

Dakota County Disability Supports for Young Adults



A guide to help Dakota County young adults identify employment, post-secondary, alternative options, and community resources.

The Disability Supports for Young Adults Guide includes internet links and contact information on various resources for transition-aged youth and adults with disabilities. This guide is not an exhaustive list of all organizations, programs, and services available to individuals with disabilities and their families.

Created by the Dakota County Community Transition Interagency Committee (CTIC)

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MnCHOICES Assessment

The [MnCHOICES Assessment](#) is an assessment that assists individuals who need long-term services and support. It is one of the first steps to get funding for services such as employment support services and other long-term disability supports. The MnCHOICES assessment must be requested from the guardian, the individual with a disability, or community agency.

Contact the **Dakota County Community Living Services Intake Line** at 651-554-6336 or clsintake@co.dakota.mn.us to get started.

If you have additional questions about services such as Medical Assistance (MA) or the State Medical Review Team, contact **The Arc** at arcminnesota.org or 952-920-0855

Things you may need before the MnCHOICES Assessment

- Be on social security or deemed disabled by the State Medical Review Team (SMRT). (Please note: The SMRT process may take up to 6 months or more)
 - *Social Security Disability*: ssa.gov/applyfordisability
 - *State Medical Review Team*: mn.gov/dhs/people-we-serve/people
- A copy of psychological and/or neurological evaluations your child has had from a mental health agency or medical provider in the last three years.
- A copy of your child's Special Education Evaluation, Individualized Educational Plan (IEP), or 504 Plan. Contact the school if you need a copy of the most recent IEP or evaluation. These documents are not necessary to have for the application process, but they may help you to reference the IEP and Evaluation.
- To access waiver services, your child will need to be on Medical Assistance (MA).
- For children under 18 years old: If parental income is too high to qualify for MA, another program called Tax Equity and Fiscal Responsibility Act (TEFRA) will allow the child to access any services that require Medical Assistance. It requires parents to pay a fee. (Please note: The TEFRA process may take up to three months or more) If you are interested in the TEFRA program, contact the MNsure Team at 651-554-6696.

During a MnCHOICES Assessment, some of the questions they might ask include

- Where and how do you want to live, work, and participate in your community?
- How do you like to spend your time and who do you like to spend it with?
- What concerns or challenges affect your ability to live as you choose?
- How do you take care of your day-to-day personal needs such as dressing, eating, bathing, and getting around?

After a MnCHOICES Assessment, you may qualify for

- *Waiver Funding*: Waivers help individuals pay for supports and services that assist them in staying in their homes and participating in the community.
- *Grants*: Grants are another program that helps individuals pay for support and services.

- *Case Management:* Case Managers help oversee services and connect individuals to additional resources. You may be assigned a case manager directly from Dakota County or a contracted case management agency.

Medical Assistance (MA)

Medical Assistance (MA) is Minnesota's largest health care program and serves children and families, pregnant women, adults without children, seniors, and people who are blind or have a disability. MA allows people to apply for waived services and receive in-home support as well as cover many of the significant costs associated with having a disability.

- To access waiver services, your child will need to be on Medical Assistance (MA).
 - *MNSure Application:* mnsure.org

If you have additional questions about services such as Medical Assistance (MA) contact **The Arc** at arcminnesota.org or 952-920-0855.

Customized Employment

Customized Employment is a flexible employment relationship between employees and employers. This relationship meets both employers' specific needs and the job seeker's strengths, needs, and interests. Customized Employment is an evidence-based practice. The services follow a particular process defined in customized employment standards throughout the country.

First Phase: Discovery Process

The Discovery Process involves getting to know the job seeker in "their world." This in-depth, person-centered process identifies the skills, interests, and supports needs of the job seeker.

- Information gathered through the Discovery Process and a review of the job seeker's school, medical, and other records create a Discovery Profile.
- The Discovery Profile tells a positive narrative about the job seeker's contributions, skills, interests, and the type of environment or supports that could be needed on a job.
- Photos are used to create a visual resume to present to potential employers.
- The job seeker and the team meet for a final planning meeting to review the Discovery Profile and work collaboratively to develop a Customized Employment Plan.
- This plan reviews the Discovery Profile, addresses what tasks would best suit the job seeker, and provides a list of potential employers that may be a good match.

On average, the Discovery Process takes about 10-12 weeks. The Discovery Process includes the following steps: 1) initial meeting, 2) home visits, 3) interviewing people

who know the job seeker, 4) neighborhood information gathering, 5) life activities, 6) theme development, 7) theme testing, 8) visual resume development, and 9) final meeting to conclude the Discovery Process.

Second Phase: Job Development

- After the Discovery Process is complete, the Employment Specialist searches for businesses that may have tasks that match the job seeker.
- The Employment Specialist contacts businesses to learn more about their company and present the job seeker's qualifications and visual resume. Sometimes the job seeker and Employment Specialist visit businesses together.
- When a good job match is found, the Employment Specialist negotiates with the employer to develop a new position that benefits both the business and the job seeker. This customized (new) position must pay minimum wage or above.

Third Phase: Systematic Instruction and Employment Supports

- The Employment Specialist identifies the frequency and kinds of support the new employee needs to do the job. They coordinate with the employer to implement support.
- Employment Specialists continue frequent communications with the employee and employer to ensure the employee can learn and maintain the position.
- The final Discovery Process information identifies employment supports that are arranged before the start of a job.
- A completed Job Analysis form summarizes employment supports, creates a plan to fade supports, and supports both the employer and job seeker on the journey.

Customized Employment services can be provided in conjunction with Vocational Rehabilitation Services (VRS), school systems, or purchased from Community.

