

Transition Age Youth Program

- I. **What is TAY?:** The Transition Age Youth Program provides youth ages 15- 18, with an Autism Spectrum Disorder, a community based opportunity to build upon their strengths and develop essential skills for transition to young adulthood. TAY offers psycho educational programs on topics including pre-vocational skills, dating, relationships, bullying, safe use of social media, wellness and more. In addition to on-campus psycho education, participants will participate in community enrichment activities such as volunteerism, socialization with a network of peers, exercise, cooking and more.
 - a) Students residing in Montgomery County are eligible for Transnet services, which provide transportation from the home or school setting to Indian Creek Foundation. Transnet services and the program are funded through Medical Assistance and therefore should be no cost to families.
- II. **Eligibility Criteria:** Members must be between the ages of 15-18 years old and have been diagnosed with Autism Spectrum Disorder. They must be able to participate in and benefit from the curriculum, having a functional form of communication. Group members must also be sufficient in activities of daily living as staff supervision ratio is 1:3. Group members displaying externalized at-risk behavior such as elopement, verbal/physical aggression or property destruction would not qualify for services.
- III. **Program break down:** Classes consist of up to 12 group members at a time. Programming runs 3 days per week from 3:00 – 6:30.
- IV. **Planned Psycho-Educational Lesson Days** (in the classroom)
 - a) Facilitated social interaction, large group lessons and small group activities targeting many topics including but not limited to stress management, communication, leadership, participating in social groups, organization and time management, nutrition, exercise and healthy habits/choices, career and college planning, dating, safety with technology, and peer pressure.
- V. **Enrichment Community Days** (out in the community)
 - a) Wellness Enrichment Activities: YMCA exercise program & swimming, park, yoga, tai kwon do, local nature settings, gardening
 - b) Pre-Vocational Exploration Enrichment Activities: Volunteer at TASP, Care & Share, Pawsibilities, Manna on Main, Assisted Living Facilities, Visiting College Campuses, Mock Interviews
 - c) Social Skills Enrichment Activities: Mr. B's Coffee Shop, Basketball, Bowling, Cooking, Local Restaurants, connection with students at SAHS
- VI. **Commitment**
 - a) Youth commit to 3 days (9 hours) per week afterschool throughout the school year.
 - b) Parents are involved in programming through conferences, family involvement events & team meetings.
 - c) TAY Qualified Professionals are involved in working with youth as they explore the many activities and topics that are a part of the TAY program experience. These professionals include:
 - i. Program Supervisor: Coordinator of the Daily Program
 - ii. Licensed Master's Level Lead Clinician: Facilitator of the Daily Program & communication/connection with families
 - iii. Therapeutic Aide: Assists in facilitation of Daily Program & maintains 1:3 staff to youth ratio at all times.