

## Activities

Spokane Youth Transition holds multiple events a month that may interest both youth and young adults with disabilities. These events range from movie and game nights to activism, self-advocacy, and independent living workshops.

To stay up to date on these events, follow us on Facebook at:

**SpokaneYouth**



If you have any questions on upcoming events or have an event idea for Spokane Youth Transition to host, do not hesitate to contact any of these social media accounts, or call/text to 509.995.7655

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[dacnw.org](http://dacnw.org)

Phone: 509.995.7655  
208.618.1191

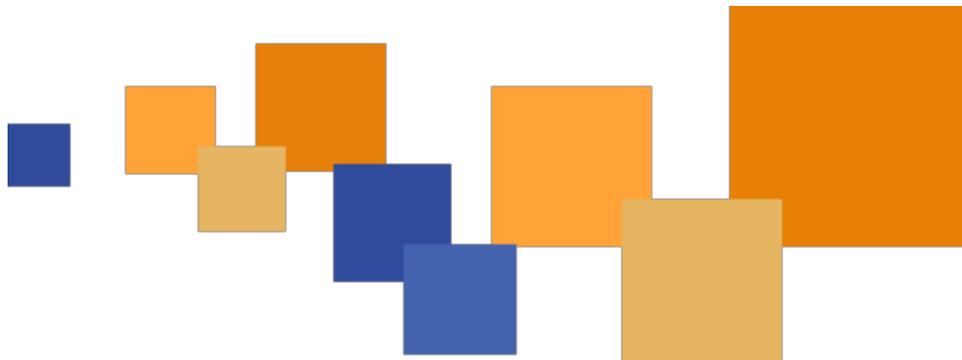
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# Disability Action Center NW

Your key to  
Independence!

**Spokane Youth  
Transition Program**

**Phone: 509.995.7655  
208.618.1191**



## WHAT HAPPENS NEXT?

Spokane Youth Transition (SYT) focuses on reaching out to youth and young adults with disabilities between the ages of 14-30 and helping each individual work towards their own independent goals.

Self-Advocacy is key. SYT is run for those with disabilities by those with disabilities. Through peer mentorship and community engagement, our goal is for every youth and young adult to connect with peers, advocate for themselves, reach their independent living goals, advocate for change in their community, and build support for the next generation.

### Being a Mentor

Our goal is for every consumer to become a mentor after participating in the program. We believe that the best advice and guidance comes from those who have shared similar life experiences.

## YOUTH VISION PROJECT

The Youth Vision Project (YVP) is a program developed by Disability Action Center NW. This six-week series takes a holistic approach in preparing youth in transition years for adulthood. By the end of this program, participants have a foundation to help seek employment, attend higher education, and/or meet independent living goals.

### The YVP includes:

- 1 on 1 meetings with an Independent Living Advocate
- Advocacy Workshop
- Employment Workshop
- Community Engagement Workshop
- Life Skills workshops on:
  - Financial security
  - Healthy relationships
  - Nutrition
  - Physical Health
  - Healthy Friendships and more!
- Job Shadowing
- Peer mentorship

## WHAT IS INDEPENDENT LIVING?

The independent living movement evolved out of the disability rights movement of the 60's and 70's. Every person with a disability has a unique and important life experience and should be allowed and encouraged to become a part of and be fully included in their community.

Spokane Youth Transition works under Disability Action Center NW, a Center for Independent Living. Centers for Independent Living (CILs) provide support for those with disabilities to become more independent. More than 51% of our staff must have some form of disability. Staff ARE peers to potential consumers, understanding their needs because someone on staff has been in a similar place before.

Spokane Youth Transition's goal is to use the independent living philosophy to support youth and young adults' transition into adulthood and have the most independent life they wish to lead, while building a network of friends, colleagues, and advocates.

