

**Woodrow Wilson Rehabilitation Center
Life Skills Transition Program
Annual Report FY09**

This is the fiscal year 2009 annual report for the Life Skills Transition Program (LSTP) offered at Woodrow Wilson Rehabilitation Center (WWRC).

Brief History

The Life Skills Transition Program began officially in October 2005 as a result of WWRC's renewal process recommendations, namely to restructure and merge the previous Pre-Vocational Training Program and the Independent Living Skills Program into a comprehensive Life Skills Transition Program.

The LSTP is available to all WWRC clients, 18 years old or above, but it mainly targets Youth in Transition. Post Secondary Education Rehabilitation (PERT) clients, who may be as young as 15 and meet the program criteria, may also receive services as part of a situational assessment.

This program has continually progressed to meet each client's objectively assessed needs with a mission to:

Provide people with disabilities a learning opportunity for an introduction to life skills including independent living, interpersonal skills and employment skills while supporting goals to enhance an individualized transition plan.

Program goals for LSTP clients include:

- 1. To improve work readiness that supports a client's ability to secure entry level employment.**
- 2. To improve a client's awareness of personal interactions that may impact employment.**
- 3. To improve functional and personal management skills that increase a client's potential for living more independently.**

The LSTP offers a variety of classes and activities which support the goals of clients fully enrolled in this program. Clients who complete their program may enter a WWRC vocational training program, complete a WWRC Vocational Evaluation, continue their education elsewhere or return to their home community to seek employment.

Classes offered during the FY 09 included the following: Advocacy, Anger Management, Cooking/Housing, Employment Skills, Healthy Lifestyles, Hygiene/Room Care, Laundry, Men/Women-in-Transition, Money Management (basic and advanced), Recreation, Self-Esteem, Social Skills and Transportation Education.

At the beginning of 2006, LSTP services were made available to WWRC clients enrolled in a vocational training program. Based on objectively assessed needs, services were offered in conjunction with a client's current programming in order to maximize their learning experience without extending their enrollment. These clients could have access to the classes listed above, as well as courses in Relationships, Independent Leisure Skills and Recreation Therapy. Additionally, a prescriptive LSTP was added that gave students enrolled in Vocational Training, who did not need the employment skills component, an opportunity to participate in the LSTP while continuing their Vocational Training.

Life Skills Transition Program Staffing

The LSTP exists through the collaborative sharing of resources across WWRC divisions and departments; namely, Residential Services, Employment and Occupational Skills Training, Occupational Therapy and Medical Services. Five full-time staff dedicated to the program are licensed teachers with the Virginia Department of Education.

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Life Skills Transition Program Marketing

The LSTP web site www.wwrc.net/lifeskillstransition.htm and brochure were developed by the program team in consultation with WWRC's Marketing Director. A video clip on the program was also incorporated into WWRC's Programs and Services information video. Two formal presentations have been conducted on the LSTP. The first was an introduction of the LSTP given at the 2006 Virginia Transition Forum in Roanoke, Virginia. Presentations representing the LSTP have been made each subsequent year at the Virginia Transition Forum.

Fiscal Year 2009 Demographic Statistics

During FY09, a total of 232 clients participated in the LSTP with a total of 205 of those participating in the full nine week program. Of the 205 participating in the full nine week program:

- 64% (149) were male
- 36% (83) were female
- 52% (121) were Caucasian
- 46% (106) were Black or African American
- Average age was 20.6 years
- Youth in Transition population (18 through 22 years) was 88% (204)
- Primary disability categories were Cognitive 70% (163), Physical 19% (43), and Emotional 11% (26)

Program Evaluation Information

Life Skills Transition Program Client Satisfaction Survey Results

A satisfaction survey was developed and implemented in January 2007. This year's survey results include 12 months of data on clients who were fully enrolled in the full nine week program and successfully completed LSTP from July 1, 2008 to June 30, 2009. This survey was designed to measure the client's satisfaction with the program.

The Clients' responses to the survey are:

- 96% (126) reported that LSTP helped them achieve their goals,
- 98% (123) reported their questions were answered timely,
- 89% (118) reported they were able to help make decisions about their program, and
- 88% (120) reported they would recommend LSTP to others.

Rehabilitation Rate Results

Rehabilitation Rate for the LSTP program is based on the DRS case closures that occurred in FY 09 that had received LSTP services during their rehabilitation program.

