

*Self-Advocacy • Leadership • Independent Living
Wellness • Career Preparation • Building Friendships
Art • Theater • Music • Enjoying the Adirondacks*



TRANSITIONS

*Weekend EXPERIENCES
for youth and young adults
with learning differences*

2736 State Highway 30 | P.O. Box 196 | Mayfield, NY 12117
2 Tower Place | Stuyvesant Plaza | Albany, NY 12203
106 Suffolk Circle | P.O. Box 880 | Cobleskill, NY 12043
(518) 775-5384 | (518) 661-6617
info@transitionsusa.org | www.transitionsusa.org

Join us for camps that focus on transitioning from school and home to independent living and building an exceptional life for young adults with autism and learning differences.

High school students and young adults are welcome to attend for a week of informative seminars and fun with peers.

ABOUT TRANSITIONS

Transitions is a pioneering post-secondary program designed to provide comprehensive support and guidance to young adults with autism spectrum disorders and other neurodivergent conditions who want to attend college and/or prepare for a career. The Transitions program focuses on building academic skills, life skills and general independence for high school graduates and young adults with learning differences. Its specialty is in showing students that they can live a life that even they never dreamed of.

TRANSITIONS ACCEPTS STUDENTS WHO ARE:

- Ages 15-27
- Diagnosed with autism spectrum disorders, ADHD, non-verbal learning disabilities and other learning differences.
- Emotionally, behaviorally and psychologically stable, motivated to participate and succeed, have the potential to graduate college, hold a job and/or live independently.

TRANSITIONS CURRICULUM

- The core curriculum of Transitions covers the essential areas of social skills, health and wellness, independent life, self-management, and self-advocacy and leadership.
- Students who attend college receive support with studying, managing course work, following course syllabi, time management and handling social interactions in classrooms.
- Students also receive support as they prepare for a career. They learn how to prepare a resume, dress and act professionally, interview, write and communicate.
- All students complete internships at local businesses and take a one-credit college course in career success.

TRANSITIONS COLLABORATORS

Transitions has collaborated with several elite institutions including the Mayo Clinic and UCLA in order to ensure that our curriculum is as robust and evidence-based as possible. To view the list of our collaborators, visit transitionsusa.org/about/collaborations.

THE TRANSITIONS EXPERIENCE

Transitions isn't all classrooms. We take advantage of our Adirondack Mountains and Capital District locations and nearby destinations to provide students with fun opportunities to build lasting friendships. Transitions lets students experience independent living safely and at their own pace. Students may live with 1-4 housemates in furnished apartments near campus. Peer mentors live in or near the apartments and help students navigate daily life, from waking up on time to remembering to take medication. Students put the real world skills they learn at Transitions into practice by shopping for groceries, preparing meals, cleaning their apartments, doing laundry, taking public transportation, and learning to manage their money and pay their bills.



WHAT TO EXPECT

Transitions Weekend Experiences will answer important questions about the challenging journey into adulthood for young adults with learning differences of all kinds. Attendees will experience a wide variety of engaging programming, including:

Workshops in leadership, social skills, wellness, advocacy and independent living, each featuring practical experiences and applications. The development of basic personalized plans for each attendee's extraordinary future.

An informational interview to assess support needs for attendees who are new to Transitions.

Enrichment classes in music, theater, art and more.

Meeting Transitions instructors, mentors, alumni and current students.

Fun, social activities, such as outdoor Adirondack outings, visits to Capital Region sites, etc.

A Capstone event at the end of each camp.



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

*– Abby T.,
Transitions alum*



SAMPLE SCHEDULE

DAY ONE

- | | |
|-------------------|---|
| 4:30 p.m. | Arrival, registration, introductions and tour |
| 5:30 to 6:30 p.m. | Social Success Seminar/Icebreaker |
| 6:30 to 7:30 p.m. | Dinner |
| 7:30 to 9 p.m. | Bowling or other recreation activity |

DAY TWO

- | | |
|-----------------|--|
| 8 to 9AM | Breakfast buffet |
| 9 to 10AM | Wellness seminar |
| 10 to 11AM | Art in the Adirondacks at Paul Nigra Center for Creative Arts |
| 11AM to 12:30PM | Culinary class |
| 12:30 to 1:30PM | Lunch |
| 1:30 to 3PM | Theater class |
| 3 to 4:30PM | Leadership and advocacy seminar |
| 4:30 to 5PM | Free time to enjoy the site |
| 5 to 6PM | Career preparation seminar |
| 6 to 7PM | Dinner |
| 7 to 9PM | Local recreation activity or event (activities vary with the season) |

DAY THREE

- | | |
|---------------|-----------------------|
| 8 to 9AM | Breakfast |
| 9 to 10AM | Social skills seminar |
| 10 to 11:30AM | Capstone Celebration |

For detailed course descriptions, visit www.transitionsusa.org.



