

Reviews of Transition Handbook

I stumbled across a treasure, when I found this evidence-supported transition handbook (Clark & Unruh, Brookes Publishing). The book describes the Transition to Independence Process (TIP) Model™ and illustrates its application and impact on the lives of youth and young adults with emotional/behavioral difficulties. As a clinician who specializes in transition to adulthood, and is continually researching interventions and approaches to guide youth, young adults, and their families through the transition maze, I'm not sure how I let this book slip past me. This amazing handbook not only provides a map of all the components/skills necessary for successful transition, it serves as a guide to creating a community of support for youth and young adults. It truly "takes a village" of support, and it is refreshing to find a book that addresses this mantra, along with skill acquisition. Congratulations to Dr. Clark and Unruh on the success of "Transition of Youth & Young Adults with Emotional or Behavioral Difficulties"! It must be hugely rewarding to know that you are helping so many people across the nation, and in Canada. I am confident that it will continue to spread.

Cheryl Checkers, M.S., MHC

UCLA Certified Program for the Education and Enrichment of Relational Skills (PEERS) Therapist
Palm Beach County, Florida

As a Behavioral Specialist serving Washington, DC's disadvantaged youth population, I found this Transition Handbook to be quite resourceful. The authors provide readers with pertinent information that may be used as an ongoing training tool to empower youth with emotional disturbances through unique service delivery methods. This book profoundly illustrates the effectiveness of partnering with the youth and honoring youth voice and choice -- and provides strategic methods for teaching new skills, developing problem solving competencies, and establishing emotional regulation. These features along with futures planning and goal attainment techniques have promoted successful outcomes across our youth and young adults.

My agency was so taken by the concepts and practices conveyed in this book that we have accessed the on-site training from the Purveyor of the Transition to Independence Process (TIP) Model™ (www.TIPstars.org). My Transition Team and I are pleased with the successes we are experiencing as a function of this book and having adopted the TIP Model™. I highly recommend this book for any individual striving to positively impact the lives of youth and young adults in the field of social work, mental health, education, and criminal justice.

Tabitha Morris

Behavioral Specialist, Transition TIP Team
Washington, DC

For those of us who work with transitioning youth, Dr. Clark and Unruh have created a masterpiece that affirms the work we do. They provide many new ideas that we can incorporate into our practices and our systems of care. Dr. Clark has included youth voice in all his writings and this book takes this value to a new level as he includes the perspective of youth support specialists. His broad inclusion of youth, clinicians, researchers and policy makers assures the book's relevance. As a clinician I appreciate Dr. Clark and Dr. Unruh's emphasis on relationship making. He describes methods of constructive relationship making between youth as well as between youth and older people and the diversity and richness of such roles. In so doing he lifts therapy and counseling relationships from their stereotypes and embraces the richness of real relationships. His application of TIP, an evidence based practice for transitioning youth, helps policy maker's credibility when they invoke the "street knowledge" in this book which takes aim at such limiting factors as age barriers for shelters and services. This book will be helpful at all levels from engaging dispirited youth to influencing the most reluctant policy maker.

Charley Huffine, Psychiatrist
King County Mental Health, Seattle, WA

This evidence-supported handbook is a guide that any and all people who support transition-aged youth should read, study, and implement. Clark, Unruh, and the youth and young adult authors provide readers with first-hand accounts of how best to support youth and young adults during the transition to adulthood. As a supervisor, this handbook can be used as an on-going tool to guide staff and improve service delivery. As a change agent, this handbook can be used at both micro and macro levels to ensure agency, local, and state-wide policies are actually assisting youth during the transition. The handbook provides several opportunities to compare multiple programs nation-wide. Finally, as a social worker, this handbook provides many "ah-ha" moments and offers great guidance on how best to support youth with emotional or behavioral difficulties - a must have handbook for any and all people working with transition-aged youth and young adults!

Stephen Ballan, MSW
Phoenix, AZ

This book provides an excellent guide to working with transition age youth and young adults. It's premise is clear and easily operationalized with an evidence based approach that can be used both at the service delivery and system of care levels. The book provides immeasurable support to the Transition Facilitators working in our Youth in Transition program and is now required reading. I recommend that anyone wishing to implement the Transition to Independence Process, utilize this book as a guide. The examples given are also extremely useful as they are based on the experiences of real youth and young adults. This approach can be easily implemented in service delivery systems that utilize system of care models, as the program fits nicely with the overall System of Care philosophy.

Mary Mary Jo Whitfield
Jewish Family & Children's Service, Maricopa County, Arizona

For more information regarding the Transition Handbook, please [click here](#)
The Transition Handbook is available through [Brooke's Publishing](#) and [Amazon](#).

Transition of Youth & Young Adults with Emotional or Behavioral Difficulties, Hewitt B. Clark &
Deanne K. Unruh. Paul H. Brookes Publishing Co. Inc., 2009. 357 pages.

Transition Handbook Reviews WEBSITE 120515