

TRANSITION RESOURCE GUIDE



**WEST SHORE
SCHOOL DISTRICT
2018-2019**

Transition Mission Statement

Secondary transition is the process of preparing students for life after they leave high school, including participation in post-secondary education or training, employment, and/or independent living. These three areas are often referred to as "*post-school outcomes*" and are the driving force behind Individualized Education Programs (IEPs) written for students in high school. Transition planning begins at age 14, in middle school or early high school, as students explore what they want their post-school outcomes to be through career awareness exploration activities. Planning continues through high school as instruction and community experiences support these outcomes. By beginning and continuing to discuss transition prior to and during high school, the IEP team can work with each student and the student's family to select courses of study that will be meaningful to the student's future and motivate the student to complete his or her education.

Parent's/Caregiver's Active Role in Transition Planning

- Attend all IEP meetings for your son/daughter.
- Have your son/daughter attend his/her IEP meeting.
- Openly share with your son/daughter what his/her disability is so that he/she can begin to self-advocate for himself or herself now and as an adult.
- Attend transition planning events offered by your district or community.
- Help your son/daughter and the IEP team identify his/her strengths/needs.
- Discuss with your son/daughter job-related skills such as the importance of attendance, being on time, appropriate attire for work (even jobs as teens), professionalism, and self-advocating for assistance.
- Provide other self-advocacy opportunities such as making appointments, managing money, shopping skills, and arranging transportation.
- Become familiar with agencies that may provide services for your son/daughter.

Transition Resources

Financial Support

- **Social Security Administration** – designed to help individuals who are aged, blind and/or disabled, who have little or no income; and provides case to meet basic needs for food, clothing and shelter
www.ssa.gov
(866) 964-5056
- **Goodwill** – assistance with benefits planning and coordination of paid employment and SSI/SSDI benefits.
Contact: Jen Kistler
Email: jkistler@yourgoodwill.org
Toll Free: 1-888-960-WORK
Website: icanworknow.org
General Benefits Questions: 1-866-968-7842

Employment and Work Agencies

- **PA Career Link** – assistance with job training and placement
www.cwds.pa.gov
- **AHEDD** – employment and training services for persons with disabilities
www.AHEDD.org
(717) 763-0968
- **Goodwill Employment Services** – employment and training services for persons with disabilities
www.yourgoodwill.org
(717) 232-1831
- **Office of Vocational Rehabilitation** – serves people with disabilities who are seeing jobs with job placement
www.dli.state.pa.us/ovr
Cumberland County (717) 787-7834
York County (717) 771-4407
- **ResCare** – offers residential and support services, education, vocational training and job placement for people with disabilities
www.rescare.com
(717) 243-4431
- **S. Wilson Pollock Center for Industrial Training (CIT)** – provides training and employment opportunities to individuals with disabilities and other vocational challenges
<http://www.cparc.org/#!pollock-center/csk0>
(717) 766-8512
- **Shadowfax** – supports individuals with disabilities with supported employment, job placement, vocational training, in home supports, community based programming, and life skills training.
www.shadowfax.org
(717) 848-1807

- **Askjan.org** – The Job Accommodation Network (JAN) – the leading source of free, expert, and confidential guidance on workplace accommodations and disability employment issues. Working toward practical solutions that benefit both employer and employee, JAN helps people with disabilities enhance their employability, and shows employers how to capitalize on the value and talent that people with disabilities add to the work place.

