

## Suggested Timeline for Transition Planning

	Activity	Age Range
	Administer initial vocational assessment	12
	Complete periodic vocational assessments (at least annually)	12-21
	Develop a career plan and update annually (utilize goal setting & backward planning)	12-21
	Participate in strength-based person centered planning	12-21
	Develop skills in self-determination & self-advocacy	12-21
	Explore community leisure activities	12-21
	Notify parents that transition services will be incorporated into the IEP (must be in IEP when student turns 15)	14 (or younger if appropriate)
	Introduce and discuss transition services	14 (or younger if appropriate)
	Develop post-school outcomes with student	14-21
	Develop transition component of IEP and update annually	14-21
	Assure that copies of work-related documents are available <ul style="list-style-type: none"> <li>• Social Security Card</li> <li>• Birth Certificate</li> <li>• Obtain Working Papers (if appropriate)</li> </ul>	14-17
	Identify Diploma &/or Credential student is working toward	14-17
	Obtain parental consent for adult agency linkages	14-21
	Consider employment/volunteer experience	14-21
	Consider need for residential opportunities, including completing applications as appropriate	14-21
	Obtain personal ID card/ driver's license	16-18
	Develop transportation/mobility strategies	16-21
	Investigate SSDI/SSI/PASS/Medicaid programs	16-18
	Consider guardianship or emancipation	16-18
	Involve ACCES-VR/NYSCB as appropriate, 2 years prior to school exit	16-20
	Investigate post-school opportunities (further educational or vocational training, college, military, etc...)	16-21
	Register to vote	18
	Male students register for draft	18
	Review health insurance coverage: Notify insurance carrier of disability & investigate rider of continued eligibility if needed	18 - 21

George Latimer  
County Executive


Department of Community Mental Health  
Michael Orth, M.S.W.,  
Commissioner

## Online Directory of Community Agencies and Programs

The Department of Community Mental Health was created in 1978 with the goals of planning, overseeing and coordinating services for individuals with Mental Illness, Intellectual and Developmental Disabilities and Substance Use Disorders and their families. DCMH continues to operate under those same goals and strives to meet new challenges and address the needs of Westchester residents.

This on-line resource directory has been created in the hope that residents and professionals will find it to be a helpful tool to locate the many and varied resources in Westchester County. Assistance is also available by calling us directly at 914-995-5220. More detailed descriptions of our department's services can be found on our main website at [mentalhealth.westchestergov.com](http://mentalhealth.westchestergov.com).

Sincerely,



Michael Orth, M.S.W.  
Commissioner

## Using this Directory

This directory is designed with streamlined entries to help you find agencies offering the kind of assistance you need. Each entry includes an agency name, address, website, telephone number, hours of operation, ages served, and a brief description of services available. The directory is updated periodically based on agency report.

By choosing the **Directory Search** tab above, you may search for agencies and/or programs by their full or partial names, service type(s), city or zip code.

By choosing the **Services Map** tab above, you may search for agencies and/or programs by their location based on an address you type in, a set location you choose on the map, or by clicking the "my location" icon and choosing the service types you would like displayed from the "layers" section. You can also layer bee-line bus routes and stops onto the map. Clicking on any icon will give you detailed information about the agency, program or bus route.

Please note that Crisis and Inpatient Services information can also be quickly accessed using the tabs above.



George Latimer  
County Executive

Department of Community Mental Health

Michael Orth, M.S.W.  
Commissioner

## Directory of Day Habilitation Programs and other Services Provided by Westchester County Agencies

Updated by Matthew Faulkner

Westchester County Department of Community Mental  
Health  
September 2019

- 1..... **Abbott House**
- 2..... **Ability Beyond**
- 3..... **Another Step**
- 4..... **Arc Westchester**
- 5..... **Cardinal McCloskey Community Services**
- 6..... **Community Based Services**
- 7..... **Community Living Corporation**
- 8..... **David G. Osterer Center for Disability Services at Cerebral Palsy of Westchester**
- 9..... **Devereux Foundation**
- 10..... **Hawthorne Foundation**
- 11..... **IAHD**
- 12..... **Jawonio**
- 13..... **Keon**
- 14..... **Opengate**
- 15..... **Richmond Community Services**
- 16..... **SPARC, Inc.**
- 17..... **Special Citizens**
- 18..... **Taconic Innovations**
- 19..... **YAI Network**

I do hope that this directory will be a helpful resource and guide of the Westchester County Agencies providing day habilitation and other services to individuals with intellectual and developmental disabilities.

Sincerely,

  
Matthew Faulkner

## **1. ABBOTT HOUSE**

The **Abbott House Day Habilitation Program** is located in Irvington, New York in Westchester County. This program provides services to individuals residing in lower, central and upper Westchester County, the Bronx, and in Rockland County. This program is primarily community based and is for individuals who enjoy being active and involved in the community. The program offers a wide array of recreational activities such as exercise groups at NYSC, yoga, bowling, basketball, miracle baseball, trips to arcades, movies, dining out and shopping. We also have an Annual Talent Show, Annual Spring Fling and Self Advocacy events. We are certified to provide Supportive Employment Services. Our volunteer opportunities include Meals on Wheels, Feeding Westchester, volunteering with the Westchester Diaper Bank, and preparing and serving meals at Garrito Manor, a Senior Residence.

<b><u>Contact Person:</u></b>	<b>Christina Biagini, Assistant Director of Day Services and Program Development</b>
<b><u>Location address:</u></b>	<b>100 North Broadway Irvington, New York 10553</b>
<b><u>Contact phone number:</u></b>	<b>914-591-7300x3086 or 914-610-0045</b>
<b><u>E-mail address:</u></b>	<b><a href="mailto:Cbiagini@abbotthouse.net">Cbiagini@abbotthouse.net</a></b>
<b><u>Transportation is provided?</u></b>	<b>Yes</b>
<b><u>Best days/times for tours?</u></b>	<b>Monday-Friday 10am – 2pm</b>

## **2. ABILITY BEYOND**

**Ability Beyond's Day Programs** offer choice and variety to people with developmental disabilities, as well as those with acquired brain injuries and other neurological impairments. We offer a wide continuum of services, both site-based and community-based, within our day habilitation program, as we strive to provide appropriate placements for people of all levels of functioning. Day habilitation services are provided at the same site as our Article 16 clinic, in which many of our participants receive PT, OT, Speech therapy and psychotherapy should they have a need for clinical services. Many individuals in our day programs also work in conjunction with our employment specialists to navigate the ACCES-VR process and find employment if eligible.

