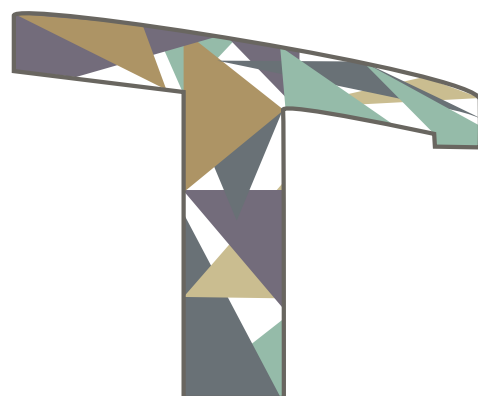


*BACKED BY 60 YEARS OF
EXPERIENCE IN PREPARING
STUDENTS WITH AUTISM AND
LEARNING DIFFERENCES FOR
COLLEGE, CAREER AND LIFE*



TRANSITIONS
the evolution of you

The Transitions program focuses on building academic skills, life skills and general independence for high school graduates and young adults with autism and learning differences. Its specialty isn't just in teaching students how to study or learn a trade – it's in showing its students that they can live a life that even they never dreamed of.

Through partnership with local colleges, internships in community businesses and supported living opportunities, Transitions helps young people on the autism spectrum or with learning differences make successful transitions from adolescence to adulthood. Students have access to state-of-the-art facilities, an experienced staff and an evidence-based curriculum that provides individualized attention and training in skills students will use for the rest of their lives. Transitions gives students the tools and supports they need to learn, thrive, and live happy and productive lives that they and their parents hoped for, but never thought possible.



DEAR PARENTS OF YOUNG ADULTS WITH LEARNING DIFFERENCES,



As the mother of a daughter with Turner syndrome and nonverbal learning disabilities, I know how overwhelming it feels when you're faced with decisions that affect your son or daughter for life. Your son or daughter is finishing or has finished high school – what next? Will they be able to make it through college? What supports will be in place to help them? Or what if they want to go straight into a career path, where there are even fewer supports available? What if they are already in their college or career path and are experiencing difficulties? How can you help them be independent, confident, self-sufficient and, above all, safe?

I had the same concerns when my daughter Priya graduated high school and wanted to go to college. Even though I had more than 25 years of experience supporting people with disabilities and the resources to help her, I, too, was overwhelmed to think about how to prepare her for life without the supports she had in school or even life without me. She and I developed a step-by-step plan together. I'm proud to say that she has gone far above and beyond the expectations people set before her. Now, she is a recent graduate of the State University of New York at Albany's Honor's College. She maintained a full academic-based scholarship and was able to work, volunteer at her church and complete two internships while going to school. Priya is living proof that a diagnosis of a learning difference does not in any way mean that someone can't accomplish the goals they set for themselves. My daughter has faced many challenges in her life, but we've found that with the right resources, and with people willing to help, challenges can become opportunities for people with learning differences.

It is because of my daughter's experience that I, in partnership with Lexington, an agency that has been providing award-winning disability services for more than 60 years, developed Transitions.

With our state-of-the-art facilities, experienced staff and uniquely designed curriculum, we offer your son or daughter individualized attention and training in skills they will use for the rest of their lives, including executive functioning, leadership, relationship building and living independently. To you, we offer the promise that your child will be safe, well cared for and will come out of the program prepared for opportunities that life offers beyond high school.

You've brought your child this far. Let us help you help them take the next big step in their lives. Let us help them transition from a life of constant support to a life they control themselves.

Sincerely,

A handwritten signature in black ink that reads "Shaloni". The script is fluid and cursive.

Shaloni Winston, Founder



As young adults with learning differences and disabilities such as autism age out of the school system, they most often must leave behind any supports the school has provided them — supports that they and their families depend on. There are very few options for these capable students who want to go on to college or develop a career and live independently, but lack the skills and supports to be successful. The Transitions program teaches its Apprentices the skills necessary to make those things happen.

Located in the foothills of New York State's beautiful Adirondack Mountains, this premier career and college Apprenticeship program is designed for young adults with autism spectrum disorders including Asperger's syndrome, ADHD, nonverbal learning disabilities and other learning differences. We offer both full-year and summer programs.

Our curriculum is crafted from evidence-based programs, designed to give all students equal opportunities to thrive, and is grounded in internationally recognized approaches that will set students on the path toward college and career success. Transitions has collaborated with several elite institutions, including the Savannah College of Art and Design, the University of Washington, Virginia Commonwealth University Autism Center for Excellence, the Mayo Clinic and the Paul Nigra Center for Creative Arts, to build its exclusive learning experience.

OVERVIEW

Through careful partnership with Lexington, an agency that has been providing award-winning disability services for more than 60 years, Transitions trains its students in life skills that will complement the Apprenticeship experience, ensuring they get the tools they need to safely and independently navigate their academic and work environments.

In addition to training in domains such as executive functioning, leadership, self-advocacy, social relationship building and independent living, students will be exposed to socially rich recreational opportunities in a safe, secure and supportive environment.

Independence is our goal, and we'll deliver it with an approach sure to each ignite each student's potential.

