Life After High school

Preparing our young adults for Post Secondary Life
Learning Objectives

- Coordinating services with TWC
- Aracely’s personal testimony on life after high school
- Self-advocacy starts with knowing yourself
- Identify different supports for employment
- Differentiate college programs for people with disabilities
- Learn how to succeed in college setting with accommodations
A little about Aracely

**Biography**

- Born and raised in CA but could not get to Texas quick enough!
- Was diagnosed with SLD in 1st grade. Moved from one resource class to another.
- ARDS/IEP life
- Youth Leadership Forum for students with disabilities
- College and Master’s
- Career Texas Children’s Health Plan

**Favorite Moment Ever!**
Post Secondary Starts with Preparation

- Leading ARDS
- Person Centered Planning
- Identifying the right supports
- Tour colleges early
- Volunteer
- Sign up for TWC and keep track of the Individualized Plan for employment (IPE)
- Identify leadership programs for youth with disabilities
Support is a Network of Opportunities

- **Self determination is about owning and creating your decision**
  - Believing yourself
  - Identifying strengths
  - Developing hard skills
  - Understanding soft skills
  - Finding and researching skill set
  - Being in charge

- **Mentors is about letting people speak in your life**
  - Some one who is older
  - A great listener
  - Someone you respect and look up to
Support is a Network of Opportunities

- Family support is essential and the following conversations need to take place
  - Housing, independent living and chores
  - Relationships including healthy boundaries and marriage
  - Financial
  - Decision making after high school
  - Disability Disclosure
  - Emergency Care Plan
  - Transportation
Texas Workforce Commission

- A program to assists people with disabilities with locating competitive employment
- Assisting in identifying member’s strengths through Career Interest Test
- Transportation for employment
- College or courses for employment
- Uniform for employment
- Summer camps or social skills camp
- Supported Employment
- Job Placement
- Schedule “A” Letters
Preparing for Employment

- Identify strengths and skill sets
- Volunteer anywhere
- Career interviews
- Mock interview with people in desired career path
- Tour colleges and interview professors
- Be open to progress not perfection
- Already be self aware of accommodations and bring a solution
Supports for Employment

- Preparation on how to discuss disability and accommodations to employer
- “Beyond Traditional Job Development” and “30 Ways to Shine as a New Employee” must reads by Denise Bissonnette
- [https://askjan.org/](https://askjan.org/)
- Searching careers on [https://www.onetonline.org/](https://www.onetonline.org/)
- Career Interest Inventory [https://www.mynextmove.org/](https://www.mynextmove.org/)
- Research apprenticeships and job trends in your area [https://www.thecareerindex.com/](https://www.thecareerindex.com/)
- Skills worksheets from TWC [https://lmci.state.tx.us/explore/TSC/k12.asp](https://lmci.state.tx.us/explore/TSC/k12.asp)
- Know your laws with Americans with Disabilities Act and Vocational Rehabilitation Act
- WRP Workforce Recruitment Program: Connects federal sector employers with students and recent graduates who are eager to work, they will be place in summer or permanent jobs. [https://wrp.gov/AboutPre.do#Students](https://wrp.gov/AboutPre.do#Students)
- National Collaborative on Workforce and Disability D/Youth aims to strengthen the capacity of the workforce development system to provide quality services to all youth, including youth with disabilities. [http://www.ncwd-youth.info/](http://www.ncwd-youth.info/)
Leadership, Employability, and Advocacy Project (LEAP)

Thirty (30) youth ages 14-22 (AT EACH EVENT) will be selected from qualified applicants across the state of Texas. This exciting educational ten-day training program includes a tour of the State Capitol, a meeting with state-level officials, and one day of mock legislative sessions.
College

- College is not a one size fits all but there are programs that meet the needs of young adults with disabilities.
- Tour campuses Sophomore and Junior Year
- [https://thinkcollege.net/](https://thinkcollege.net/) which is a website wholly dedicated to locating colleges that support students with disabilities.
- Accommodations not modification to classes
- Once accepted prepare for classes “dry run”
- Disability service center some are equipped with assistive technology
- Students take the lead in their academics
- Recommendations for transition to college:
  - Set up accommodations early
  - Email professors two weeks before semester and discuss disability
  - Meet with professor during office hours
Post Secondary Access and Training in Human Services (PATHS)

- The PATHS Certificate Program leads to a successful career as a Direct Support Professional General (DSP-G), a Direct Support Para-Paraprofessional (DSP-P) or a Child Care Professional (CCP).
- This three-semester certificate program (includes a 4-week summer program prior to the fall), offered at the Center on Disability and Development at Texas A&M University, prepares graduates for careers supporting people with disabilities and older.
- For more information [http://paths.tamu.edu/](http://paths.tamu.edu/)
lifePATH® at LSC-Tomball

- Lone Star College-Tomball’s lifePATH® program provides a unique opportunity for adult students to learn the social and skill expectations needed in the business world, the academic world, and personal relationships.

- LSC-Tomball’s lifePATH® is a four-year comprehensive model of post-secondary educational opportunities for students who have disabilities that affect executive functioning.

- Students can earn various Lone Star College certificates in Occupational Studies, ACT® WorkKeys® Assessments, the ACT® National Career Readiness Certification, and can choose to earn college credit in general Lone Star College credit courses.

- For more information http://www.lonestar.edu/lifePATH.htm
Vast Academy Houston Community College

- VAST Academy provides post-secondary transition programs and comprehensive support services which lead to meaningful credentials, employment and independence for individuals with intellectual and developmental disabilities on three campuses of Houston Community College.

- Opportunities include vocational certificates, pre-college and freshman success "bridge" courses, career readiness credentials, internships and employment assistance offered.

- For more information https://www.hccs.edu/continuing-education/departments/hcc-vast-academy/
Project Case Texas Tech

- The CASE program assists students with Autism and other developmental disabilities to navigate college and empower them to reach their postsecondary academic goals and to find competitive employment after graduation.

- The CASE program offers an innovative college support program for students, diagnosed with Autism and other developmental disabilities pursuing an academic degree at Texas Tech University.

- Each student in CASE works with a Learning Specialist who assists and guides the student through his or her academic career.

- For more information https://www.depts.ttu.edu/burkhartcenter/case/
One Page Person Centered Description

What is Important to

What People Like and Admire about

Supports _____________ Needs To Stay Happy, Healthy & Safe

Insert Photo Here

For a good match: characteristics needed to be present or absent
What People Like and Admire about:
- Nice
- Hard worker
- Always does a great job
- Attention to detail
- Great listener
- Friendly

Can I help you?

What is important to:
- Working a team
- Time for family
- Drawing anime
- Watching TV
- Movies frozen

How to Best Support:
- Writing down instructions
- Writing task in email
- Learning through "hands on" experience
- Time to process done
- No learning on the "fly"
- Chance to process and ask questions

For a good match:
- Characteristics needed to be present or absent:
  - Likes verbal communication
  - Responds to feedback
  - Friendly
  - Does not like being touch
  - Only handshakes a high five
  - Like personal space
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