

# BRIDGES TRAINING SERIES: Transitions to Adulthood

Jennifer Tousignant, BS, Nursing Trainee



The Bridges Training Series is a program through the Institute on Disability promoting self direction strategies for young adults with intellectual disabilities.

## Program Description

The Bridges Training Series is currently offered online to allow student participation from all over New Hampshire. It is designed to prepare young adults ages 18 to 24 for post secondary education, independent living, and career goals.

The training gives young adults with intellectual and developmental disabilities opportunities for self discovery, social connection, identifying resources and supports, and taking action to define their own future.

## Person-Centered Planning



## References

- Institute on Disability/UCED (IOD), University of New Hampshire [www.iod.unh.edu](http://www.iod.unh.edu) | lessonlibrarytymildew.z21.web.core.windows.net | UNH-4U Comprehensive Transition Program and Bridges Training Series, NH-ME LEND, Institute on Disability, University of NH (2024)

## PROGRAM COMPONENTS

The Bridges program is comprised of 4 courses, each one a steppingstone towards increased independence and self actualization.

**1. Tools and Tech for Academic Success** – this course encourages learning the software and technology most often used in college and the workplace. Students become familiar with Teams, Zoom, Microsoft Office, Canvas, and using email. Common assistive technology tools are also introduced.

**2. Setting and Realizing Goals and Self Determination** – This course sets students on their path by learning about setting goals, planning to meet those goals, solving problems, and what it means to be in charge of your own life.

**3. Setting and Realizing Goals for Transition to Adulthood**- This course builds on the goal setting strategies from last class, adding skills in managing stress, healthcare transitions, employment, post secondary education, and self-advocacy.

**4. Next Steps in Person Centered Planning** – This course brings together the skills and strategies learned and encourages students to create their own person-centered plan, comprised of their vision for career planning, post secondary education, accommodations they might need, and supports for their transition to adulthood as they pursue their dreams and reach for their goals.

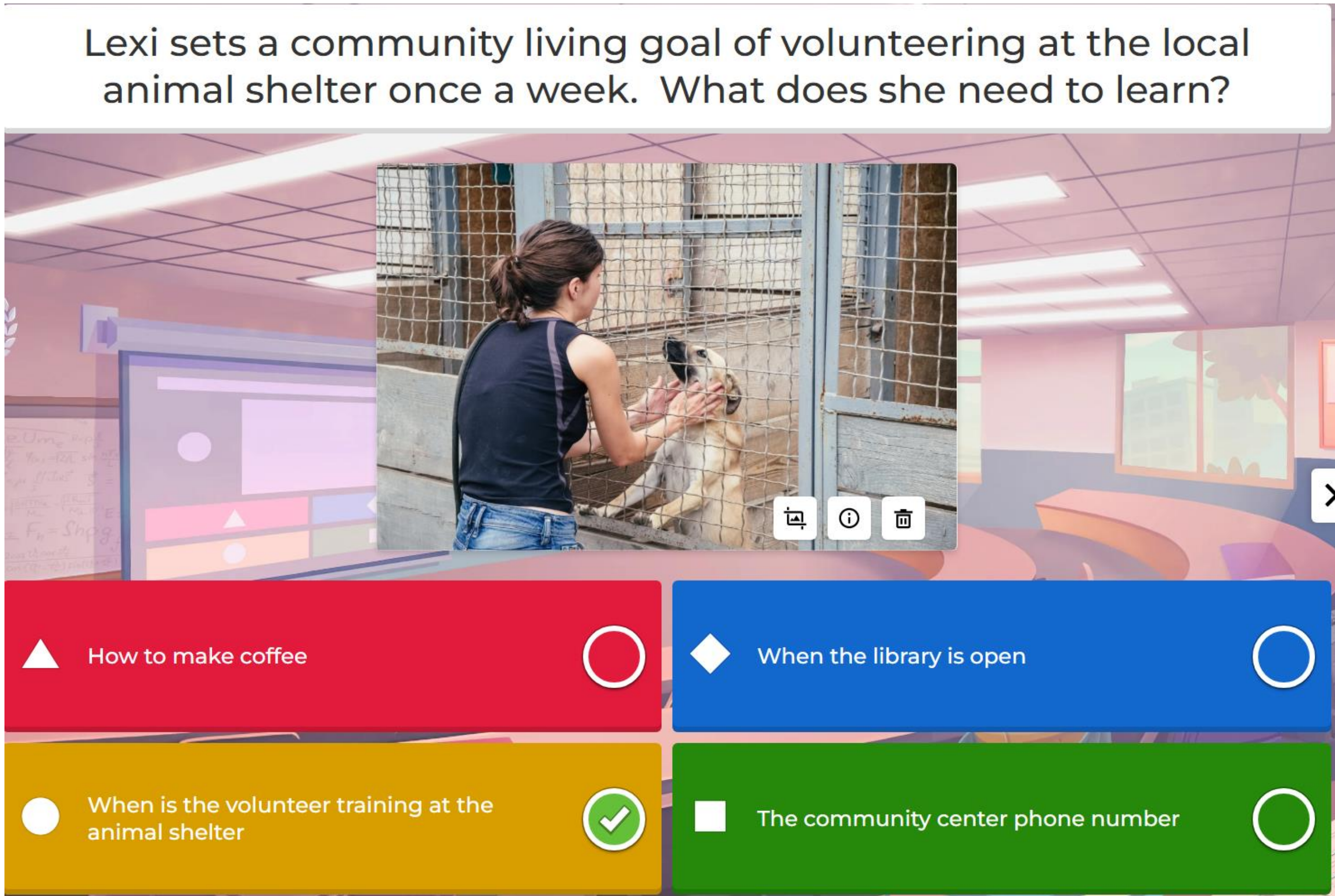


Students receive digital badges when they complete their Bridges Program, one for each of the four courses and a fifth badge to signify completion of the full program. These badges can be placed on a resume or added to their email signature, to signify their accomplishment.

## Leadership Activities

I thoroughly enjoyed the time spent with the students and the faculty in the Bridges Program! Some of my contributions to the program include:

- Virtually attending all classes and providing student support in large groups and break out groups.
- Participate in team meetings as curriculum is developed and implemented.
- Facilitated virtual opportunities for students to get together socially outside of class.
- Attended an informational meeting for prospective students and families.
- Created Kahoots to review topics and test student knowledge in a fun and engaging way.
- Developed, created, and presented the Transitions to Adult Healthcare session.



## Outcomes

- Students enter the next phase of their lives armed with tools and strategies setting them up for success!
- Basic skills in technology and software commonly used in both postsecondary school and the workplace.
  - An increase in their self awareness and the ability to reflect on their strengths and weaknesses
  - How to set both long and short term goals, and how to measure their success in reaching those goals.
  - Benefits and responsibilities of living an independent, fulfilling adult life in the community.
  - Options for post-secondary education to meet their career goals.
  - How to use all these skills and knowledge to craft their own person-centered plan that they envision.