County Agencies

- **MH/IDD** – serves individuals in the community with mental illness, intellectual disabilities and developmental delays in order to enhance their quality of life and provide an opportunity to reach their fullest potential
Cumberland County IDD – (717) 240-6325
Cumberland County MH - (717) 240-6450
York County MH/IDD - (717) 771-9618
- **UCP** – provides both community and center-based programs and services to individuals with disabilities
<http://www.ucpcentralpa.org>
(717) 737-3477
- **The ARC** – provides support, training, and opportunities to people with intellectual disabilities and their families
Cumberland County www.cparc.org
(717) 249-2611
York County <http://www.thearcofyorkcounty.org>
(717) 846-6589

Transportation Services

- **Capital Area Transit** – information on local public transportation
<http://www.cattransit.com>
(717) 238-8304
- **Rabbit Transit** – information on local public transportation
<http://www.rabbittransit.org>
(717) 846-7433

Autism Services

- **ASERT** supporting individuals with autism and their families throughout Pennsylvania
<http://www.paautism.org>
(877) 231-4244
- **Keystone Autism Services** - works to support individuals with disabilities become valued, fully participating and contributing members of their community
<http://www.keystonehumanservices.org>
(717) 232-7509
- **Bureau of Autism** - develop and manage services and supports to enhance the quality of life of Pennsylvanians living with Autism Spectrum Disorders (ASD) and to support their families and caregivers
www.dhs.state.pa.us
(866) 539-7689

Autism Employment Guides- (also good information for individuals with other disabilities)

- **An Employer's Guide to Hiring and Retaining Employees with Autism Spectrum Disorders**
https://www.autismspeaks.org/sites/default/files/docs/employer_guide_to_hiring_and_retaining.pdf
- **A Parent's Guide to Employment for Adults with Autism Spectrum Disorders**
https://www.autismspeaks.org/sites/default/files/docs/employment_tool_kit_parent_booklet.pdf
- **Autism in Big Business Report -Big Businesses that hire individuals with ASD**
https://www.autismspeaks.org/sites/default/files/docs/qbe_large_business_report.pdf

Disability Services

- **BBVS - Bureau of Blindness and Visual Services**
http://www.portal.state.pa.us/portal/server.pt/community/blindness_and_visual_services/10367 (877) 231-4244
(717) 787-7500
- **ODHH-Office of the Deaf and Hard of Hearing.**
<http://www.portal.state.pa.us/portal/server.pt?open=514&objID=552291&mode=2>
(717) 783-4912
- **Education Services**
Capital Area Intermediate Unit #15
<http://caiu.org/>
(717) 732-8400

Special Needs Estate Planning

- **Cherewka Law**
<http://cherewkalaw.com/>
(717) 717-232-4701

General Support

- **New Hope Ministries** – assistance with budgeting skills, employment skills, etc.
<http://nhm-pa.org/>
(717) 766-7333
- **Variety the Children's Charity** - Variety enables children with disabilities to live life to the fullest and to have opportunities to discover the possibilities for their own lives.
<http://www.varietypittsburgh.org>
724-933-0460

POST-SECONDARY OPTIONS

Please contact each school's Office of Disabilities when requesting information or scheduling a tour to determine what services and accommodations they can provide.

Vocational/Technical Schools

- **Thaddeus Stevens College Of Technology**
750 East King Street
Lancaster, PA 17602
1-800-842-3832
www.stevenscollege.edu/
- **Harrisburg Area Community College (HACC) - (Midtown Campus-Technology/Trade Training)**

<u>Midtown #1</u> 1523 North Fourth Street Harrisburg, PA 17102 717-780-2300 www.hacc.edu	<u>Midtown #2</u> 1500 North Third Street Harrisburg, PA 17102
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- **YTI Career Institute - Home Office**
1400 Williams Road
York, PA 17402
717-757-1100
<http://www.yti.edu>
- **Pennsylvania College of Technology**
One College Avenue
Williamsport, PA 17701
570-326-3761
www.pct.edu
- **Hiram G. Andrews Center**
727 Goucher Street
Johnstown, PA 15905
814-255-8200
www.hgac.org
- **Web Resources**
<http://pacareerstandards.com/>
<http://www.collegebound.net/vocational-school-guide/>
<http://www.khake.com/page36.html>

Local Post-Secondary Education (Traditional)

