



CHAPEL HAVEN  
SCHLEIFER CENTER  
GROW THRIVE BELONG

# Moving Out and Making It: Life After High School

4<sup>th</sup> Annual CSN  
Transition Institute  
– Thursday, Feb. 1,  
2024





# Thank you to our panelists!

## Chapel Haven Schleifer Center



**Kimber Marchesi,**  
CHSC community  
member



**Luke Pagano,**  
CHSC community  
member



**Jacob Pearson, CHSC**  
community member



**Sawyer Moore,**  
ASAT first-year  
student



**Brittany Nadeau, ASAT**  
Supervisor (left)

**Catherine Sullivan-DeCarlo, VP,**  
Admissions/Marketing (right)





## About Chapel Haven Schleifer Center:

Award-winning nonprofit, empowering adults to live independent and self-determined lives since 1972

Located in Westville section, serving 250 adults of varying abilities

[www.chapelhaven.org](http://www.chapelhaven.org)



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YEARS STRONG

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# My story- Kimber

Kimber is from Darien, CT. She came right to CHSC from high school in 2013.

*"I was excited and curious. I had gone to other schools and fell asleep at one!"*

*Attended Camp Northwood – sleepaway camp teaches you how to be away from her parents*

When she arrived at CHSC, she started learning a lot of new skills:

- Cooking
- Doing laundry
- Taking the bus
- Managing a budget
- Managing a schedule
- Apartment Maintenance



# My story- Kimber's life today

**Kimber lives in her own apartment, close to our campus**

- She follows her daily schedule
- Participates in Chapel Haven UARTS
- Manages her apartment but...no dishwasher!
- In her spare time, she competes in pageants and often wins!



- On the weekends, she likes to go to the movies, to the mall and to restaurants. She and her friends make their own social plans
- **Kimber's tip:** Keep an open mind when looking at different schools

# My story: Sawyer

First year student, ASAT (Asperger Syndrome Adult Transition) from Hopedale, MA.

Started at Chapel Haven in the ASAT program in July 2023.

Came to CHSC right from high school

Did Unified Sports and Best Buddies in high school – learning social skills important



# Sawyer's life today

Sawyer is working on:

- Interpersonal skills
- Money management
- Keeping and cleaning an apartment
- Touring colleges...interested in marketing
- Taking a class at SCSU independently without staff –
- Works at TJ Maxx
- Volunteers in VITAS and Goodwill
- Learning about fitness and health – working with trainer on campus
- **High school tip: Stay busy – don't get bored.**

# My story - Luke

Luke - Darien, CT. Graduated the ASAT (Asperger Syndrome Adult Transition) program and lives in our community. Previously attended community college & Landmark for one semester.

- Was not ready for college after graduation
- Joined CHSC because he wanted to work on his personal development – chores, finances, being in an apartment setting (life skills)
- Volunteers at VITAS – clerical work
- In leisure time, likes to:
  - Hangs out with friends – likes to organize hangouts
  - Paints miniatures

- TIP: Take your time. Don't be afraid to say no to college immediately. You may feel pressured to go immediately after graduation.**



# Luke's story today

- Volunteers at VITAS – clerical work
- In leisure time, likes to:
  - Hangs out with friends – likes to organize hangouts
  - Paints miniatures
- TIP: Take your time. Don't be afraid to say no to college immediately. You may feel pressured to go immediately after graduation.**



# My story: Jacob

Jacob graduated the REACH program and lives in his own apartment in our Supported Living community

## Grew up in NYC

- Started at Parkside (age 10)
- Lowell Middle and High School
- Before coming to CHSC, went to two day camps to get experience of a day camp
- 2004 – Camp Ramah – I wasn't used to being away but went back
- **High school tip: Also did JCC Manhattan for classes while in high school – cooking**



# My story: Jacob's life now

**Went through the REACH program, learned how to be more independent!**

Graduated in 2011, moved right into my own apartment

Do my own laundry and cook on the George Foreman

Works at a barber shop in downtown

Take bus to work - learned the bus routes

Has a group of friends to do stuff on the weekends





## **A staffer shares her perspective Brittany Nadeau, ASAT Supervisor**

**The value of camp** - going away to camp for extended periods of time or living away at college-adults who've been away come into our program with stronger life skills than those who only lived at home and had their family, friends etc help with everything

**Goal-setting** – Adults who know if they want a job or want to start college - experience or knowledge in what they want to do is helpful

**Motivation** - students play a role in next steps and should want to better themselves – rather than parents driving the decision

# Preparing for life after high school

**Preparing for transition: more tips  
and ideas for the high school years  
& beyond!**

# Life Skills

- **Cooking:** make own breakfast or lunch – everyday!
- **Grocery Shopping:** assist with locating a few items from the family list
- **Apartment Maintenance:** assign & complete chores with a regular schedule & set expectations
- **Community Safety:** know how to seek help
- **Time Management:** wake with an alarm



