



### **Program Description:**

29 Acres' Summer Transition Experience (" Summer Experience") is a summer transition program for young adults with autism or a related disorder that are 16 or older. The " Summer Experience" program encompasses skills from a traditional transition program combined with adapted sports and summer fun. The program balances vocational training, daily independent living skills, therapeutic recreation, community connections, and leisure skills.

"Summer Experience" is community based, taking advantage of the many natural supports found in those communities. Experience uses intentional, individualized ABA and other approaches towards programming. The length of the program (7 weeks) allows time to make progress towards individualized transition goals.

### **Time and Setting:**

"Summer Experience" is a seven week program taking place from Monday, June 14th, 2021 to Friday, July 30th, 2021. The program runs five days a week (Monday - Friday) from 9:00 am to 5:00 pm. We have a shuttle that runs from IKEA in Frisco and At Home in Lewisville daily. Otherwise, clients will be responsible for their own transportation to and from the program daily.

"Summer Experience" is a community-based program that takes place in the city of Denton and the surrounding areas. 29 Acres will have a Denton "hub" (820 N Elm Street Denton) and 29 Acres main property (3000 Moseley Rd Cross Road) as a meet up sites. The majority of the day is spent in the community at employers, volunteer opportunities, and adapted sports sites. Other venues that may include local businesses, restaurants, parks, libraries, recreation centers, public transportation, trails, lakes and town centers.

### **Program Content and Essential Concepts:**

29 Acres and Summer Transition Experience uses a variety of research-based approaches and teaching strategies including principles of applied behavior analysis (ABA). Each client will have an individualized plan that is customized for them. Each plan includes goals and programming that are determined at intake. Goals are determined using a team approach that includes family input, interviews, assessment, and the adult's future plans. Goals are set for generalization across a variety of environments within the community and across different people. This gives many trial opportunities and practices for similar skill sets. If needed an individualized behavior plan that concentrates on teaching replacement behaviors will be developed to

decrease problem behaviors. The daily schedule is set to use natural environment teaching, teaching in the real world versus traditional lecture or classroom-based learning. Because of this, natural reinforcement is built into the daily schedule (e.g. eating the meal that you helped prepare, swimming after the vocational training, etc.) Continued education and academic skills are taught in the natural environment with a focus on life skills and vocational skills. This could include working on reading skills by reading recipes, street signs, menus or daily schedule. Math can be worked on by purchasing items in the community and using measurements while cooking. Programming also incorporates Executive Thinking skills (e.g. working memory, flexible thinking, self-control, problem-solving, etc.)

### **Essential Concepts**

The programming content of Summer Transition Experience extends across five Essential Concepts:

1. Vocational Training
2. Daily Independent Living Skills
3. Adapted Sports
4. Community Connections
5. Interest and Leisure Skills

Social skills and safety skills are embedded into all Essential Concepts because of the importance and value of these skills across all settings.

- Social skills - conversation skills, expanding language, manners, social awareness, self-advocating, requesting, answering questions, giving and following directions, taking turns
- Safety skills - worksite, kitchen, waterfront, sports-related, transportation and navigating the community

### **1. Vocational Training**

Summer vocational training is designed to build skills related to employability and future job placements. Given that summer programming is 7 weeks long, we do not try to place participants in paid employment situations. Rather, we place clients at internship sites that match their interests and ability levels. Each client will be placed with a coach. The coach will be there to systematically teach the technical skills, safety skills, and social skills of the vocational placement. Over the 7 weeks, the coach will attempt to fade back allowing for more natural supports to take place.

Key features of Vocational Training include:

- Discovery of vocational interests and abilities

- Technical skills needed for a specific job including safety skills
- Working on public transportation or ways to get to and from a job site
- Being prepared for work including appropriate dress
- Social skills with co-worker and management staff

## **2. Adapted Sports**

Summer has an emphasis on adapted sports and recreation programming. The recreation program includes a mix of water, outdoor and indoor activities. This summer we will again present our Adaptive Lake Program! While clients are having fun with the different adapted sports options several skills are being worked on including gross motor, safety, social and executive function.

Key features of Recreation and Wellness include:

- Water Activities: boating, surfing, paddle boarding
- Outdoor Activities: hiking, biking, horseback riding, swimming
- Indoor Activities: gym routine, local rec center, bowling
- Healthy lifestyle choices (food choices, exercise choices)
- Safety skills within different sports and waterfront
- Social skills with teamwork and sportsmanship

## **3. Community Connections**

Making connections within the community involves learning to navigate the community, making choices within the community and being involved in community events.

Community connections are key components of natural environment teaching, generalizing skills and the transition from adolescence to adulthood. This program involves being immersed in the community daily and not stationed at one location or center.

Key features of Community Connections include:

- Navigating the community using public transportation
- Community safety (signs, using crosswalks, etc.)
- Building community relationships
- Social awareness and engagement

## **4. Daily Independent Living**

Daily Independent Living skills are skills and routines that are a part of everyday life.

“Experience” clients will work on daily independent skills daily. Some of the skills we will focus on are shopping, making a healthy meal, cleaning up at the end of the day, safety skills in the home and kitchen.

Key features of Daily Independent Living include:

- Preparing a healthy lunch and cleaning up after yourself
- Safety skills within the kitchen, community, and transportation
- Budgeting, paying for a snack within the community
- Following community rules and laws
- Working with others to accomplish a given task

## **5. Interests & Leisure Skills**

Throughout the summer there will be several opportunities for clients to pursue their interests and talents while also exploring new activities to help expand their leisure repertoire. Social skills will be embedded throughout the day and across different settings.

Key features of Interest and Leisure Skills include:

- Interest and leisure skills discovery
- Trying new activities or expanding on previous skills
- Teaching technical and safe skills
- Independent choice making

### **Staffing:**

Our highest priority is safety with a focus on continued learning. Our low staff to client ratio allows for individualization in programming and safety with adapted sports. All 29 Acres programming is overseen by BCBAs. Each client is matched with a summer coach(es) that work with that person across all settings. The coach's role is to wear many hats including teacher, mentor, behavior interventionist, job coach and sports instructor. Our staff receives extensive training. Staff training could include; CPR / First Aid, Lifeguard Certification, Crisis Prevention Institute training, Registered Behavior Technicians (RBTs) and HIPPA training. Additionally, staff has participated in training administered by Ascendigo Autism Services for the adaptive lake program.

We look forward to working with your student this summer!!!

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