

CHAPTER 5

Monthly Themes

We have “teaching time” every Tuesday, Wednesday, and Thursday morning from 8:30-9:30 a.m. Our curriculum topics have been divided up into monthly themes. Each month covers a different significant area of the transition into adulthood. Depending upon the theme for the month, we ask community members who work in the related fields to speak about their area of expertise. We take field trips that relate specifically to the monthly theme.

We have arranged the monthly themes in their order for a reason. Due to trial and error, we found that it works best to focus on the themes of “transportation” and “leisure and recreation” at the end of the year when the weather is nice. March is when we start thinking about tornado weather in Kansas, so we cover all emergency situations together during that month. *(See Appendix E: Monthly Themes)*

The monthly themes cover:

- Personal boundaries, personal preferences, and person-centered planning
- Relationship issues, sex education
- Self-advocacy
- Social skills
- Roommate issues—Interpersonal conflicts with roommates, sharing expenses, lending money, home safety and respecting privacy
- Living options
- Employment
- Emergency situations
- Transportation
- Recreation and Leisure Activities

Guest speakers invited to speak about the related topics include:

- School Resource Officer speaks about personal safety issues
- Health Department Staff speak on sex education
- Lawrence Housing Authority speaks about Section VIII and housing issues
- Independence, Inc. (a center for independent living) speaks about housing options
- Tour of apartments
- Lawrence Workforce Center shows us how to look for employment on its computer system
- Previous students come back to speak about their achievements or hardships
- Channel 6 (local cable station) News Meteorologists speak about severe weather safety
- American Red Cross offers a first aid class
- Fire Department speaks about fire safety and prevention



APPENDIX E

Monthly Themes



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The Community Transition Program
Experiences Starting a Community-Based
Program for Students Ages 18-21

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Lawrence Public Schools
Community Transition Program
Monthly Themes

August

**Getting to know ourselves
and each other**

Young adults will assess their individual learning styles, personal boundaries, personal preferences, and community interests as they participate in various activities throughout the month. The concept of team building will be introduced to the young adults as they participate in “icebreaker activities.” Person-centered planning will be revisited as the young adults review their MAPS meeting summaries and develop their individual schedules.

September/October

Circles/Sex Education

Young adults will view the video entitled *Circles: Intimacy and Relationships* by Walker-Hirsch and Champagne. The video addresses self-esteem, relationships, and the foundations of sex education. After viewing the video, each young adult will bring in pictures and develop his or her own circle chart by placing important people in their lives in appropriate circles. Douglas County Health Department will follow with a variety of presentations on reproductive organs, pregnancy, sexually transmitted diseases, contraception, and dating/relationships.

November

Self-advocacy

Young adults will inventory their strengths through the IPLAN strategy. This strategy will help them prepare for their IEPs. They will learn the difference between aggressive, assertive, and non-assertive communication. They will also role-play various situations with their peers. The Arc of Douglas County will then present on rights and responsibilities.

December

Social Skills

Social skills instruction will take place in a group setting with much role-play and group discussion. The “Mind Your Manners” and “Be Cool” video series will be reviewed to help promote a mindset for appropriate social behavior. Instruction will then be individualized with each young adult being taught social skills relevant to his/her own needs. The young adults will be reminded of skills learned this month as they occur in natural settings and at various holiday functions.



January

Home of Your Own

This curriculum focuses on interpersonal conflicts that happen between roommates. Some topics include borrowing and lending money, sharing expenses, home safety, and respecting the privacy of others. Problem-solving skills are introduced that involve strangers, neighbors, co-workers, friends, family members, and staff or service providers. Young adults will be encouraged to use problem-solving skills when involved in personal conflicts at home and at C-Tran.

February

Living Options

We will spend this month talking about the different types of living options that are available to each young adult. The young adults will visit different types of living situations and get a feel for which ones they would like for the future.

Employment

Young adults will be presented with the concept of being self-sufficient. Weekly budgets and personal expenses will be analyzed as young adults make the connection between having a job, receiving a paycheck, and supporting themselves. Previous C-Tran students or other young adults with disabilities in the community will present as guest speakers on achievements and/or hardships that they have faced.

March

Emergency Situations

Several experts from the Lawrence community will be invited to C-Tran to talk about safety during emergency situations. A meteorologist from Channel 6 will visit to speak with our young adults about adverse weather conditions and precautions to take when alone during adverse weather. Representatives from the Lawrence Fire Department will come to C-Tran to discuss fire safety and prevention. Finally, The American Red Cross will teach a course about basic injuries and what to do until help arrives. Shelter areas and fire escape routes will be identified throughout these presentations.

April

Transportation

This section will feature alternative transportation options for young adults throughout Lawrence. Young adults will have the opportunity to practice the new city bus system as they prepare to exit C-Tran. Proper etiquette when riding public transportation will also be discussed.

May

Recreation and Leisure

Throughout the year, young adults in C-Tran will be exploring “3rd Places.” During this month, we will visit many recreation and leisure facilities within the town of Lawrence. Young adults will also vote as a group for one activity that will take place in K.C. Young adults will understand the process of enrollment, fee payment, and activity schedules as they conclude this session.

C-Tran BBQ

Young adults will participate in an event that will honor the young adults who are exiting the program. This event will include an awards ceremony, meal, diploma presentation, and games.