



# What's After High School?

*Continuum of Post Secondary Options for  
Individuals with Special Needs*

# Continuum of Post Secondary Options

- College with supports
- Specialized college programs
- DARS Employment training and support
- Apprenticeships
- Center for Independent Living (MHCIL)
- Developing a Social Network of Supports (MHCIL, YMCA, Church/Places of Worship)
- Community Based Activities –Special Olympics, MHCIL, YMCA, Interest Specific Classes–Lifelong Learning at HCC
- Day Programming – HCS vs ICF/IID vs Private

# Office of Disability Services at Colleges

## Typical Supports from ODS

*Specific Accommodations; No Modifications - need most recent evaluation*

*ADA is about “access”, education is no longer a right: ADA/Rehab Act, not IDEA/FAPE*

*Also a good idea to seek support from Student Services – study groups, tutoring*

*Student is now the adult, not the parent*

## Most common local colleges

- *San Jacinto College*
- *Harris County Community*
- *College of the Mainland*
- *Alvin Community College*

# What Can I Accomplish at College?

- Complete a Degree – Bachelors or Associates
- Complete a Certification
- Continuing Education Courses

## College of the Mainland: Bridge to Credit

- Take courses and petition for credit after successful completion
- No placement test needed



# Specialized College Programs

## VAST Academy at HCC

*(Vocational Advancement and Skills Training)*

<http://www.hccs.edu/continuing-education/departments/hcc-vast-academy/>

### *Certificates*

- *Occupational Skills/Career Readiness Certificate*
- *Office Skills Training*
- *Retail Training*
- *Work-Keys Career Readiness Credential*
- *Support Services*

### *Student Requirements*

- *Must be between the ages of 18-25*
- *Must be able to function independently in a classroom setting and follow College Code of Student Conduct*
- *Must have at least a 2nd grade reading level*
- *Must have 4th grade reading level for Office Skills program*
- *Minimum 5th grade reading level for Pre-College program*

# Specialized College Programs

The STRIVE Program at ACC <http://www.alvincollege.edu/CEWD/Vocational-Training>

## Skilled Training Rewarding Independence and Vocational Education

The STRIVE Program consist of a 2 year college program for adults with intellectual disabilities. Each student will receive a certificate of completion. This is not an accredited college degree program.

### Requirements

3<sup>rd</sup> grade level reading, basic math skills, adapts to change, responds to authority, at least 18 years old, has some volunteer or job training experience, can work independently, and reliable transportation.

### Courses in:

- Career Exploration/Planning
- Communication Skills for the Workplace
- Interpersonal Skills
- Occupational Math
- Internet Basics
- Professional Workforce Preparation
- Introduction to Environmental Studies and Current Issues
- Safety and Accident Prevention

And more.....

# Specialized College Programs

## *PATHS Certificate Program at A&M*

<http://paths.tamu.edu/>

The PATHS Certificate Program is a program offered at the Center on Disability and Development at Texas A&M University. Students earn a certification to be a *Direct Support Professional or Child Care Assistant (new pilot)*

### *Fall:*

- *Classes: DSP Content , Child Care Content , Professionalism, Practicum Preparation, Communication*
- *Independent Study: Attend 3 hours each week with instructional assistants*
- *Volunteer: 5 hours per week at assigned location, additional community opportunities throughout the semester*
- *Observations: Connected to Practicum Preparation, 3-5 different sites throughout the semester*

### *Spring:*

- *135 practicum hours (Internship)*
- *Core Competency Courses*

# nonPareil Houston

<http://npitx.org/>

## Our Mission

- nonPareil Institute is dedicated to providing technical training, employment and housing to individuals who have been diagnosed with autism spectrum disorder. We hope to one day be partially self-sustaining from the products our Crew build and market.

## Our Vision

- We envision ever-expanding programs beyond our current technology focus, and expanding our campus model around the world, which will allow a lifetime of sustainability, fulfillment and purpose for adults affected with autism spectrum disorder.

*Technical Training that provides the skills that enable Crew Members to work on teams and create product for market release*

*Campus living model is designed to provide a lifetime of supports and be a place to Train. Work. Live.*



# Department of Assistive and Rehabilitative Services (DARS) – <http://www.dars.state.tx.us/>

- Coming under the Texas Workforce Commission
- Vocational rehabilitation (VR) services help people with disabilities prepare for, to find and to keep a job.

## Eligibility:

- Be present in the state of Texas
- Have a physical and/or mental condition that affects your ability to work
- Need vocational rehabilitation services in order to help you get and/or keep a job
- Be able to get and keep a job after receiving services
- If you receive Supplemental Security Income or Social Security Disability Insurance you are presumed eligible for vocational rehabilitation services.

