



Spring 2025

Hello, North Carolina Postsecondary Education Alliance (NCPSEA)!

We are thrilled to update you with North Carolina-specific content, including community news, collaborative efforts, and tools that can help disabled individuals with their transition to adulthood. We appreciate your dedication to fostering inclusive spaces for all students, both with and without disabilities, especially during what has been a challenging year for so many in our state.

In this Spring 2025 newsletter, we will be covering important community news, IPSE Day Information, advocacy opportunities, and an inclusive program spotlight. We hope that this information will empower current IPSE's, inspire new initiatives, and equip young adults with disabilities with the resources they need for their transition to adulthood.

Thank you for your continuous support and contributions. Enjoy the newsletter!

-Anna Ward, CIDD & Isabella Russo, MSW Intern-

Content (click to jump to the section)

[Inclusive Program Spotlight](#)

[Community News](#)

[2025 NC Youth Leadership Forum](#)

[Updated Contact List](#)

[IPSE Day 2025](#)

[LEND](#)

Inclusive Program Spotlight

HEELS UP

UNC Chapel Hill HEELS UP has had a successful first semester of their year long program! They have **three** individuals enrolled this semester, and they are each enrolled in classes such as **disability studies, physical education, and sculpture**. Part of the success of the program can be attributed to the **coaching staff**. These volunteers work hard to provide **weekly one on one coaching sessions** to ensure the HEELS UP students are receiving the support they need in navigating the college world. HEELS UP is incredibly thankful for these coaches for devoting their time and energy to make HEELS UP a better place for individuals with disabilities! HEELS UP also provides **social opportunities** for students. These include a campus scavenger hunt, social hours, attending campus sports events, and group meals.



Accessible ID: HEELS UP student, Mason, with his coach, Colin in stadium seats outdoors



NCPSE Updated Contact List

Here is the updated contact list! If your contact information has changed since November 2024, or if the listed information is wrong, please email MSW intern Bella Russo at irusso@unc.edu.

Community News

The annual **SEPSEA conference** will be in Asheville on **May 21st-23rd, 2025**. SEPSEA is supporting Asheville with their conference as they continue to recover from Hurricane Helene. This conference will include topics such as **accessibility, IPSE programming, campus & community life, transition across the lifespan, and much more.**

Since most of us will be in person at the SEPSEA conference, we will be meeting in person. Be on the lookout for more details and please try to join us in the afternoon on **May 21st!**

North Carolina Division on Career Development & Transition (NC-DCDT) Transition Conference was this month -March 19-21- in Greensboro! This conference is an excellent opportunity to network with professionals in the field, inform practices, and share knowledge. **BIG Thank you to the IPSE program directors who attended and presented about IPSE!!**

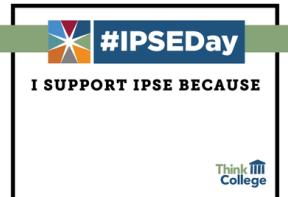
IPSE Day 2025 - May 1st!: What is ISPE Day?

IPSE Day is a day to raise awareness about **postsecondary education options for students with intellectual disabilities**. Students, parents, teachers, and college staff need to know that **college is an option** for students with disabilities!

How can you spread awareness?



You can upload photos, videos, resources, or do a creative activity and share it on social media with the hashtag **#IPSEDay2025**.



You can also post the **downloadable, printable template** to the left to say why you think college is important for people with intellectual disabilities! (Just right-click the image and choose "Save image as..." to download.)

2025 NC Youth Leadership Forum

The 2025 Youth Leadership Forum (NCYLF) delegate and staff applications are open for youth and young adults!

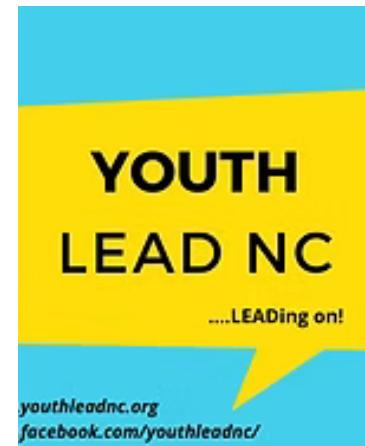
When? July 26th through the 30th **Where?** at NC State University in Raleigh.

The NCYLF is completely accessible and free to all participants.

Any NC resident with any disability from the ages of 15-30 is encouraged to apply

NCYLF is a multi-day and overnight program hosted by the non-profit organization Youth LEAD NC that helps to foster emerging youth and young adult leaders, teaching them to advocate for themselves and in their communities. The NCYLF focuses its activities on developing leadership, communication skills, pre-employment and employment skills, and goal setting throughout the week. It's an opportunity to network, meet other people with varying disabilities, and share perspectives and experiences with others. No worries, we don't leave out fun stuff!

The NCYLF aims to support today's young people in their transition process. This can include transitioning from high school to college, college to work, moving out of parents home, or any other transition phase that may be taking place.



Please find delegate and staff applications [here](#).

All applications are due no later than March 31, 2025!

Applications for NC LEND

Leadership Education in Neurodevelopmental and Related Disabilities



Disabled individuals (**self-advocates**) and their families (**family advocates**) are very important to the LEND program's success. If you identify as either of these, please consider applying! In this program you will:

- Attend **weekly classes** (in person in Carrboro and online) and contribute to weekly online discussion posts about **disability-related material**.
- Gain **leadership training** alongside students in many different study areas.
- Connect with **students and professionals** who care about the lives of people with disabilities.
- Gain **skills in advocacy**, both for yourself and others.

[Application can be found HERE or use the QR code](#)

Interested? please email anna.ward@cidd.unc.edu for more information!



Want more information or to be included in the next edition of the newsletter?

[Email ncpsea@cidd.unc.edu](mailto:ncpsea@cidd.unc.edu)



SCHOOL OF MEDICINE

Carolina Institute for Developmental Disabilities