"We want our daughter to be able to discuss her diagnosis and tell those who need to know what accommodations and supports she needs to be successful. Transitions is giving her the tools she needs to become a great self-advocate."

— Roberta, Parent of a Transitions Apprentice

WHY TRANSITIONS?

Transitions builds academic skills, life skills and independence. Our core curriculum covers social skills, health and wellness, independent life, self-management, and self-advocacy and leadership.

Teaches independent living skills – cooking, budgeting, shopping, cleaning, home maintenance, managing medication and public transportation



Provides off-campus apartment living with roommates

Offers social outlets and group activities



Teaches coping mechanisms for stressful adult situations



Coaches on self-disclosure of differences

Assists with studying, coursework, following syllabi, time management, organization, self-advocacy and social interactions



Develops personalized academic success plans

Teaches management of own schedules and assignments



Offers counseling, medical and staff supports 24/7



Teaches social skills specific to college classrooms and workplaces



Facilitates enrollment in and liaises with Fulton-Montgomery Community College

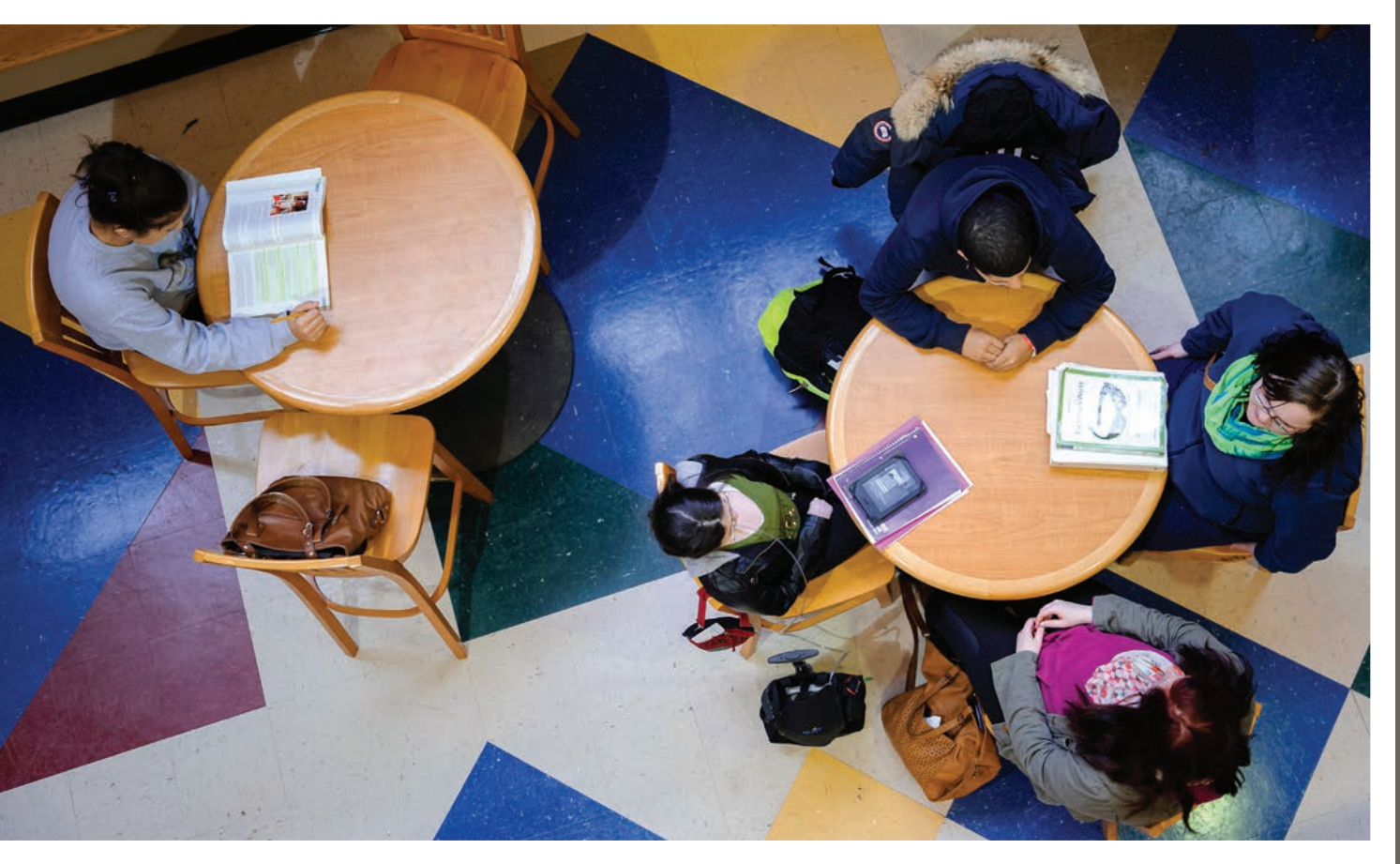


Supports in development of resumes and portfolios and provides career-related experiences

Equips housing with emergency equipment, procedures and contact info



TRANSITIONS PROGRAMS



“If I wasn’t here, I would probably be failing. But now that I’m in Transitions, they’ve helped me increase my grades to A’s and B’s.”

