

**Expanding Employment and Career Pathways for Youth and Young Adults on the Autism Spectrum** 

Transition-Aged Youth Webinar Series
Office of Autism Research Coordination
National Institute of Mental Health

#### Scott Michael Robertson, PhD

U.S. Department of Labor,
Office of Disability Employment Policy





### Describe the Presenter's Background



#### Scott Michael Robertson, PhD

U.S. Department of Labor

Office of Disability Employment Policy (ODEP)

Employment-Related Supports Policy Team

Email: robertson.scott.m@dol.gov



#### **Outline Webinar Objectives**

- Share resources for COVID-19, including for displaced workers and job seekers
- Describe the mission of ODEP and its core initiatives
- Highlight commemoration of 30 Years of the Americans with Disabilities Act (ADA)
- Discuss employment as a social determinant of health
- Share resources on employment access for youth and young adults on the autism spectrum



### COVID-19 Impact on U.S.

- Solidarity with individuals and families affected by COVID-19 and displaced workers and job seekers' barriers
- U.S. Department of Labor's website on COVID-19 resources: <a href="https://www.dol.gov/coronavirus">https://www.dol.gov/coronavirus</a>
- CDC's website on COVID-19 and health protection: <u>https://www.coronavirus.gov/</u>
- Administration for Community Living's website on COVID-19 and staying safe: <a href="https://acl.gov/COVID-19">https://acl.gov/COVID-19</a>
- USA.gov website on the federal response to COVID-19 to protect Americans: <a href="https://www.usa.gov/coronavirus">https://www.usa.gov/coronavirus</a>
- Disaster Distress Helpline from Substance Abuse and Mental Health Services Administration: 1-800-985-5990



# DOL's National Online Dialogue on Family and Medical Leave

- National Online Dialogue on Providing Expanded Family and Medical Leave to Employees Affected by COVID-19
- Participation from March 25 through early April
- Website for the National Online Dialogue: <a href="https://ffcra.ideascale.com/">https://ffcra.ideascale.com/</a>
- Registration to participate and share ideas and thoughts: <a href="https://ffcra.ideascale.com/a/register">https://ffcra.ideascale.com/a/register</a>



# Discuss the Mission of the Office of Disability Employment Policy (ODEP)

ODEP is the only non-regulatory federal agency that promotes policies and coordinates with employers and all levels of government to increase workplace success for people with disabilities.

https://www.dol.gov/odep/



#### **ODEP's Initiatives Include...**

Job Accommodation Network (JAN)

www.AskJAN.org

 Partnership on Employment & Accessible Technology (PEAT) and FutureWorks

www.PEATWorks.org



www.AskEARN.org

Apprenticeship Inclusion Models (AIM) initiative

www.spra.com/aim











U.S. Dept. of Labor supports yearlong commemoration of 30 years of ADA

### **ADA 30**

Americans with Disabilities Act | July 26, 2020 https://www.dol.gov/odep/topics/ADA.htm

### Goals of the ADA Include Ensuring for People with Disabilities...

- Economic Self-sufficiency
- Equality of Opportunity
- Full Participation
- Independent Living

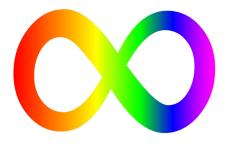


Signing of the ADA into law on July 26, 1990



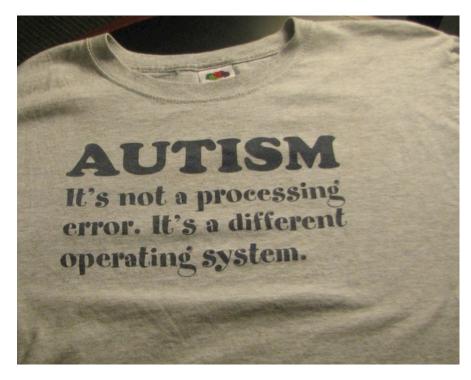
#### **Define Autism**

- Neurological developmental disability with an estimated prevalence of 1-2% (U.S., worldwide)
- Atypical learning, thinking, and information processing
- Challenges and strengths in communication, interpersonal interaction, executive functioning, and sensory/motor activities
- Federal Autism CARES Act of 2019:
  - Research, programs, and resources to support people on the autism spectrum and families
  - Expanded emphasis on supporting people on the autism spectrum across the life course from childhood to adult life





## Autism Means Atypical Processing of the World...



**©Scott Michael Robertson** 





# **Employment Represents a Social Determinant of Health and Wellbeing**

- Association between attaining employment and:
  - Higher quality of physical health and wellbeing<sup>1</sup>
  - Improved mental health and wellbeing<sup>2</sup>
- Connection between independent living and activities of daily living to employment opportunities
- Access to healthcare services through employment: health insurance, employee assistance programs



## **Employment Fosters Health and Wellbeing** for People on the Autism Spectrum

- Employment as a facilitator for greater quality of life<sup>3,4,5</sup>
- Training for vocational skills and employability skills (soft skills) as a facilitator of improved mental health<sup>6,7</sup>



