



Pathways to Independence

Thank you for your interest in Pathways to Independence!

Enclosed is information about our organization. Our community integration & social skill development programs are available to individuals 18 years or older with a primary diagnosis of a learning disability (LD, LD-NOS, Reading Disorder, Mathematics Disorder), Asperger's Syndrome, Autism (High Functioning), Borderline Intellectual Functioning, Written/Expressive Disorders, AD(H)D or Traumatic Brain Injury.

Pathways to Independence programs.

- 1.) **Social Growth and Expansion:** PTI's Social Growth program is one that focuses on increased positive social experiences, expansion of social circles, elevating self-confidence and improving self-esteem through fun leisure programming in the community. A monthly calendar will be issued to all participants offering a wide variety of event options, giving these individuals the opportunity to explore new places in their community, participate in various social events, and develop and build life-long friendships. A sample calendar of events is included in this packet.
- 2.) **Social Focus:** PTI's Social Focus program provides an individualized learning experience for participants. They meet 1:1 with staff to identify specific goals and use the process of planning their own community-based event as the tool to develop skills in the formation of personal, community, and vocational relationships as well as awareness of, access to, and involvement in community resources.
- 3.) **Social College:** Social College is a series of discussions and activities focusing on participant-identified social topics. An emphasis is placed on why social norms are important and how to apply those skills in a variety of settings. Each session will include interactive discussion and opportunities to apply content within a group, receiving immediate feedback.
- 4.) **For additional fees, PTI also offers 1:1 training through our GAP services.** GAP provides training related to workplace readiness from a social/presentation perspective OR other short-term goals that helps a person gain greater independence in their lives. The participant and staff choose a goal that can be achieved in 4-8 sessions and then work towards that outcome. This is very individualized and can focus on a number of social etiquette topics.
- 5.) **Lastly, PTI offers limited programming to help manage anxiety and promote stress management/relaxation.** Classes are \$10 each and are identified on the monthly calendar. These programs are open to anyone to attend.

If you are interested in the Social Skill Development Programs, we will need to obtain:

1. _____ Completed Consumer Information Form.
2. _____ If a Regional Office client, please request that your case manager (service advocate) send your "CIMOR" form to us by faxing us at 314-863-7865 or providing you a copy you can provide us.
OR
3. _____ Completed State of Missouri Authorization for Disclosure of Consumer Medical/Health Information. Be sure to include your date of birth, social security number, sign the back of the document and have someone witness your signature. We will mail the form to St. Louis Regional Office to obtain your documentation of disability.
4. _____ If you do not have Regional Office services, please supply documentation of your disability by a licensed psychologist or physician. You may also choose to have your most recent IEP forwarded from your high school, however this does not replace the need for documentation by a physician or psychologist.
5. _____ Documentation of your full-scale I.Q. score from your school district records is helpful, though not required. (please provide name of school district attended)

Once the completed consumer information form and documentation of disability are received at the PTI office and eligibility determined, PTI staff will contact you to set up an interview where we can further explain the services offered and determine if our services meet your needs and if you are interested in our program.

Please note there is a waiting list for publicly funded positions, eligible individuals will be notified of the opportunity to private pay for services until a funded position is available. If you have any questions, please feel free to contact our staff at 863-0202.

Respectfully,

Craig Strohbeck, CTRS
Executive Director, Pathways to Independence