Our **Sensory Enrichment** Program caters to individuals who are best served in a site-based program with the facilities and equipment for personal care needs, but who go out in the community occasionally with a one to one ratio. These individuals are largely dependent upon staff for motor skills, speech and/or mobility. Programming focuses on cognitive, visual, sensory and social stimulation using a variety of techniques including massage, music and movement therapy. The individuals often need multiple therapies per week and the staff in the program work closely with the clinical therapist to integrate therapies with daily programming.

The **Access Program** has a site-base to start and end the day, and has individuals spending part of the day participating in volunteer, recreational and leisure activities in the community several times during the week. If not out in the community, the individuals are at the site working on strengthening cognitive, visual, sensory and social skills through the use of the computer, games, writing, arts and crafts, listening activities and hands on manipulation. The staff works in collaboration with clinical therapists to ensure a continuum of care and promote maximum abilities for those who attend therapy at our clinic.

The **WOW Program** is a without-walls option, for individuals who are able to safely access the community with one staff and a group of peers. The participants of this community-based program access local places of interest such as the library, volunteer sites, parks, stores, and local museums. Individuals in this program work on increasing job skills, money management and budgeting, cooking, activities of daily living, and healthy living to name a few. The individuals we serve come from Northern and Central Westchester County. The individuals in this program have the opportunity to participate in internship programs.

**WOW Internships** are a new part of the WOW program. The internships are designed to be a year-long on-site career exploration and training program for individuals that consist of job internship rotations, classroom training and community business exploration. The goal of the program is that the interns participating will secure employment after successful program completion.

**The Youth Development Program (YPD)** is a transitional program for students graduating high school. The individuals in this program will divide their time between class room training to develop prevocational, money management, and soft skill building activities. Participating in internships in order to develop work readiness skills is an option. The goal of this program is to help individuals gain enough skills to graduate to the WOW program and ultimately gain employment through our Career Development Department.

**Galaxy** is a transitional program for students leaving high school. The individuals in this program will divide their time between the class room, work readiness training skills and community activities. The goal of this program is to help individuals gain enough skills to graduate to the WOW program and ultimately gain employment through our Career Development Department.

<b><u>Contact Person:</u></b>	<b>Debbie Reinehr – Information and Referral Department</b>
<b><u>Location address:</u></b>	<b>480 Bedford Road Chappaqua, NY 10514</b>
<b><u>Contact phone number:</u></b>	<b>1-888-832-8247x3072</b>
<b><u>E-mail address:</u></b>	<b><a href="mailto:debbie.reinehr@abilitybeyond.org">debbie.reinehr@abilitybeyond.org</a></b>
<b><u>Transportation is provided?</u></b>	<b>Yes</b>
<b><u>Best days/times for tours?</u></b>	<b>Varies, needs to set-up individually</b>
<b><u>Web-link</u></b>	<b><a href="http://abilitybeyond.org/programs-services/how-to-get-services/">http://abilitybeyond.org/programs-services/how-to-get-services/</a></b>

### **3. ANOTHER STEP**

**Another Step** provides **100% communit- based supports** for our Day Habilitation program. Due to the community based nature of the program, only those individuals who can be supported in a fully integrated community environment will best be served. Consequently, those with significant behavioral support needs, psychiatric issues, physical support needs, medication support needs (during program hours) and personal care needs that cannot be provided for safely within the context of a group, utilizing generic community resources, would not be appropriately served well for this program. The program can accommodate individuals in all parts of the county.

<b><u>Contact Person:</u></b>	<b>Mary Lattari or Lynn Policastro</b>
<b><u>Location address:</u></b>	<b>175 Clearbrook Road, Suite 161 Elmsford, NY 10523</b>
<b><u>Contact phone number:</u></b>	<b>914-946-2288x16</b>
<b><u>E-mail address:</u></b>	<b><a href="mailto:mlattari@anotherstep.org">mlattari@anotherstep.org</a> <a href="mailto:lpolicastro@anotherstep.org">lpolicastro@anotherstep.org</a></b>
<b><u>Transportation is provided?</u></b>	<b>Yes</b>
<b><u>Best days/times for tours?</u></b>	<b>Contact to arrange visit</b>

### **4. Arc Westchester**

**Arc Westchester** serves infants, children and adults of all ages with autism and other developmental disabilities. We are a family-focused agency that offers a range of supports to individuals and their families. Our **Navigation services**, also known as **Short Term Family Assistance** and our **Transiton Services** offers students and families during the years before leaving high school assistance in identifying their next steps after graduation and guidance and support with the OPWDD eligibility process. The Arc Westchester has staff that assists families who speak Spanish.

Arc Westchester **Day Habilitation programs** focus on life skills and independence. Day Habilitation is offered in **Yonkers, New Rochelle, White Plains, Port Chester, Peekskill, Ossining, and Mt. Kisco.** Arc Westchester offers several options specifically for young adults including the **Choices Neighborhood Program** – a fully community based Day Habilitation program which assists individuals to prepare for adult life including the world of work. In addition, we have site based Day Habilitation for those young adults that require the stability of a “home base” and our young adult Project Search Autism Enhancement Community Prevocational program which provides a select group, a time limited, intensive vocational training program using the principles of UNC TEACCH. All of our Day Habilitation programs focus on independence and utilize over 100 volunteer and internship opportunities throughout Westchester County to teach life skills.

