

# Intensive Life Skills and/or Job Readiness for Young Adults

## (Individuals 18-29yrs old)

### Needing a more intensive experience that is tailored to your needs?

**Who can participate:** any individual considered a young adult (18yrs old through age 29). During the summer 16 and 17 year olds still in HS can be accommodated in the intensive portion.

#### **What Does Intensive Mean?**

- At least 4 hrs a week working directly with one of our staff on the area you selected.
- There is prep work that must be completed before your sessions.
- There will be videos to watch & computer work that must be completed (before, during, or after your session based on the areas selected).
- There are outings (also called extension activities) to attend with or without your assigned staff to further your skills in the areas that are selected.
- Many include their circle of support (close family members) at times in the process

#### **What are the areas to choose from go promote independence & self-advocacy?**

- Budgeting, money smarts, & Expenses to work toward living independently
- Exploring the “you” in finding a job (exploring your interests, skills, motivation, etc.)
- Exploring more in depth possible jobs (working together to see what those actually look like and skills needed while thinking outside a narrow scope)
- Pitching who I am on Paper (focusing on the job application itself, resume building, highlighting transferable skills, etc.)
- Pitching who I am In person (focusing on the interview, pitch, etc. along with verbal and nonverbal communication)
- Understanding the social nuances of a job (perspective taking on a professional scale)
- Disclosure of my disability to others and avenues of transparency and advocacy with others (school, work, community, socially along with understanding my accommodations, wants vs needs, non-negotiables vs. negotiables, the pitch I make, etc.)
- Understanding how to utilize my circle of support effectively (family members, school personnel, job coach, etc.)

#### **Additional Understandings:**

- The intensive experience costs \$30 an hour.
- Hours are set with a staff and Commitment is for at least 2 months at least 4 hours a week.
- Most who participate in this program are also participating or have participated in other UTH programs so have a basic foundation.
- This can be adapted for various levels of functioning and need.

- Circle of support input is highly recommended to be successful.
- Goal is for independence.
- If you have a “friend” with similar needs the intensive experience can be set up like a small group.
- Meetings would occur at the preset location (Denton or Frisco site) or if have a small group and space then may consider it at your choice of location.

**For more information and/or to obtain the enrollment forms needed to be completed for this program, contact:** United Through H.O.P.E., Inc, at 1-866-857-7751 or send an email to [info@unitedthroughhope.org](mailto:info@unitedthroughhope.org)