Easing Students’ Transition Into Adulthood

Moving into early adulthood requires self-confidence, social skills, lifestyle skills and independence that some teenagers have not yet mastered as they near high school graduation. The AMITA Health GlenOaks Transition Program from the AMITA Health GlenOaks Therapeutic Day School helps students ages 17-21 gain the skills they need to help them live, work and function successfully as independent young adults.

This Illinois State Board-approved program is uniquely designed for students who need more practice with integration into their communities, college, adult health systems and career choices and planning.

The AMITA Health GlenOaks Transition Program assists students who are typically referred by their home school districts. Students qualify through the alternative education labels of Social Emotional Disorders, Other Health Impairment or Autism. Academically, a student’s intellectual functioning should be in the low-average to high-average range to succeed in this program.

Transition Program Topics
- **Educational courses** for students at the end of their high school years or post-high school vocational level coursework
- **Tutoring** for college coursework (depends upon enrollment)
- **Health Management:** Hygiene and personal care, medication and health management and healthy adult lifestyle choices
- **Money Management:** Basics of banking, check and cashier practices, economic decision-making and careful spending
- **Daily Living Skills:** Managing living spaces and roommates, apartment or home care, care of laundry and household chores, grocery shopping, taking public transportation and other skills necessary to better live independently
- **Healthy Relationships:** Dating tips, parenting/child development education and advice on maintaining friendships and family relationships
- **Career Exploration:** Practice for applying, interviewing and maintaining a job, career-matching and vocational decision-making and building skills to different vocational paths
- **Community/Volunteer and Work Internships:** Practicing age-appropriate communication skills and etiquette in settings within the community that include work, leisure activities, restaurants and volunteer sites such as AMITA Health Adventist Medical Center GlenOaks, senior centers, recycling centers and local business internships.

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Important Life Skills For Independence

Transition Program Tiers
Students who are in their senior year of high school and require high school credit or who have completed all academic coursework are eligible for the AMITA Health GlenOaks Transition Program. Not all students are at the same level of readiness for work and college at the time of admission. A three-tiered system was developed to help ensure students grow to their highest personal ability level and personal goals. Daily evaluation tools are used for students in self-monitoring along with staff evaluation methods to assist students in the development of their Individual Education Plans and transition goals.

Tier 1 - Students learn the basic requirements for work or volunteer-related jobs. They practice independent living skills and are enrolled coursework that assists with communication skills, daily living skills, career development, money management and basic academic skills for real-life applications. Students also learn about their own personal behavioral medicine development and meet with counseling staff members regularly to support the maintenance of a healthy lifestyle and self-care routine. This level provides the most significant amount of support to manage the students’ community, career, education and self-management goals.

Tier 2 - Students are involved with all Tier 1 activities but are presented with more independent living practice and skill-building within their community. Students volunteer for opportunities that best mirror their interests and career choices. They apply for employment and/or college experiences inside and outside of the program hours.

Tier 3 - Students build upon Tiers 1 and 2 by actively working and/or entering college level coursework. They demonstrate independence at the volunteer sites they are assigned. Internships at local businesses or work sites are assigned with some supportive job coaching. Students demonstrate consistent self-care and maintain appropriate standards of behavior to maintain a job or independent college life. Discharge from the AMITA Health GlenOaks Transition Program occurs when a student has consistently demonstrated the skills from Tier 3, coupled with consistent behavioral medicine self-care or the student has turned 22 years of age. Discharge usually occurs when a student masters Tier 3 or ages out of program at 22.

Hours And Location
The AMITA Health GlenOaks Transition Program offers a choice between two five-hour sessions to best accommodate students’ college and/or work schedules. The school calendar is reflective of a year-round program that includes days off for school holidays and winter, spring and summer breaks.

Session 1: 7:30 am – 12:30 pm, Monday–Friday
Session 2: 12:30 – 5:30 pm, Monday–Friday
Location: South Campus, 1N450 Main St., Glen Ellyn, IL 60137

Please email referrals to AHMCGOReferrals@amitahealth.org. Please call Lisa Grigsby at 630.671.0382 ext. 2002 or email lisa.grigsby@amitahealth.org with questions.

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