



**The Arc.**  
Westchester  
New York

# Transition Planning: Discussing Adult Service Options

**Chappaqua Central School District – Special Education Department  
collaborates with The Arc Westchester  
June 6, 2023**

**Presenter: Jacie Feuer, Transition Services Director**

# Overview

- Pre-Employment and Employment Services
  - Adult Career and Continuing Education (ACCES) funded services
  - Office for People With Developmental Disabilities (OPWDD) funded services
  - Project SEARCH
- Day Habilitation Programs
- Considering Your Options
- Transition Planning Timeline & Activities

Note: Presentation slides will be shared via email.


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*Achieve with us.*

The Arc Westchester and CCSD Department of Special Education continue their partnership for a second year to assist district staff, transition-aged students, and their families in transition planning.





# Pre-Employment and Employment Services

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ACCES-VR and OPWDD Funded  
Services

# Employment Readiness



## Motivation & Mindset:

- Clear desire & commitment to work
- Reachable employment goals
- Open minded, reliable & flexible (work is the priority)
- Self-Started, uses checklists, alarms or other visual supports as necessary

## Independence:

- Able to successfully complete job tasks without the presence of Job Coach
- Meet the productivity expectations of the employer
- Travels to and from work independently (includes ParaTransit)
- Have independent hygiene, grooming skills and (if applicable) self-administers medication and allergy awareness

## Communication & Social Skills:

- Engage in basic communication effectively (verbal or non-verbal methods)
- Take direction and receive feedback from supervisors
- Maintain appropriate behavior and social skills

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## ADULT CAREER & CONTINUING EDUCATION SERVICES (ACCES)



ACCES is part of the New York State Education Department and is comprised of three primary areas: Programs & Policy, Career Training Schools, and Vocational Rehabilitation

### Apply for Vocational Rehabilitation Services

Adult Career and Continuing Education Services-Vocational Rehabilitation (ACCES-VR) provides services to individuals who have a disability, or disabilities, that interfere with getting, keeping, or advancing in a job.

### To apply or be referred for ACCES-VR services you must be:

- A person with a disability or disabilities that impact your ability to get, keep or advance in a job
- Currently present in New York State
- Available to participate in the vocational rehabilitation process
- At least 14 years old
- Able to work in the United States
  - Note: If you are not a United States Citizen, you must provide proof from the United States Department of Immigration and Naturalization Services that you are allowed to work in the United States

To learn more about eligibility requirements click on the following link  
[Apply for Vocational Rehabilitation Services | Adult Career and Continuing Education Services | NYS Education Department](#)

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# ACCES-VR's Pre-Employment Transition Services (Pre-ETS)



New York State  
EDUCATION DEPARTMENT  
ADULT CAREER & CONTINUING ED SERVICES

ACCES-VR's Pre-Employment Transition Services (Pre-ETS) include services to address the career development needs of **students with disabilities** who are age **16-21** and eligible for ACCES-VR services. Pre-ETS may include:

- Job Exploration & Counseling
- Work-Based Learning Experiences
- Counseling on Opportunities for Enrollment in Postsecondary Education
- Workplace Readiness Training
- Instruction in Self-Advocacy

**To review more information about Pre-ETS click on the following link:**

[Student and Youth Transition Services | Adult Career and Continuing Education Services | NYS Education Department](#)

**OR**

**contact the Westchester County Pre-ETS service provider, Jawonio, or the ACCES-VR Transition Counselor:**

**Debra Ehrenberg**, Senior VR Counselor Transition and Youth Services at ACCES-VR,  
914-946-7648, [Debra.Ehrenberg@nysed.gov](mailto:Debra.Ehrenberg@nysed.gov)

**Stacey Kantrowitz**, Director of Community Employment Services at Jawonio,  
845-708-2000 x 2396, [Stacey.kantrowitz@jawonio.org](mailto:Stacey.kantrowitz@jawonio.org)

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# ACCES-VR Adult Services



Eligibility for VR services is not a guarantee of specific services or of ACCES-VR's financial support.

