



Westchester Institute
for Human Development

<https://www.wihd.org>

Welcome!

Community Support Network Transition Institute 2022

THE MAGIC ON THE HILL



SUMMIT CAMP



INTRODUCING OUR TRANSITION PROGRAMS:



THE CENTER



THE I.L.C.

Summit's programs are located in **Honesdale, PA**, about 3 hours from NYC. THE CENTER program is a 7 week intensive that occurs in the summer months of July and August.

The I.L.C., or Independent Living Center, is a long term program that occurs from September through May.

BOTH PROGRAMS FOCUS ON THE DEVELOPMENT OF KEY SKILLS FOR THE TRANSITION TO ADULTHOOD: SELF-CARE, PRE-VOCATIONAL EXPERIENCES AND INTRODUCTORY WORK PROGRAMS, AND SOCIAL DEVELOPMENT.





Participants live in shared housing units that have private rooms with shared kitchen, living, and bathroom areas. A significant component of the program is learning how to live in this cooperative environment and to complete necessary self care and housekeeping duties. Participants will learn to prepare meals, keep their own spaces, and engage in duties such as laundry and dishwashing.



The Facilities

Shared Housing Units



The CENTER and the I.L.C. program are geared towards young adults who are in the early steps of life post high school. They need some additional support as they navigate their new independence in order to have a successful experience as they move towards long-term fully or semi independent living settings.

Generally, our participants have the capability to do many aspects of self-care and can work in a number of vocational settings with appropriate supervision and direction. They may require ongoing support to ensure these skills are performed/maintained. They do not require others to perform self-care tasks for them directly.



The Participants

Young Adults 18-27



"Around the house"

- Doing one's own laundry
- Washing dishes after a meal
- Independently preparing basic hot meals such as pasta with sauce, eggs and toast, or grilled chicken
- Changing bedding and making beds daily
- Vacuuming and sweeping shared spaces
- Receiving self-care reminders only as needed
- Coaching to help with various tasks that are challenging or not being done sufficiently for self-care

Program Components

Examples of Regular Learning and Social Activities

"In the Community"

- Engage in shared activities with other participants, such as games or going to a movie together
- Regular attendance at the local YMCA fitness center
- Take small trips to a theme park, mall, or state park
- Keep a budget for discretionary spending and carry a wallet/identification with you

"At Work"

- With staff support, find and attend a regular worksite in the community
- Using assessments and working with staff on-site, identify skills and deficits in the worksite
- Participate in group activities to replicate worksite activities in the campus setting, such as a group activity in the dining hall
- Practice interviewing and resume development, practice job application processes

**THE CENTER: 7 WEEKS FROM JUNE 26TH
2022 THROUGH AUGUST 13TH, 2022;
CONTINUOUS- \$16500**

**THE ILC: 9 MONTHS FROM SEPTEMBER 2022
THROUGH MAY 2023; CONTINUOUS WITH
HOLIDAY BREAKS- \$65000**

Summit participants are on-site during the programs 24 hours a day, 7 days a week. The ILC includes a holiday break for winter and spring.

All meals, activities, staffing, transportation within programs, housing, and services are included in tuition costs.

Summit will engage with any agency or participant representative to discuss funding options, but we cannot guarantee funding through any service provider as we are a private program.

Summit programs universally cost between \$12 and \$15 an hour.

Sessions and Costs

Duration and Financial Overview

OUTCOMES?

- All participants employed in community setting
- All participants completing their own daily living tasks with supervision
- Improving self-esteem and confidence
- Taking on new challenges and accepting limits