Rehabilitation organizations through VRS. All customized employment practitioners are certified and provide each of the three key phases of Customized Employment.

Employment Support Services

Employment Support Services are individualized services and support that help people maintain paid employment in community businesses and settings.

What to expect from Employment Supported Services

- Opportunity to earn equitable wages and employment-related benefits
- Development of new skills
- Increased community participation
- Enhanced self-esteem, empowerment, and quality of life

Determining Individual Support versus Group Support

A person can receive individual and/or group employment support services.

Individual Support

Individual employment support services provide services to one person at a time who works at a full-time or part-time, paid job position in a community business (including self-employment).

Group support

Group employment support services provide support to 2–6 people who work together and share the tasks, duties, and responsibilities of a job position in a community business. The group receives support while they:

- Perform and share the work tasks, duties, and responsibilities of a full-time or part-time job position
- Divide work tasks, duties, and responsibilities of the job position across group members.

Key terms

A Job Coach: A person that provides specialized on-site training to the employee in learning, performing the job, and adjusting to the work environment.

Natural Supports: People such as supervisors and co-workers who provide mentorship, friendship, and socialization opportunities. Natural supports may be more permanent, consistent, readily available, and facilitate long-term job retention.

Competitive, Integrated Employment: Employment pays a minimum wage or an industry-standard, customary, or prevailing wage with comparable benefits (e.g., health insurance, leave time, etc.).

Alternative Options

Day Support Services (DSS)

Day Support Services (DSS) help people identify and achieve personal goals, community engagement, and life enrichment opportunities. DSS are individualized services that offer opportunities for community-based training and support for people with disabilities. The eligibility criteria to receive Day Support Services include 1) have a waiver, 2) have a documented need for this service in their waiver support plan.

Employment Without Supports

Young adults with disabilities may not need long-term support to gain or maintain employment. Some services can help in the short-term, such as Vocational Rehabilitation Services or the CareerForce Centers.

State-Funded Disability Services

Vocational Rehabilitation Services

mn.gov/deed/job-seekers-disabilities/youth/

651-259-7501

Vocational Rehabilitation Services (VRS) helps people with disabilities prepare for, find, keep, and advance in employment. They have staff assigned to every high school and transition program in the state. VRS helps students discover:

- Strengths and interests
- Career and post-secondary education possibilities
- How to gain work skills and experience

Counselors provide Pre-Employment Transition Services (PRE-ETS) such as:

- Counseling to help the individual with disabilities learn about:
 - Job possibilities related to the person's interests
 - Education or training options after high school
- Work-based learning
- Training to help gain work readiness and self-advocacy skills

CareerForce MN

co.dakota.mn.us/HealthFamily/FindJob/Pages/default.aspx

651-259-7501

- Offers workshops, job search assistance, and resume assistance. Local CareerForce locations are in West St. Paul, Burnsville, and Shakopee.

Connect 700

mn.gov/mmb/careers/diverse-workforce/people-with-disabilities/connect700/

State of MN's Career Helpline

651-259-3637

careers@state.mn.us

- The Connect 700 program is a pre-probationary work trial program with the MN State Government. It allows eligible individuals with disabilities the opportunity to demonstrate their ability to perform a specific position for up to 700 hours on the job, with or without accommodations. The trial-work opportunity is an alternative to the traditional, competitive hiring process.

State Services for the Blind

mn.gov/deed/ssb

651-539-2373

- Offers a variety of counseling, training, job skills, and job placement services.

MN Department of Human Services: Deaf and Hard of Hearing Division

mn.gov/deaf-hard-of-hearing

800-657-3663 for voice or 651-964-1514 for videophone

- The Deaf and Hard of Hearing Services Division help connect families with information and referrals to a wide range of resources and Deaf and Hard of Hearing Specialists.

Adult Mental Health County Case Management

co.dakota.mn.us/HealthFamily/MentalHealth

651-554-6424

- Adult Mental Health Targeted Case Management (AMH-TCM) helps adults with serious and persistent mental illness (SPMI) gain access to medical, social, educational, vocational, and other necessary services related to their mental health needs.
- Children's Mental Health Case Management is available for youth under 18 years old. Contact Dakota County Children's Intake at 952-891-7459

STAR: System of Technology to Achieve Results

mn.gov/admin/star

651-201-2640 or toll-free at 1-888-234-1267 star.program@state.mn.us

- STAR helps individuals with disabilities get connected to assistive technology they need to live, learn, work and play. The STAR program has over 1,000 assistive technology devices that they loan for free.

Medical Assistance for Employed Person with Disabilities (MA-EPD)

- The program helps employed persons with disabilities maintain their Medical Assistance. MA-EPD may reimburse the cost of Medicare Part B premiums for people with income below 200 percent of the Federal Poverty Guidelines (FPG). People with income or assets above the MA limits may qualify for MA-EPD. People must pay a premium for MA-EPD coverage.

Understanding Supplemental Security Income (SSI) Work Incentives

ssa.gov/ssi/text-work-ussi.htm

- Social Security's Work Incentive Program allows people with disabilities to take advantage of employment opportunities and minimize the risk of losing their SSI or Medicaid benefits.

Transportation

Go Dakota

co.dakota.mn.us/Transportation/GettingAround godakota@co.dakota.mn.us

Go Dakota helps people find transportation options in Dakota County that work for individuals. Programs include:

- Dakota County Travel Training Program is a free training that teaches young adults how to use available transportation options to reach specific destinations.
- Transportation Options Training: Learn about the different transportation options in Dakota County, how to plan your trip, how to ride, and payment options.
- The [Transportation Resource Guide](#) listed on their website gives information on transportation options in Dakota County, each agency's services, and what population served.
- Use their [Transportation Finder](#) to search for an address and find services that can get you there.