- 101 LSTP Clients closed by DRS in FY09
- 30 Closed-Other (28)
- 71 Closed-Rehab (26)

Rehab Rate = 70.3%

FY09 Changes

This past year the daily schedule remained mostly intact with minor changes to the curriculum. For example, Money Management 1 & 2 classes were separated into two different modules to provide expanded opportunity for all LSTP students to have access to both classes. In prior years, students were placed in either Money Management 1 or 2.

AZTEC learning systems was embedded in the Business Area Employment Skills class of the LSTP.

In FY09, the LSTP entered into an agreement with the Virginia Department of Education to partner a pilot program with the Self Determination Project for Youth in Transition. This has been embedded into the LSTP

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curriculum. Students lead their progress review meetings and develop One-Pagers, which are information sheets with an embedded video of students sharing important information about themselves including their vocational goals, learning styles, and necessary accommodations.

FY10 Changes

In August 2009, the LSTP will expand from a capacity of 36 to a capacity of 72 students. This will be accomplished with the addition of 4.25 staff positions. Student to teacher ratio will remain at 12:1. Additional sections of LSTP class offerings will be developed with additional classroom and office space provided. With the program expansion, there will be a total of 8 teachers licensed with the Virginia Department of Education. An Occupational Therapist will also be providing instruction in Life Skills classes.

AZTEC instruction will be moved from the Business Area Employment Skills class to a freestanding Career Readiness lab utilizing AZTEC software. All LSTP students will participate in AZTEC by rotating through the lab, which will lead to more students earning a minimum of a Bronze Career Readiness Certification.

A new Learner's Permit class will replace the Transportation Education class. In collaboration with the Occupational Therapy (OT) Department, the class will be offered to LSTP students as part of the curriculum. During the first three week module, students needing a driving evaluation will be assessed by the OT. Students will then be referred for the Learner's Permit class based on the driving evaluation. The Learner's Permit class will lead into a new stand alone Driver's Education program being developed at WWRC. The Men in Transition and Women in Transition classes will be combined into a class called Human Sexuality. Other LSTP course offerings are planned to remain the same.

The LSTP program will continue to participate in the I'm Determined program through the Virginia Department of Education. Student developed One-Pagers will increase from 1 to 2 developed during LSTP to reflect student progress from the beginning to end of LSTP. The curriculum will be expanded in the area of self-determination which will result in separating Self-Determination and Advocacy into two separate, sequential classes.

The LSTP program will continue to evaluate its effectiveness and engage in ongoing process improvement. Program staff will engage in discussions and information gathering activities with external and internal stakeholders as well as data collection and analysis.

Success Story

T.J. arrived at Woodrow Wilson Rehabilitation Center (WWRC) certain that he wanted to work in Food Service. His first attempt in the Food Service assessment was not successful due to immature work readiness behaviors. T.J. was referred to the Life Skills Transition Program for a 30 day Employment Skills assessment. T.J. was then recommended to participate in the the full Life Skills Transition Program to assist him in preparing for work and independence. When this was presented to him, he determined that he would like to complete the Life Skills Transition Program and went on to do very well. Following Life Skills, T.J. was once again enrolled in the trial Food Service program. He demonstrated significant improvement in work readiness skills and was able to obtain full enrollment as a Kitchen Assistant. His internships were both very successful. On April 14, 2009, we learned that T.J. has been employed full time at Ruby Tuesday as a food prep assistant. He is doing very well and enjoys his work. T.J.'s FRS Counselor, Ms. Lisa Webb and his family have all indicated that they are very proud of his accomplishments.

A.H. first came to WWRC as a PERT student in 2007 which included a Vocational Evaluation. A.H. returned in 12/08 and completed the Life Skills Transition Program where she participated well in her classes and demonstrated acceptable work behaviors while in LSTP. She was pleasant and cooperative in her classes. A.H. participated well in employment skills class and demonstrated good work behaviors. She was very helpful towards her peers and was known to say "If you don't feel god, act like you do." Following the Life Skills Transition Program, A.H. went on to successfully complete the Health Occupations Vocational Training Program, complete the Driver's Education Program, and obtain her driver's license with the assistance of the Occupational Therapy Department. A.H. returned home to Floyd County where she is successfully employed as a Personal Care Assistant. Field Counselor Rick Bradley reported that A.H.'s employer stated that they wish they had more employees like her.

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A.M. successfully completed the Life Skills Transition Program in November 2008. She then entered Vocational Training in the Material Handling program at WWRC. A.M. successfully completed two Student Internship Programs with T.J. Maxx and Martin's grocery store. At both SIP sites A.M. received glowing reports which highlighted her excellent work skills. A.M. recently completed her program at WWRC and has returned to her home community where she is pursuing employment with a Martin's grocery store that is currently under construction.