The MOTIVATION of SUCCESS



**THE I.L.C. PET
RABBIT**

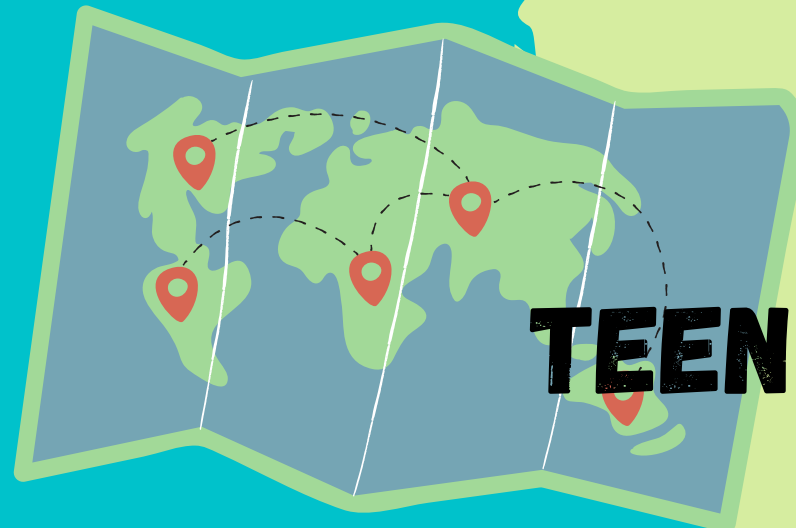
All of Summit's programs help our populations develop life skills!



SCHOOL- YEAR WEEKENDERS



THE CENTER AND THE I.L.C.



TEEN TRAVEL



SUMMER CAMP



Honesdale, Pennsylvania

THANKS FOR JOINING US!

THE MAGIC ON THE HILL



SUMMIT CAMP



www.summitcamp.com

570-253-4381



Vista Life Innovations

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About Vista



Located along the picturesque Connecticut shoreline, Vista has three primary campuses in Westbrook, Madison and Pawcatuck, CT.

Phase 1

Phase 2

Phase 3

Discover Program

Phase 1

- A community-based, accredited and curriculum-driven program.
- 38 students reside in a dormitory setting with 24-hour / 365 days a year staff support.
- Each student's schedule is individualized based on their baseline of skill ability which is assessed during the admissions process.



Discover Transition

Phase 2

When students begin to gain confidence and are preparing for graduation, they move into shared condominiums located adjacent to the dormitory in Westbrook.

- Students begin to balance a higher level of independent living (work, social, enrichment) in a less supported setting.
- They begin to explore housing conducive to their lifestyle preferences, and partner with their team to create an individualized support plan to prepare for living independently in the community.



Engage Outreach

Phase 3

Members live in the community independently, with housing and employment.

Vista Life members have access to a variety of services, programs, and support 24 hours a day / 365 days a year.

- Individualized supports for all stages of adult life
- Connect & Connect Through Art Day Programming
- Benefits and Advocacy Services to navigate the world of entitlements, funding, trusts and more!



**Cognitive/
Social Skills**

The Community is The Classroom

**Vocational
Skills**



Life Skills

Skills Routinized Across Settings

**Community
Integration**

Cognitive/Social Skills



- Verbal and nonverbal communication
- Social awareness
- Managing emotional responses
- Utilizing self-directed coping strategies



Life Skills

- Following a schedule
- Time management
- Decision-making
- Problem-solving
- Planning for and carrying out plans
- Cooking
- Meeting obligations



Vocational Skills



- Marketable job skills
- Time management
- Self-advocacy
- Accepting constructive feedback
- Self-awareness
- Technological skills



Community Integration



- Personal safety concepts and practices
- Safely accessing community-based resources
- Utilizing a variety of transportation services



Outcomes



- 2-3 year average length in the Discover Program
- Over 90% of Vista graduates remain in the Vista community and live along the Connecticut shoreline
- Nearly 80 Recreational and Create (Quality of Life) opportunities for students and members



Longevity

- 98% of our students and members are competitively employed
- 77 community-based employers
- Employment Anniversaries:
 - 11 Five Year Anniversaries
 - 10 Ten Year Anniversaries
 - 2 Fifteen Year Anniversaries
 - 1 Twenty Year Anniversary



Applicant Readiness

- Initiates and completes self-care routines
- Follows a schedule
- Manages down time
- Expressive language
- Self-advocacy skills
- Basic personal health and safety skills
- Intrinsic motivation



**How to
Prepare**

An aerial photograph of a coastal town. In the foreground, there's a large blue circular graphic. The background shows a marina with many boats, green fields, and houses. A smaller blue circle is on the right side of the image.

How To Prepare

- Student focused goal-setting
- Identify a baseline of skills
- Managing downtime
- Intrinsic motivation
- Social and communication skills
- Decision-making and problem-solving

Funding

An aerial photograph of a coastal town. In the foreground, there's a large blue circle containing text. To the right, there's a smaller blue circle. The background shows a marina with many boats, green fields, and houses. The sky is clear and blue.