*(NOTE: Someone can apply/re-apply to ACCES-VR and receive services at any point in their adult life. Except for Pre-ETS, **there is not an age cut-off to receiving ACCES-VR services.** See the previous slide for additional eligibility criteria)*

All vocational rehabilitation services provided by ACCES-VR must be included on the Individualized Plan for Employment (IPE) and be required to reach your employment goal. The IPE is the road map to employment.

#### Vocational Rehabilitation Services:

- Vocational guidance and counseling
- Community work experiences
- Work Try Out & On the Job Training
- Assessment for career planning
- Job development
- Job Coaching
- Supported employment
- Training (vocational, college)

For more information on **all ACCES-VR services** click on the following link:

[Vocational Rehabilitation Services | Adult Career and Continuing Education Services | NYS Education Department](#)

For general information about ACCES-VR and its services contact the ACCES-VR White Plains district office at: (914) 946-1313

ACCES-VR Website: <https://www.acces.nysed.gov/vr>

#### See also:

[Overview of ACCES-VR Services: Your Journey to Employment Begins Today \(vimeo.com\)](#)

[How to Apply For ACCES-VR Services \(vimeo.com\)](#)

ACCES-VR Application (English)

<https://www.acces.nysed.gov/sites/acces/files/vr/vr04.pdf>

ACCES-VR Application (Spanish)

<https://www.acces.nysed.gov/sites/acces/files/vr/vr04s.pdf>

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## Office for People With Developmental Disabilities

The New York State **Office for People With Developmental Disabilities** (OPWDD) is responsible for coordinating services for New Yorkers with developmental disabilities.

OPWDD authorizes **Medicaid funded services**, that an individual may want or need throughout their lifetime.

The **Home and Community Based Services (HCBS) Waiver** is the Medicaid program that provides opportunities for adults and children with intellectual and developmental disabilities to **receive services in their own home or community**

The Front Door is the way OPWDD **connects people to the services** they need and want

For more information about **OPWDD** click on the following link:  
[Access Supports | Office for People With Developmental Disabilities \(ny.gov\)](#)

To learn about applying to OPWDD for services and the **eligibility** review process click on the link below  
[Eligibility | Office for People With Developmental Disabilities \(ny.gov\)](#)

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## OPWDD Pre-Employment & Employment Support Services

### Pathway to Employment

Time-limited service, **12-months or 278 hours of services**, whichever occurs first.

Services include a **comprehensive discovery**, including **two long-term situational assessments** and related support and training to assist the individual in identify vocational interests and goals.

At the end of the 12-months or 278 hours of service a plan is discussed and reviewed with the individual and circle of support. **If Job Development is recommended, a referral is sent to [ACCES-VR](#).**

### Employment Training Program (ETP)

ETP in adulthood is an OPWDD Time-limited SEMP service, 4-months or 60 hours of service

ETP starts with **Discovery** to assist the individual to **identify vocational interests, goals, strengths, and support needs**.

At the end of Discovery, a recommendation is made, **If a recommendation for Job Development is made the person is then able to receive job development supports through [OPWDD SEMP-Intensive](#).**

The goal of the internship is to assist individuals in obtaining **employment in the community** and **earning at least minimum wage** at the completion of the internship

### Community Prevocational Services

Appropriate for individuals who are **ready for employment in one to two years**.

Through community and classroom experiences service providers **teach transferrable work skills**, such as social and communication skills related to work, task completion, time management, problem solving, following directions and safety skills that will increase their independence in the community

### Supported Employment (SEMP)

Provides **supports needed to maintain a paid competitive job** in the community, typically, **after a person has received supported employment services** funded by [ACCES-VR](#) and the person **requires limited job coaching** to successfully maintain employment

For more information about these services contact your Care Manager or CCO

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## Other Vocational Program Options

**Trade Schools** –A viable alternative to the traditional, four-year bachelor's degree, many programs can be completed in one year or less

**BOCES Adult Career and Technical Education programs**

**BOCES Continuing Education programs/courses**

**The Nicholas Center**

**Project SEARCH<sup>®</sup>**

### Pre-Vocational Skills

- Time management
- Problem solving
- Critical thinking
- Personal hygiene and appearance
- Responsibility and integrity
- Attitude and demeanor