# Easter Seals of Greater Houston Transition Services

<http://www.eastersealshouston.org/>

- Services and Supports for Students 16-27 who have autism spectrum disorder or a mental illness designed to help youth become more independent and successful in their community.
- Supported employment, social skills, peer supports, behavior supports, and summer internships
- Has many other services for all ages and disabilities

# Apprenticeships

## Houston Area Apprenticeships

- Go to school at nights 2-3 time a week
- Work during the day
- Paid as apprentice until training and classes are complete
- Need reliable transportation to work site(s)
- Programs last 2-5 years
- Hands on learning
- Connect to Apprenticeships through HCC - <http://www.hccs.edu/continuing-education/departments/apprenticeship/>
- Google "Houston Area Apprenticeships"
- Welder, Cement Mason, Painter, Pipefitter, Electrician, Plumber.....

# Mounting Horizons Center for Independent Living (MHCIL)

## MHCIL Provides:

- Independent living skills training, job placement assistance, youth transition classes, health and wellness training, travel training, peer mentoring, self-advocacy and disability awareness workshops for individuals with disabilities.
- MHCIL services may also provide the opportunity for friendships made during and after high school to continue into adulthood through their ongoing weekly classes and activities in the community.
- Provides local supported transportation for reasonable fees
- <http://mhcil.org/>



# Developing a Social Network of Supports

- *Student Services at College – study groups and other groups of interest*
- *Center For Independent Living – Mounting Horizons*
- *Easter Seals Transition Services*
- *Interest and/or peer related social groups connected with community organizations or places of worship*
- *Day Programming and Community Support*
  - *The Gulf Coast Center: <http://gulfcoastcenter.org/>*
  - *The Harris Center: <http://www.mhmraharris.org/>*

# Community Based Activities –Rec/Leisure

- MHCIL
- Special Olympics for Adults
- YMCA
- Verne Cox Center (Multipurpose Rec Center in Pasadena):
  - [http://www.ci.pasadena.tx.us/default.aspx?name=prk.fac-v\\_cox](http://www.ci.pasadena.tx.us/default.aspx?name=prk.fac-v_cox)
- The Gulf Coast Center and The Harris Center: IDD and AU
  - Complete Intake – for general revenue services
  - Add name to HCS and CLASS Interest Lists

# Harris County Community College – Lifelong Learning

- San Jacinto Continuing and Professional Development
  - Noncredit Classes for Professionals and Lifelong Learners
  - Lifelong Learning courses that offer people a variety of affordable lessons in areas such as:
    - Dance
    - Martial arts
    - Scrapbooking
    - Ceramics
    - Fitness Walking
    - Bowling

<http://www.sanjac.edu/about-cpd>

# Day Programming – ID and AU

## FUNDING for Services may take YEARS.....

- Call to place your child on the HCS and CLASS Interest Lists and complete Intake with your Local Intellectual and Development Disability Authority: (formerly MHMRA, now LIDDA)
  - Galveston County: Gulf Coast Center 1-800-643-0967 and ask for IDD intake
  - Harris County: Harris Center at 713-790-7070 and ask for IDD intake
- Providers are chosen by the client and client's family
- Visit and tour program and providers early on
- Some services may be available before graduation
  - ex: respite, breaks from school, behavior support
- Community First Choice and ICF-IDD programs– If Medicaid eligible
- Have adult child apply for SSI when child turns 18



# Day Programs

- *Self Help*
- *Rec./Leisure*
- *Community Outings*
- *Daily Living Skills*
- *Social Skill based Activities*
- *Each vary, so visit many*

# Adult Schedule

- Where is your child when he/she is no longer coming to school?
- Who is with him/her?
- What is he/she doing
- Schedule can vary by day
- Schedule can involve more than one provider or activity
- Schedule should be based on students strengths, interests, preferences, and support needs.

# Before graduation.....

	Monday	Tuesday	Wednesday	Thursday	Friday
7-8 a.m.	School	School	School	School	School
8-9 a.m.	School	School	School	School	School
9-10 a.m.	School	School	School	School	School
10-11 a.m.	School	School	School	School	School
11-12 noon	School	School	School	School	School
12-1 p.m.	School	School	School	School	School
1-2 p.m.	School	School	School	School	School
2-3 p.m.	School	School	School	School	School

# Adult Schedule After Graduation.....

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6-7 a.m.	Sleep In	Morning Routine	Morning Routine	Morning Routine	Morning Routine	Morning Routine	Sleep In
7-8 a.m.	Morning Routine	HOME	HOME	HOME	HOME	HOME	Morning Routine
8-9 a.m.	Church	HOME	HOME	HOME	HOME	HOME	Morning Routine
9-10 a.m.	Church	HOME	bowling	HOME	Ceramics course-HCC	Mounting Horizons	Morning Routine
10-11 a.m.	out to eat	Goodwill work	bowling	Goodwill work	Ceramics course-HCC	Mounting Horizons	Special Olympics
11-12 noon	out to eat	Goodwill work	bowling	Goodwill work	HOME	HOME	Special Olympics
12-1 p.m.	Chores	Goodwill on Bay Area	HOME	Goodwill on Bay Area	HOME	HOME	Free Time
1-2 p.m.	Chores	HOME	Library Volunteer	HOME	Library Volunteer	HOME	Free Time
2-3 p.m.	Free Time	HOME	Library Volunteer	HOME	Library Volunteer	HOME	Free Time