



Introduction

Promoting Positive Pathways to Adulthood (PPPA) is an online knowledge translation initiative that was developed to address the need for well-trained service providers to work with youth and young adults in the transition years who have mental health needs. The training integrates the best available practice and research knowledge on how to increase the engagement of transition age youth with serious mental health challenges in services. The training modules are designed to increase the capacities of direct service providers, including peer support providers and family support providers who are working with youth and young adults aged 14-29 who have mental health difficulties, and their families. Participants will gain increased awareness of the unique needs of youth and young adults in the transition years, skills to engage with young people, and skills for collaboration with families and across the agencies and systems in which young people are involved. Ten hour-long online training modules were designed in consultation with a national advisory group of young people, family support specialists, cultural experts, service providers, educators, and researchers.



The skill-building trainings are based on a positive youth development and empowerment framework and highlight research findings that can be directly applied to practice. Each module is aligned with one or more core competencies for working with youth and young adults and their families. In line with current best practices for online education, PPPA incorporates: video segments featuring young people with behavioral health service experience, service providers, and family members; current research-based knowledge; interactive exercises; knowledge tests; and, downloadable resources, references, glossaries, and transcripts. To support knowledge translation into practice, the accompanying self-study guide includes implementation assistance in the form of practice scenarios based on real-life situations, video segments with questions, and questions that invite you to apply your new learning to practice in your local context. The identities of the participants and details in their stories have been changed to protect individuals' privacy and to increase the relevance of the scenarios to different types of service providers in different organizational and community contexts.





Note about Using the Self-Study Guide

Activities in the self-study guide are designed to engage you, as a service provider, in applying the knowledge and principles addressed in each module in your own practice with young people, their families, and communities. The goal of all these activities is to increase your practice skills and use of creative approaches to supporting young people.

Depending on the community and types of young people you serve, you may find some of the scenarios and videos more applicable than others. For example, some may be more clinical than the program you work in, or they may focus on a youth population that is not served or served only occasionally by your agency. If so, we encourage you to use the discussion questions that best apply to your role and the specific populations you serve. We recommend setting aside time to consider the scenarios and your responses to them. You might also want to note your responses to questions, so that you can reflect on them later. If any scenarios describe situations similar to ones you have encountered in your work, you could also plan to discuss them later with a colleague or supervisor.

