

# Becoming Leaders for Tomorrow (BLT)

The Young Adult Voice in  
Utah's YITRC

# Strengths

- Built on Young Adult Advisory Committee (YAC) from Medical Home grant
  - Established group, experience working together
  - Experience reviewing transition materials on MedHome Portal ([www.medhomeportal.org](http://www.medhomeportal.org))
  - Presentations at state-level learning sessions for providers  
(<http://www.cpd.usu.edu/media/flv/?dir=UT%20Medical%20Home>)
  - Presentation at AUCD
- Added experienced members from People First

# Challenges

- Meetings
  - Setting dates that work for young adult's lives: parents, students, employees
  - Navigating public transportation: not very flexible with scheduling
  - Trying different locations: not the same place
  - Trying different technology: phones, Skype
  - Keeping everyone in the loop between meetings: different styles (email vs. phone)
- Recruiting youth (under 18)

# Young Adults Leading the BLT

- Setting dates and times
- Setting agendas/topics
- Rotating chairperson and location
- Time on agenda for each to speak
- Adding topics to training (social issues)
- Recruiting more members
- Giving input / opinions on activities and topics to post on future website

# Future Plans

- Learning from experiences of other YITRCs
- Recruiting youth and more young adults
- Getting BLT website developed and up
- Attending leadership and transition training
- Mentoring other youth and young adults that will attend training
- Presenting at training and conferences