

# Overview

This series of ten online training modules was designed by the Pathways Transition Training Collaborative (PTTC) to enhance the skills of service providers for working with young people with serious mental health conditions as they transition to adulthood.

All **Promoting Positive Pathways to Adulthood** modules are interactive and feature a young person with with experience using mental health services, researchers, and service providers who work with young adults. Each one-hour module is accompanied by reference and resource lists, a glossary, and a transcript. Two versions of the **Pathways Transition Training Toolkit** provide opportunities to practice the skills covered in each module.

A certificate or continuing education unit will be available for participants who have successfully completed each hour-long module.



# Contact Us

To learn more please visit our website:  
<https://www.pathwaysrtc.pdx.edu/pathways-transition-training-partnership>

Or contact:

Eileen Brennan  
Principal Investigator  
brennane@pdx.edu  
503-725-5015

# Our Funders

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# Promoting Positive Pathways to Adulthood

**Build Skills**

*Free online training for service providers working with young adults with mental health needs*



Research and Training Center for Pathways to Positive Futures, Portland State University



# The Modules

## Module 1

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**Partnering with youth and young adults:** Reviews core competencies and gives an overview of the whole training series. Teaches strategies to develop and sustain collaborative relationships with youth and young adults using positive youth development and empowerment approaches.



## Module 2

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**Promoting recovery:** Provides information on mental illness, treatment, and wellness. Recovery resources include diet, exercise, medication, peer support, self-advocacy and more. Considers shared decision making and informed consent.

## Module 3

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**Increasing cultural awareness and building community support:** Explores strategies for increasing providers' cultural awareness and responsiveness. Examines oppression, trauma, and mental health disparities affecting Native American young people. Addresses strategies for connecting Native youth and young adults to community supports to build positive ethnic and cultural identity.

## Module 4

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**Fostering resilience and family supports:** Considers contributions of racial identity development and racial socialization in promoting resilience in African American youth with mental health needs. Focuses on supporting youth and families to increase their resilience and build strong support systems during the transition to adulthood.

## Module 5

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**Promoting cross-cultural and intergenerational relationships:** Examines diversity within Hispanic and Latino communities, including immigration experiences, acculturation, and intergenerational relationships. Addresses cross-cultural work to increase family and community support for Hispanic and Latino young people with mental health conditions.

## Module 6

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**Providing individualized and developmentally appropriate services:** Features scientifically-informed findings about brain development and trauma specific to young people. Considers trauma-informed interventions and trauma-informed engagement of young people in services and leadership activities.

## Module 7

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**Developing healthy relationships:** Focuses on supporting youth to develop and maintain healthy relationships, including romantic relationships. The effects of stigmatization on relationships are addressed and the specific needs of LGBTQ young people are considered.

## Module 8

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**Planning partnerships and collaborating to bridge service gaps:** Addresses attitudes and skills for interdisciplinary and inter-systems collaboration. Highlights strategies to bridge service gaps to support community living and participation. Youth self-determination is a guiding principle and steps to assist young people to obtain needed accommodations are discussed.

## Module 9

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**Promoting support from family, peers, and mentors:** Offers strategies to support and maintain family involvement, and ways to obtain and strengthen support from adult allies, peers, and mentors to support community living and participation.

## Module 10

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**Using evidence-supported practices and individualizing interventions:** Considers the distinctive and common features of best practices in interventions with young people based on positive youth development and cultural preferences. Addresses skills for partnering with young people to evaluate programs.