MN Valley Transit Authority

mvta.com

952-882-7500

- Use MVTA's website to plan a trip. All buses are accessible with ramps, lifts, or kneeling buses. View their [Ride Guide](#) for information and videos on how to use their services.

Metro Transit

metrotransit.org

Transit information call 612-373-3333 or text: 612-444-1161

- Metro Transit is the primary public transportation operator in the Minneapolis and Saint Paul area.
- [Transit Assistance Program \(TAP\)](#): Makes public transit more affordable for those living with lower incomes. It allows customers to use a bus or a train for just \$1 per ride, even during rush hour with a 2 ½ hour transfer.

Metro Mobility

metro council.org

651-602-1000

390 Robert Street North, St. Paul, MN 55101

- Metro Mobility is a shared-ride public transportation service for certified riders who cannot use regular fixed-route buses due to a disability or health condition. Trips are for any purpose. There is an application process that can be found [on their website](#).

Lyft Rideshare through Dakota County

co.dakota.mn.us/Transportation/GettingAround/Pages/lyft.aspx

- Dakota County Community Living Service offers the option to use Lyft to get to and from work and around the community. To be eligible for the service: 1) you must be receiving case management from Dakota County Community Living Services or Adult Services divisions, 2) referred by your case manager or service provider, 3) your existing transportation options are not effectively meeting your needs, 4) you must create and maintain a Lyft account using a smartphone. If you are interested in the program, contact your county case manager or email: sslyft@co.dakota.mn.us.

Lyft & Uber - Ridesharing Programs

- The popular ride-sharing apps have multiple ways to use their services. Riders schedule a ride in advance, or they can choose to share a car to lower the cost of their ride. Lyft riders can see nearby bus schedules in the app and how to get to the nearest stop.

Go Go Grandparent

gogograndparent.com

1-855-464-6872

- Go Go Grandparent is a third-party service that connects an individual (18+) with rideshare services such as Uber and Lyft. Riders call the operator to set up rides or food deliveries; you do not need a smartphone to access this service. If using the ride service, identified contacts are texted updates on the ride. The fee for Go Go Grandparent starts at \$14.99 a month. The operators will be able to tell you if this service is right for you and your needs. Some needs they may not be able to accommodate.

Courage Kenny Drivers Assessment

account.allinahealth.org/services/583

612-262-7855

- Courage Kenny offers a two-part driving assessment that can assess vision, reaction time, memory, problem-solving, strength, coordination, and cognitive processing skills. The second part includes an on-the-road driving assessment.

Metro Center for Independent Living

mcil-mn.org/dev/

- MCIL has a class to help study the MN Driver's Permit Test and free independent living skill classes.

Post-Secondary Options

The following post-secondary programs are specialized programs that may help young adults with disabilities gain more skills. The post-secondary programs are paid by loans, scholarships, or private payments.

Program	Program Description
Bethel Build Program 3900 Bethel Drive Saint Paul, MN 55122 651-635-8799	The BUILD program is a Christian-based, supportive, and comprehensive educational experience for students with intellectual disabilities. Students receive instruction, a career-oriented curriculum, specialized mentorship, and on-campus living. bethel.edu/academics/build
Beyond Limits 6820 Auto Club Rd. Suite P. Bloomington, MN 55438 952-563-9904	Beyond Limits provides a two-year program that offers a Life Skills Certificate for young adults with disabilities. Students take a customized selection of classes, independent living skills courses, and on-campus job placement and coaching to gain work skills. Beyond Limits provides young adults the opportunity to live semi-independently in a supportive, faith-based college setting. beyondlimitscollege.org
Brainerd Lake Community College - Occupational Skills Program 501 West College Drive Brainerd, MN 1-800-933-0346	BLCC offers a nine-month diploma program designed for individuals with mild to moderate disability, focusing on competitive entry-level employment. Work experiences and coursework support independence in the workplace and community. Students participate in several of-campus experiences to promote community access, social skills, and healthy living. clcmn.edu/occupational-skills-diploma-2
Inver Hills Community College 2500 80th St. E Inver Grove Heights, MN 651-450-3884	The Co-Collegiate Program pairs a student enrolled in a qualified post-secondary program with an individual with intellectual and developmental disabilities who are pursuing the same training program. Students will serve as mentors, tutors, and support providers to enable students with intellectual and developmental disabilities to succeed in the same program or

Program	Program Description
	area of study. inverhills.edu/LearningSupport/AccessibilityResources/index.aspx
MN Independence College and Community (MICC) 7501 Logan Ave S. #2A Richfield, MN 55423 612-869-4008	MICC is a work and life skills training program for young adults with learning disabilities and Autism Spectrum Disorders (ASD). MICC helps students make transitions towards independent living and financial self-sufficiency. Students learn in their apartments, the community, the workplace environment, and public transportation. micc.org/
Ridgewater Community College 2101 15th Ave Willmar, MN 56201 320-222-5200	There are two programs available: The Occupational Skills Program helps students through post-secondary training and into competitive, entry-level employment. Students gain real-world experience at internships and area employers. The Career Exploration/Awareness Skills program focuses on linking an individual and the job market's needs. Instruction includes access to job information, employment, and self-analysis techniques. ridgewater.edu/academics/areas-of-study/occupational-skills

College Supports

Individualized Education Plans (IEPs) end when a student graduates from high school. However, colleges have departments, often called 'Accessibility Services' or 'Student Resources,' that help students identify reasonable accommodations, assistive technology, and other helpful tools. These are voluntary programs and services for students.