– Coty, Transitions Apprentice

Transitions offers a fully inclusive two- to four-year college and career support experience to students with learning differences. The program includes enrollment in college courses, participation in career internships, leadership opportunities, and classes in social integration, self-management, career exploration, independent living and self-advocacy. The result is skill development, maturity and the confidence to live life as an independent adult.

All Apprentices will enroll in a 1-credit college class in career exploration and success each semester that will help them determine whether they are on a college or career path. Students can elect to enroll at Transitions while simultaneously attending Fulton-Montgomery Community College (FMCC), where they don't just study – they thrive.

Transitions has partnered with FMCC, part of the State University of New York system, to ensure that the academic life of our Apprentices is robust and that they are properly supported every step of the way. Through FMCC, students can complete a certificate program, a two- or four-year degree program, or an individually designed program in majors such as Business Administration, Computer Information Systems, Criminal Justice, Culinary Arts, Early Childhood Education, Engineering and Fine Arts. FMCC offers an additional Individual Studies certificate or degree program called Collaborative Career Learning (COCAL). This program combines classroom learning, professional mentorship and hands-on workplace experience tailored to each student's specific career goals.

FULL-YEAR APPRENTICESHIPS

TRANSITIONS WILL:

- Assess Apprentices' academic skills and interests
- Help Apprentices develop personalized academic success plans
- Assist with the application process and liaise with the college on the Apprentices' behalf
- Provide group and individual study halls
- Support Apprentices in selecting and registering for classes, following course syllabi, prioritizing assignments and managing time effectively

COLLEGE PARTNERSHIPS

- FMCC
- SUNY Cobleskill, through a 2+2 dual admission program with FMCC
- College of St. Rose, through 2+2 dual admission program with FMCC
- Dozens of other colleges and universities through transfer agreements with FMCC
- Online degree programs

FMCC AT-A-GLANCE

- 2,800 students
- 58% female/42% male
- 64% full-time/36% part-time
- Average age: 23
- Over 40 degree and certificate programs
- 22:1 student/teacher ratio
- NJAA Div. III sports
- Over 100 transfer agreements
- Honors program
- Free tutoring in the Learning Center
- Evening, weekend & online classes
- Study Abroad opportunities
- More than 25 clubs

WWW.FMCC.EDU



Transitions Apprenticeships help prepare young adults with learning differences for the workplace.

TRANSITIONS WILL:

- Assess Apprentices' career skills and interests
- Help Apprentices construct personalized career development plans
- Provide individualized career counseling
- Help Apprentices secure a job
- Liaise with supervisors
- Coach Apprentices at their internship or job site
- Train Apprentices in resume preparation, job searching, dressing for success, work ethics and behavior, interviewing, writing, communication and leadership

COMPANIES WHO HAVE HOSTED TRANSITIONS INTERNSHIPS:

- | | | |
|--------------------------------------|---------------------------------------|-------------------------|
| • Chartwells Schools Dining Services | • Grandma Millie's Bakery | • Smiling Faces Daycare |
| • Greenscapes Landscaping | • Encore Kids | • Lexington |
| • Herba Tree Farm | • FMCC Library | – IT |
| • Chrissy's Greenhouse | • Bark n' Play | – Construction |
| • Price Chopper Bakery | • Warsaw Dog Training | – Human Resources |
| • Kingsboro Catering | • PTECH (Pathways in Technology) | – Public Relations |
| | • Paul Nigra Center for Creative Arts | – Nursing Services |



TRANSITIONS OFFERS 100% INTERNSHIP PLACEMENT IN LOCAL COMPANIES

SUMMER IMMERSION EXPERIENCE

The Transitions Summer Immersion Experience is a transformative two- or three-week readiness program for students with autism spectrum disorders (ASD), ADHD and other learning differences (LD).

EXPERIENCE:

- College tours in exciting cities
- Group road trips
- Adventurous Adirondack excursions
- Lasting friendships with like-minded people
- Self-expressive creative arts classes
- Innovative, personalized instruction in skills that will prepare you for a lifetime of success!

College Tours
in NYC &
Philadelphia
in 2017!



CHOOSE BETWEEN TWO SPECIALIZED TRACKS ACCORDING TO YOUR NEEDS AND GOALS FOR THE FUTURE:

College and Beyond

Personalized and innovative pre-college programs for students entering grades 9-12 or transferring colleges.

Students thrive best where a college's supports best match their unique needs, but schools vary in the supports and resources they offer to students with ASD/LD. This program will help students determine what their needs are and, through tours and hands-on exploration, expose them to different types of college programs so they can decide which setting best fits them.

- Tour elite New York City and Philadelphia colleges with strong ASD/LD supports
- Write college and scholarship application essays
- Earn college credit
- Learn communication and social skills
- Hear firsthand from college students just like you
- Live in college dorms with roommates
- Find your dream school!

Career and Life

Life-changing and individualized career prep programs for young adults up to age 27 who want to start careers and live on their own.

The career-focused program will teach students core skills essential for career success. Statistically, most people lose their jobs not due to incompetence, but rather to lack of preparation for how to act at work. Transitions will work with its students to help them find and keep jobs that make them feel happy, secure and fulfilled.

