

What is Mind the Gap?

Welcome to the Mind the Gap program. We hope that this program will help you and other families learn more about your child's needs and/or diagnosis and get connected with services that are important to you.

You will have help from a peer navigator who has a child with a disability and/or has personal experience navigating the service system. Peer navigators are trained in the Mind the Gap program and will bring their own expertise as well. During coaching sessions, peer navigators will share Mind the Gap materials from the Family Resource Binder to meet your family's goals.

We hope the activities and information in the program are useful and make this process easier for you. If not, please let us know so we can try to make the program better! We encourage you to speak freely with your peer navigator so that you can get the most out of the Mind the Gap program.

What can I expect from my peer navigator?

How often will I meet with my peer navigator?

You and your peer navigator will complete 12 coaching sessions together over 4-6 months. You can work with your navigator to figure out the frequency and timing of sessions.

What can I expect during my coaching sessions?

In the beginning, your peer navigator will work with you to identify personal goals you would like to achieve during the Mind the Gap program. During your coaching sessions, your peer navigator will review materials and resources and provide support to help you achieve your goals. At the end of each session, you will be encouraged to identify a few short-term goals or tasks to complete before your next coaching session.

What materials are in the Family Resource Binder?



Activities for caregivers to help them learn about each topic area.



Informational handouts on several topics. Examples include:

- Disability-specific information
- Navigating the System
- Dealing with Stigma
- Healthy Body, Healthy Lifestyle



Local and national resources for more information or support.