# Life Skills

- **Mobility:** independently walk around the neighborhood or browse in a store with parent check-in
- **Budget:** make cash & debit purchases
- **Leisure Time Management:** be at home without constant adult input or supervision
- **Time Away From Home:** attend a sleep away camp



# Social Communication

**Perspective Taking:** read *Socially Curious & Curiously Social* by Michelle Garcia Winner

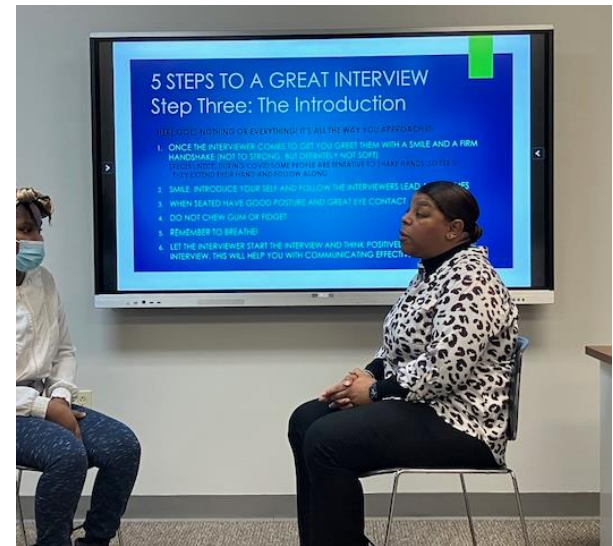
**Compromise:** plan an outing

**Social Etiquette:** practice best use of phone, texting & social media

**Problem Solving:** use in the moment teaching

**Social Skills:** attend a skills group, make plans with peers using scaffolded planning sheets or scripts

Tip- be mindful of others' personal space.  
Don't call or text too much!



# Readiness for Work

- **Volunteering:** provides repeated experiences to practice meeting expectations & offers varied opportunities to explore interests
- **Interest & Skills Surveys** – check out [careeronestop.org](http://careeronestop.org), great resource for career exploration and job tips
- **Realistic Expectations:** define underlying interests & use that to map out career possibilities



# College Supports

- **Time Management**
- **Executive Functioning**
- **Increase Understanding:** learn the difference between modifications (HS) vs. accommodations (college)
- **Self-Advocacy**
- **Browse Options:** look at catalogues, visit campuses, discuss pros & cons



# Considering Programs

Understanding the range  
of options

# Resources for Finding Programs

- Educational Consultants – IECA
- Websites: [thinkcollege.net](http://thinkcollege.net) ; NATSAP
- Recs from current school – transition coordinator
- Recs from camp
- Recs from transition assessment evaluators

A Spectrum of Independence

# Day Programs

*potential DDS funding*

- CHSC Community Life Program
- Abilis
- SARAH Inc.



A Spectrum of Independence

# Vocational Rehab

*potential DDS funding*

- DORS



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# Non-Residential College with Supports

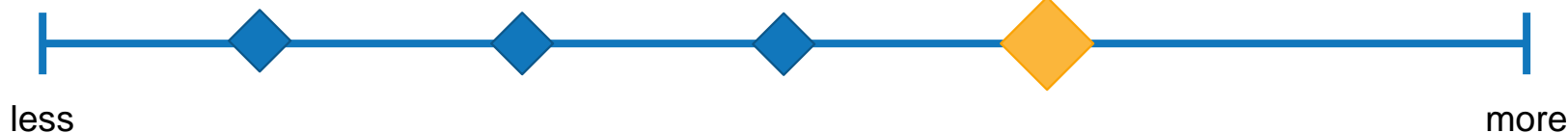
- Gateway Community College
- Online classes



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# Post-Secondary Residential with 24/7 Supports

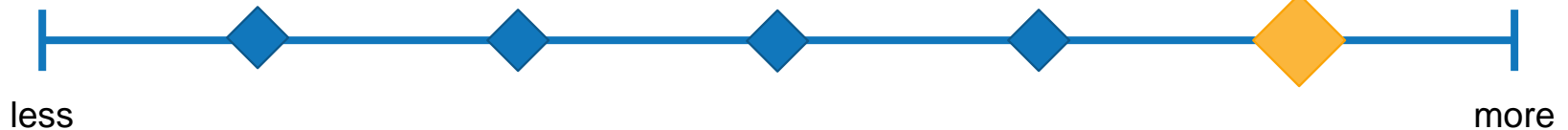
- Chapel Haven Schleifer Center
- College Internship Program
- Riverview School
- Ädelbrook



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# Residential College with Peer Supports

- Thames Program at Mitchell College
- REACH Program at College of Charleston



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# College for Students with Learning Differences

- Landmark College
- Beacon College



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# Questions?

Considering the Range of Program Options