

# Transition Information

*High Incidence Disabilities*

PASD Transition to Post-Secondary Website

Monthly Calendar of Transition Events

15 February 2022

The purpose of this newsletter is to provide information about the topics, resources, and events related to the area of post-secondary transition. Not all information may pertain to your student, so, please, feel free to share.

## Office of Vocational Rehabilitation (OVR)

The state currently recommends that all students apply to OVR by the spring of their junior year or two years before graduating, if staying beyond the senior year. To apply, visit the [PA Career Link](#) website, create a log in, and look for the OVR button. The PA Career Link site can also be used to research a variety of occupations.

During our February 14, 2022, session, Ms. Webster focused on Problem Solving and Time Management skills with regard to independent living and employment.

Our next student session with our Early Reach Coordinator Ms. Webster will be held on March 23, 2022, via Zoom. The session will focus on the benefits of post-secondary education and training. If you would like for your student to participate, and have not yet done so, please, fill out the [Parent Input Form](#)

## **Pennsylvania PBS: Family Night**

Pennsylvania PBS (PA PBS) is the collective name for seven public media organizations located throughout the Commonwealth of Pennsylvania. These include WHYY/Philadelphia, WITF/Harrisburg, PBS39/WLVT/Bethlehem, WPSU/State College, WQED/Pittsburgh, WQLN/Erie, and WVIA/Scranton. Together PA PBS is a resource for all Pennsylvanians by providing civic, educational, and cultural programs and events.

By visiting their website you have access to programs, educational resources, links to relevant partners and information, and a monthly newsletter!

One resource to feature is [Family Night](#), which offers different career videos, resources and activities for families to explore!

## **Pennsylvania Secondary Transition Community of Practice Releases Benefits Counseling Toolkit**

Navigating the world of work as an individual with a disability can be overwhelming, particularly if you are receiving benefits. This resource aims to help youth and families and their teams better understand different types of benefits available and where to get support!

The toolkit helps users explore different types of available benefits, what is benefits counseling, steps to take to get benefits counseling, important information to know about benefits counseling, information about retaining benefits while working and links to resources to further explore benefits counseling,

[Click here to access the toolkit.](#)

## **Mental Health and Employment Fact Sheet**

Mental health problems affect approximately one in four people. This time of year may include additional stressors for some individuals. The Federation for Children with Special Needs has released this fact sheet to support creating a culture of wellness and avoiding common pitfalls.

# Mental Health & Employment



## Overview

(Webinar Recording)

### Mental Health Effects Everyone

Mental health problems affect around one in four people in any given year. They range from common problems, such as depression and anxiety, to rarer problems such as schizophrenia and bipolar disorder. Most people know someone who has experienced a mental health problem. They can happen to all kinds of people from all walks of life. It's likely that, when you find a combination of self care, treatment and support that works for you, you will get better

### Creating a Culture of Wellness

#### People

- Are you kind?
- Are you able to see beyond how someone is now?
- Are you able to empathize and offer support?
- Are you able to connect a young adult to someone who might be able to support them?
- Can you respond without judgment?

#### Policies

- Do you have clear, supportive policies surrounding mental health, quality of life, etc? (Open door policies, etc.)

#### Projects/Programs

- Can you start, support, enhance or otherwise help a project or program that will impact young adults?

### Common Pitfalls in Employment

#### Pitfalls in searching

- Be open to opportunity
- Not keeping your eyes open for next steps
- Honor who you are and your interests
- Is your resume up to date and compelling?

#### Pitfalls in job interviews

- Dress for Success
- Have stories and examples
- Know your value!
- Disclosure – know your rights; legal vs. illegal

#### interview questions

#### Pitfalls on the job

- Not giving a job enough time – don't let fear run our life
- Check your mindset (wellness)
- Feeling & staying stuck
- Being okay if your job isn't okay (leaving your job on a great note)



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spanadvocacy.org/programs/real

The REAL Transition Partners is a project of the SPAN Parent Advocacy Network (NJ), Federation for Children with Special Needs & New York State Transition Partners, and is supported by the US Department of Education's Rehabilitation Service Administration. The contents of this resource were developed under a cooperative agreement with the US Department of Education (H235F200002). However, the contents do not necessarily represent the policy of the Department of Education and should not assume endorsement by the federal government.

REAL Transition Partners is jointly managed by SPAN Parent Advocacy Network (NJ), Federation for Children with Special Needs (MA), and New York State Transition Partners (INCLUDEnyc, Parent Network of WNY, Starbridge). Providing information, training and technical assistance, and support to youth and young adults with disabilities and their families.

Resources for Employment, Access, community Living and hope.

## The ARC

[The Arc](#) promotes and protects the human rights of people with intellectual and developmental disabilities and actively supports their full inclusion and participation in the community throughout their lifetimes.

The Arc's Center for Future Planning has developed a series of new videos on the following topics:

- [An Overview of ABLE Accounts](#)
- [An Overview of Special Needs Trusts](#)
- [Special Needs Trusts and ABLE Accounts: How Are They Different?](#)
- [Pooled Special Needs Trusts](#)
- [How Death Affects the Money Left in ABLE Accounts and Special Needs Trusts](#)

The Arc recently shared a new Virtual Program Library, a free hub full of on-demand activities that can be done from home by people with disabilities, their families, and service providers.