Our **Supported Employment program** utilizes an individualized approach to provide career readiness, job skill training, job placement and ongoing support. The Arc Westchester is associated with more than 250 businesses which provide a wide range of employment opportunities to meet individuals' interests and skills.

Other services for young adults include a wide variety of **Recreation and Respite services** including day-long (weekend) recreational experiences, weekend overnight experiences, a college campus **Summer Enrichment** program, and other evening and weekend activities including dances and social events. The Arc Westchester operates a **Free Standing Respite House** in Thornwood to provide a 'break' for parents and caregivers for a day(s) at a time. Lastly, our **Wellness Center** with many locations around Westchester provides psychological evaluations and treatment services in occupation, physical and speech therapy, nutrition, psychotherapy and psychiatry.

Agency website: [www.arcwestchester.org](http://www.arcwestchester.org)

<b><u>Contact Person:</u></b>	Carol Gearing
<b><u>Location address:</u></b>	265 Saw Mill River Road Hawthorne, NY 10532
<b><u>Contact phone number:</u></b>	914-495-4620
<b><u>E-mail address:</u></b>	<a href="mailto:cgearing@arcwestchester.org">cgearing@arcwestchester.org</a>
<b><u>Transportation is provided?</u></b>	Depending on the program
<b><u>Best days/times for tours?</u></b>	9:30am-2:30 pm

## **5. CARDINAL McCLOSKEY COMMUNITY SERVICES DAY HABILITATION**

At Cardinal McCloskey Community Services, we take pride in our Day Habilitation program based out of Valhalla Corporate Office. We offer both a site-based and Without Walls options, allowing us to customize services to each individual's needs. Our Day Habilitation programs focus on community integration through volunteering that could promote vocational skill building and we support individuals with independent living skills. Participants attend regularly scheduled recreational activities fostering opportunities to improve their socialization skills. We have implemented a new program based on Applied Behavioral Analysis (ABA) curriculum. This program has enhanced the services for individuals that are on the Autism Spectrum.

Each individual is afforded opportunities to volunteer in the community. We support individuals who volunteer in environments such as Food Patch, Soup Kitchens, Chambers of Commerce, Adult Day Care Centers, seasonal work with the Office of Tourism of Westchester County, Sharing Shelves and Sugar Hill Farms among others. We also help various organizations such as neighboring Police and Fire departments with bulk mailings. Through these opportunities and others, we promote greater independence in all areas and support their chosen endeavors.

Our Day Habilitation services offers a social environment where individuals build and refine skills to pursue their goals, leading to increased independence and increased options for

employment. We teach skills and help individuals pursue their goals through engaging in everyday activities that are purposeful, meaningful, and often fun. We offer a fun packed weekly agenda including a variety of fun-filled interest driven activities, such as horseback riding; participate in dance instructions, movement classes (Soccer, Zumba, Yoga, Samba, etc.), and we belong to the Miracle League and more.

As with our other programs CMCS works with individuals and families to evaluate skills and together make recommendations that will lead to successful and rewarding choices. Working closely with our supported employment program, the day habilitation team is able to target those areas necessary to pursue vocational interests.

Members of our Day Habilitation could choose to take advantage of our blended services; while enrolled in our Day Habilitation they have the opportunity to develop vocational skills that could lead to paid jobs. In conjunction with our Supported Employment Department, we can provide the supports the individual needs to be successfully employed in today's competitive job market. We serve individuals throughout Westchester County. We do not have clinical services.

**Contact Peoples:**      **Primary Contact – Terril Welsh Director of Day Habilitation**  
914-997-8000x101  
**Secondary Contact – Noreen O'Connor Director of Day Habilitation**  
Services 914-997-8000x149 [Noconnor@cmcs.org](mailto:Noconnor@cmcs.org)

**Location address:**                      115 Stevens Avenue  
Valhalla, NY 10595

**Contact phone number:**              914-997-8000

**Transportation is provided?**        Para transit tickets provided

**Best days/times for tours?**         Call or e-mail for an appointment

## **6. COMMUNITY BASED SERVICES**

**Community Based Services** offers a both **Certified Site Based Day Habilitation** program and **Day Habilitation Without Walls**. Proudly supporting Westchester, Putnam and Dutchess Counties, CBS has been providing quality services for individuals with developmental disabilities for over 30 years. Our Day Habilitation program continues to work in small groups, each with their own vehicle and usually a 2:5 staff ration in the community. Participants receive door to door pick up and drop off from their home. We offer a wide variety of volunteer opportunities, blended with fun recreational activities including exercise, athletics and library time designed to hold each person's attention while developing socialization, safety skills, nutritional awareness, and community integration. Our Day Habilitation without Walls program offers a unique opportunity for our participants to feel the satisfaction of being valued, contributing members of their community. Our person-centered approach helps design our participant's day so that they receive the support they need to succeed in the areas in which they choose to grow. Our Day Habilitation participants will receive programming which satisfies their interest and builds skills using the community as a classroom. CBS is working with area schools to assist graduating students to transition to adult services. With a focus on integrated work settings, CBS can provide a blended

program of Day Habilitation and Supported Employment (SEMP) or Pathway to Employment (PTE). CBS also offers at home Community Habilitation and Respite, as well as Site-Based Respite for people who have already been approved through the Front Door Process.

**Contact Person:** Magda Piacentino

**Home Office:** 3 Fields Lane  
North Salem, NY 10560

**Contact Phone:** 914-236-1150

**E-mail address:** [MPiacentino@CommBasedServices.org](mailto:MPiacentino@CommBasedServices.org)

**Transportation is provided?** Yes

**Best days/times for tours?** Contact to arrange visit

## **7. COMMUNITY LIVING CORPORATION**

**Culinary Connections Program** is a collaboration created to provide “more”. Culinary Connections, LLC and the Pelham Social, LLC, have created a hospitality platform to help promote the lives of adults with disabilities experience “More”. Our goal is to promote success, relationship building and independence. Socializing, Community Inclusion, and Independence are at the heart of success. Therefore, it is our chosen vehicle for change. Our work in the program, and in the community is highly collaborative: committed to Therapeutic Excellence. We believe that overcoming entrenched challenges requires vision, creativity, and effort equal to the scope of the problem.