### Vocational Skills :

- Work readiness
- Interview and job search skills
- Social and communication skills
- Task analysis
- Career choice
- Safety

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Project | SEARCH®

## PROJECT SEARCH® IN WESTCHESTER COUNTY

### **Project SEARCH® at Montefiore New Rochelle Hospital**

Since September 2011

**Partners:** School District of New Rochelle, Ability Beyond, & ACCES-VR.

**Funding:** District & ACCES-VR

**Ages Served:** High School students one-two years prior to exiting/graduating

**Program Contact:** Christine Grogan, [cgrogan@nredlearn.org](mailto:cgrogan@nredlearn.org) and Kathy Barbara [KBarbara@nredlearn.org](mailto:KBarbara@nredlearn.org)

### **Project SEARCH® at NewYork- Presbyterian Westchester (formerly Lawrence Hospital), Bronxville**

Since September 2022

**Partners:** WIHD/CSN Ability Beyond, Participating School Districts, & ACCES-VR

**Funding:** District & ACCES-VR, or Self-Direction through OPWDD

**Ages Served:** High School students one-two years prior to exiting/graduating AND Post high school possibilities

**Program Contact:** Yvette Goorevitch, [ygoorevitch@wihd.org](mailto:ygoorevitch@wihd.org)

### **Project SEARCH® Autism Enhancement at NewYork- Presbyterian Westchester Behavioral Health, White Plains**

Since 2011-2016, September 2018

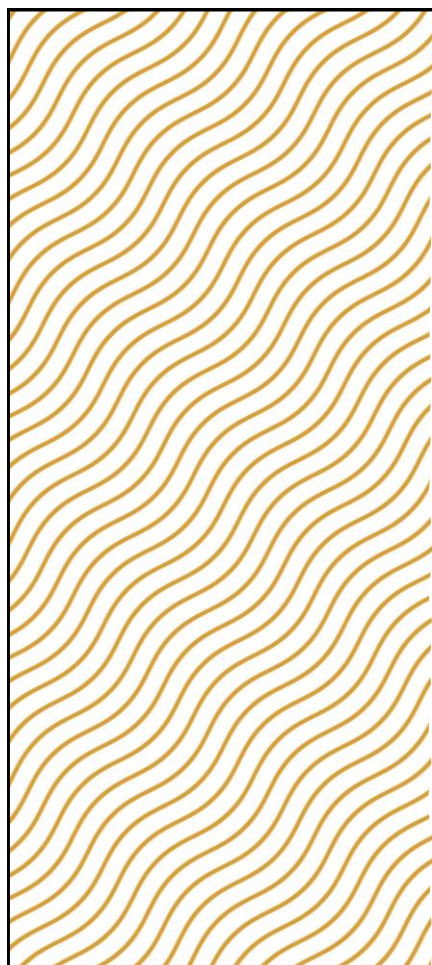
**Partners:** The Arc Westchester, NEXT for Autism, and Center for Autism and the Developing Brain

**Funding:** OPWDD (Community PreVoc service authorization)

**Ages Served:** Young adults 18-28 who will have exited the school system before entering the program.

**Program Contact:** Jacie Feuer, [jfeuer@arcwestchester.org](mailto:jfeuer@arcwestchester.org)

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# Adult Day Habilitation Programs

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OPWDD Home and Community-Based Services  
(HCBS) Waiver

# OPWDD Adult Day Programs



Day Programs assist people **to acquire, retain or improve their self-help, socialization and adaptive skills, including communication, travel and other areas in adult education, appropriate behavior, greater independence, community inclusion, relationship building, self-advocacy and informed choice**

People accessing day habilitation **often contribute to their communities through volunteer work**

Takes place outside your home in the community either at a certified **site-based** or **community-based** without walls day hab group.