- **Harrisburg Area Community College (HACC)**
One HACC Drive
Harrisburg, PA 17110
717-780-2300
www.hacc.edu
- **Shippensburg University of Pennsylvania**
1871 Old Main Drive
Shippensburg, PA 17257
(717) 477-7447
www.ship.edu
- **Central Penn College**
600 Valley Rd., P.O. Box 309
Summerdale, PA 17093-0309
1-800-759-2727
www.centralpenn.edu/
- **Penn State-Harrisburg Campus**
777 West Harrisburg Pike
Middletown, PA
717-948-6250
<http://harrisburg.psu.edu>
- **Millersville University**
P.O. Box 1002
Millersville, PA 17551-0302
717-871-4636
<http://www.millersville.edu/>
- **York College of Pennsylvania**
441 Country Club Road
York, PA 17403-3651
717-846-7788
www.ycp.edu
- **Dickinson College**
P.O. Box 1773
Carlisle, PA 17013
(800) 644-1773
www.dickinson.edu
- **Messiah College**
One College Avenue
Mechanicsburg, PA 17055
717-766-2511
www.messiah.edu
- **Web Resources**
www.educationplanner.org
<http://www.going-to-college.org/>

Local Post-Secondary Education (Non-Traditional)

- **Harrisburg Area Community College – Career Bridges Program** - This certificate program provides individuals with developmental disabilities the opportunity to learn career-related skills alongside peers without disabilities, experience campus life, network with peers and employers in an industry of interest, prepare to sit for industry-recognized exams and gain skills for integrated community employment. Current programs: Culinary and Certified Nursing Assisting
Program Coordinator: Linda Leaven
Phone: 717-780-3221
Email: lhleaven@hacc.edu
NON-Residential
- **East Stroudsburg University – Career Independent Living and Learning Studies**
Career, Independent Living & Learning Studies (CILLS) is a program sponsored by East Stroudsburg University that is designed to provide individuals with intellectual disabilities with a learning experience in a campus environment where life and work skills are accelerated by daily encouragement in the life of a university. The program includes living off campus and acquiring proficiency to function among others without disabilities on campus. In addition, the program provides personal development activities combined with classes designed to develop essential skills for independent living and future employment.
Program Coordinator
Special Education & Rehabilitation
Dr. Domenico Cavaiuolo
dcavaiuolo@esu.edu
(570) 422-3893
OFF-CAMPUS Housing Residential
http://www4.esu.edu/academics/departments/special_education_rehabilitation/career_independent_living_learning_studies.cfm
- **Millersville University – Career and Life Studies Program** – Millersville University supports students with an intellectual disability enrolled in Career & Life Studies, a four-semester post secondary initiative for young adults with an intellectual disability who are interested in participating in an academic, vocational and social university experience. On-Campus-Residential
<http://www.millersville.edu/careerlifestudies>
- **DREAM PARTNERSHIP** – The Mission of the D.R.E.A.M. Partnership is to develop a selection of post-secondary educational opportunities for students with intellectual disabilities in Pennsylvania that includes independent and supported dormitory options.
<http://dreampartnership.org/>
- **Penn State Harrisburg-Inclusive Post-Secondary Program** – The Inclusive Post-Secondary program in customer relations provides the opportunity for students with intellectual disabilities to complete customer relations coursework, participate in campus activities, and explore career opportunities in the workplace. Completion of the program leads to a Customer Relations Certificate. NON-Residential
<http://harrisburg.psu.edu/career-studies-program/program-information>
- **Web Resource**
www.thinkcollege.net

Adult Day Programming

- **Red Tomato Farm and Inn-Newville**

It is owned and operated by Hempfield Behavioral Health.

It is a dedicated Adult Training Facility designed for individuals who have with intellectual disabilities. The aim of their farm is to provide adults with intellectual disabilities meaningful work rooted in farm tasks that create opportunities to interact with the general public and community. 717-221-8004

<http://www.hempfieldpa.com/red-tomato-farm---inn.html>

- **Able Services a division of Leg Up Farms-York**

Able-Printers is located in our building, providing a team of talented adults with special needs the opportunity to work in a business setting. There is also an on-site commercial greenhouse program, Able-Growers, allows the skills for growing and managing plants to be incorporated into all elements of training and activities. Participants will explore skill areas such as pre-vocational training, activities of daily living, social skills, communication, leisure/fitness/recreation, nutrition and health, community participation, and self-advocacy.

