

Alameda County Behavioral Health Department (ACBHD) is pleased to offer a FREE training

Transitions in Context: Mental Health & Neurodevelopment in Emerging Adulthood



DATE and TIME: Tuesday, August 25, 2026; 9:30AM - 12:45PM

LOCATION: The training is offered virtually via Zoom

AUDIENCE: Alameda County Behavioral Health staff, and its contracted community-based organization (CBO) providers.

DESCRIPTION: This training provides mental health providers with a comprehensive framework for understanding and supporting transitional age youth (TAY) with neurodevelopmental differences (NDD), including autism and related conditions, in the context of co-occurring mental health needs. Grounded in systems-based and person-centered approaches, the course integrates key principles from transition planning frameworks with clinical considerations specific to emerging adulthood, such as identity development, autonomy, risk, and service system shifts. Participants will explore practical strategies to support self-advocacy, independent living, crisis prevention, and mental health stabilization across systems of care.

LEARNING OBJECTIVES - at the end of the training, participants will be able to:

1. Identify at least 4 developmental and system-level challenges unique to transitional age youth with NDD
2. Describe 3 core components of effective transition planning (e.g., person-centered planning, IEP transition services, self-advocacy)
3. List at least 5 independent living or adaptive skill domains relevant to successful adult outcomes
4. Differentiate between at least 3 common mental health presentations in TAY with NDD and their clinical considerations
5. Apply 2 strategies to support self-advocacy and autonomy development in youth with varying communication abilities
6. Identify 3 intervention approaches to reduce crisis risk during key transition periods (e.g., school exit, service changes)

TRAINER: Chelsie Moody holds two master's degrees in Clinical Psychology and is currently a psychology intern specializing in neurodevelopmental differences, disabilities, and trauma-informed care. She is a Program Director within the START model with over eight years of experience supporting individuals with NDD and co-occurring mental health needs across complex systems of care.



Accommodations or Grievance?

Grievance policy: [ACBH Trainings](#)

Training Accommodations: training.unit@acgov.org or (510) 567-8113

Please contact the person listed on this flyer and cc the Training Unit at training.unit@acgov.org. Please make accommodation requests a minimum of five (5) business days prior to training to allow time to make arrangements.

Registration

To register, please use this link:

[REGISTER HERE](#)

Questions? Contact

Jennifer.Ling@acgov.org.

Continuing Education (CE)

CE credit is ONLY provided for County and ACBHD contracted Provider staff.

This course meets the qualifications for **3** hours of CE credit for **LMFTs, LCSWs, LPCCs, and/or LEPs** as required by the California Board of Behavioral Sciences; Alameda County Behavioral Health Care Services (ACBHCS) is approved by the California Assoc. of Marriage and Family Therapists to sponsor continuing education for the target audience of this training, Provider No 65749; for **Addiction Professionals** by the California Consortium of Addiction Programs & Professionals Education Institute (CCAAP_EI), Provider No. 04-604-0626; for **RNs** by the California Board of Registered Nurses, BRN Provider No. 12040; and **Psychologists** as an approved provider by the California Psychological Assoc., Provider No. ALA006.

ACBHD maintains responsibility for this program/course and its content.

Please note: in order to receive CE credit from an ACBH virtual training it is the participant's responsibility to

- (1) attend the full training
- (2) fill in an evaluation, and
- (3) for online/virtual trainings, complete a post-test with a passing score of at least 70%.

CE Certificates will be emailed to qualifying training participants within 30 days after the training.