



# THE HYPE COURSE IN MASSACHUSETTS

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# Acknowledgements



The mission of the Transitions to Adulthood Center for Research is to promote the full participation in socially valued roles of transition-age youth and young adults (ages 14-30) with serious mental health conditions.

We use the tools of research and knowledge translation in partnership with this at risk population to achieve this mission.

Visit us at: <https://www.umassmed.edu/HYPE>  
<http://www.umassmed.edu/TransitionsACR>

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# WHAT IS HYPE?

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# Helping Youth on the Path to Employment

A career & educational service, focused on helping young people with mental health conditions consider and develop...



# HYPE provides Intentional Services in 3 areas:



## **Skill Development**

Skill & Strategy Development

- Goal-directed behavior
- Skills Critical to Success



## **Resource Development**

- Campus/Job
- Peer
- Natural & Paid
- Coordination of Resources for success



## **Accommodations & Assistive Tech**

- Education
- Partnership with Disability Services
- Coaching
- Advocacy



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# Who is HYPE a good fit for?

**HYPE is for young adults, 18-30, who want to:**

Find a career direction

Get a job

Enroll in or return to school or vocational-technical programs

Learn skills for success

And more!





# WHAT ARE THE HYPE COURSES?

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## There are 3 HYPE Courses:



### HYPE Career Decisions

Choosing a career direction with personal and standardized assessment/ planning



### HYPE School Prep

Preparing to Choose, Get, and Keep School/ Education



### HYPE Work Prep

Preparing to Choose, Get and Keep a job



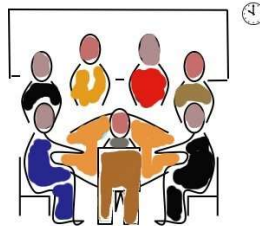




# What does a HYPE Course look like?

## GROUP CLASSES

- 6-7 weekly sessions, depending on the course
- 1 – 1.5 hours, virtual or in-person
- 2 facilitators, including a young adult facilitator
- HYPE at Home



## INDIVIDUAL SESSIONS

- 1 to 1 coaching
- 30-minute sessions
- Help with class assignments, resume development, peer support, etc.



# What people get if they take this course:



Information

Resources

Skills

Full set of Materials

Certificate at the end!

And fun!



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# WE ARE NOW TRAINING OTHERS TO FACILITATE THE HYPE COURSE

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# Facilitator Training Model

- Online & Professional Development Courses
  - Online training: at your own pace
  - Live coaching and support
  - “See one, Do one” – Demo & Practice
- Certification to teach the course at your agency
- Encourage Development of YA Facilitators
- 1-4 hours/week for 6-8 mos. (all 3 courses)



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In sum...



**HYPE** helps young people move from *surviving* to **THRIVING**:

Pursuing goals toward a  
meaningful career  
and financially secure future



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# The HYPE Course/Training has been offered at:



Transitions ACR, Shrewsbury MA (2017)

Webster Clubhouse, Boston MA (2018)

TRACS-SEP Program, Quincy MA (2018)

Impact Center, Springfield, MA (2019)

STEPS, Wayside, Arlington, MA (2020)

Virtually, with YAs from across MA (2020)

YouForward, Lawrence, MA (2021)

Madison Park Development Corp, Roxbury, MA (2022)



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## Contact us!

Email [HYPE@umassmed.edu](mailto:HYPE@umassmed.edu) with questions or to bring the HYPE Course to your area

OR go to our website:  
<https://www.umassmed.edu/hype/>



Thank  
You



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