a helpful overview of primary issues to be concerned with as a young person turns 18.</p>	<p>DVD and VHS format: DVD \$20, VHS, \$15.</p>	<p>Ordering Information http://waisman.wisc.edu/hr/tw/publications.html</p>
<p>Whose Life Is It Anyway</p>	<p>Co-authored by national trainer Janice Fialka; Martha Mock, University of Rochester; and Jennifer Wagner Neugart of the Waisman Cent</p>	<p>How One Teenager, Her Parents, and Her Teacher View the Transition Process for a Young Person with Disabilities This publication is a unique exploration of the emotions and relationships between three key transition partners: Becky, the youth; her mother and her teacher. It includes talking points for group discussion about relationship building and best practice in adolescent transition. Outcomes include helping all partners raise expectations about what youth with special health care needs can achieve, how to meaningfully involve youth in the process and ultimately, how to better understand each participant's perspectives</p>		<p>Cost is \$10</p>	<p>Ordering Information http://waisman.wisc.edu/hr/tw/publications.html</p>
<p>Safety Awareness for Empowerment</p>	<p>Publications available from Wisconsin Healthy & Ready to Work</p>	<p>An eight-module curriculum to teach self-care and community safety skills to youth, particularly those with cognitive disabilities. Includes handouts, graphics, a board game. Topics include staying home alone, safe relationships, avoiding victimization, sexuality, first aid and self defense.</p>	<p>319-page training guide</p>	<p>Cost is \$125.</p>	<p>Ordering Information http://waisman.wisc.edu/hr/tw/publications.html</p>

The Power of Peer Mentoring	Publications available from Wisconsin Healthy & Ready to Work	Is a guide to developing a peer mentoring program between youth with special health care needs and young adults who have similar special health care needs and/or life experiences. Included are guidelines for setting up a mentoring program, sample marketing materials and helpful tips for success.		Cost is \$10.	Ordering Information http://waisman.wisc.edu/hr/tw/publications.html
Youth as Partners	Publications available from Wisconsin Healthy & Ready to Work	Is a training curriculum that helps adult organizations more meaningfully include youth with disabilities as full team members and active participants in community organizations, decision-making councils and policy-making boards. Included are modules on the disability culture, the youth culture, and creating active partnerships with youth.		Cost is \$10.	Ordering Information http://waisman.wisc.edu/hr/tw/publications.html
Youth Fact Sheets	Publications available from Wisconsin Healthy & Ready to Work	Series of six fact sheets developed and edited by youth with special health care needs. Topics include planning for technical or 4-year college, how to get supports in the workplace, how to be involved in the Individual Education Planning process and others.		No Cost.	Ordering Information http://waisman.wisc.edu/hr/tw/publications.html
The 7 Habits of Highly Effective Teens—book and workbook	Sean Covey	This book mirrors The 7 Habits of Highly Effective People and provides teens with steps to take to improve self-image, resist peer pressure, build friendships, get along with parents, and achieve goals. This book is for teens, parents, and any adult who influences young people—not specifically geared for students with disabilities. The workbook has activities to coincide with the information in the main book.	Self-Determination motivational book for teens and parents	\$14 each for the book and workbook	Can be found in bookstores or at www.SimonSays.com
Youth Leadership in Action—A Guide to Cooperative Games and Group Activities written by and for group leaders	Barbi Burrington, Steve Fortier, Robin Conrad Frehsee, Susan Henry, Sanu Mishra, Zachary Pichette, Jessica Taft, Roger Thomasson, Abe Wilson	This book is for members or leaders of youth groups looking for cooperative, experiential and challenging group activities. The activities in the book come from "Project Adventure" and encourage cooperation, communication and understanding	Resource book for youth and youth group leaders	\$21.50	Available at the Project Adventure website: www.pa.org/store

<p>My Future, My Plan</p>	<p>Dana Sheets and Ed Gold</p>	<p>This book and video are the result of a collaborative effort between NCSET and the Institute on Community Integration (UCEDD) at the University of Minnesota. It is a transition planning resource for life after high school, offering information on self-determination, self-advocacy, and health, and tips for students regarding record-keeping and preparing for college or work.</p>	<p>Transition planning guide for students and teachers</p>	<p>\$55 for 30 minute videotape, 300+ page student workbook and 36 page companion guide (price includes shipping)</p>	<p>Available at: www.myfuturemyplan.com</p>
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