Minnesota State Colleges Student Resources

1-800-456-8519

minnstate.edu/admissions/studentresources.html

- Search for student resources offered at Minnesota State Colleges, such as Accessibility Services, Career Planning, counseling, childcare, housing, and open educational resources.

TRIO

<https://www.ed.gov/about/ed-offices/ope/trio#trio-programs>

- The TRIO programs help students overcome class, social and cultural barriers to higher education. TRIO includes six outreach and support programs (counseling and tutoring) to assist low-income, first-generation college students. The programs serve students with disabilities by successfully progressing them from middle school to the post-baccalaureate level.

Goodwill-Easter Seals College Navigation

collegeandcareer@gesmn.org

- College navigators guide individuals in selecting a program of study, providing support through enrollment, and helping develop academic strategies for success. They can help students:
 - Balance education with work responsibilities
 - Build a professional image.
 - Overcome obstacles and access support for transportation, childcare, or housing.
 - Connect with college staff, faculty, and employers
 - Navigate tuition and financial resources

College Research Tools

Minnesota State Colleges

1-800-456-8519

minnstate.edu/campusesprograms/index.html

- Search for colleges in Minnesota or specific programs.

Think College

thinkcollege.net

- Think College is a national organization dedicated to developing, expanding, and improving inclusive higher education options for people with intellectual disabilities.

Job Training Programs

Apprenticeships

apprenticeship.mn.gov

- Apprenticeships allow you to learn and get paid while on the job. You must have a high school diploma or G.E.D. Apprenticeships can be in construction, manufacturing, agriculture, health care, information technology, transportation, and utility management.

Career Wise

careerwise.minnstate.edu

- Find short-term training options, apprenticeship programs, and explore other post-secondary options or careers.

Construction Careers

constructioncareers.org

- Information on construction trade apprenticeships and high school internships.

Goodwill-Easter Seals

goodwilleasterseals.org/services/disability-services

651-379-5634

- Retail skills training for ages 16 years old includes small classroom sizes, classroom training, and paid work experience at Cub Foods or Macy's. Goodwill also offers training in financial literacy, employment readiness, pre-vocational services, and disability benefits.

HIRED

hired.org/career-training

612-808-9500

- Current career training includes Certified Nursing Assistant, Office Administration, and Medical Call Center. The individual must meet eligibility requirements, which differ depending on the program.

Job Corps

<https://huberthumphrey.jobcorps.gov/>

651-642-1133

- Job Corps is a tuition-free program where students can live on-site and learn technical, academic, problem-solving, and independent living skills. Students must be 16 to 24 years old (the maximum age limit can be waived with a documented disability), in need of job skills, income-eligible, and able to work in the United States. Students must not have court dates or fines, behavioral issues, illegal drug use, and if they have a child, they must have secure daycare. Job Corps training programs include construction, manufacturing, business, healthcare, hospitality, and transportation.

Summit Academy

saoic.org

612-377-0150

- Summit Academy offers skilled job training programs in Construction, IT, and Medical Administrative Assistants.

Tree Trust

treetrust.org

952-767-3880

- Youth ages 14 to 21 years old learn through hands-on experience working on outdoor construction and landscape projects. Internships with local businesses are available.

Guardianship

Court Self-Help Centers

mncourts.gov/Help-Topics/Self-Help-Centers.aspx

651-435-6535

- The Court Self-Help Center cannot give legal advice, but they can answer questions about the process and provide you with the forms needed to file for guardianship. A Self-Help Center is where you can find helpful information, services, and resources about your legal problem if an attorney does not represent you. The Self-Help Centers assist people who represent themselves in the [Minnesota District Courts](#). You must schedule an appointment to access this service.

Law Help MN

lawhelpmn.org

- Find answers to different topics such as guardianship. Find a lawyer or law clinic.

Training Videos

mncourts.gov/Help-Topics/Guardianship.aspx

- Take their guardianship training or view videos about guardianship.
- You will need to create an account to watch the training. It is relatively straightforward and gives a lot of resources, including steps of the process and forms.

Community Agencies for Guardianship Support

ARC

arcminnesota.org

info@arcminnesota.org

952-920-0855

2446 University Ave W., Suite #110, St. Paul, MN 55114

- Arc has well-written guides on guardianship and Supported Decision Making (SDM).
- Provides information and personal support for people with disabilities and their families. Contact The Arc by phone, email, in person, or through their [Ask An Advocate](#) form to be connected to an Advocate with expertise in your request. Most services are offered at no cost. Advocates cannot give legal advice; however, they can answer questions about the process and provide you with information about guardianship.

MAGIC - The Minnesota Association for Guardianship and Conservatorship

minnesotaguardianship.org

- Search for a public guardian. It has information on standards for guardians, conservators, and representative payees.

Volunteers of America

voamnwi.org/cesdm

cesdm@voamnwi.org

952-945-4174

3333 N. 4th Street, Minneapolis, MN 55412

- Works with adults living with impaired cognitive, intellectual, and psychiatric functioning and their caregivers to balance protection and self-determination.
- Free telephone consultation, information, and assistance, and referrals for:
 - Supported Decision Making
 - The guardianship and conservatorship system
 - Practical intervention tips to assist the caregiver in being more effective in working with the individual
 - Approaches to help address the concern which may avoid the need for guardianship and conservatorship
 - Referrals for community services, attorneys, and independent guardians
- Assessments to determine if the person would benefit from VoA's involvement in a Supported Decision-Making plan, health care directive, guardianship, and conservatorship
- Advocacy and coaching services to family members
- Petition for guardianship or the removal and modification of a guardian
- Training for those wishing to become public guardians and conservators

Guardianship Glossary

Conservatorship - Conservatorship is a court process that allows a person to have legal authority over financial decisions for another person. This person can be a family member or others known to the person, or an independent conservator can be hired for a fee.