- Work at an internship with coaching and feedback
- Learn and practice the skills employers want
- Develop an employment portfolio
- Tour prospective job sites and speak to employers
- Earn college credit
- Learn independent living skills
- Enhance your personal safety skills
- Find your dream career!

MINI CAMPS

“Maddy had a great time at the Memorial Day Mini Camp and is very interested in participating in a summer three-week session at Transitions!”

Transitions Mini Camps, offered year-round to young adults with learning differences, are focused introductions to strategies for transitioning from school and home to independent living and building an exceptional life. High school students and young adults are welcome to attend these three-day sessions full of seminars, special presentations, enrichment classes, fun social activities and outings, networking with Transitions staff and alumni, and more. Mini Camps are perfect for getting a taste of what Transitions is all about while spending a few days away from home.

All of our programs also include learning opportunities for the families of our participants. Educating families and facilitating networking with others who have similar experiences are important goals of ours, along with ensuring our students have fun and make friends as they learn new approaches for life.



WHAT TO EXPECT

Offered year-round, these camps will seek to answer important questions about the challenging journey into adulthood for young adults with learning differences of all kinds. And they'll have a lot of fun while doing it.

LEARN ABOUT

- Leadership and self-advocacy
- Social skills
- Independent living and wellness
- Success beyond disability

Visit transitionsusa.org/programs/mini-camps/ for more information, dates and to register!

ADIRONDACK EXPRESSIONS ART CAMP

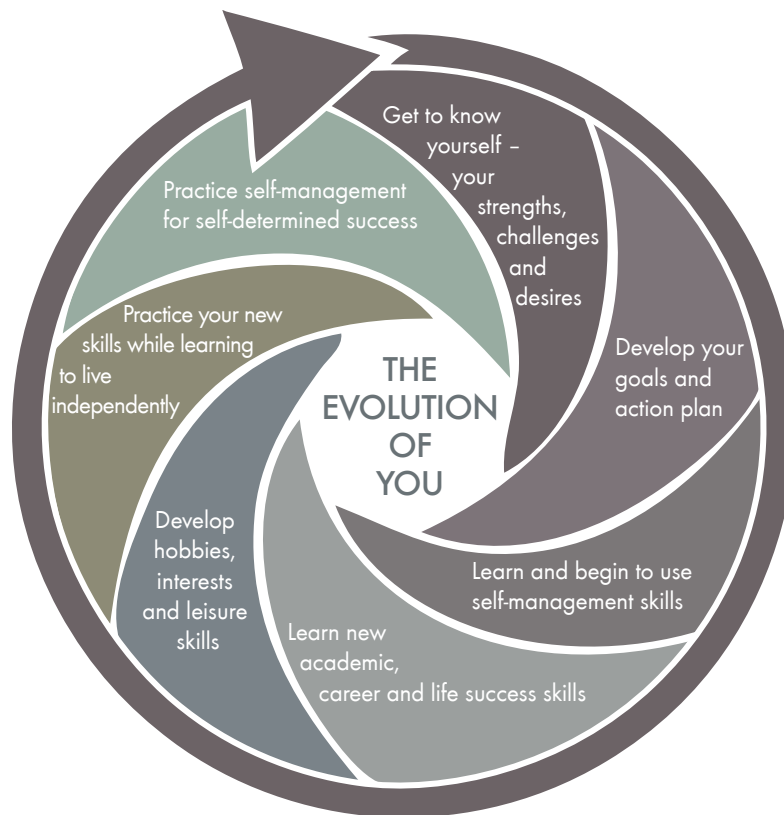
A joint project with the Paul Nigra Center for Creative Arts, this camp is for young adults aged 16-27 who have learning differences and want to learn about art. These are one-week sessions where students participate in Adirondack activities and outings and work with experienced artists on fun and educational art projects. Students can choose to stay overnight at the camp or attend just for the day. The activities, projects and social events will promote each camper's unique talents, creativity and self-esteem. At the end of the week, an exhibition of the art created here will show off each camper's creativity to parents, friends and family. With two classes per day in disciplines such as painting, woodworking, cooking, photography and paper crafts, there is something at Adirondack Expressions for every budding artist.

Visit pncreativeartscenter.org/camp-overview/ for more information.

CURRICULUM AND SUPPORTS

Transitions' core curriculum was built on the work of many esteemed researchers and providers nationwide. It immerses students in real life experiences while supporting them as they reach their college and career goals. The core areas are social skills, health and wellness, independent life, self-management, and self-advocacy and leadership. All courses are specifically geared toward young adults with learning differences. The importance of self-advocacy and self-monitoring is emphasized throughout.

CURRICULUM MODEL



**ALL TRANSITIONS COURSES ARE SPECIFICALLY GEARED
TOWARD YOUNG ADULTS WITH LEARNING DIFFERENCES**



“She went to the accessibility office at school and talked to her teachers about providing notes and things because she couldn’t hear them and needed that extra material to grasp everything they would present. I think this was made possible because of the confidence she gained from Transitions.”

