

Transitional Skills Program

Helping Young Adults Discover Their Potential



We can be **independent** when we do it **together**.



The Transitional Skills Program empowers participants with different disabilities — ages 14-22 — to reach their goals, whether that's:

**Independent Living
Post-Secondary Education
Competitive-Integrated Employment**

Serving Participants With Disabilities in Northeastern PA School Districts

As the only facility of its kind in the area — serving over 20 districts from 4 counties in the NEPA region — we offer young adults with disabilities the training and support they need to achieve their individual independent living goals. Moreover, they have the unique opportunity to form lasting friendships with peers from across the region.

In our simulated life settings, our participants develop practical skills. They progress through a series of activities designed for their abilities and goals.

The key is building on the skills they develop. Our half-day program offers flexibility and on-going growth, customized for each participant.

At the end of the program, participants have a stronger foundation for their vocational goals, soft skills, and self-advocacy for removal of barriers. They benefit from a clearer path beyond transition for their personal and professional aspirations to live as independently as possible.

I feel that the hands-on activities and various group levels at the TSC are a great resource to our students. They are a wonderful added support for our students to help them towards reaching their post-school goals.

~ Dave Genovese,
Transition Coordinator,
Scranton School District



A Comprehensive Program

Group Facilitation

Facilitators help participants develop and grow their independent living skills by guiding participant-centered activities, discussions, and simulations that are customized to the interests and skill level of participants. Participants practice both individual focus and how to work with and as a group using soft and executive skills for more independent living or the workforce.

Community-Based Learning Experiences

After participants develop skills through practice in our state-of-the-art real-life simulations, they can practice them in the community. During our typical program — five days a week, three hours a day — participants are in the community with their peers up to 50% of the week, using their skills by working at local non-profit organizations and various small businesses. TSC partners with a wide variety of local businesses to provide in-depth, hands-on training that develops practical and interpersonal skills. These integrated employment opportunities provide participants with insight into career choices, empower participants to gain independence, increase teamwork and build confidence in a group environment. Participants are introduced to our community by visiting businesses and public offices to learn about the many jobs within each organization, as well as learning the value of service to the community through these experiences.

Nutrition and Independent Living

Participants explore gradual mastery of tools and ingredients in a hands-on state-of-the-art kitchen. From the functional math required for meal planning and shopping to cleaning, cooking, dining, and problem-solving, participants cultivate mindfulness and joy in the responsibility of managing a kitchen, home, or work space with real-world skill. It's in the kitchen of TSC where participants also bake and create prepared goods for small-business simulation in the community.

Recreation and Wellness

With our recreation and wellness component, participants can participate in various sporting, team-building, and group-dynamic activities. These activities help participants enhance their fine motor ability, social interaction, and problem-solving skills. Our team promotes the importance of well-rounded and diverse styles of exercise, nutrition, and healthy lifestyles during each session. Participants learn how to follow and interpret directions with music, practice mindfulness, and improve their physical, social, and emotional well-being. With these skills, our participants can achieve their independent living goals and live a better quality of life.

Art and Social Emotional Learning

Our art and social emotional learning (SEL) component promotes communication, emotional regulation, and adaptation to a sensory-rich environment. Individual and group expressive arts and SEL activities are cathartic and beneficial for participants who struggle with verbal communication, are nonverbal, or who have anxiety regarding verbal communication. Our team creates a positive communal environment and opportunity for increased social participation, sense of belonging, and nonverbal bonding. We facilitate these valuable forms of expressive communication through visual, tactile, and written activities, all rooted in self-reflection.



The students who are participating in the program cannot wait to go every day.

~ Timothy Hopkins, Principal,
Dunmore High School

Learning Modules and Curriculum Domains Designed for Progressive Skill Development

Curriculum Domains

Domain I: Daily Living Skills

Competencies of Daily Living Skills:

1. Managing Personal Finances
2. Selecting and Managing a Household
3. Caring for Personal Needs
4. Demonstrating Relationship Responsibilities
5. Buying, Preparing and Consuming Food
6. Buying and Caring for Clothing
7. Exhibiting Responsible Citizenship
8. Utilizing Recreational Facilities
9. Choosing and Accessing Transportation



Domain II: Self-Determination, Self-Advocacy & Interpersonal Skills

Competencies of Self-Determination, Self-Advocacy, and Interpersonal Skills:

1. Understanding Self-Determination
2. Being Self-Aware
3. Developing Interpersonal Skills
4. Communicating with Others
5. Good Decision-Making Skills
6. Developing Social Awareness
7. Understanding Disability Rights & Responsibilities

Domain III: Employment Skills

Competencies of Employment Skills:

1. Knowing and Exploring Employment Possibilities
2. Exploring Employment Choices
3. Seeking, Securing and Maintaining Employment
4. Exhibiting Appropriate Work Ethic



Building the Skills Participants Need to Reach Their Life Goals in the Greater Community

The TSC program helps participants with disabilities develop the skills and behavior that lead to success. Participants gain the confidence they need to improve and empower their future.



A Comprehensive, Interdisciplinary Curriculum

We use a research-backed curriculum that addresses real-world challenges and goals. Our comprehensive, interdisciplinary curriculum covers three domains. Each domain has various competencies and sub-competencies in addition to learning modules.

Flexible Lessons to Meet Unique Needs and Goals

We provide lessons at three levels of increasing complexity. This approach allows participants to continue growing and refining their independent living skills. From daily living and interpersonal relationships to employment, participants can master the skills they need to live their best lives.

Engaging Activities That Offer Real-world Skill Practice

During the program, participants engage in daily living activities that involve both abstract and tangible concepts. A key part of our curriculum is community-based learning experiences. Our participants have the opportunity to go out into our community and practice the skills they're developing.

They have assembled a group of kids that Tyler feels truly comfortable with and can relate to. That is invaluable. He has finally found his "peeps."

~ Janet and Bill, Parents



Contact Us Today to Learn More

Sue Sileo, Director, Transition Services

ssileo@mycil.org | 570-207-9101 | www.mycil.org | 530 Electric Street Scranton, PA 18509