

Beach Kids Therapy Center presents a social life-skills program for teens
Summer 2018

teenSHIP (Self-help and Independence program)



Date and times: Thursdays 4PM-6PM (July 5 - August 9)

Location: Beach Kids Therapy Center, San Clemente

Cost: \$450 (\$75 per session)

About the program:

This program is designed to provide learning opportunities for teens from 13 to 18 in a social and collaborative setting with peers, under the supervision of registered and licensed occupational therapists or speech therapists through Beach Kids Therapy Center. Program participants will learn relevant life skills and self-care skills for functioning in the community and in their natural environments through experiential simulation, hands-on learning opportunities, and guided community outings. This is the first of an ongoing, year-round program offered through Beach Kids Therapy Center. All participants are welcome to our program, including, but not limited to teens who have developmental delays and disabilities, intellectual disabilities, and typically developing teens. There are no minimum requirements, other than age, to enroll in this program.

Program Goals:

- Learn to effectively communicate needs to various people appropriately (i.e. friends, teachers, parents, law enforcement).
- Learn to work collaboratively with peers, in groups, to communicate, problem solve, and take turns.
- Learn basic self-care skills such as money management, making small purchases, basic laundry skills, safety for household cleaning products, emergency skills, kitchen safety, and simple food preparation.
- Apply learned and simulated skills in the clinic to natural settings.

Topics by Week - Term 1:

Week 1: Communication skills

Week 2: Money management

Week 3: Clothing management/laundry skills

Week 4: Household safety/emergency and crisis skills

Week 5: Simple food prep and kitchen safety

Week 6: Community outing

Assessments:

- Non-standardized participation evaluation forms will be provided to parents on a weekly basis.
- Progress will be assessed using standardized parent questionnaire, Adaptive Behavior Assessment System (ABAS-II) as a pre-test and post-test measurement.

To sign-up, please email dee@beachkidstherapy.com