– Marguerite, Parent of a Transitions Alumna

PERSONAL OUTCOME MEASURES

Each Apprentice is given a Personal Outcome Measures® interview from the Council on Quality and Leadership (CQL) by trained and certified CQL interviewers. These interviews are a quality of life measure and form the basis of each Apprentice's person-centered plan and goals. The supports the Apprentices receive are based on their responses, matching their unique needs and interests. Each of the three words in Personal Outcome Measures® shows how this approach is different:



1.THEY'RE PERSONAL

What everyone does is determined only by him/herself. Each person's assessment for quality of life is unique to him or her. The definitions for quality of life are set by the person, with the help of people who care about him/her and know him/her very well.

2.THEY'RE OUTCOME BASED

The work is guided by what's happening in the person's life, so the individual is experiencing real outcomes related to the personal expectations for quality that he/she has defined.

3.THEY'RE MEASURED DIFFERENTLY

Traditional systems measure how services are delivered or what the organization does. CQL's approach looks at personal quality of life and addresses questions of priority and relevance for the person, based on individual life priorities.

CLINICAL SUPPORTS AND THERAPY

Transitions has experienced and qualified clinicians on staff to provide counseling and therapeutic consultation as necessary. We have qualified specialists in the following areas: social work, psychology, nursing, nutrition counseling, vocational rehabilitation, psychiatry, occupational therapy, physical therapy, and speech and language pathology.

COLLABORATORS



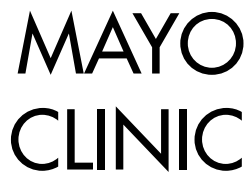
FULTON-MONTGOMERY COMMUNITY COLLEGE

- Educational opportunities and supports for the Full-Year Apprenticeship



LEXINGTON

- Staff recruitment and training expertise
- Successful independent and supported residential life models
- Access to 24/7 supports, including medical and emotional supports
- Proven safety and oversight procedures that have been developed and tested over 60 years of supporting people with disabilities who have complex medical, social and emotional needs



MAYO CLINIC

- Wellness coaches who received their certification from the Mayo Clinic provide individualized health, behavior and social change goal setting and instruction



PAUL NIGRA CENTER FOR CREATIVE ARTS

- State-of-the-art creative arts center that is 100% accessible
- Access to numerous visual and performing arts classes, performances and events
- Opportunity to learn from and record music with Flame, Lexington's internationally renowned rock band comprised of people with disabilities
- Sensory friendly events and activities





THE SAGE COLLEGES

- Participation in a faculty and graduate student research program about effective strategies for increasing independence across all areas of life

SCAD

The University for Creative Careers

SAVANNAH COLLEGE OF ART AND DESIGN

- Aided in the development of curriculum based on SCAD's Jump Start orientation program for students with disabilities
- Collaborated on the design of the Transitions program building



UCLA PEERS® CLINIC

- Transitions uses UCLA's evidence-based and widely recognized Program for the Evaluation and Enrichment of Relational Skills (PEERS®) as part of its core curriculum
- Course content is supplemented by the FriendMaker app



UNIVERSITY OF WASHINGTON

- Aided in the development of curriculum based on their DO-IT program, a summer college preparatory program for students with disabilities



VIRGINIA COMMONWEALTH UNIVERSITY

- VCU's Autism Center for Excellence assisted in the development of core curriculum for social skills and executive functioning training
- Assisted in the development of an assessment tool used to assess each Apprentice's college, career and life readiness



STUDENT LIFE



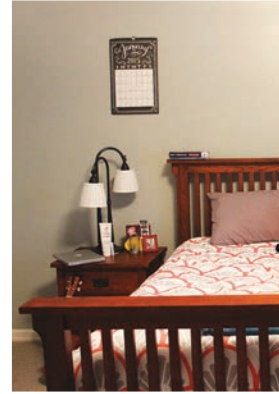
SAMPLE SCHEDULE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM		Life Skills	Life Skills	Life Skills	Life Skills	Life Skills	
8:00 AM		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
9:00 AM	Life Skills: Banking & Budgeting	Self-Reflection Current Events	Yoga	Current Events	1:1 Advisement	Theater Class or Clubs	
10:00 AM		Life Skills Seminar	Course C15105 Computer Applications FMCC rm 223		Course C15105 Computer Applications FMCC rm 223	Social Skills (PEERS)	Life Skills: Cleaning, Laundry, Organizing the House
11:00 AM		Career Counseling	Music/Choir	Internship	Advocacy	Leadership	
12:00 PM	ROAD TRIP Option 1: Tubing at Oak Mountain or Saranac Lake Winter Carnival Option 2: Hiking or Snowshoeing	Culinary Class & Lunch	College Mentoring LUNCH	LUNCH	LUNCH	LUNCH	
1:00 PM		Wellness Seminar	Study Hall	Wellness Activity		Wellness Activity	LEISURE ACTIVITIES (Your Choice)
2:00 PM		Executive Functioning	Course P16115 Developmental Psychology FMCC rm 114	Social Skills (PEERS)	Career Exploration 102 FMCC	Executive Functioning	Church, Exercise at Planet Fitness, Movies, Shopping, Museum or Art Class
3:00 PM		Individual Meeting: Peer Mentor	Adirondack Art	Capstone		Wellness Coaching	
4:00 PM				Academic Coaching	Study Session	Independent Living Seminar	
5:00 PM		Dinner w/Roommate	Dinner at Transitions	Group Grocery Run Followed by Potluck Dinner	Dinner at Transitions	Study Session Pizza with Friends	Prepare for the Week with Mentors: Organize Notebooks, Homework Check, etc.
6:00 PM	Meal Planning & Grocery Shopping	Domestics & A Movie at Home	Group Study Session & 1:1 Mentoring	Roommate Meeting & 1:1 Advisement	Life Skills: Budget Check In, Home Care, Social & Family Connections	Laser Tag or Buddy Bowling	
7:00 PM							
8:00 PM							
9:00 PM							
10:00 PM							
11:00 PM							

“My program staff help me take notes and keep me focused on what my teachers tell me I need to work on. They help me feel comfortable and happy at school.”

