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1

Who is HYPE funded by?



- Current research on HYPE is funded by the National Institutes on Disability, Independent Living, and Rehabilitation Research (NIDILRR)
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- We are grateful to have the support of the MA Department of Mental Health (DMH) to offer the HYPE Course in our state.





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Who are we?



The Transitions to Adulthood Center for Research aims to:

 Improve supports for the successful completion of schooling and movement into rewarding work lives among young people, ages 14-30, with serious mental health conditions (MHC's)

We are a Massachusetts Center of Excellence

- 1. Conduct research that supports the employment and education goals of YA
- 2. Develop and translate knowledge to the public
- 3. Infuse Participatory Action Research (PAR) into all ACR activities



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3

Poll: (check as many as apply)

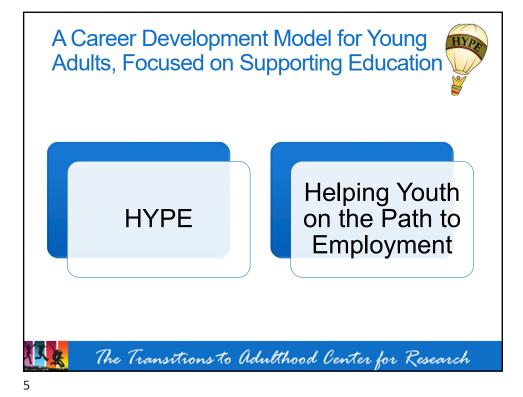


- •Who is here today?
 - Young Adult
 - Provider
 - Person in Recovery
 - Family member
 - Peer Supporter
 - Just interested!!



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Poll:



When you were 18, what did you most want to do?

- · Get a job
- · Go to college
- Take a break from school/work
- · I didn't know what to do



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HYPE focuses on maintaining the identity of young adult, student, worker



Actively works <u>against</u> the development of disability identity and prevent application to SSA





Develops skills and mindset to persist in school: Highly specialized support + executive functioning skill development



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7

Rationale for Developing our Model



Existing SE models achieve only moderate success

Many YA's with MHC's become reliant on SSI

Existing SE and VR programs emphasize employment over ed.

Higher education is vital to cultivating human capital

Being a student is age-relevant for YA's and it presents unique challenges





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HYPE was developed with YA voice



- Monthly meetings with YA Advisory Gp. for 4 years
- Development Summit brought together:
 - 14 Young Adults
 - 14 Researchers
 - Equal voices in the room

We have continued to invite the YA Voice into our work:

- Participatory Action Council
 - Researchers and others bring ideas/ materials for feedback and development
 - · Paid participation
 - · Active group!





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HYPE works to get young people into the Primary Labor Market

Primary Labor Market

- Higher pay
- Benefits
- Flexibility
- Vacation time
- Sick time
- Career Mobility
 - Lateral and vertical

Secondary Labor Market

- Entry level jobs
- Short job tenure
- Low pay
- · No benefits
- No vacation time
- Typically little flexibility

Tertiary labor markets

- "Gig" economy
- offer flexibility
- lack the benefits of the primary market
- (aka selfemployment)



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Poll:

Why do you think helping young people get into the primary labor market through education is so important?

- Helps them be protected from being unemployed
- Helps them make more money now and compound it over time
- · Helps them to develop human capital
- · All of the above
- · None of the above



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11

Current work in HYPE



Research:

- HYPE on Campus:
 - Researching the effectiveness of HYPE to help students with MHC's to persist in school.

Services:

- HYPE Course in MA
- Working with agencies to develop HYPE offerings

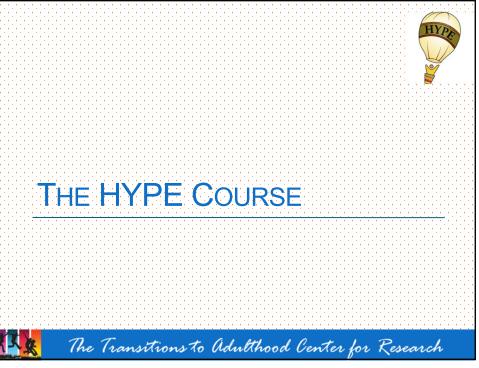




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What is the HYPE Course?

