

# “S2L”: Transition : School 2 Life

## What is “S2L”?

Lehigh Valley Center For Independent Living ( LVCIL) has received a multiyear year grant from the Pennsylvania Developmental Disabilities Council to provide an intensive transition program to students ages 14-21 with any type of disability . It is meant to supplement what the schools are doing in the area of transition and help to provide support towards the participants ultimate goal of reaching independent or supportive living. The program is a comprehensive look into every area of life that may need support as a student with a disability transitions from a very supportive environment of school into the real world. The program includes an Independent Life Coach , mentors who have been through the transition process , a stakeholder team to help support the participant , same age peer support , and a person – centered plan of support. There will be a seminar series that includes topics of learning and interest and a more intensive summer seminar series, “The Real World Lehigh Valley”.

## What does “S2L” include?

### The Participant:

The participant is person taking part in the “S2L” program. Participants with all types of disabilities will be recruited for the program with an emphasis on diversity. The LVCIL will not discriminate for any reason. There will be 10-25 participants in the program at any one time. The participant must meet the following qualifications:

- 1) Be between the ages of 14 and 21
- 2) Be residents of Lehigh or Northampton counties
- 3) Have family/ caregiver support
- 4) Have a personal goal to achieve community or supported living
- 5) Agree in writing to take part fully in the S2L program
- 6) Recruit and work with a stakeholders team
- 7) Be willing to choose a mentor from a pool of mentors and work one on one with them
- 8) Develop a Person centered transition plan, choose goals to work on and meet and review progress every 60-90 days

### The Mentor:

The mentor is a person with a disability who has been through their own transition process and will be able to help the participant with their goals ,transition, peer support or whatever the participant might need. There will be mentor meet and greets to help participants find mentors. There is also

an option for the participant to have same aged peer support from someone without a disability who may be going through similar life experiences.

#### Support for Family / Caregivers :

The program is set up not only to have "buy in" from the families or guardians, but it is also meant to support the families or guardian as their son or daughter transitions into the real world. Families will have opportunities to take part in family to family support meetings .

#### Independent Life coach:

The ILC is the main facilitator of the "S2L" program and oversees the day to day operations of the project.

#### Stakeholders teams:

The stakeholders team is the team the "S2Ler" brings together to help him / her devise, develop, and review goals and plans. The very important group will meet every 60-90 days to review those goals and plans.

#### Seminars:

At least monthly there will be different seminars which will promote topics of independent living. These seminars will be held on weekends or evenings. Seminars will be held at the LVCIL in Allentown and at other community locations in the Lehigh valley . Topics may include: nutrition, personal safety , housing options, advocacy etc.

#### Seminar Series: " Real World Lehigh Valley"

This will be an intensive 6 week , 2-3 day a week , 6 hour a day conference and skills building workshop where participants will gain more knowledge and resources surrounding independent living . It will have a focus on community and be held at various locations in the community. There will be extra staff to help with the summer project.

## How do I get involved in the program?

You will have to fill out an application . You will have to then be interviewed by the selection committee. Acceptance will be determined by the selection committee. You can download an application from [lvcil.org](http://lvcil.org). For more information about the "S2L" program or if you have interest in volunteering, doing a seminar on an independent living topic or being a mentor, please call Independent Life Coach, Seth Hoderewski, @ 610-770-9781, Ext 19 or by email @ [sethhoderewski@lvcil.org](mailto:sethhoderewski@lvcil.org) .