– Olivia, Transitions Apprentice

Many students with special needs have never lived on their own before. Transitions lets students experience independent living at their own pace. Peer mentors live in or near the apartments and other staff members are on hand to facilitate independent living while helping students navigate daily life, from waking up on time to remembering to take medication. Through individual and group instruction, staff aim to provide real life experiences so Apprentices can put their skills into practice and develop confidence in their abilities. Apprentices shop for groceries, prepare meals, clean their apartments, do laundry, take public transportation, and learn to manage their money, pay bills and use an ATM.



RESIDENTIAL LIFE

HOUSING & AMENITIES

Apprentices live in apartments with one to four roommates in Gloversville and Johnstown, NY, near the Transitions campus. Different levels of independence are available based on each person's unique needs.

Basic furnishings and amenities such as Internet, cable TV and on-site laundry facilities are included. Transitions provides a regular shuttle service between the program building, the college and local towns. Apprentices also learn how to safely use public transportation.

SAFETY & SUPERVISION

Each Apprentice has 24-hour access to counseling, medical and staff supports from on-call professionals. All residential living options are equipped with fire and personal safety equipment such as fire and smoke alarms, detailed evacuation plans, and emergency procedures and contact instructions.

From 7 a.m. until 10 p.m., staff assist with reminders for medication, self-care and other daily living activities. They also help plan and access transportation, appointments, community activities, shopping and financial resources. From 10 p.m. to 7 a.m., Transitions staff are available on-site for apartments with 24/7 staffing or on-call for those living more independently.

While achieving independence is the goal, we understand that many parents want to be kept informed of their student's progress. Transitions' staff provides progress reports and communicates regularly with parents of its Apprentices with special needs. Just because the Apprentices are learning to be more independent doesn't mean their parents get cut out of the picture.

MEALS

Summer Immersion Experience participants eat at FMCC dining halls or the Paul Nigra Center for Creative Arts café. Full-Year Apprentices are responsible for buying and preparing their own meals. Peer mentors support the Apprentices in learning these skills. Wellness coaching, independent living seminars and culinary classes help the Apprentices learn how to shop for and prepare nutritionally balanced meals and live healthy lifestyles.



1:2

STAFF TO APPRENTICE RATIO



“Being part of the Transitions program helped me see past my disability and see that I can accomplish my dreams, despite my disability.”

– Andrew, Transitions Apprentice

LOCATION

Transitions is located on 66 picturesque acres in the foothills of the Adirondack Mountains in New York State. Our state-of-the-art facilities, designed in collaboration with the Savannah College of Art and Design, are outfitted with an art gallery and fully equipped art, technology, music, health and fitness, and culinary studios. The vast property provides the perfect setting for typical Adirondack experiences such as nature walks, bonfires, barbecues and picnics, team sports and much more.

At Transitions, Apprentices take part in abundant recreational and social opportunities and are exposed extensively to the arts. The Paul Nigra Center for Creative Arts provides opportunities to learn from artists-in-residence and tour museums and performance venues. Weekly events give students a range of activities that expand their social menu and foster lasting friendships. Students will be encouraged to explore leisure skills and engage in hobbies, which can provide natural social connections with others. Peer mentors model social skills and reinforce concepts learned from social success classes.

SOCIAL ACTIVITIES



APPRENTICES PARTICIPATE IN MANY ACTIVITIES, INCLUDING:

- Painting
- Video Game Design
- Acting and Improv
- Music and Rhythm Lessons
- College and Workplace Tours
- Karaoke
- Beach Trips, Swimming and Fishing
- Sports and Wellness Activities
- Amusement Park Outings
- Picnics
- Bonfires
- Construction Projects
- Rock Climbing
- Shopping
- Bowling

“She couldn’t stop talking about the friends she had made. Within a day of coming home, she said that she wanted to go back to Transitions. That was really nice. That told me that this was a really good experience for her.”

— Marguerite, Parent of a Transitions Alumna

PAUL NIGRA CENTER FOR CREATIVE ARTS



Transitions is co-located with the Paul Nigra Center for Creative Arts. The center houses art venues, hosts family events, and provides an assortment of art and hobby-related classes for budding artists of all ages, interests and levels of ability. Adapted by the Savannah College of Art and Design, the center is an ideal place to explore the arts and one's own creativity. The best of Fulton County's local talent teaches classes and gives presentations and noted artists from beyond the county's borders visit to share their talent and expertise.