The HYPE Course takes principles and practices from the HYPE approach into the classroom for young adults with mental health conditions.

The HYPE Course directly engages YA's in a group format, so agencies can serve people wherever they are.





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15

Who is the HYPE Course for?



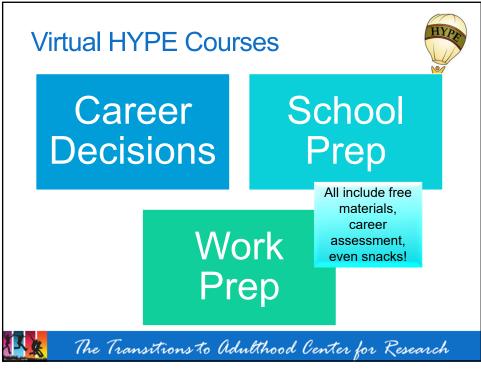


The HYPE Courses are for young adults (18-30) with lived experience who want to:

- ✓ Find a career direction
- ✓ Get a job
- ✓ Enroll in / return to school or voc –tech/ CPE programs
- Learn organizational skills
- And more!

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17

Poll:



- At the beginning of the pandemic, how many of you found yourself looking for online courses?
 - I did!
 - Not me!
 - I thought about it but didn't end up doing it ☺



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Career Decisions Course Topics



- Career Interests
- Career Values
- Career Assessment
- Your Preferences
- Researching Careers
- Your Career Plan





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10

Topics we cover in School Prep



Educational Goal Planning

Skills for School Success

Career Assessment for School

Choosing a School/Program

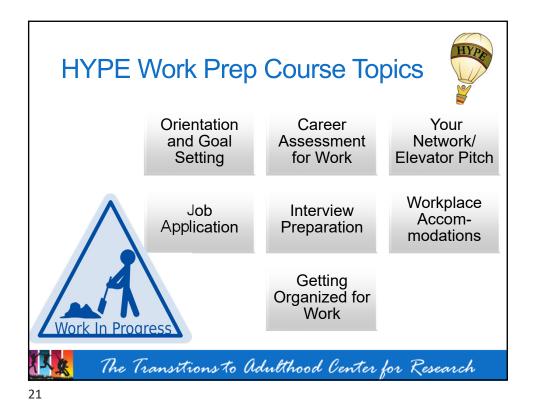
Applying for School: the Ins and Outs

Disability Services and Accommodations



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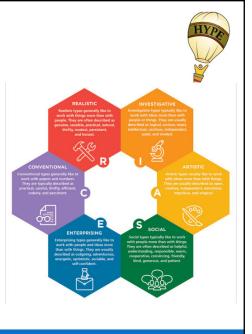




Career assessment..
a common thread

The SDS (Self-Directed Search)

https://app.self-directed-search.com/en/SDS/Rep
ort/Summary/87426





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Reach out with reminders, support

Keep class size small – 10-15 ppl

Gear course content to life goals

Not graded, no tests, voluntary!

Sharing YA experiences/story-telling

Connecting during and after class

Individual Meetings – 2 x 30 min

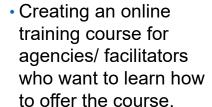




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23

What we're up to now..





HOME HYPE ▼ HYPE ON CAMPUS ▼

VINFEN YouForward

4 Home / My courses / VINFEN YouForward



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In sum...



HYPE helps YA move from surviving to THRIVING and pursuing goals towards a meaningful career and financially secure future



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20



Contact us! We'd love to talk with you!

Our website: https://hypecareers.org

HYPE email: HYPE@umassmed.edu



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