3100 North George Street, York, PA

(717) 384-6130 x3100

<http://www.able-services.org>

- **Hope Springs Farm-Hershey**

The mission of Hope Springs Farm is to provide adults with intellectual disabilities meaningful work on a farm and joyful group activities that lead to satisfying friendships in a licensed adult day program. Hope Springs Farm is a scenic 17-acre farm located in the quiet countryside of Hershey, Pennsylvania.

Hope Springs Farm's goal is to provide adults with developmental and intellectual disabilities or autism a day program to maximize their abilities. Participants, or "Growers," as they are called, are tasked with farm chores, from feeding the animals to weeding the gardens. They learn a variety of home-life skills, such as cooking, baking, cleaning, and shopping. Growers also regularly participate in educational, civic and leisure activities, like visiting the library, swimming, taking field trips, and volunteering in the community.

201 Trail Road, Hershey, PA 17033

717-298-1845

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

- **United Cerebral Palsy (UCP) PATHWAYS Program:**

This program is located in the strip mall across from the Capital City Mall and is considered a HUB 4 program as it is geared toward customized or competitive employment in 18 month to 2-year period of time. This is a post-secondary 2-year program. Pathways will help students with job

exploration/obtainment in the second year of the program if clients are not already employed somewhere. Individuals are assessed via a 20-day initial assessment to determine appropriateness of the program for them. If individuals are unable to pass the assessment, they are not able to continue on in the Pathways programming.

Curriculum includes:

- Disclosure of Disability, Self-Awareness, Rights and Responsibilities, Citizenship, Money skills, Cooking skills, Cleaning skills, Laundry skills, Nutrition lessons, Cyber awareness, Independent Living, Vocational Skills training
- PATHWAYS is designed for individuals who are nearing being ready for customized or competitive employment.
- Participants will need to apply through their county (CP MH/IDD) for admission.

- **United Cerebral Palsy (UCP) Stepping Stones Program: Harrisburg location**

This program is located on 6th street in Harrisburg and is considered a HUB 3 program as it is geared toward preparing individuals for the Pathways Program and is designed for individuals who may need more support in preparing for being ready for customized or competitive employment. It does not have a set time length like the Pathways program does.

Each individual participates in a curriculum portion of the day that focuses on skill development and increasing independent living skills. Individuals also participate in a community portion of the day where they leave the facility to immerse themselves in the community such as the library, mall, shopping, parks, etc. They also participate in volunteering at various community service sites such as Caitlin's Smiles, Meals on Wheels, etc.

The Stepping Stones program is designed to empower each participant to focus on, and make progress in three particular skills sets: Communication, Volunteerism, and Vocational skills.

Participants will need to apply through their county (CP MH/IDD) for admission and must work with them for transportation needs, if they need that service.

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

- **UCP's Alternatives Program: Multiple locations**

The UCP Alternatives programs are considered HUB 1 and HUB 2 programs. They have various locations in the region.

Alternatives Adult Day Programs are more traditional center-based programs, offered in 10 locations.

These programs offer a wide range of on-site activities and an option for community activities for program participants.

<http://www.ucpcentralpa.org/AdultswithIntellectualDisabilities/AdultDayProgram.aspx>

- **United Cerebral Palsy (UCP)/The ARC of Cumberland and Perry Counties (CPARC) Neighbors Program: 3 locations, including Carlisle and Mechanicsburg locations**

The main component of the Neighbors programs is community involvement. Participants are in the community on a weekly daily basis, some daily. They visit places such as City Island for Senators Baseball games, Bass Pro Shop, Chocolate World, the State Museum, the Historical Society, Wildwood Lake, Sports Emporium and Kings Gap. Participants also enjoy shopping, going to the library, picnics, going bowling, going to the SPCA and going to the movies, visiting museums, going out to eat or for coffee and pastries, and going to the Sports Emporium.