Guardianship - Guardianship is a court process that allows a person to have the legal authority to make personal decisions for another person. This person can be a family member or others known to the person, or an independent guardian can be hired for a fee.

Health Care Directive - A health care directive is a written document informing others of an individual's wishes about their healthcare. It allows the individual to name a person ("agent") to make medical decisions if they cannot decide. An individual must be at least 18 years old to make a health care directive.

Health Care Proxy - A person can give another person access to their health care information through a health care proxy. It is a release of information specific to medical information.

Power of Attorney - A voluntary agreement that appoints someone to help make general, financial, and healthcare decisions. The agreement can be created or ended at any time.

Representative Payee - Manages governmental income (Social Security) benefits for another person.

Supported Decision Making (SDM) - A process that focuses on the natural supports already in place for a person who will help them make decisions. SDM is not a court process. Supported Decision Making may utilize family, close friends, case managers, professionals, banking tools, representative payees, and other voluntary agreements.

Trust - Different accounts can be set up in a person's name that would allow them to access financial support without impacting their eligibility for government assistance such as Medical Assistance or SSI. These accounts include Supplemental/Special Needs Trust and ABLE Accounts.

Community Providers

The following chart lists Community Providers that help adults achieve their highest potential and participate in their community. Area agencies can help offer:

- **Employment Support Services:** Support in finding and maintaining employment
- **Day Support Services:** Day programming and life enrichment activities
- **Transportation** to and from the program
- **Short Term Support:** Things such as pre-vocational counseling
- **Long Term Support:** Things like long term job support
- Agencies that work with individuals with **challenging behaviors** are noted.

Table Key:

ESS:	DSS:	CB:	T:	STS:	LTS:
Employment Support Services	Day Support Services	Challenging Behaviors	Transportation Options Offered	Short-Term Support	Long-Term Support

** Funding will vary by the program based on eligibility and services you qualify for.

This guide is for reference and informational purposes only. It may not be all-encompassing of the service providers available to Dakota County residents, nor are providers featured in this guide directly endorsed by CTIC or its affiliates. **

Agency Name	Program Description	ESS	DSS	CB	T	STS	LTS
AccessAbility Inc. 360 Hoover St. NE. Minneapolis (612) 331-5958 accessability.org	AccessAbility Inc. serves people's diverse needs with barriers to employment and community inclusion through three main programs: Day Support Services, Project Connect, and Extended Employment.	X	X				X
Accord 1515 Energy Park Dr. St. Paul (612) 363-4400 info@accord.org accord.org	Accord provides employment services to individuals using a person-centered model of seeking what is important to and for the person. Employment Counselors work one to one with individuals in Employment Exploration, Employment Development, and Employment Support.	X	X	X	X	X	X
Allina Health- Courage Kenny Rehabilitation Institute 3915 Golden Valley Rd Minneapolis (612) 775-2499 account.allinahealth.org/services/581	Courage Kenny helps individuals prepare for, find, and succeed in a career. They offer skills assessment, job placement, vocational counseling, and job retention services.	X					
Breaking Barriers 14500 Burnhaven Dr. Ste #123 Burnsville (952) 303-3489 info@bbmn.org bbmn.org	Breaking Barriers provides community-based and 1:1 employment supports. They serve all ages and partner with young adults taking their first steps into independent and competitive wage employment. Whether individuals are looking at their first job search or their first performance review, the team's goal is to support and advocate for that work for the individual.	X		X	X	X	X

Agency Name	Program Description	ESS	DSS	CB	T	STS	LTS
Chrestomathy of Dakota County 1820 E. 122nd St. Burnsville (952) 882-9105 chrestomathyinc.org	Chrestomathy provides the behavioral support necessary to ensure success for clients with complex needs. They provide these individuals with the opportunity to gain adaptive skills, pursue vocational activities and artistic endeavors, which gives individuals the opportunity to become contributing members of society.	X	X	X	X	X	X
Companion Linc 2600 Eagan Woods Drive Ste 100 Eagan, MN 55121 952-666-2254 companionlinc.com	Companion Linc offers employment exploration, employment development, and employment support by introducing the individual to employment options and allows the individual to explore possibilities through work experiences to help them make informed choices about working in competitive integrated employment. Providing individualized support that helps the person maintain community employment and be successful in their career.	X					
Crist Homes 16891 Galena Ave W. Rosemount (218) 390-5572 charisse.crist@cristhomes.org	Crist Homes provides employment development, exploration, and support services.	X		X	X	X	X
Dungarvin Minnesota 1440 Northland Dr. Ste #100, Mendota Heights (651) 699-6050 dungarvin.com	Dungarvin assists in the initial stages of the employment assessment period, job searching and development, job coaching, and working independently.	X		X	X		X

