

## Transition Action Groups



Texas Parent to Parent

### Texas TAGs

*Taking Ideas, Inspiration and Vision to the Next Level*

1

## What We'll Cover Today

- Transition is a big, scary word!
- Transition Center of Central Texas
- TAGs—Transition Action Groups
- Texas Network Connections
- Q&A

2

**TRANSITION IS A BIG,  
SCARY WORD!**



3

- Too many moving parts!
- Feelings of paralysis and overwhelm
- Don't have time to think about the future!
- Hard to imagine a bright future

4

## TxP2P Transition Center of Central Texas



Texas Parent to Parent

5

The TxP2P Transition Center goal is to assist families to develop high quality lives for their youth and adults with disabilities after they graduate from public school

6

### TxP2P Transition Centers

- A 1 to 2-hour consultation with parents of teens and adults with disabilities, either in person or via Zoom
- Working through a transition inventory and helping the family to establish next steps and longer-range goals
- A resource bank to access during the 1-1 session and afterward
- Transition peer mentors and information on important transition topics
- Opportunities for a family to work on their youth's future: join a Transition Action Group, start a personal network, become a transition mentor, or become a network facilitator.

7

### Transition Action Groups



Texas Parent to Parent

#### Texas TAGs

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8

### What Is a TAG?

**Transition action groups**, or TAGs, are a collaborative of 5-10 parents/families who commit to meeting regularly for several months to identify short and long-term transition goals, and to assist and encourage each other to achieve those goals.

9

### Putting the “Action” into TAGs

- Setting goals
- Supporting and encouraging others to achieve their goals
- Helping parents to be accountable to themselves and to other TAG members

10

### We're All Human!

- Thinking about the future is hard!!
- Procrastination
- Ideas vs. action
- All this compounded with the fears and stressors of raising a child with a disability or chronic illness

11

### Why with other parents?

- Parent-to-Parent model
- Encouragement and support
- Putting our minds together—synergistic

12

## Commitments & Expectations

- Minimum of five families to form a TAG
- Commitment to participate in six 2-hour meetings, in-person or via Zoom
- Meetings cancelled if low attendance
- Others, as agreed upon by TAG members

13

## Starting a TAG

- Facilitator
- In-person or remote attendance
- General TAG vs. Topic TAG
- What is the group make up? (e.g. parents of children with the same disability or different disabilities, same age or different ages)
- Do you already have a group of people who want to be part of a TAG, or are you looking for a TAG to join?
- Do you have a group of 5-10 parents
- Do families live close enough to get together regularly
- Place and time to meet

14

## What happens in TAG Meetings?

- Getting acquainted: introductions and member stories
- Learning about Transition Center
- Preparing Transition inventories
- Setting short and long-term goals
- Setting group and individual goals
- Identifying barriers to preparing for transition
- Supporting each other
- Updating each other on progress and success stories

15

## Sample TAG Agendas

- TAG Agenda
- Meeting #1
- October 29, 2020
- Welcomes and Introductions
- Overview of TAG Meetings 1-6
  - TAG organization and format
  - Getting acquainted: introductions and member stories
  - Learn about Transition Center
  - Prepare Transition inventories
  - Goal setting
  - Identify barriers to preparing for transition
  - Support each other
  - Set monthly goals
  - Give monthly updates
  - Continue after meeting #6
- Meeting Handouts:
  - Pre-Network Questionnaire
  - Note-taking template
- TAG Organization
  - What is a TAG? What do we want to accomplish, both individually and as a group?
  - Consider a TAG team leader or leaders
  - Set a meeting schedule and timeline for the TAG
- Begin Member stories
- Confirm Next Meeting Date and Time
- Adjourn

16

## Sample TAG Agendas

Agenda  
Special Stars TAG  
Meeting #2  
February 6, 2022, 4-6:00 p.m.  
Held Via Zoom

- Welcomes and action updates
- Review notes from last meeting
- Handouts
  - *Transition Inventory*
- Finish telling member stories
- Breakout Exercise: *Transition Inventory* and group discussion
- Goal setting
- Individual Next Steps
- Confirm Next Meeting Date:

17

## Sample TAG Agendas

Agenda  
TNT TAG Meeting #6  
March 4, 2021  
Held Via Zoom

- Welcomes and Action Updates
- Review notes from last meeting
- TAG Handouts
  - Post-TAG Survey
- Topic
- TNT TAG...Onward!
  - Meeting dates/times
  - Assign TAG meeting rolls
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18

### How do Transition Centers Support TAGs?

- Coordinate TAG formation
- Offer TAG facilitation services
- Recruit and Train TAG facilitators statewide
- Monthly virtual meet-ups for TAG members

19

### Texas Network Connections *Creating Community for People with Disabilities*

- Launched at TxP2P in 2016
- Modeled after PLAN
- *Introduction to Personal Networks* presentation on Thursday, February 23<sup>rd</sup> from 1:30 to 3:00 via Zoom
- Personal networks video
- Networks help families prepare for transition
- Transition Centers offer and train network facilitators

20

TEXAS NETWORK CONNECTIONS and TEXAS TAGS  
<https://www.txp2p.org/services/texas-network-connections>



PATHWAYS TO ADULTHOOD  
<https://www.txp2p.org/services-for-parents-pathway-to-adulthood>

TRANSITION CENTER OF CENTRAL TEXAS  
<https://www.txp2p.org/services/services-for-parents-pathway-to-adulthood/transition-center>

For more information about these and other TxP2P programs, contact:  
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**THANK YOU!!!**

21



22