Located in downtown areas, participants take advantage of the local community. They walk and shop downtown as well as eat in many of the local restaurants. In order to remain active, both programs will remain small in the number of daily participants. While at the programs, participants can choose from a variety of activities. Some participants enjoy using the computer to play games, research information, set up and check e-mail accounts, and type word documents. Many participants also enjoy playing cards and board games, making crafts, reading the newspaper, listening to the radio, watching movies, working on educational skills, and socializing with friends

<http://www.cparc.org/#!pffp-neighbors/c24xw>

- **United Cerebral Palsy (UCP) Bridges Adult Day Program**

Bridges Adult Day Program is a collaborative effort with Goodwill Keystone Area that provides a community-based program to adults attending both Goodwill Community Skills and Alternatives Cameron Street in Harrisburg.

Participants will need to apply through their county (CP MH/IDD) for admission.

<http://www.ucpcentralpa.org/AdultswithIntellectualDisabilities/AdultDayProgram.aspx>

Helpful Websites

- **PA Department of Special Education** - [www.education.pa.gov/K-12/Special Education](http://www.education.pa.gov/K-12/Special%20Education)
- **Secondary Transition Guide** - www.secondarytransition.org
- **Transition Checklist** - www.health.state.pa.us/transitionchecklist
- **Department of Labor and Industry** - www.dli.pa.gov
- **PA Department of Labor and Industry Career Guide**
<http://www.portal.state.pa.us/portal/server.pt/community/publications/19877>
- **PaTTAN** - www.pattan.k12.pa.us
- **Transition Assessments and Activities**
<http://sped.sbcs.k12.in.us/ppm/transitionplanning/transitionassessments.html>
- **Council for Exceptional Children** - www.cec.sped.org
- **Center for Independent Living of Central Pennsylvania** - www.cilcp.org
- **Keystone Human Services** - <http://www.keystonehumanservices.org/>
- **Living Unlimited** - <http://www.living-unlimitedinc.com/>
- **ASERT-PA Autism Resource** - <http://www.paautism.org/>
- **My Next Move-O*Net** - <http://www.mynextmove.org/>
- **Job Gateway** - www.jobgateway.pa.gov
- **PA Career Zone** - www.pacareerzone.org
- **United Cerebral Palsy of Central PA** - <http://www.ucpcentralpa.org/>
- **The ARC of Pennsylvania** - <http://www.thearca.org/>
- **The ARC of Cumberland and Perry Counties - CPARC** - www.cparc.org
- **Works For Me** - <http://worksforme-pa.org/>
- **Pennsylvania Jobs.com** - <http://www.pennsylvaniajobs.com/>
- **Shared Work** - www.sharedwork.org
- **The Lead Center** - <http://www.leadcenter.org>
- **Pennsylvania Youth Leadership Network** - www.Pyln.org
- **Pacer's National Parent Center on Transition and Employment** - www.pacer.org/tatra
- **Autism Transition Handbook** - www.autismhandbook.org
- **Area M Special Olympics** - www.sopam.org
- **State of PA Health and Human Services Portal** - www.healthinpa.state.pa.us
- **The Peal Center (Special Needs Health Care Assistance)** - <http://www.pealcenter.org/>

- **SSI and SSDI websites:**
www.socialsecurity.gov/work/WIPA.html
www.yourtickettowork.com
www.cwds.state.pa.us
- **Benefits and Financial Planning** - <http://www.specialneedsalliance.org/>
- **I'm A Leader** - <http://www.imaleaderpa.org/>
- **I'm Determined** - <http://www.imdetermined.org/>
- **Employment Resources** - www.chooseworkttw.net/findhelp/