Topics include arts, community and life skills, health and wellness, virtual clubs, and more. [Visit the hub](#) to check out the resources added so far and share it with your networks so it can continue to grow into a robust resource for people with disabilities and their supporters!

If you have a resource you would like to share, please [contact The Arc](#)!

# Upcoming Events

## PA Family Network Virtual Events

The following is a list of PA Family Network Event dates for our Workshops and our a monthly Family Forum: Updates as well as our Sibling Good Life Group Meeting.

*Family Forum: Updates:*

February 16, 2022 6:30 pm - 7:30 pm

*PLANEANDO A LARGO PLAZO Workshop(Long Term Planning in Spanish):*

February 21, 2022 6:00 pm - 8:00 pm

*Waiver Basics (101) Part 1 Workshop:*

February 22, 2022 10:00 am - 12:00 pm

*Waiver Basics (101) Part 2 Workshop:*

February 22, 2022 1:00 pm - 3:00 pm

*Advanced Waiver Workshop Part 1:*

February 24, 2022 10:00 am - 12:00 pm

*Advanced Waiver Workshop Part 2:*

February 24, 2022 1:00 pm - 3:00 pm

## 2022 Pennsylvania Department of Education Conference, Making a Difference: Educational Practices That Work!

The Pennsylvania Department of Education, Bureau of Special Education is pleased to announce this important professional development event:

### 2022 Pennsylvania Department of Education Conference, Making a Difference: Educational Practices That Work!

**Locations:** Hershey Lodge and Convention Center **OR** Virtual Webinar

**Dates:** March 2-4, 2022

Join Pennsylvania's educators for the Bureau of Special Education's signature event. This annual statewide conference offers an opportunity to learn and engage with nationally recognized presenters, as well as colleagues from across the state, highlighting effective instructional strategies and interventions designed to make an educational difference for all students.

#### Secondary Transition Highlights Include:

- Dr. Betty Ray Butler: Culturally Responsive Approach to Transition Planning & Restorative Process to Improve Transition Experiences Among Culturally Diverse Youth and Families
- Melissa Diehl and Michael Stoehr: Collaboration Realized!
- Dr. Laura Owens: Building Meaningful lives for students with complex support needs & Moving from "Can" to "How" – Transition to Employment for Students with Complex Support Needs
- Patricia Andrew, J.D.: Secondary Transition What Would YOU do? & Trends and Outcomes Specific to Transition Issues in Mediation and Due Process.



**Target Audience:** General education and special education administrators and teachers, career and technical education administrators and teachers, speech and language therapists, school psychologists, paraprofessionals, higher education faculty, professional development staff, parents and families are encouraged to attend.

**Credits:** Act 48 Clock hours, PSYCH and ASHA

**Registration Fee:**

Registration is open until February 16, 2022. Payment must be received prior to the conference. You will not be permitted to attend the conference unless your registration fee is paid in full.

- In Person Conference Attendance - **\$225**
- Virtual Conference Attendance - **\$125**

**Keynotes:**

- Melissa Crum, Ph.D. - Why Self-Reflection is Important
- Lydia X.Z. Brown, J.D. - Ableism is the Crisis; Disability Justice is the Future: Centering Disability in Our Schools
- Jessica Cabeen - Dream Big, Live Colorfully, Lead Boldly: Developing Your Best Self at School and at Home
- Carole Clancy and Laurie VanderPloeg - Attract, Prepare, Retain: Re-envisioning Pennsylvania's Approach to Special Education Personnel

[Register Here](#)

Questions about General Information, Registration, and Continuing Education Credit:  
[pdeconferenceregistration@pattankop.net](mailto:pdeconferenceregistration@pattankop.net)

## Save the Date - Virtual Career Conference - April 7, 2022

The CCIU Virtual Career Conference will be held on April 7, 2022. This event will be open to all high school students with special education needs in Chester County. Seminars will run every 30 minutes with a wide variety of topics offered. Students can attend all or some sessions depending on their interest and schedules. More details will be coming out within the next few weeks. Save the date!

IEP case managers and families will receive information once it is provided.

## PEAL Center Youth Events

The [PEAL Center](#) is hosting Youth Virtual Coffee Drop In's every Thursday at 12:00 pm on Zoom at <https://zoom.us/j/95790302310>

For questions or to request accommodations contact [info@pealcenter.org](mailto:info@pealcenter.org)

**High Incidence Transition Coordinator**



## Michelle Rusanovschi

I currently hold teaching certifications in the areas of Special Education, Secondary English, Reading Specialist, Middle School Mathematics, Middle School English, Elementary, and Early Childhood Education. In addition, I hold an administrative certificate as a Supervisor of Special Education.

I earned my Bachelor's of Science in Education from Temple University and my Master's of Education in the area of Reading from West Chester University. I have also earned certifications through Penn State.

At the high school, I predominantly teach reading courses, such as Read 180, Wilson, and SRA Corrective Reading. I also serve as one of the special education Transition Counselors.

Teaching is who I am. I could not see myself doing anything else. Each day I do my best to work with students and parents to help the student be successful. I believe that communication between the student, teachers, and parents is essential to a student's success.

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