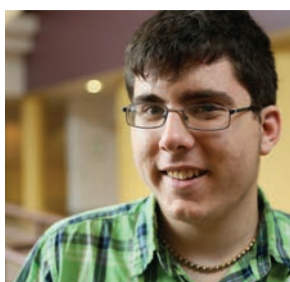
SAMPLE CLASSES:

- 3D Art
- Pizza Making
- Jewelry Making
- Palette Knife Painting on Canvas
- Beginner Line Dancing
- Introduction to Acoustic Guitar
- iMovie Making 101
- Nature Photography
- Meditation & Seven Spiritual Laws of Yoga
- Dance Explosion!
- Make a Maraca Workshop



APPRENTICES PARTICIPATE IN 1-3 ENRICHMENT CLASSES A WEEK IN ORDER TO DEVELOP THEIR HOBBIES AND INTERESTS AND EXPAND THEIR LEISURE SKILLS

APPRENTICE PROFILES



Coty is a student at Fulton-Montgomery Community College who is preparing to transfer to SUNY Cobleskill's Environmental Conservation program.



Garrett is a student at Fulton-Montgomery Community College and plans to transfer to SUNY Delhi to obtain a bachelor's degree in Construction Management. Garrett also has a part-time job in a property management office.



Abigail is an accomplished artist and has sold several paintings. She has also completed Project Lift, a career training program at Fulton-Montgomery Community College, and works at a catering service.



Jocelyn completed Project Lift, a career training program at Fulton-Montgomery Community College. She works in retail.



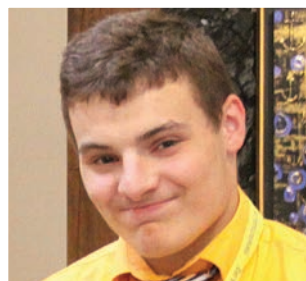
Olivia is a student at Schenectady County Community College and is the choreographer for the Foothills Family Productions Theater.



Courtney earned a certificate in Early Childhood Education from Fulton-Montgomery Community College and is currently employed as a substitute teacher's aide.



Abby attends a community college in Norfolk, Virginia, where she is exploring the paralegal and early childhood education fields. She interned at the Paul Nigra Center for Creative Arts.



Andrew is studying criminal justice at Fulton-Montgomery Community College in preparation for a career in security or law enforcement. He has an internship at a worker's compensation and employee safety office.

TRANSITIONS TEAM

Our teachers, peer mentors, coaches and other faculty members represent a diverse range of expertise in working with and supporting individuals with differences. They have experience in social work, employment services, human services, project management, business, psychology, education, residential management and counseling individuals with differences through every aspect of their lives. Many of them have personally dealt with some of the challenges our Apprentices struggle with and can identify with them in their journey toward turning those challenges into opportunities.

BOARD OF DIRECTORS

Brian Hanaburgh, Chair

Brian is a prominent businessman who has owned and operated a group of ten restaurants and numerous other businesses. He serves in leadership roles in many community organizations.

Barbara Treadwell, Vice-Chair

Barbara is a certified financial planner. Prior to her 25-year career in the financial arena, she worked for 15 years in psychological services, counseling terminally ill patients and their families. Barbara's son, Terry, was supported by Lexington for 22 years before his passing.

Marc Brandt

Marc is the former executive director of NYSARC, Inc., America's largest non-profit provider of services to people with intellectual and developmental disabilities.

William Crankshaw, Ed.D.

William is the superintendent of the Remsen Central School District in New York State. He spent 17 years teaching secondary vocal music and six years as a principal before becoming a superintendent. While at Northville Central School, he served as chairperson for the Committee on Special Education. He earned his bachelor's degree from Ithaca College, his master's at the College of Saint Rose and his doctorate from Sage Graduate University of Albany.

Nancy DeSando, B.S.R.N

Nancy is the Director of Innovations and Community Supports at Lexington. She leads the delivery of specialized training and services to individuals on the autism spectrum and their staff and families. She has more than 35 years of experience in nursing, clinical management and community supports in hospital and long-term care facilities.

Ben and Mary Elmore

Ben and Mary are the owners of Twin Technologies, a Digital Solutions and System Integration firm. They have more than 15 years of experience in building companies and are the parents of five children, two of whom are on the autism spectrum. They are longtime supporters of the autism community with a passion for assisting parents and kids on their journeys to self-reliance and fully lived lives.

Chance Farago

Chance is a professor of arts administration at the Savannah College of Art and Design. He earned a B.S. from Northeastern University and M.A. and M.B.A. degrees from Southern Methodist University.

Tamara Knapp-Grosz, Ph.D., LPC, NCC, CPCS

Tamara is the former director of counseling and student accommodations at the Savannah College of Art and Design and most recently was appointed the senior director at the University of North Texas. She is the current president of the American College Counseling Association.

Sheila K. Stevens, M.S.W.

Sheila is a patient experience coordinator in Mayo Clinic's Office of Patient Experience and an instructor at Mayo Clinic's College of Medicine. She is a wellness coach, a tobacco treatment specialist and a motivational interviewing trainer.

Dustin Swanger, Ed.D.

Dustin is the president of Fulton-Montgomery Community College. During his 20-year career in higher education, he has worked to bring higher education institutions and the community closer together.

ADMISSIONS



“Transitions has taught me I can have my own life and be happy.”

