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Collaborating Institutions and Agencies: SDSU, RCHSD, UCSD, Dept of Rehabilitation (DOR), San Diego Regional Center (SDRC), Grossmont Union High School District, The Institute for Effective Education (TIEE), San Diego Unified School District

Community Identified Need: Our research-community collaborative group, ACHIEVE (Active Collaborative Hub for Individuals with Autism to Enhance Vocational and Educational outcomes), identified a significant need to prepare High School and Transition students for post-secondary education and employment. **66% of youth are failing to transition into college or work after High School**

- Executive functioning and social skills were noted as particularly difficult and research indicates that these skills are related to poor outcomes in adulthood
- NO evidence-based interventions for High Schoolers that teach both sets of skills
- Large increases in population of students with ASD; **1 in 59 students have autism**

Development of Transition Age Youth –TAY SUCCESS: TAY SUCCESS was developed with the research-community collaborative group, ACHIEVE expanded, by adapting and integrating concepts from the original Employment SUCCESS intervention (Baker-Ericzén, Fitch, & Kinnear, 2015).

Target Skills:

- * Executive Functioning skills (Prospective Memory, Attention, Working Memory, Retrieval, Cognitive Flexibility, Problem-Solving, Inhibition, Goal Oriented Thinking, Contextual Awareness)
- * Social Cognitive and Communication skills (Perspective-taking, Social Action Evaluations, Emotional Awareness & Regulation, Professional Conversations, Casual Conversations, Establishing Working Relationships, Using Help/Compliments/Feedback, Social Networking, Social Media Use, Self-Advocacy, PSE/Job Pursuit)

Intervention Delivered: Within Vocational Training Program

- * 8 months in length
- * 1.5-2.5 hr across multiple sessions/classes per week per group (fit into school schedule)
- * High School 15-18 yrs or Transition students 18-22 yrs
- * Small group/class 7-12 students
- * Psychoeducational group with hands on experiences and weekly practice assignments “Try It and Apply Its”

Research Study: One alpha study was completed and one pilot RCT study is underway.

- NIMH funded: Study 1: Alpha Trial n=6 16-21 yrs , Community location: TIEE Cook School & Urban Center
- NIMH funded: Study 2: Pilot RCT Trial n=31 16-21 yrs , Community location: GUHSD 12+, Mt Miguel, Merit, Grossmont HS AMP

Outcomes to Date: Both studies are collecting proximal (skills) and distal outcomes (functioning & educational). Follow up data collection is underway but pre-post data revealed positive outcomes to date.

- Increased Executive Functioning Skills (self-reported, parent reported, staff reported & performance ratings)
- Increased Social Skills (self-reported, parent reported, staff reported & performance ratings)
- Reduced Mental Health symptoms (self-reported and parent reported)
- Increased Daily Living Skills (self-reported and parent reported)
- Educational – to be determined