How To Prepare

- Student focused goal-setting
- Identify a baseline of skills
- Managing downtime
- Intrinsic motivation
- Social and communication skills
- Decision-making and problem-solving

Funding

An aerial photograph of a lush green golf course with a winding waterway and a marina. A large blue circle is overlaid on the center of the image, containing white text. The background shows a mix of green grass, dense trees, and a few buildings.

Funding

Various public and private funding sources

- Private pay
- School Districts
- Entitlements
- Scholarships
- State
- Local

Learn More

Let's continue the conversation, visit our booth
or give us a call!



Suzanne Gregory

Admissions Manager

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(860) 399-8080, Ext. 106 or (203) 535-4904

Visit me at my 10:30 a.m.
presentation!

***Post-Secondary Pathways
for Neurodivergent Students***

Thank You!



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Ramapo
for Children

STAFF ASSISTANT EXPERIENCE

Information Session

Winter 2023



Who:

- Neurodiverse young adults ages 17-26
 - ▶ summer and weekends start at 17, year round starts at 18
- Individuals diagnosed with ADHD, Autism Spectrum Disorder, learning challenges, and mental health disorders
- Young adults seeking independence and interested in learning about employment skills
- Those who need additional support navigating adulthood

What:

- A transition to independence program where young adults live on the Ramapo campus for an average of 2 years to learn skills and make friends.
- A community: Ramapo programs and staff members are all part of the greater Ramapo community
- A program that prides itself on individualized and person centered programming

Where:

- Located in the Hudson Valley region of New York State
- Rhinebeck, NY
- Ramapo's 250 acres campus

The Staff Assistant Experience



- Independence is subjective – SAE measures skill development and our goal is to improve upon an individual's social/emotional learning, vocational skills, and activities of daily living.
- Ultimate goal is for an individual to build the endurance to reach 20 hours per week of paid off campus employment or post-secondary education.
- Participants receive daily check-ins as needed to help support the development of health morning and evening routines.
- One on one goals meetings where staff provide observations on progress towards goals and encourage personal reflection.
- SAE staff collaboratively complete comprehensive skills assessments and progress reports to ensure progress towards individual goals.
- Daily workshops empower young adults to develop relevant life skills such as stress management, health and wellness, prosocial communication, healthy relationships, and budgeting.
- Weekly supported “Deep Room Cleans” lead by SAE staff to develop skills that assist young adults in maintaining their living spaces.

Support and Empower



Community living: Living in an apartment with a neurodiverse roommate allows for independence and problem solving. While having staff members residing in the same residence halls provides support and assistance when needed.

On Campus Work Opportunities

- Adaptive Design
- Animal Husbandry: Corral
- Ramashop/Ramacafe
- Dining Hall
- Housekeeping
- Maintenance
- Child Care
- Permaculture
- Administrative opportunities within our main office
- Thrift Store

Job Skills and Employment Counseling

- One on one meetings with Employment Specialist
- Small group workshops addressing essential skills
- On site job coaching to teach specific skills
- Performance Reviews focused on skills practiced in vocational programming
- Curriculum designed to highlight learning objectives for the variety of work functions available.

