

# Pathways to Independence Fact Sheet

**Mission Statement:** Pathways to Independence supports the development of skills that positively impact the lives of adults with disabilities who seek greater independence and social success.

**Focus:** Pathways to Independence is dedicated to providing a path for adults with complex learning disabilities and Level 1 autism spectrum disorders to lead confident, fulfilled and connected lives.



Jessie, Blake and Molly at a Blues hockey game!

**History:** Pathways to Independence began in 1987 in St. Louis County and had just 30 participants in 1992. Over many years, we have expanded our services into St. Charles County and the city of St. Louis gathering more than 130 participants who participate in over 330 activities per year.

**Awards and Recognitions:** Since 2010 Pathways to Independence has won multiple awards including full-year funding from the St. Louis Office for Developmental Disability Resources as well as St. Louis Riverfront Times' Best Worthy Cause in 2010. In addition, Pathways to Independence is also a Guidestar Top-Rated Nonprofit and one of only approximately 240 non-profits in the southwest Illinois and eastern Missouri region to be accredited by the Better Business Bureau.

**Who's eligible to participate in our programs?:** Adults who are at least 18 years of age whose social interaction skills are impacted by certain diagnoses or conditions placing a substantial functional limitation in the areas of learning. They may also have a substantial functional limitation in their receptive and expressive language and development and use, self-direction, capacity for independent living and economic self-sufficiency.

**What separates us apart?:** "Pathways to Independence is the only organization in the St. Louis area specifically proving social training and opportunities to connect on a consistent basis for the individuals we support. Clients have to socialize and participate in order to achieve their individual goals. With our clients being moderately independent in many aspects of their lives, we encourage our clients to foster friendships with each other and encourage each other under the guidance of staff. Through a multi-faceted approach, participants increasingly learn the tools and have the opportunity to practice skills within the St. Louis community among the greater public. Our clients are productive members of society who want to socialize in an environment

where they feel comfortable and accepted. Pathways to Independence continually support each person as they increase their independence in that endeavor.”- Craig Strohbeck, Executive Director

**Statistics:** In the 2015 fiscal year 131 participants received over 7000 hours of face-to-face support through our programs.

Pathways to Independence held 332 activities in the 2015 fiscal year. That is almost an activity every single day.

Seventy-Five percent of our participants reported improvement in the ability to make and maintain friendships and a better understanding of how to respond in social situations

Participants showed progress towards their goals at 81% of our events and advocated their own wants and needs at 91% of our events.

**Client Testimonials:** With PTI, “I feel like I have a social group. Even though it is still early, I see that expanding the more I get involved. My confidence has grown and my ability to participate in conversations and initiate them has improved tremendously.”- **Christy**

“Pathways has helped me be more open with my family and friends. I’ve become better at socializing with others and I actually like being social now. I’ve made friends I never would have met by being involved with Pathways.”- **Daniel**

“By being in Pathways I have learned to start conversations with people, and I get to go to places that I wouldn’t have gone if it wasn’t for Pathways. I met my

husband at a Pathways event. Our eight-year-anniversary is coming up in November.”- **Carrie**



**Daniel at Six Flags**



**Carrie and her husband and fellow PTI participant, Jason**



***Pathways to Independence***