### **Coming Soon!**

Two Coffee shops in Pelham and in our offices in Mount Kisco, Disco Dinners at our YoLo Night Club, the Baking Studio, Barista Program, Recording Studio, Guitar Studio, Fitness Gym Program, Painting Parties, the Board Game & Video Gaming Café, Coffee Clubs, Fun Fridays, Beaches, Movies....and our 2019 Fall WOW Internship Program.

The philosophy of meaningful engagement not only fosters development and growth but provides the opportunity to live productive and fun-filled lives. We have created an environment where success is not only possible but actual and we see it every day. We have seen how developing a sense of purpose leads to new positive identity. Our programs adapt well to the community by enhancing appropriate professional and public behavior and by teaching a menu of new skills.

We are now developing a range of day services that include Group Day Habilitation, Day Habilitation Without Walls, Community Based Prevocational Services and Self Direction Programs. Our development includes outreach to public and private school systems. We are diligently working with Transition Coordinators, Families and Students. Our goal is to create blended programs of Day Habilitation and Pre-vocational Services which we believe will lead to vocational placements.

**Our Programs provide:** Clinical oversight and consultation by Psychologists, Social Workers, Behavior Specialists, Vocational Therapists, Occupational Therapists and Behavioral Support programs. We also have a comprehensive motivational program. Additionally, we offer evening parties where participants can enjoy the YoLo Lounge & Nightclub in Pelham, New York. Soon

to come semi-annual parent meetings facilitated by our Day Habilitation Participants. Our programs welcome family involvement.

#### **Culinary Connections Contacts:**

**Contact Person:** Jack Mungovan  
**Location address:** 600 Fifth Avenue, Pelham, NY 10803  
**E-Mail addresses:** [Jack@TheCulinaryConnectionsProgram.com](mailto:Jack@TheCulinaryConnectionsProgram.com)  
**Contact Phone:** (914) 239-4700

Or

**Contact Person (2):** Amy Schnitzer-Berman  
**Location Address:** 135 Radio Circle Drive, Mt. Kisco, NY 10549  
**Contact Phone:** (914) 244-9688  
**E-Mail Address:** [amy@advocatesforthedisabledny.org](mailto:amy@advocatesforthedisabledny.org)

### **8. David G. Osterer Center for Disability Services at Cerebral Palsy of Westchester**

CP Westchester serves children and adults with all developmental and intellectual disabilities.

CP Westchester's Day Habilitation Program is a site-based program "with walls" located in Rye Brook, New York. The site-based program (with walls) focuses on personal success, community inclusion and the development of each individual's interests. The program includes person-centered planning, life skills training, socialization, educational programming, sensory activities and recreation. This program provides services to individuals with developmental disabilities of varying functioning levels. CP Westchester's Day Habilitation Programs serve individuals living in all areas of Westchester County.

**Contact Person:** Michele Stramiello, Social Worker  
**Location address:** 1186 King Street  
Rye Brook, NY 10573  
**Contact phone number:** 914-937-3800 ext. 234  
**E-mail address:** [Michele.Stramiello@CPWestchester.org](mailto:Michele.Stramiello@CPWestchester.org)  
**Transportation is provided?** Yes  
**Best days/times for tours?** Monday-Friday, 10:30am

### **9. DEVEREUX FOUNDATION**

The Devereux Adult Program is a day habilitation without walls program for individuals with autism spectrum disorders. The program provides participants with opportunities in the community to learn skills that will assist them in gaining employment and/or enhancing their quality of life. The participants in the program spend the majority of their week volunteering at other non-profit agencies to learn transferable job skills. They also spend a portion of the week on

community self-help and safety skills, and are given choices of community leisure activities. Staff are specifically trained in the needs of individuals on the spectrum and are able to address goals that are targeted towards the core areas of socialization, communication, and behavior. There is active parent involvement in the development of a participant's program and ongoing communication with program staff.

**Contact people:** Krista Scibelli, Director of Community Services  
Sandy Hay, Senior Director of Dayhab Services

**Location address:** 81 Croton Avenue  
Ossining, NY 10562

**Contact phone number:** (845) 331-1660 Krista Ext. 204; Sandy (845) 443-8947 x 398947

- **Email address:** Krista [kscibell@devereux.org](mailto:kscibell@devereux.org); Sandy [shay@devereux.org](mailto:shay@devereux.org)
- **Transportation is provided:** Yes

**Best days/times for tours:** To be set up individually

## **10. HAWTHORNE FOUNDATION**

The Hawthorne Foundation Inc.(HFI) adult day habilitation programs are available for individuals who live in residential settings, as well as by themselves or with family members. HFI provides door to door transportation from many locations for those unable to use public transportation or paratransit services.

Our day habilitation programs offer individuals with disabilities a full day structured environment where they learn vocational, social and daily living skills, and engage in a range of community-based activities through which they can practice and generalize their skills. Principles of applied behavioral analysis are utilized throughout the program in order to assist each person in achieving maximum independence. Individuals are provided with the specific skill training needed, along with the tools necessary for person centered decision making.

The HFI day habilitation programs operate from 9am to 3pm Monday through Friday. Staffing ratios are based on the needs of participants in the program. Each group follows a detailed schedule that adheres to their individual Life Plan goals.

### **Day Habilitation with Walls Program:**

At the Elmsford day habilitation center, individuals are provided with a state of the art facility and programming that combines the best of center-based and community inclusion opportunities.

A daily schedule includes activities such as:

- Vocational and office skills
- Creative arts, music and fitness
- Independent daily living skills, including cooking, laundry and cleaning
- Money management skills
- Socialization and communication skills

These skills are also taught/reinforced during off-site community integration activities throughout the week.