©MissLunaRose12 /CC-by-SA-4.0





## **Expand Employment and Careers for Youth and Adults on the Autism Spectrum**

- Emphasize strengths and talents of people on the autism spectrum to drive employment and career development
- Align gainful employment opportunities with focused interests and vocational interests and preferences
- Mitigate challenges and barriers through:
  - Accessible technology and assistive technology
  - Enhanced work-centered supports and resources
  - Adaptations to the workplace environment (social, physical)
- Foster access to employment-related supports, such as transportation, housing, and healthcare



## Supports for Workers on the Autism Spectrum Enhance Performance...

- Workplace and educator trainings on autism (managers, instructors, team members, etc.)
- Sensory adjustments for workplace and classroom settings
- Mentoring, coaching, and team buddies
- Peer supports, including peer mentoring
- Technological assistance, including for communication
- Customized supports, such as for executive functioning



# ODEP's Pathways to Careers Grants Include Students on the Autism Spectrum

- Long-term demonstration grants at community colleges
  - Tennessee (Pellissippi State Community College)
  - New York State (Onondaga Community College)
- Significant representation of autism among current students' identified disabilities:
  - Pellissippi: ~70% of participating students who identify on the autism spectrum
  - Onondaga: ~19% of participating students who identify on the autism spectrum
- Additional supports needed for work-centered focuses, including job interviewing and career development





# ETA Funded Autism-Focused Grants for Job Development

- Managing the Talent Pipeline in Health Information program
  - American Apprenticeship program (~\$5M/5 yrs.)
  - Autism-focused track for medical coding
- Next Step Job Training and Employment Partnership
  - Tech Hire program (\$4M/5 yrs.)
  - Goal of 450 participants on the autism spectrum in healthcare and IT fields (in the grant proposal)
  - Bootcamps for workforce communication, independent living skills, and employability skills



## Resources

#### **Highlight ODEP Resources on Autism**

• ODEP's Topic Resources Webpage on Autism and Employment:

https://www.dol.gov/odep/topics/Autism.htm

- JAN's Informational Resources on Autism:
  - Accommodation and Compliance Series on Autism:

https://AskJAN.org/disabilities/Autism-Spectrum.cfm

Interviewing Tips for Job Seekers on the Autism Spectrum:

https://AskJAN.org/publications/consultants-corner/vol10iss01.cfm



### Highlight ODEP Resources for Youth and Transition to Employment:

ODEP's Topic Resources Webpage on Youth:

https://www.dol.gov/odep/topics/Youth/

411 on Disability Disclosure:

http://www.ncwd-youth.info/publications/the-411-on-disability-disclosure-a-workbook-for-youth-with-disabilities/

 Skills to Pay the Bills: Mastering Soft Skills for Workplace Success (curriculum developed in 2012):

https://www.dol.gov/odep/topics/youth/softskills/softskills.pdf



### **Highlight Other ODEP Resources (Cont.)**

 Apprenticeship.gov: DOL's website on resources for apprenticeships and finding apprenticeships

https://www.apprenticeship.gov

ODEP's Topic Resource Webpage on Apprenticeship:

https://www.dol.gov/odep/topics/youth/Apprenticeship.htm

## Seek Additional Resources and Information on Employment and Autism

**Contact ODEP:** 

Phone: 1-866-ODEP-DOL

Email: odep@dol.gov

Contact Dr. Scott Michael Robertson:

Email robertson.scott.m@dol.gov



### **Outline References (1)**

- 1. Hergenrather, K. C., Zeglin, R. J., McGuire-Kuletz, M., & Rhodes, S. D. (2015). Employment as a social determinant of health: a systematic review of longitudinal studies exploring the relationship between employment status and physical health. *Rehabilitation Research, Policy, and Education*, 29, 2-26.
- 2. Hergenrather, K. C., Zeglin, R. J., McGuire-Kuletz, M., & Rhodes, S. D. (2015). Employment as a social determinant of health: A review of longitudinal studies exploring the relationship between employment status and mental health. *Rehabilitation Research, Policy, and Education*, 29, 261-290.



### **Outline References (2)**

- 3. Moss, P., Mandy, W., & Howlin, P. (2017). Child and adult factors related to quality of life in adults with autism. *Journal of Autism and Developmental Disorders*, 47, 1830–1837.
- 4. Mason, D., McConachie, H., Garland, D., Petrou, A., Rodgers, J., & Parr, J. R. (2018). Predictors of quality of life for autistic adults. *Autism Research*, *11*, 1138-1147.
- 5. Gal, E., Selanikyo, E., Erez, A. B. H., & Katz, N. (2015). Integration in the vocational world: How does it affect quality of life and subjective well-being of young adults with ASD. *International Journal of Environmental Research and Public Health*, *12*, 10820-10832.





### **Outline References (3)**

- 6. Hillier, A.J., Fish, T., Siegel, J.H., Beversdorf, D.Q. (2011). Social and vocational skills training reduces self-reported anxiety and depression among young adults on the autism spectrum. *Journal of Developmental and Physical Disabilities*, 23, 267–276.
- 7. Connor, A., Sung, C., Strain, A., Zeng, S., & Fabrizi, S. (2019). Building skills, confidence, and wellness: Psychosocial effects of soft skills training for young adults with autism. *Journal of Autism and Developmental Disorders*. doi:10.1007/s10803-019-03962-w

