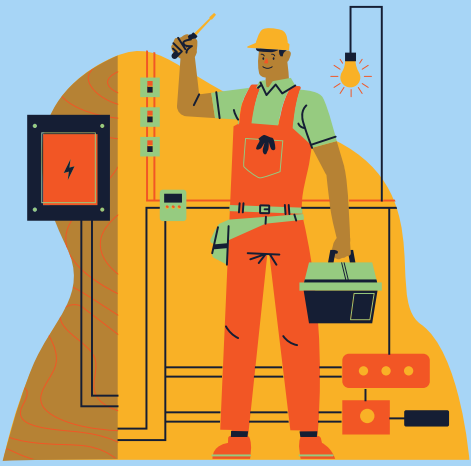


FNRC Transition Services/Post High School Services

Once you have a high school diploma or certificate of completion, additional supports and services become available through the regional center. Examples of services include, but are not limited to the following:

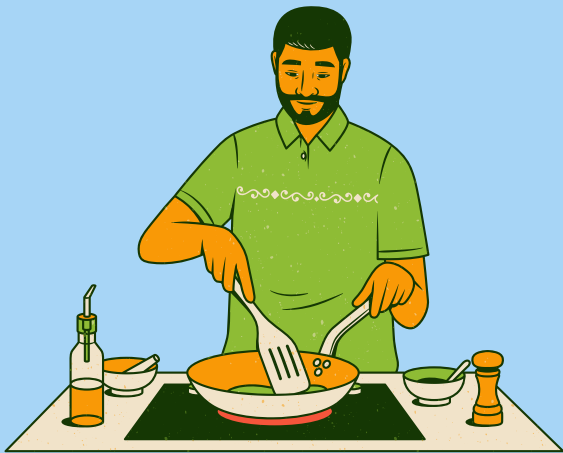
Work:



- **Job Development:** Identify work/career interests, develop a résumé, practice interview skills, etc.
- **Job Coaching:** On-the-job support to ensure employees are confident in their ability to complete job duties and meet employer expectations.
- **Supported Employment/Job Programs:** Work with an FNRC-vendored employer in a competitive environment with on-the-job support to be successful at work.
(*Employment not guaranteed*)

- **Paid Internship Program (PIP):** Job Development and Job Coaching are paired to secure a community-based internship in an area of interest. Internships lasts one year, and interns can work up to 1,040 hours. At the end of the internship, if both parties are agreeable, it is hoped that a permanent position will be offered. If a new internship is desired, this may also be possible.

Adaptive Skills:



- **Independent Living Skills (ILS):** Achieve goals and work towards greater independence with the support of a 1:1 instructor. Focus areas may include:
 - Money management
 - Shopping, meal planning and preparation
 - Health
 - Self advocacy, problem solving, and people skills
 - Housing, home maintenance
 - Community integration, safety
 - And more!

- **Transportation:** Get an FNRC funded bus pass for employment or continuing education purposes (conditions apply)
- **Mobility Training:** Learn to ride and navigate the bus routes with confidence and independence.
- **Personal Assistance/Community Access Support Services (CASS):** Get support with specific tasks, one time or ongoing. Examples: help with Social Security and health insurance issues, paperwork, certain transportation needs, etc.

Social Opportunities



- **Social Recreation:** Small groups that meet weekly (sometimes more) to enjoy activities such as game nights, movies, arts and crafts, dinners, concerts, baseball games, etc. with the support of a group facilitator. This program focuses on social skills and relationship building.
- **Community Integration Training Program (CITP):** This program is intended to serve individuals who have a goal of volunteering or finding and securing employment in an area suited to their unique abilities and interests.

- **Adult Day Programs (ADP):** Community-based programs that may be offered in the community or at a fixed location. Programs often focus on:
 - Developing/maintaining self-help and self-care skills
 - Social and recreational skills
 - Self advocacy and employment skills
 - Community integration and accessing community services
 - Behavior management to improve behaviors

College Support:



- **Mains'l College Plus:**
 - Supports those interested in pursuing a college degree or academic certificate
 - Focuses on academic, vocational, social and independent living skills
 - Helps ease the transition from high school to college
 - Interested parties must complete an application (reach out to your Service Coordinator). Admission to the program is not guaranteed.
 - <https://www.mainsl.com/>

Don't forget about the **Self Determination Program (SDP)**!
SDP is available to regional center clients over the age of three*.
SDP:
-Is an alternative way to get services
-Gives more freedom, control, and responsibility in choosing supports and services
-Is a great way to support a person's desire for independence!
Talk to your Service Coordinator about SDP!

*Under three with Lanterman Act eligibility