Agency Name	Program Description	ESS	DSS	CB	T	STS	LTS
Empowering Health LLC 8091 Lower 147th St. W. Apple Valley (952) 846-7208 empoweringhealth.io	Employment Services at Empowering Health include job exploration, developing or re-establishing essential skills, and job supports.	X					
Empower Inclusion Waconia (952) 373-1053 info@empowerinclusion.org empowerinclusion.org	Empower Inclusion provides various employment services for people with disabilities, ranging from Job-Seeking Skills Training to interviewing supports to job coaching. The agency offers Career Exploration and Post-Secondary Exploration Services, Person-Centered Planning, and Customized Employment.	X				X	X
Fraser Career Planning and Employment 2030 Rahn Way, Eagan (612) 434-5120 fraser.org	Fraser offers a variety of services for teens and adults who have disabilities, including neurodiversity. Services include preparation for the workforce or college, advocacy, soft skills, independent living, employment skills, and career laddering.	X		X		X	X
Goodwill-Easter Seals Minnesota 553 Fairview Ave N., St. Paul (651) 379-5800 goodwilleasterseals.org	Goodwill-Easter Seals Minnesota supports individuals in exploring the strengths and skills needed to get ready for work. Programs include Retail Skills Training, Workplace Readiness Training, Self-Advocacy Training, Job Exploration Counseling, Supported Employment, Work-Based Learning, Long-Term Employment Support, and College Exploration.	X		X		X	X

Agency Name	Program Description	ESS	DSS	CB	T	STS	LTS
Great Work 9360 210th St. W., Lakeville (952) 378-4765 info@greatworkmn.com greatworkmn.com	Waiver and county-funded Employment Services (Employment Exploration, Employment Development, and Employment Support). VR services include employment skill building, employment exploration, work experiences, job searching, and retention services for youth (ages 14-21 years old) and adults. Offers transportation training and remote services.	X		X		X	X
Guild Employment Services 1740 Livingston Ave S., West St. Paul (651) 334-849 guildservices.org	Guild works with young adults (16-24 years old) and adults who have been diagnosed with illnesses such as schizophrenia, bipolar disorder, and major depression. Services help increase self-esteem and skills in finding and maintaining employment.	X					
HIRED Multiple Locations (612) 808-9500 hired.org	HIRED provides short-term job coaching, skills training, and workshops. Their 'Train for Tomorrow' program for youth ages 18-25 provides paid internships and job skills. They also have career training programs such as Certified Nursing Assistant.	X				X	
Kaposia Inc. 223 Little Canada Rd E., Ste. #100, Little Canada (651) 224-6974 kaposia.com	Assists individuals in the Discovery Process by discovering what they would like to do and providing the support to help them achieve their goals. Ongoing support is available.					X	
Kota Connections 8500 210th St. W. Ste. #148, Lakeville (952) 469-1555 kotaconnections.net	Employment Services include all three aspects of the employment process figuring out the right path to search for a job (exploration), searching for a job (development), and maintaining a job (support). Kota Connections offers a one-of-a-kind activity calendar that varies each month to	X			X		

Agency Name	Program Description	ESS	DSS	CB	T	STS	LTS
	allow clients to interact with their community and peers.						
Lifetrack Resources <ul style="list-style-type: none"> 709 University Ave. W. St. Paul (651) 227-8471 3433 Broadway St. N.E. Ste. #100 Minneapolis (612) 788-8855 lssmn.org/lifetrack	Through comprehensive employment services and strong partnerships with employers, training institutions, government, and other community organizations, Lifetrack provides people with opportunities to develop the skills to achieve their aspirations of financial security and meaningful work.	X				X	X
Lifeworks Services <ul style="list-style-type: none"> 2965 Lone Oak Dr. Ste #160 Eagan 14655 Evendale Way Apple Valley (651) 454-2732 referrals@lifeworks.org lifeworks.org	Lifeworks provides Employment Services, Vocational Rehab Provider, Pre-ETS, Day Support Services, Fiscal Management Services, Music Therapy, and Resource Navigation.	X	X	X	X	X	X
Living Well Disability Services 1168 Northland Dr., Mendota Heights (651) 688-8808 livingwell.org	Residential Services create a home environment based on individual choices about daily living, therapy, therapeutic recreation, health services, and recreational opportunities.					X	X
Lutheran Social Service Multiple Locations (866) 444.3743 pss@lssmn.org lssmn.org	LSS works with individuals in the discovery process, creating and maintaining a plan for meaningful employment. This is done by job shadowing, training and coaching, and volunteering. Other services for individuals with	X			X	X	X

Agency Name	Program Description	ESS	DSS	CB	T	STS	LTS
	disabilities available.						
MSS 14779 Energy Way, Apple Valley (952) 891-5345 3265 Northwood Circle, Ste. #180, Eagan (651) 454-9010 mssmn.org	MSS provides Employment Support Services and Pre-Employment Transition Services, and Day Services for life enrichment. They create arts opportunities, support for personal development, and self-advocacy skill-building.	X	X	X	X	X	x
MRCI 3000 County Rd 42 W., Burnsville (507) 386-5600 mymrci.org	MRCI is a person-centered employment resource for individuals wanting to explore career options, seek competitive employment and receive long-term support. They provide services throughout the stages of job exploration, development, and retention. They offer day services.	X	X		X	X	X
MN State Operated Community Services <ul style="list-style-type: none"> Solstice Vocational Services, Bloomington (952) 346-4336 Aurora Products and Services, Vadnais Heights (651) 766-4188 Metro Resources Technology Park, Eden Prairie (651) 431-5337 	MN State Operated Community Services provides life-enhancing opportunities, customized employment services, and life skill training. Life enhancement opportunities vary by site and include janitorial services, lawn care services, and vehicle detailing. mn.gov/dhs/people-we-serve/children-and-families/services/direct-care-treatment/contact-us/vocational-services.jsp	X	X	X	X	X	X