**Contact People:**

**Elizabeth Noble, Day Habilitation with Walls Coordinator**  
**(914) 372-7173 ext. 4010 or [enable.dayhab@hfadm.org](mailto:enable.dayhab@hfadm.org)**  
**Novlette Clarke, Coordinator of Adult Community Programs**  
**(914) 999-3132 ext. 5013 or [nclarke@hfadm.org](mailto:nclarke@hfadm.org)**

**Day Habilitation without Walls Program (WOW):**

HFI WOW groups spend their entire day in the local community. This is consistent with the agency's mission of fully integrating the people we support in the community during program hours. All WOW participants are expected to use public transportation or para-transit to travel to program and back home. Travel training can be arranged to assist individuals to learn these skills.

A typical day for a without walls group may look like the following:

8-9:30am: transportation to the program  
9:45-10:30am: breakfast/socialization/money skills  
10:30-12 noon: volunteer work sites (job readiness skills)  
Noon – 12:30: lunch  
12:30-1:30pm: valued outcomes such as safety, money, vocational and computer skills at various locations within the community.  
1:30-2:30pm: Planet Fitness (memberships provided for program participants)  
2:30-3pm: wrap up and dismissal

**Contact People:**

**Anna Chopra, Day Habilitation WOW Coordinator**  
**(914) 372-7173 ext. 4030 or [annac@hfadm.org](mailto:annac@hfadm.org)**  
**Novlette Clarke, Coordinator of Adult programs**  
**(914) 999-3132 ext. 5013 or [nclarke@hfadm.org](mailto:nclarke@hfadm.org)**

**Location Address:**

**525 Executive Blvd.**  
**Elmsford, New York 10523**

**Transportation is provided? Yes**

**Best days/times for tours? Mornings**

## **11. IAHD**

### **IAHD Tarrytown Day Habilitation**

IAHD (The Institute for Applied Human Dynamics, Inc.) offers a site based day habilitation program for adults with intellectual and developmental disabilities in Tarrytown. IAHD strives to embrace families and enrich lives. While being a site-based day habilitation program, there are many opportunities for people coming to our program to participate in activities in the community (libraries and museums, shopping, bowling, yoga, gym, spin classes, swimming and pet therapy). The program also offers a fully equipped gym, cooking classes, music therapy and a wide variety of art related activities.

IAHD also offers three site-based Day Habilitation programs in various locations in the Bronx. In addition, we offer a day habilitation without walls program, site and community-based pre-vocational services. We also have an art gallery in the Bronx.

IAHD welcomes every person. It is our goal to get to know everyone's dreams, hopes, strengths and needs.

**Contact Person:** Ana Rodriguez, Outreach and Intake Specialist  
**Location address:** 32 Warren Avenue  
Tarrytown, NY 10591  
**Contact phone number:** (914) 220-4326  
**E-mail address:** [arodriguez@iahdny.org](mailto:arodriguez@iahdny.org)  
**Transportation is provided?** Yes  
**Best days/times for tours?** Monday through Friday 10am-1:30pm  
**Person in charge of Admissions:** Sophia Lulgjuray  
**Contact number:** (914) 220-4325  
**Email address:** [slulgjuray@iahd.org](mailto:slulgjuray@iahd.org)

## **12. JAWONIO**

**Jawonio's Westchester Day Habilitation** offers both **Without Walls** and **Site Based** day habilitation services. Numerous and varied community integration activities and volunteer opportunities are an integral part of the participant's week. Jawonio also has begun a Community integrated Pre-vocational Service. This offers participants opportunities to explore their work interests and develop their work behavior skills while being integrated within the community as well as involvement with our Thrift Shop which is open to the public. Some of the participants are involved with OPWDD ETP (Employment Training Project) and are in paid work internships with companies in the community. These individuals are supported on the internship with one to one Jawonio job coaching and attend day habilitation on the days they are not working to continue to develop their skills. The goal is to lead to a permanent community based job. Services are for intellectually disabled adults, some with dual diagnosis and behavioral issues, who live in Yonkers and Mount Vernon. There are medication certified staff for individuals who need to take medication during the day. Services are participant driven with activities based on individual needs and interests. We also offer Site-based Respite 3 days per week from 3-6pm and have developed a sensory room.

**Contact Person:** Shedricka Edwards (Program Director)  
Shana Yee (Team Leader/Day Habilitation Supervisor)  
**Location address:** 176 South Broadway  
Yonkers, NY 10701  
**Contact phone number:** 914-963-8666  
**E-mail address:** [shedricka.edwards@jawonio.org](mailto:shedricka.edwards@jawonio.org)  
**Transportation is provided?** Yes  
**Best days/times for tours?** Monday-Friday between 10:30am (best time) – 1:30pm

### **13. KEON**

**The Keon Center offers blended services (Day Habilitation, Day Habilitation WOW, Community Prevocational Program, Pathways to Employment Program, Supportive Employment Program, ACCESS-VR, ETP, After Hours Respite, At Home Respite and Community Habilitation for individuals with special needs who are interested in vocational development.**

**SITE-BASED DAY HABILITATION – helps the individual build on their social communication skills along with having opportunities to explore their community for different activities.**

**DAY HABILITATION WOW – program offers volunteer opportunities to develop skills for possible future employment along with building on social and communication skills. Volunteer sites that are offered include: Meals on Wheels, the Field Library Book Store, Cornwall Food Bank, Boscobel, local farms and gardens and allowing for a large variety of volunteer activities to explore. Participants in the program are active in Miracle League Baseball team and provide opportunities to participate in community activities. Keon now offers transportation within a 15 mile radius with pick-up beginning at 7:30am and drop-off begins at 2:15.**

**COMMUNITY PRE-VOC – This program offers opportunities to learn new skills while in work settings and to help strengthen all their abilities. The internship program allows individuals to go into local businesses and learn different types of jobs so as to be independent in the future. Participants attend classes to strengthen their soft skills of communication, appropriate work habits, and problem solving. This program has become a stepping stone towards the lives that each individual wants for themselves.**

