

Healthy Transitions: Transitioning from High School to Postsecondary Education

Healthy Transitions Pilot Sites

The North Dakota Integrated Services (NDIS) project recruited six families of children and youth with special health care needs to be Healthy Transitions (HT) pilot families. NDIS staff consulted with HT families as they maneuvered through transition phases with their child and/or youth. These phases included transitioning from pediatric care to adult care, elementary school to middle school, high school to postsecondary education, and adolescence to adulthood. Because these transitions can be stressful and difficult, the HT families generated a set of best practices, based on their experiences, for each phase to ensure successful transitions. The set of best practices for transitioning from high school to postsecondary education is shown below.



Best Practices: High School to Postsecondary Education

ENCOURAGE SELF-ADVOCACY: Self-advocates are more knowledgeable about their special health care and educational needs, which will enhance their ability to seek out necessary services.

- Disability Support Services
 - Proper documentation
 - Knowledge of accommodations to be provided
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DISCUSS GOOD DECISION-MAKING: Talk with youth about sensitive and uncomfortable situations to open the lines of communication, strengthen relationships, and equip youth with practical and essential knowledge.

- Have an open line of communication about:
 - Dating violence
 - Pregnancy
 - Harassment
 - Drugs/Alcohol
 - Prioritizing coursework
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BUILD HEALTH CARE KNOWLEDGE: Educating youth about where, when, and how to seek care will be essential when they may be living far from home.

- Where, when, and how to seek care
 - Community clinics
 - Student health services
 - Contact information for primary care physician
 - Insurance information
 - Medication information
 - Discerning serious medical issues from minor medical issues
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