Agency Name	Program Description	ESS	DSS	CB	T	STS	LTS
Opportunity Partners <ul style="list-style-type: none"> 2535 Pilot Knob Rd Ste. #101, Mendota Heights 5575 W 78th St., Edina 7100 Shady Oak Rd, Eden Prairie (952) 938-5511 info@opportunities.org opportunities.org 	Opportunity Partners offers job training and life skills to individuals to increase their independence and Customized Training to Life Skills classes that promote interests and healthy living. Opportunity Partners provides a continuum of employment opportunities to meet the individual's interests and support needs. From a completely independent job to a more supported career option, the agency works with you to find a match to meet your employment goals. They offer Independent Placement, Supported Employment Teams, Private Pay Job Development, Center-Based Packing and Assembly with different support levels.	X	X			X	X
Opportunity Services 8600 Eagle Creek Circle, Savage (952) 445-4306 oppserv.org	Opportunity Services works with each individual's unique abilities and interests, matching them with meaningful jobs and activities in the community independently or as part of a supervised work team.	X			X	X	X
Rise, Inc. <ul style="list-style-type: none"> 9555 James Ave S. Ste. #270 Bloomington (763) 786-8334 8619 W. Point Douglas Rd S. Cottage Grove (651) 459-2038 info@rise.org rise.org 	Rise offers employment and life enrichment services at various locations in Washington, Anoka, and Hennepin Counties. They assist individuals in all employment areas- from the time they begin thinking about employment to employment placements and support. Center-based options available, with a specific sensory program in Spring Lake Park for Deaf, Deafblind, or Hard of Hearing.	X	X	X	X	X	X
Unlimited Possibilities 1504 E 122nd St, Burnsville (952) 229-4790 dackley@upminn.com	Unlimited Possibilities works with adults in the community through supported employment services. They provide recreational activities, Independent Living Skills, and Supported	X		X	X		X

Agency Name	Program Description	ESS	DSS	CB	T	STS	LTS
	Apartments.						
Vocational Support Services, Inc. 1658 Cliff Rd E., Burnsville (952) 736-1600 vocationalsupportservices.com	Vocational Support Services provides Employment Exploration, Job Development, and Support to Maintain Employment.	X				X	X

Transition Timeline

YOU CAN APPLY FOR THESE PROGRAMS AT ANY TIME

- **Medical Assistance:** Allow for 3 months for the application to be processed.
- **TEFRA (if under 18):** Allow for 3 months for the application to be processed.
- **MnCHOICES:** The initial assessment can happen fairly quickly.
- **State Medical Review Team (SMRT):** Allow for at least six months for the SMRT review.
- **Social Security:** Allow for at least 6 months for the initial determination. Parent income included in determination until after 18 years old.

14 YEARS OLD

- PRE ETS (through Vocational Rehab Services) can help with job skills
- Apply for county services

16 YEARS OLD +

- Can start applying for jobs or volunteering to build your resume
- Your school can make a referral for Vocational Rehabilitation Services (VRS). The VRS services can help you figure out what you want to do for a job and how to get there.

17 YEARS OLD

- Begin looking at guardianship, conservatorship, or other supported decision-making models

18 YEARS OLD

- You may be eligible to stay in Special Education through the school year you turn 21 years old.
- Apply for a State of MN Identification card if you do not have one yet.
- (Men) Apply for Selective Service
- Apply for Social Security or other government benefits you may be eligible for.

YEAR BEFORE GRADUATION

- If a VRS referral has not been made yet, now is a good time to do so.
- Begin looking at post-secondary or employment options


HOUSING

There are many options for housing:


- Living at home
- Living with roommates
- Living on your own
- Living on your own with supports and staff
- Living at a group home



*Please note that application to any of the mentioned programs does not guarantee acceptance. *


Additional Resources

Topic	Resource
 <p>Advocates & Resource Navigators</p>	<p>211 United Way 651-291-0211 Text your zip code to: 898-211 211unitedway.org</p> <ul style="list-style-type: none"> Find resources on a variety of topics like health, housing, financial assistance, and food. <p>Arc MN arcminnesota.org (952) 920-0855</p> <ul style="list-style-type: none"> Information on a variety of topics, including employment, benefits, and self-advocacy. Advocates are available to assist caregivers, and youth navigate resources. <p>CTIC Community Transition Interagency Committee (CTIC) - Intermediate School District #917 (isd917.org)</p> <ul style="list-style-type: none"> The CTIC website provides information on a variety of transition-age topics. <p>Disability Hub MN disabilityhubmn.org/your-options 1-866-333-2466</p> <ul style="list-style-type: none"> Provides information on employment, housing, health, independence, and money. <p>Disability Minnesota mn.gov/disability-mn/topics/</p> <ul style="list-style-type: none"> Connect with more than 100 Minnesota state agencies, programs, products, and services related to disability issues. <p>MN Transition Guide for Teachers of the Deaf/Hard of Hearing dhh-resources.umn.edu/transition-guide</p> <ul style="list-style-type: none"> The transition guide gives guidance in the area of transition for Deaf or Hard of Hearing students. <p>Olmstead Plan mn.gov/olmstead</p> <ul style="list-style-type: none"> The Olmstead Plan was created to help people with disabilities live their best life. It is legislation that helps make sure people with

