

**NEWS from the North Dakota Department of Human Services
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A New Web Site Helps Teens Transition to Adulthood

BISMARCK, N.D. – The transition to adulthood can be an exciting but scary milestone for young people. Many 18-year-olds wonder where they will live, whether they should attend college, and how they will support themselves. The North Dakota Department of Human Services' Independent Living Program has launched a new Web site to help make the transition easier. The **ND Youth** Web site can be found at www.nd.gov/ndyouth.

“This Web site was developed by older teens and young adults as a resource for others, especially youth receiving foster care, juvenile justice, or mental health services who are now preparing to live on their own,” said Tara Muhlhauser, director of the Children and Family Services Division.

The **ND Youth** Web site contains 15 individual sections each filled with helpful information on independent living, money management, addiction recovery, careers, employment, cultural resources, housing, education, crisis management, and more. Additionally, the site has over 150 links to local and national organizations, and services young people would find helpful in transitioning to adulthood. There are also special features including tips on job interviewing, how to find an apartment, and “45 things to know before turning 18.”

Muhlhauser said the **ND Youth** Web site not only is a one-stop shop for information, but it also features a section on North Dakota Foster Care services.

Youth from North Dakota's regional and state Independent Living Advisory Boards, in conjunction with Independent Living Coordinators, gathered and researched the content for the site. The **ND Youth** Web site was funded by a grant from the Annie E. Casey Foundation, whose mission is to help build better futures for disadvantaged children in the United States.

For more information on the **ND Youth** Web site, go to www.nd.gov/ndyouth.

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