



Transition Newsletter

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RESOURCE HIGHLIGHT



I'm Determined! will give you different opportunities to practice skills associated with self—determined behaviors. The website has great information to help you undertake a measure of control in your life, help set and steer the course rather than being a silent passenger on your transition journey.

The website has a variety of resources available to use, for free, to help you transition into employment, independent living, post-secondary schooling, by showing you how to increase your self-advocacy skills.

For more information, check out their website at: imdetermined.org/youth/

This is informational only. DHS is neither supporting nor endorsing this website. Please determine for yourself if you wish to use it and proceed accordingly.

Keep the smile, leave the tear.
Hold the laugh, forget the fear.
Wishing you nothing but
the best this new year!

STUDENT SPOTLIGHT

Ben Higgins applied for Vocational Rehabilitation (VR) services when he was a junior at Groton High School. His VR eligibility allowed him to participate in a number of transition services that is supporting him with working towards his career goal of becoming a counselor and an independent adult.

Project Skills

Ben participated in Project Skills at the Groton Daily Independent. He wrote profiles on school staff for the local paper, photographed community events, and helped with the design and layout of the community newspaper.

"What I appreciate most is being able to build something myself. Being able to have a little bit of independence with the results of my work—it's very rewarding. It's one of the most rewarding experiences I've felt, getting that first paycheck."

Youth Leadership Forum

Ben has participated in YLF for a couple years. He attended first as a participant and returned to be an assistant team leader. Because of the skills he learned while at YLF, he has been asked to present at various events to encourage other students to attend.

"YLF is a wonderful opportunity for any person who wants to learn about how to live with a disability and make friendships that will last a lifetime. I have been lucky enough to be a delegate and an Assistant Team Leader at YLF, both of which taught me different things and showed me how to address the issues that come from living with a disability."

Summer Pre-ETS Camps

Ben participated in two summer Pre-Employment Transition Services camps hosted by Groton School District and ILC where he focused on learning valuable transition skills such as, meal planning and cooking, giving back to the community through various volunteer opportunities, enhancing social skills, learning about a variety of services available in the community and how to access them.

"The summer camp has been a great way to learn essential life skills that I have been using in my own life ever since."

Current VR Services

Ben is currently taking dual-credit classes through Groton HS and Northern State University to pursue a degree a psychology and minor in mental health counseling while still receiving supports from his VR counselor.

"Being able to help people is a big draw. But also being able to help myself find a way. With psychology it's about understanding how the brain functions in social environments. As someone who has autism, it's a big part of my life. Being able to understand how my own brain functions, to be able to understand theirs, is something I want to be able to do."

To read more about Ben's journey, go to dhs.sd.gov/rehabservices/stories.aspx. Special thanks to Ben for allowing us to share his story!



Name:

Phone:

Email:



Project | SEARCH®

Project SEARCH is a unique business-led transition program for students with disabilities. Students who want to work have the chance to explore careers and develop transferable job skills. Students must have the goal of being competitively employed in the community after completion of the program.

To be eligible to participate, students must have completed all their academic requirements for graduation from high school, must be 18 to 21 years old, must have support from their high school to attend, and must be eligible for VR.

Applications are due soon so contact the site coordinators for more information on how to apply!

dhs.sd.gov/rehabservices/projectsearch.aspx

[dhs.sd.gov/
transitionresources.aspx](https://dhs.sd.gov/transitionresources.aspx)



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<p>Rapid City and surrounding communities Monument Health Heather Hoeye 605.394.5120 hhoeye@bhssc.org</p>	



For more detailed information about the events below, go to: tslp.org/events

You can always ask me for more information as well!

Catch the Wave

A one-day conference for high school students with disabilities considering **post- secondary education.**

- 2/23/2022 in Mitchell @ Mitchell Technical College
- 3/29/2022 in Rapid City @ School of Mines & Technology/ Western Dakota College
- 3/29/2022 in Sioux Falls @ Southeast Technical College
- 4/4/2022 in Aberdeen @ Northern State University

Let's Talk About Work

A one-day conference for high school students who have a disability focusing on **employment.**

- 1/12/2022 in Mitchell @ Highland Conference Center
- 1/19/2022 in Aberdeen @ the Boys & Girl Club
- 2/10/2022 in Sioux Falls @ Sanford Center
- 2/16/2022 in Rapid City @ Rushmore Hotel
- 2/24/2022 in Ft. Pierre @ AmericInn Conference Center