Topic	Resource
	<p>disabilities are given the same opportunities as people without disabilities. Learn about the plan, how to get involved, and file a dispute on their website.</p> <p>PACER Center pacer.org/students/transition-to-life 1-800-537-2237</p> <ul style="list-style-type: none"> • PACER’s transitioning to life after high school page includes stories of other individuals and their experiences.
 Finances	<p>ABLE Accounts savewithable.com/mn/home.html 1-888-609-8872</p> <ul style="list-style-type: none"> • Save for qualified disability expenses without risking benefit eligibility. <p>Bridge to Benefits bridgetobenefits.org/Home2 651-227-6121</p> <ul style="list-style-type: none"> • It helps you determine what public programs you may be eligible to receive. <p>DB101 Mn.db101.org 1-866-333-2466</p> <ul style="list-style-type: none"> • Information on how to apply for and keep your benefits and what public programs you may be eligible for. <p>Goodwill Work Incentives Connection goodwilleasterseals.org/services/disability-services?tab=disabilitybenefitssupport 651-379-5800</p> <ul style="list-style-type: none"> • Reviews your social security benefits and how much you can earn to maintain your benefits
 Health & Mental Health	<p>CRISIS TEXT LINE: 741-741</p> <p>SUICIDE HOTLINE: 1-800-273-8255</p> <p>Adult Rehabilitative Mental Health Services (ARMHS) mn.gov/dhs/partners-and-providers/policies-procedures/adult-mental-health/adult-rehabilitative-mental-health-services/armhs-certified-providers/ 651-554-6424</p> <ul style="list-style-type: none"> • Many local mental health agencies provide ARMHS services. It is a mental health skills-based service for individuals who are living with

Topic	Resource
	<p>mental illness. Skills they can help with include medication education and monitoring, basic social and living skills, mental illness symptom management, household management, and employment-related or community living transitions. You must be over 18 years old, on Medical Assistance, and have a completed mental health diagnostic assessment.</p> <p>Dakota County Mental Health co.dakota.mn.us/HealthFamily/MentalHealth 651-554-6424</p> <ul style="list-style-type: none"> Information on Adult Mental Health Services and where to find low-cost mental health services. <p>Fraser Fraser.org 612-861-1688</p> <ul style="list-style-type: none"> Fraser serves children and adults through healthcare, housing, education, and employment. <p>InControl incontrolmn.com</p> <ul style="list-style-type: none"> InControl helps with the quality of life crisis for adults with disabilities. With a team of coaches supporting you, the weekly in-home programs educate, engage, and enable our clients to make wellness a lifestyle. Approaches wellness through a holistic lens by focusing on 4 pillars of wellness: physical, spiritual, social, and nutrition. Contact: kelsey.joson@incontrolmn.com <p>MN Teen Mental Health mnteenmentalhealth.org</p> <ul style="list-style-type: none"> Find information, resources, and support on mental health topics <p>NAMI Namimn.org 651-645-2948</p> <ul style="list-style-type: none"> Free support groups for youth and adults that live with a mental illness and their family members.
 Housing & Home Supports	<p>Direct Support Connect directsupportconnect.com</p> <ul style="list-style-type: none"> Professional Care Assistance job board hosted by the State of MN. <p>MAFOMN</p>

Topic	Resource
	<p>mafomn.com</p> <ul style="list-style-type: none"> Housing and service listings for people with disabilities. <p>Minnesota Center for Independent Living mcil-mn.org/dev 651-646-8342</p> <ul style="list-style-type: none"> Classes to build skills for independence (such as cooking and studying for the driver's test), individualized independent living services, and advocacy programs. <p>RUMI Meetmyrumi.com 651-760-8730</p> <ul style="list-style-type: none"> RUMI is a roommate matching service for individuals on a waiver.
 Legal	<p>Southern Minnesota Regional Legal Services Smrls.org 1-888-575-2954</p> <ul style="list-style-type: none"> Legal assistance with Supplemental Security Income (SSI) denial or termination, Social Security Disability Insurance (SSDI) denial or termination and Guardianship process. <p>Minnesota Disability Law Center Mylegalaid.org 1-800-292-4150</p> <ul style="list-style-type: none"> Help people with disabilities in Minnesota that have civil legal problems. We help people of any age and with any type of disability. They don't charge for our legal services and your income doesn't matter for eligibility. MDLC may be able to help if you are having trouble accessing the programs listed in this guide or if you are denied services.
 Social	<p>Recreation Opportunities co.dakota.mn.us/HealthFamily/Disabilities/Services/Documents/RecreationalDirectory.pdf</p> <ul style="list-style-type: none"> Guide for disability recreation services- activities such as arts, sports, and socialization. <p>Volunteering</p> <p>Hands-On Twin Cities Handsontwincities.org 612-379-4900</p>

Topic	Resource
	<ul style="list-style-type: none"> Connecting nonprofits, volunteers, and companies to provide a high impact in our community. <p>Volunteer Match Volunteermatch.org</p> <ul style="list-style-type: none"> Volunteers and nonprofits connect to achieve remarkable community outcomes. <p>Just Serve Justserve.org</p> <ul style="list-style-type: none"> Volunteer needs of organizations are posted and volunteers may search for places to serve in the community, providing opportunities to help those in need and enhance the quality of life in the community.
 Work	<p>E1MN disabilityhubmn.org/for-professionals/work/e1mn/ 1-866-333-2466</p> <ul style="list-style-type: none"> E1MN is a state agency partnership that helps advance employment outcomes for youth and adults with disabilities. Their goal is to align all of the systems that youth and adults may encounter with employment services. <p>HIRED Hired.org Bloomington Office - 952-303-8303 East St. Paul Office - 651-328-2777</p> <ul style="list-style-type: none"> HIRED provides job skills and employment training to qualified individuals. Youth services provide internships and other employment services. <p>JAN Askjan.org 1-800-526-7234 (Voice) 1-800-232-9675 (ADA Work Voice) 1-877-781-9403 (TTY in the United States 304-216-8189 via text)</p> <ul style="list-style-type: none"> JAN staff can help determine work accommodations that you may need at your job. There is also information about different job accommodations listed on their website. <p>State Services for the Blind mn.gov/deed/ssb/teens/job-life-skills.jsp 1-800-652-9000</p> <ul style="list-style-type: none"> Information for teens and obtaining job skills.