**PATHWAY TO EMPLOYMENT This program is person-centered, employment planning and support wraparound service that provides assistance for individuals to discover the opportunities that are available to them, as well as learning more about themselves and their community while developing a path towards the future they would like to create for their life. Pathways lasts for 278 hours or 365 days whichever comes first.**

**SEMP – Supported Employment Services (SEMP) is a person-centered employment planning and support service that provides assistance for an individual to obtain, maintain and advance in a job in the community. The goal of this service is sustained employment at/or above minimum wage that meets the individuals personal and career goals. Job coaching is provided until the individual feels comfortable working independently. The job coach works alongside the individual to ensure safety measures are observed; teaches and prompts the individual to perform tasks in the proper manner.**

**ETP –ETP stands for the Employment Training Program. ETP offers individuals an opportunity to work in an internship that will lead to permanent employment in a community business. During the internship, wages will be paid through ETP while the individual learns the skills needed for the job. ETP participants also attend job readiness classes. These services include increased job development, job coaching, as well as assistance with other employability skills**

**COMMUNITY HABILITATION** – This is a 1:1 service that takes place in the home or in the community. Staff will assist the individual with life skills, community activities, work at volunteer sites; medical appointments, safety and money skills, etc.

**COMMUNITY HABILITATION RESIDENTIAL** – 1:1 service offered to those who reside in a group home. Community Habilitation can only take place within the community Mon-Fri. 9am-3pm.

**IN-HOME RESPITE** – Staff will come to a family’s home and provide 1:1 supervision for your family member. This provides the opportunity for needed time for other responsibilities.

**AFTER HOURS RESPITE** – This is a site-based respite program that occurs Mon, Wed, and Fridays from 3-6pm. Individuals have the opportunity to do various activities. Dinner is provided on all 3 days with the opportunity for individuals to work on their cooking skills. This program is also available to High School Students.

**ACCESS-VR** – When an individual is not eligible for waiver services and their goal is to obtain employment, our ACCES-VR specialist will set up an interview and determine whether or not this service would benefit the individual.

**FSS-** FSS stands for Family Support Services. The goal is to help families with a disabled family member to stay at home in their natural environment for as long as possible and assisting them with OPWDD eligibility, Benefits, Future Planning, and Respite Referrals.

<b><u>Contact People:</u></b>	<b>Angela Cignarale, Program Coordinator Cynthia Belcastro, Intake Coordinator</b>
<b><u>Location address:</u></b>	<b>2 John Walsh Blvd., Suite 1 Peekskill, New York 10566</b>
<b><u>Contact phone number:</u></b>	<b>(914) 737-6980 ext. 4143 (Cindy Belcastro) (914) 648-0185 (Angela Cignarale work cell)</b>
<b><u>E-mail address:</u></b>	<b><a href="mailto:Angela.Cignarale@keoncenter.org">Angela.Cignarale@keoncenter.org</a> <a href="mailto:Cindy.Belcastro@keoncenter.org">Cindy.Belcastro@keoncenter.org</a></b>
<b><u>Transportation is provided?</u></b>	<b>Yes, Keon provides transportation within a 15 mile radius</b>
<b><u>Best days/times for tours?</u></b>	<b>Mon.-Fri between 8am – 2pm</b>
<b><u>Programs offered:</u></b>	<b>Day Habilitation Group, Day Habilitation site-based, Community Pre-vocational, SEMP (Supported Employment), ETP, Pathways to Employment, Community Habilitation, In-Home Respite, After-hours Mon-Wed-Fri from 3-6pm – This is a respite program that is site-based at Keon, Family Support Services – Info/Referral and Evening Recreation (monthly events).</b>

## 14. OPENGATE

**Opengate's Day Habilitation Program** is located in Hawthorne, NY. This centralized location within the county facilitates access throughout Westchester. The program site encompasses a modernized facility to provide an inviting home base for our Day Habilitation program (**site-based "with walls"**) that assures in-house activities and extensive community opportunities, e.g. local entertainment venues, volunteerism, computer training, personal fitness and recreational events are close at hand. **Opengate** also offers a **"Without Walls" Program**. This Program gives additional choices and community inclusion opportunities. The participants report high rates of satisfaction and enjoy the variety of programs and activities. **Opengate** continues to serve Developmentally Disabled adults who come with a variety of individualized strengths and needs including, but not limited to, those on the autism spectrum and those needing behavioral support to reach their potential and have a positive and productive day.

**Opengate** also provides the following services: community habilitation, respite and supportive employment.

**Contact People:**

**Caroline Shenefield, LCSW Social Work Coordinator**  
**Ronald Ruphuy, Director of Day Services**

**Location address:**

**10 Skyline Drive**

**Hawthorne, NY 10532**

**Contact phone number:**

**(914) 372-3014 x 1308 Ron**

**(914) 557-0784 Caroline**

**Contact e-mail address:**

**[Carolines@opengateinc.org](mailto:Carolines@opengateinc.org)**

**[ronr@opengateinc.org](mailto:ronr@opengateinc.org)**

**Transportation is provided?**

**Yes**

**Best days/times for tours:**

**Thursday after 10am**

## 15. RICHMOND COMMUNITY SERVICES

**Richmond Community Services** offers site-based day habilitation services in Mount Kisco and Yonkers. The mission of our day habilitation program is to offer person-centric, individualized opportunities for adults living with disabilities who require complex levels of medical, personal care, and ambulatory supports. Computer-based learning and sensory stimulation is available and can be customized to meet the diverse needs of those served. Our programs focus on supporting individuals to improve their functional mobility skills through engagement in purposeful activities. The MOVE (Mobility Opportunities Via Experience) philosophy is brought into all program rooms for those individuals who will benefit. Basic mobility skills include sitting, standing, walking and transitioning, with or without the use of specialized adaptive equipment. We are fortunate to have volunteers who visit weekly to offer their services, including: a licensed massage therapist, who offers gentle massage to those interested; a therapy dog that offers interested participants the opportunity to increase socialization, while creating motivation to engage in physical activity; and graduate school interns during their Fall semester who promote socialization and educational opportunities. Community inclusion outings include recreational, educational and volunteer experiences.

