

Contact Us

To learn more please visit our website:
[www.pathwaysrtc.pdx.edu/
proj-trainingcollaborative.shtml](http://www.pathwaysrtc.pdx.edu/proj-trainingcollaborative.shtml)

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Our Funders

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Promoting Positive Pathways to Adulthood

Join Us!

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



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

This online training program is designed for direct service providers by the Pathways Transition Training Collaborative (PTTC). The PTTC is focused on enhancing the skills of service providers who are working with young people with serious mental health conditions as they transition to adulthood, and provides information and tools to young people and their family members, researchers, and policy makers.

All **Promoting Positive Pathways to Adulthood** modules are interactive and feature a young person with mental health needs and service providers who work with young adults.

A certificate will be available for persons who have successfully completed each module.



Module 1

Partnering with youth and young adults:

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

Module 2

Promoting recovery: Provides information on mental illness and resources on treatment and wellness. Recovery resources include diet, exercise, medication, peer support, self-advocacy and more.

Module 3

Meeting the needs of diverse young people:

Teaches skills to provide culturally responsive supports and strategies for young people and families from diverse ethnic, racial, and linguistic backgrounds.

Module 4

Providing individualized and developmentally appropriate services:

Features scientifically-informed findings about brain development and trauma specific to young adults and the implications for interventions and trauma-informed engagement of young people in services and leadership activities.

Module 5

Developing healthy relationships: Focuses on strategies to develop and maintain healthy relationships including romantic relationships. Issues of stigmatization and its effects on relationships will be addressed and the specific needs of LGBTQIA2-S young people will be considered.

Module 6

Planning partnerships with providers of other services and collaborating to bridge service gaps: Addresses attitudes and skills for interdisciplinary and inter-systems collaboration and highlights strategies to overcome service gaps. Steps to assist young people to obtain needed accommodations will also be covered.

Module 7

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.

Module 8

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 the importance of evaluating programs in partnership with young people.