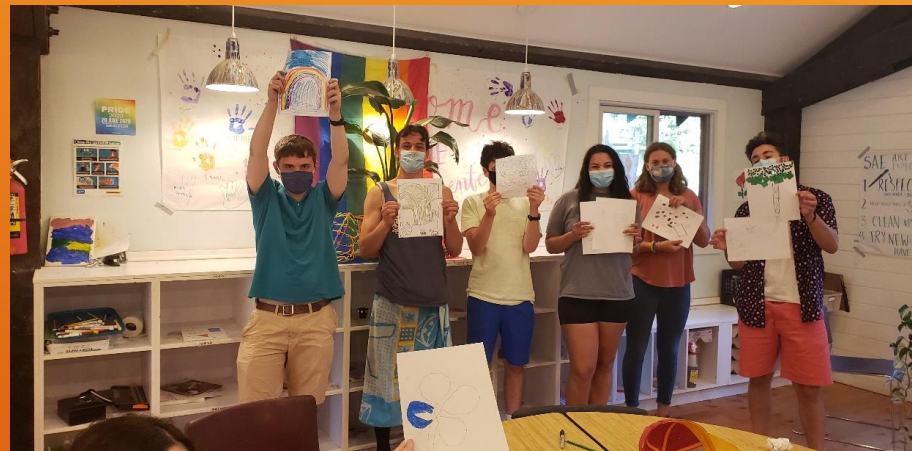
Vocational Programming

- **Angel Food East:** Food Prep
- **OFA Friendship Center:** Food prep, Housekeeping
- **Red Hook Community Center:** Maintenance, Landscaping
- **Red Hook Responds:** Food Prep, Organization
- **Northern Dutchess Day Care Center:** Childcare
- **People's Place:** Housekeeping, Organization, Retail
- **School Aged Childcare Rhinebeck After School Program:** Childcare
- **Taste Budd's Café:** Housekeeping, Food service
- **Camp Belly Rub:** Housekeeping, Animal care
- **Dutchess Community College:** Organization of clothing closet and food pantry
- **Four Corners Community Farm:** Farm chores
- **O ZONE:** Making sustainable products, such as toothpaste, shampoos, and soaps.
- **Rhinebeck Equine Center:** Housekeeping, Animal care
- **Thrift 2 Fight:** Retail
- **Bard College:** Parkhurst Dining Hall
- **Red Hook Library:** Sorting inventory, Customer Service
- **CVS:** Retail
- **Burlington Coat Factory:** Retail



WORK/VOLUNTEER OPPORTUNITIES OFF CAMPUS

- Ropes Course
- Lake and Pool
- Boating
- Fishing
- Trail Hikes
- Art Center
- Fitness Center
- Off Campus Trips
- Connect Events
- Weekend Connections



RECREATION AND SOCIAL SKILL BUILDING

- Access to as needed one on one individual supportive counseling
- Therapeutic support groups are offered weekly and address topics such as self esteem, coping with change, managing conflict, and the complexity of feelings associated with neurodiversity
- Emotional Regulation and Coping Skills Workshops



Social Emotional Learning and Supportive Counseling

FEE BASICS:

Staff Assistant Experience Program Fee is \$6,650 per month for the year-round program.

Fee includes all program components.

- Room & board, utilities (electric, water, sewage, trash, heat), apartment, meals, transportation, access to fitness center
- Workshops, Job Coaching, Vocational experiences
- Support services (including clinical service and staff salary)

There is a one time enrollment fee of \$1,500

FINANCIAL SUPPORTS AVAILABLE:

The Staff Assistant Experience has scholarships available based upon need. Families are required to fill out a reduced fee application that asks for information on financials in following areas: income, home ownership, any additional financial supports received such as public assistance, supplemental security income and social security. The application also includes information on current checking and savings account balances, trust fund balances and current brokerage amounts.

Families that have completed the OPWDD Self Direction process and have access to the funding have been able to be reimbursed for workshops that are classified as community classes.

Cost and Financials

Staff Assistant Experience: Summer Sessions

- Three three week sessions
- Opportunity to try vocational training in a social and fun summer camp setting
- \$5,500 per 3 week session
- Summer housing: bunk style living
- Self Direction funding covers \$4,000 per summer

Session 1: June 25-July 14

Session 2: July 6- August 4

Session 3: August 6- August 25

Staff Assistant Experience: Weekend Connections

- Friday afternoon through Sunday afternoon
- Opportunity to engage with neurodiverse peers for a weekend retreat
- Structured support and activities
- Next event February 17,18,19
- \$700 per weekend



Summer and Weekend Programming

- Virtual meeting: Meeting with Caregivers and young adult to discuss the program and the individual's needs.
- Visit to campus and tour: Opportunity for young adults and their families to see the campus first hand and interact with current participants and staff. This is also a time for SAE staff members to meet with potential participants to begin the assessment process regarding the individual's needs and whether or not our program can meet them.
- Overnight trial: We require all participants interested in year round programming to attend an overnight trial for 5 days. During the trial, potential participants will be engaged in typical programming and it will be an opportunity for SAE staff to utilize our skills assessments
- Gathering collateral information: As a program we require communication with certain providers (psychiatrists, therapists) and previous educational settings to gain collaborative information. We also ask for the most updated neuropsych evals and IEPs.
- Team Meeting: The SAE team will meet to discuss the potential participants' trial and review all relevant application information to make a determination if the individual is appropriate for our program.
- Rolling Admissions: Actively recruiting for openings in the program



Admissions Process and Next Steps

QUESTIONS?



Contact Alison Krause akrause@ramapoforchildren.org