*– Abby T.,
Transitions
Alumna*



Transitions selects students who are motivated to succeed. Unlike many other college and career preparatory programs, we are able to accommodate accessibility needs and some medical needs. Admissions staff will confer with our medical director to determine which supports are needed.

CRITERIA

APPLICANTS WILL:

- have a diagnosis of autism spectrum disorders, ADHD, nonverbal learning disabilities or other learning differences
- have emotional, behavioral and psychological stability
- be motivated to participate fully within the Transitions community
- have both the desire and the potential to obtain a college degree, participate in a career program and/or live independently
- be recent high school graduates up to age 27 for the full-year program
- be college-bound high school students and recent graduates OR young adults up to age 27 for the Summer Immersion Experience

TUITION & FINANCIAL AID*

Tuition for the Summer Immersion Experience and College and Career Apprenticeships includes room and board, transportation, participation in classes and activities, staff supports, most recreational/social activities, and therapeutic supports for social, sensory and medical needs.

MINI CAMPS

- \$125 per person
- \$95 for One Day program
- Overnight room rates are \$80/night (single) and \$50/night (double)

SUMMER IMMERSION EXPERIENCE

- Two weeks: \$3,800 residential/\$1,750 day
- Three weeks: \$4,900 residential/\$2,600 day
- Optional Add-on for College Tours in New York City and Philadelphia: \$500 for travel expenses, students should bring an additional \$150 for personal expenses and sightseeing during this week

COLLEGE AND CAREER APPRENTICESHIPS

- \$9,000 annually (non-residential option for Apprentices who choose to live with family, on their own or in the college dormitory)
- \$27,000 annually (for full-time college attending Apprentices; includes residential and full programming support scheduled only during college semesters)
- \$48,000 annually (ten-month year)
- \$58,000 annually (full calendar year)

**Scholarships and financial aid may be available.*

For more information, visit www.transitionsusa.org/admissions/tuition-fees.

- Tuition does not include medical or specialized counseling services, medications or other personal expenses.
- College tuition is paid separately to the college.
- Special activities are optional and may have an extra charge.
- Each Apprentice will be assessed upon admission and annually to decide which supports, if any, they need. A fee may be charged if it is determined that additional medical and/or emotional supports are needed.
- Participation in the Transitions program may qualify as a medical tax deduction. Consult with your tax advisor.

MAKING TRANSITIONS AFFORDABLE



Transitions is a life-changing opportunity for its Apprentices, so we are committed to working with future students and their families to make sure as many people as possible get the chance to experience it. There are many forms of financial aid available that can take the worrying out of coming to Transitions. These include federal and state grants, funding for New York State students with intellectual or developmental disabilities, medical tax deductions, student employment, payment plans, personal fundraising and private scholarships.

Transitions also offers several scholarships, including merit scholarships that offer up to \$5,000 per year for full-year Apprenticeships and up to \$1,000 for Summer Immersion Experience sessions. These merit-based scholarships award students based on their potential to succeed at Transitions and the strength of a personal essay that gives a sense of who they are and their dedication to their goals. For more information, visit www.transitionsusa.org/admissions/tuition-fees.

APPLY*

When you contact us for more information, we begin a dialogue where we can learn about each other. Because we tailor each experience to the individual student, this conversation makes us better equipped to build the right experience for you. If we believe you are a good match for Transitions, we will offer you admission into the program. We will send you a registration packet with all of the pertinent information and connect you to a Transitions coach who will assist you as you begin your Transitions journey.

**The deadline for application to the Summer Immersion Experience is May 1. Students will be accepted after the deadline only if space allows. Admission to the Full-Year Apprenticeship program is considered on a rolling basis.*

“Transitions has a lot of opportunities. It’s a lot of fun here and the mentors are always willing to help you. You’re bound to succeed.”

— Andrew, Transitions Apprentice

TRANSITIONS AT-A-GLANCE



WHAT:

Transitions Mini Camps:

Three-day fun skill-building camps

- Leadership and self-advocacy
- Social success
- Fun activities
- Independent living
- Success beyond disability

Summer Immersion Experience:

Two- or three-week readiness programs

- College and career focuses
- College credit
- Exciting road trips
- Independent living
- Lasting friendships
- Innovative skill instruction

College Tours
in NYC &
Philadelphia
in 2017!

Full-Year College and Career Apprenticeships:

Two- to four-year college and career support programs

- Enrollment in college courses
- Participation in career internships
- Leadership opportunities
- Classes in social integration, self-management, career exploration, independent living and self-advocacy

WHO:



Teens and young adults with autism spectrum disorders, ADHD, nonverbal learning disabilities and other learning differences

WHERE:



The foothills of the Adirondack Mountains in Upstate New York, 45 minutes west of Albany

WHY:



To help young adults transition to independent living and support them on their college and career paths

HOW TO APPLY:



Visit www.transitionsusa.org/admissions/apply/



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*PREPARING TEENS AND YOUNG ADULTS
WITH AUTISM AND LEARNING DIFFERENCES
FOR COLLEGE, CAREER AND LIFE*

*Transitions is a program of The Lexington Foundation.
To learn more about the Foundation, visit www.thelexingtonfoundation.org.*