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## Westchester County OPWDD Day Hab Providers

- Abbott House/Keon
- Ability Beyond
- Another Step
- Cardinal McCloskey Community Services
- Cerebral Palsy of Westchester (CPW)
- Community Based Services (CBS)
- Community Living Corporation
- Devereux New York
- Hawthorne Foundation
- Jawonio
- Opengate, Inc.
- Richmond Community Services
- SPARC Inc. (alternative)
- Special Citizens Futures Unlimited
- Taconic Innovations
- The Arc Westchester
- The Institutes of Applied Human Development (IAHD)
- YAI

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## Day Hab Considerations

- Medication and Allergies – support needs during program hours
- Transportation to-and-from program
- Activities of Daily Living – level of independence/support
- Behavioral Support Needs
- Communication
- Community activities
- Therapy needs (e.g., PT, OT, Speech)
- Staff to participant ratios
- Program vacancies, waitlist
- Age range

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## Which options are best for your student/child?

### General Considerations:

- What will a typical day/week look like if employment/volunteering is less than full-time?
- What level of support is needed?
- Would your family/young adult benefit from OPWDD's Self Direction services-are you ready to take on finding and coordinating the needed support, services, opportunities and programs?

### Work Considerations:

- Do they have a desire in obtaining job skills so they can work?
- Are you aware of any special interests that can lead to a job or volunteer position?
- Have they had any previous volunteer or paid work experience?
- What universal foundation skills do they currently have regarding careers and occupations? *(i.e. basic skills, thinking skills, technology, interpersonal skills, systems, managing information, managing resources, personal qualities)*

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# Transition Planning

Transition planning is a process to help students with an Individualized Education Program (IEP) decide what they want to do after high school & how to get there.

The purpose is to help students prepare to be independent young adults.

Planning for the transition from high school to young adulthood is different for each student.

- Student's experience, interests, and goals
- Level of Independence
- Stamina
- Medical and/or Behavioral Support Needs
- Funding Stream
- Transportation



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	Recommended Age to <u>Initiate</u> Item & Access Related Supports or Services:	15 y/o	16-17 y/o	18-19 y/o	20-21 y/o	21+ y/o
				Or two-years prior to exiting	Or one-year prior to exiting	Or after exiting
<h2>Transition Planning Timeline</h2> <p>For more information and resources meaningful to transition planning click on the following link:</p> <p><a href="#">Transition Services   The Arc Westchester</a></p>	IEP includes Pathway to Graduation, Transition Goals and Services	✓				
	Apply for OPWDD Eligibility	✓	✓	✓		
	Recreation & Respite Services	✓	✓	✓	✓	✓
	Go Through OPWDD's Front Door (1-2-year process)		✓	✓	✓	
	Consider Supported Decision Making or Guardianship Options		✓	✓	✓	
	ACCES-VR Pre-ETS		✓	✓	✓	
	Attend Transition Events, Fairs & Webinars			✓	✓	✓
	Obtain Adult Service Authorizations				✓	✓
	Tour & Apply to Adult Programs				✓	✓
	Apply to ACCES-VR (If pursuing employment)				✓	✓
	Access Adult Services					✓

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## Preparation is Key Does Your Young Adult...

- Follow basic verbal, written, or visual instructions?
- Know what independent living skills they need to work on? (i.e. laundry, personal hygiene, cooking, dressing)
- Have basic skills such as counting money, making change, shopping for items from a list or using money to negotiate public transportation?
- Practice interpersonal skills, such as greeting strangers appropriately and maintaining eye contact?
- Have the social skills to maintain/develop new friendships?
- Do they spend time alone at home? Can they be left unsupervised in familiar places in the community?
- Use effective strategies for coping with stress?
- Make daily choices?
- Tell others what they like/don't like, in an appropriate way?
- Know what support they need to complete tasks?
- Practice telling others about their disability and what helps them learn?
- Ask questions at home, in school and in the community?
- Do they have ParaTransit? Do they access their community?
- Know what to do in emergency situations?

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## Strategies to help your child/student prepare for adulthood:

- Keep them part of the conversation and
- Include them in the decision-making process
- Keep a routine
- Encourage volunteer activities in the community
- Limit Verbal Prompts
- Use Apps, Lists, Schedules & Pictures
- Consistency (school & home)
- Set clear expectations
- Take ParaTransit by self
- Volunteer on the weekends for longer time periods (Com-Hab)
- Chores & Accountability @ Home
- Adding new contacts into phone, take messages
- Carry wallet
- Emergency contact information

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# Questions?



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# Thank You

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