**Day Program North**

**Contact Person:**

**Catherine "Kit" Sloat, Manager**

**Location address:**

**272 North Bedford Road**  
**Mount Kisco, NY 10549**

**Contact phone number:** 914-471-4183  
**E-mail address:** [Csloat@richmondcommserv.org](mailto:Csloat@richmondcommserv.org)  
**Transportation is provided?** Yes  
**Best days/times for tours?** Monday-Friday, by appointment

### **Day Program South**

**Contact Person:** Patricia Grandison, Manager  
**Location Address:** 1291 Saw Mill River Road  
Yonkers, NY 10710  
**Contact phone number** 914-226-8714 Ext. 5971  
**E-mail address:** [Pgrandison@richmondcommserv.org](mailto:Pgrandison@richmondcommserv.org)  
**Transportation provided:** Yes  
**Best days/times for tours?** Monday-Friday, by appointment

## **16. SPARC, Inc.**

### **Alternative to Traditional Day Habilitation or "without walls" program**

**LINK-UP** is an innovative daytime program. It engages young adults who have finished high school with community integration and independent living activities. We meet in downtown White Plains, offering a range of young adult growth opportunities. The program supports higher ability participants with a 4:1 staff ratio. Participants learn about navigating their own world by being part of the community, utilizing municipal services, public transportation, visiting exhibit and local cultural sites, going on tours, handling money and practicing pre-vocational skills. Additionally, the group participates in community service, volunteer work and intergenerational experiences with children and senior citizens. SPARC provides experiences that promote lifelong learning through instruction in life skills, guest instructors and educational programs that engage our participants' minds, bodies and spirits. Participants can bring their own lunch or purchase it locally. Transportation is by family arrangement.

**Contact Person:** Gwyn Vandross, Program Coordinator  
**Contact Phone Number:** 914-243-0583 ext. 1105  
**E-mail address:** [gwyn@sparcinc.org](mailto:gwyn@sparcinc.org)  
**Place:** White Plains Presbyterian Church, White Plains  
**Address:** 39 North Broadway White Plains, NY 10601  
**Time:** Monday – Friday 9am – 2pm; additional days 2-4pm,  
Special interest workshops: Monday through Thursday  
Includes yoga, art, Life skills and theater  
**Cost:** This is a Medicaid Respite Waiver program and includes  
a program enhancement fee based on the number of days  
enrolled each week: 1 day \$250; 2 days \$325; 3 days  
\$400; 4 days \$600 and 5 days \$700  
Cost includes 50 weeks of program enrollment.  
Medicaid ineligible applicants may call for scholarship  
Information: (914) 243-0583 ext. 1110 or ext. 1101  
**Start Dates:** 9/3/19 (September – August, rolling admission)

## **17. SPECIAL CITIZENS FUTURES UNLIMITED, INC.**

**Special Citizens Futures Unlimited, Inc.** currently operates Group Day Habilitation, a site-based program (“with walls”) to serve adults on the Autistic Spectrum living in Westchester County, Bronx, and Manhattan. The Spectrum Space and Metro Day Habilitation Program participants vary in age, performance levels and skills, but share common traits and challenges specific to their disability. Recreational programs offered at these programs consist of innovative body movement core connected to arts, computers, music, and volunteer activities emphasizing the development of communication and socialization skills. For those eligible, there is the opportunity to work with Article 16 Clinic consultants for speech and psychotherapy services. Staff training follows OPWDD regulations with additional training regarding Autism. The ratio is 5 participants per staff.

**Spectrum Space Day Habilitation Program**  
**Contact Person:** Christine Carter, Managing Director  
**Location address:** 500 Executive Blvd., suite 147  
Elmsford, NY 10523  
**Contact information:** cell (917) 783-3271, office (914) 347-4331  
Fax: 646-224-0983  
**E-mail address:** [Christine.Carter@specialcitizens.org](mailto:Christine.Carter@specialcitizens.org)  
**Best days/times for tours?** Monday thru Friday 11am-2pm  
**Transportation is provided?** Yes by the agency

**Metro Day Habilitation Program**  
**Contact Person:** Katrina Potter, Managing Director  
**Location address:** 1775 Grand Concourse, 4<sup>th</sup> Floor  
Bronx, NY 10453  
**Contact information:** cell (917) 439-6428, office (718) 885-4630 x 204  
Fax: 917-801-0321  
**Email address:** [Katrina.Potter@specialcitizens.org](mailto:Katrina.Potter@specialcitizens.org)  
**Best days/times for tours?** Call to schedule  
**Transportation is provided?** Yes by the agency

## **18. TACONIC INNOVATIONS**

**Taconic Innovations Group Day Habilitation is a site-based program.** The focus of the program is based on Person-Centered Planning and Choices. We offer a variety of on-site and **community-based** activities. We also offer some real-life job training while on-site. We serve individuals who are developmentally disabled, on the autistic spectrum, and individuals who are behaviorally challenged. Individuals are from various parts of lower and upper Westchester counties including Mount Vernon, Yonkers, Peekskill, Mohegan Lake, Tarrytown, Pelham and New Rochelle.