PARENT TRACK

TAKES PLACE ON DAY TWO OF EACH CAMP

10 to 11 a.m. Transitions tour and curriculum overview

11 a.m. to 12 p.m. Residential Life overview/tour



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

– Andrew C., Transitions Student



ACCOMMODATIONS

Peer mentors will be available onsite to provide verbal prompting for daily living skills such as waking up on time and managing medications. Please complete a Mini Camp Application for each student.

Students and families may choose to stay in local hotels.

MAYFIELD

Holiday Inn

308 N. Comrie Ave. Johnstown, NY 12095
(518) 762-4686

Microtel

136 N. Comrie Ave. Johnstown, NY 12095
(518) 762-5425

COBLESKILL

Super 8

955 E. Main St., Cobleskill, NY 12043
(518) 254-6994

Quality Inn & Suites

160 Holiday Way, Schoharie, NY 12157
(518) 295-6088

ALBANY

Hampton Inn

1442 Western Ave., Albany, NY 12203

Tru by Hilton

1651 Western Ave. Albany NY 12203
(518) 704-4010

Courtyard by Marriott

1455 Washington Ave. Albany, NY 12206
(518) 435-1600

Homewood Suites

1651 Western Ave. Albany NY 12203
(518) 704-4040

Hilton Garden Inn

1389 Washington Ave. Albany, NY 12206
(518) 396-3535

MEALS

Meals are included in the registration fee. Please contact us if you have any dietary restrictions.

WHAT TO BRING

- Favorite pillows or personal items
- Toiletries
- Outside gear appropriate for the weather
- Sneakers
- Business casual outfit

More details can be found at www.transitionsusa.org.



TRANSITIONS

WEEKEND EXPERIENCE REGISTRATION FORM

Dates, prices and locations listed on www.transitionsusa.org

Camp Information:

Dates: _____

Location: Mayfield Albany Cobleskill

Camp Hours: From 4 p.m. on Day 1 to 11:30 a.m. on Day 3. There is a Capstone Ceremony on Day 3 at 10 a.m. and families are invited to attend. Pick up and drop off are at the Transitions main campus.

Camp Type: Student
 Parent Track (Day 2 at 10 a.m.) | No cost

Total Due/Paid: _____ (Payment in full holds registration spot)

TELL US ABOUT YOU!

Camper's Full Name: _____

Preferred Name or Nickname: _____ Preferred Pronoun: _____

What do you do during the day? (school, college, work, home, etc.): _____

Interests and Hobbies: _____

What would you like us to know about you?: _____

What we can do to make your weekend stay more enjoyable?: _____

Do you need any special accommodations? How can we best support any needs you may have? _____

Please list any medications you take and if you require support to take them: _____

Do you require any special sleeping accommodations?: _____



ACCESSIBILITY OPTIONS

If you require an alternative format not addressed below, please contact Terry Williams at (518) 775-5384 or admissions@transitionsusa.org. Reasonable efforts will be made to accommodate you if your request is received at least one month prior to the camp start date.

REGISTRATION INFORMATION

Method of Payment:

Registration payments may be made out to The Lexington Foundation and mailed to P.O. Box 196, Mayfield, NY 12117.

- Personal Check | Check Number: _____
- Purchase Order | P.O. Number: _____
- Credit Card: Visa MasterCard (For processing, please call Jennifer Feagles, 518-661-6617)

Name (as it appears on credit card): _____

Signature: _____

Billing Address: _____

City: _____ State: _____ Zip: _____

Please indicate if you will be attending the Parent Track on Saturday from 10 a.m. to 12 p.m.:

Attending: _____

Please print this form and mail to: Transitions, P.O. Box 196, Mayfield, NY 12117
or email as an attachment to admissions@transitionsusa.org.

*Preparing Teens and Young Adults
Ages 15-27 with Autism and Learning
Differences for College, Careers and Life*



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