**Contact People:** Matthias One-Eseleh, Director 914-668-9041x4105  
[Mathias@Taconicinnovations.com](mailto:Mathias@Taconicinnovations.com)  
Diallo Dialikatou, Intake Manager 914-668-9041x4110

**Gladys@Taconicinnovations.Com**

**Blessing E. Oni-Eseleh, Chief Operating Officer, Taconic Innovation  
Inc.**

**914-668-9041x3104**

**Blessing@Taconicinnovations.Com**

**Location address:**

**25 Beechwood Avenue**

**Mount Vernon, NY 10553**

**Contact phone numbers: 914-668-9041x4104/x4112/x3105/x3112**

**Transportation is provided? Yes**

**Best days/times for tours? Mon.-Fri between 10:30 – 1:30**

**Program Hours of Operation: Monday-Friday 9am-3pm**

**Taconic Innovation's Star Supplemental Group Day Habilitation Program is for adults 21 years and older. This program helps individuals enhance skills they are currently learning in their regular Day Program and their social skills through recreational activities. Activities include: On-site activities such as arts and crafts, specific learning skills and various community activities. Requirements for this program are that individuals must be waiver enrolled or enrolled in a Day Habilitation program.**

**Contact People: Same as above**

**Location address: 25 Beechwood Avenue  
Mount Vernon, NY 10553**

**Contacts phone numbers: Same as above**

**E-mail addresses: Same as above**

**Transportation is provided? Yes**

**Program Hours of Operation: Monday-Friday 4-6pm  
Saturdays and Sundays 9am-3pm**

## **19. YAI/Network**

### **YAI Tarrytown Multi-Service Center:**

**This large site-based day habilitation program consists of adults with a wide range of abilities and in the process of developing community-based programming as well. Each person is assisted in developing fundamental skills in the areas of volunteer work, community integration, self-awareness, communication, personal care, mobility and sensory integration. Clinical services are provided.**

**Contact person: Elizabeth Andrade**

**Location address: 677 White Plains Road  
Tarrytown, NY 10591**

**Contact information: (914) 631-2400x1334**

**E-mail address: [Elizabeth.andrade@yai.org](mailto:Elizabeth.andrade@yai.org)**

**Transportation is provided? Yes**

**Best days/times for tours? Monday thru Friday 10:30am or 1:30pm**

**YAI Elmsford Day Habilitation Program:**

This **community-based program** consists of people who are developing fundamental functional skills, personal awareness skills, and increasing their productivity through integration into local neighborhoods. Individuals are out in the community most of the day working at a variety of volunteer sites and utilizing community services.

**Contact person:**

**Elizabeth Andrade**

**Address Location:**

**33 West Main Street  
Elmsford, NY 10523  
(914) 592-1648**

**Contact information:**

**(914) 631-2400x1334**

**E-mail address:**

**elizabeth.andrade@yai.org**

**Transportation is provided?**

**Yes**

**Best days/times for tours?**

**Monday thru Friday at 9:30am**



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<https://www.wihd.org>

*Welcome!*

Community Support Network Transition Institute 2021

# Effective Transition Planning and Post Secondary Placement Considerations for Students with Significant Disabilities



Parent Q & A Discussion

*Community Support Network at WIHD  
January 2021*

# Would you rather . . . .?

Have the kids go back to school?



. . . . .OR . . . .

Keep the kids home for remote learning?



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# Would you rather . . . . .

Continue to work from home



. . . .OR . . . . .

Go back to work onsite?



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# Post Secondary Pathways for Students with Disabilities



# Student Exit Summary

*(Form for Students Eligible for NYSAA)*

Documents levels of independence in ...

- Career development
- Integrated Learning
- Universal Foundation Skills → →

- Basic Skills
- Thinking Skills
- Personal Qualities
- Interpersonal Skills
- Technology
- Managing Information
- Managing Resources
- Systems

*\*Can be used as a planning tool for any student!*



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# Day Habilitation Programs

- Non-residential setting (site based, without walls) funded by OPWDD
- Assist in acquisition or improvement of self-help, socialization and adaptive skills (hygiene, money, soft skills for work)
- Activities/environments designed to foster development of skills, appropriate behavior, independence, community integration, building relationships, self-advocacy and informed choice.
- Often includes some amount of volunteer work



# Options in Day Hab Programs

- WOW (Without Walls)
- Volunteer Opportunities
- Skill Building
- Pre-vocational training
- Supported Employment



# Pre-Vocational Training Programs

- Teach soft skills of working – goals for competitive employment in chosen field
- Sometimes resume writing, interview skills, and internships
- Based on individual's vocational interests
- Sometimes paid for work, sometimes not



# Exploring Programs

- Questions to ask
- What aspects of skill building are available?
- What is the range of capacity of participants in the program?
- What is the extent of community integration?
- How does he/she respond to the environment?
- Don't underestimate / don't overestimate - work from data - what can he/she do independently? What does he/she need support with? (SES, Life Plan)



# Promoting Self-Determination

Self Determination – the skills, knowledge and beliefs that enable a person to engage in behavior that is goal directed, self-regulated and autonomous.

Choice making  
Self-Esteem  
Learning to explore options  
Taking Risks  
Problem Solving  
Setting Goals  
Understanding their challenges



# Self Determination and Planning

- Individuals with I/DD are entitled to the opportunity to communicate and make choices. They can be supported in meaningful decision making about what they do, where they do it, and how they are supported.
- What are his/her preferences?
- What are his/her interests?
- What are his/her strengths?
- What are his/her aversions? Fears? weaknesses?



# Community Supports

- **OPWDD** (Office for People with Developmental Disabilities) ([www.opwdd.ny.gov](http://www.opwdd.ny.gov))
  - Supports for individuals with developmental disabilities
- **ACCES-VR** (Adult Career and Continuing Ed Services – Vocational Rehabilitation) (<http://www.acces.nysed.gov/vr>)
  - Assists individuals with disabilities to achieve and maintain employment and to support independent living
  - Individualized Plan for Employment (IPE)
- **OMH** (Office of Mental Health) ([www.omh.ny.gov](http://www.omh.ny.gov))
  - Facilitates support for those with serious mental illness, support for families in social and emotional development, and early identification and treatment of serious emotional disturbances





*Questions?*

***For more information contact:***

Community Support Network  
Westchester Institute for Human Development

Phone: (914) 493-8119

Email: [csn@wihd.org](mailto:csn@wihd.org)



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