



*101 West Broad Street
Pawcatuck, Connecticut*



*A training program for
neurodiverse young adults*



About Vista Life Innovations

Vista Life Innovations was formed over 30 years ago as a post-secondary program for adults with disabilities. Today, our work is driven by our mission to provide services and resources to assist individuals with disabilities to achieve personal success.

Our core training program occurs on a college-like campus located in Westbrook, CT, and includes a residence hall and training center. Vista has grown to support nearly 200 students and members from over 100 households all the shoreline of CT.



A Vista Life Innovations Program Southeastern Connecticut Campus

A program of Vista Life Innovations, New Heights is a Post-Secondary Training/ Day Services program located at 101 West Broad Street in Pawcatuck, CT. This new program is geared toward neurodiverse young adults age 17 and over who have: demonstrated levels of self-care, medication and behavior management as well as demonstrated levels of decision-making. New Heights offers curriculum-driven instruction Monday through Friday from approximately 9 a.m. to 3 p.m. The curriculum is centered on five core training areas: Life Skills, Cognitive and Social Behavior, Community Integration, Vocational Training and Post-Secondary Options for Training and Education.



New Heights 5 Core Training Areas

Life Skills

- **Nutrition** - Nutrition is taught in a variety of settings utilizing different techniques to ensure students have adequate training in making healthy long-term choices for their mind and body.
- **Fitness** - Students are scheduled and supported in a variety of physical activities, both on campus and out in the local community.
- **Money Management** - Money Management is taught in a variety of individual and small group settings, which is then practiced and reinforced in community outings with staff and peers
- **Household Management** - Students receive support and training in maintaining and keeping up with the basic needs of their living or programming environment.

Cognitive and Social Behavior

- **Awareness** - Students participate in experiential learning through role playing, skits and real-life exposure to teach the importance of awareness while practicing ways to portray and present themselves.
- **Coping Skills** - New Heights utilizes curriculum to support students with experiencing and navigating new and challenging life occurrences. Students are supported in developing individualized strategies to help them manage their emotions across all settings.
- **Team Building** - Students practice communication skills, accurate reporting, fairness, and teamwork by participating in experiential learning such as supported skits or activities.
- **Health and Wellness** - Health and Wellness programming is designed to educate students about self-care practices, hygiene, and healthy living practices.

Community Integration

- **Community Training** - Community training teaches the skills necessary to manage one's time, safely navigate the surrounding community, plan and shop for personal supplies, interpret a bus or train schedule while also learning to independently travel by bus, train and on foot.
- **Arts Programming** - Students are exposed to a vast array of visual arts programming – encouraging skill development, self-expression and growth in self-esteem.
- **Safety** - Students are guided to discuss a range of safety related topics, including internet safety, community safety, safety within relationships and personal safety.
- **Community Resources** - Students are supported in establishing and maintaining meaningful relationships out in the community, while also giving back as a member.

New Heights 5 Core Training Areas

Vocational Training

- **Employment Skills** - New Heights' vocational programming utilizes a sequential training approach to ensure students foster all skills appropriate to gain and maintain employment.
- **Job Development** - In Job Development, students practice interview skills, conversation skills, resume building and professional communication to prepare for the exploration of community vocational opportunities.
- **Assessments** - New Heights has a developed assessment process to see students' vocational hands-on skills. After goal setting, research, and preparation, students may complete a 20–40-hour assessment over the course of weeks or months.
- **Internships** - A student will participate in a vocational internship, ranging from 3-6 months, as a voluntary, temporary commitment. The student is then able to put into practice all the skills they have learned from job development and experiential assessments.

Post-Secondary Options for Training and Education

Taking an individualized approach, New Heights will explore community-based options that may include the following – (or others based on the individual need):

- Driver's Education/License Obtainment
- Community College Programs
- Access to Certificate Programs (Support in Accessing)
- Paid Employment (Coupled with the Vocational Exploration Process)



Our Core Values describe what is important to us, and they are essential to our mission. Vista students and members, staff, community partners, and leadership, including the Board of Directors, pledge to hold true to these Core Values.

CORE VALUES...

Respect. All people have the right to equal opportunity and to be treated with dignity.

Diversity. Differences among us bring strength, value and perspective.

Integrity. We are honest, sincere and trustworthy with each other in our decisions and actions.

Personal Development. We have high expectations for ourselves and others, encourage curiosity, and support opportunities to grow and learn.

Community & Human Connection. Relationships within our chosen communities are necessary to the human experience and create value, significance and belonging.

Leadership. We inspire, create solutions and impact others positively.

Accountability. We are responsible to each other and for the results of our actions.

Perseverance. We have the will to try and the courage to change.

Excellence. We strive to be the best we can be and take pride in achieving high standards.



Vista Life Innovations *Imagining Possibilities...Empowering Lives*

Accepted Funding & Inquiry Process

- Sources of funding may include private pay, school systems and public funding sources such as the Department of Developmental Services (DDS)
- Program inquiries can be made by emailing tvankirk@vistalifeinnovations.org or by visiting our website at www.vistalifeinnovations.org

**New Heights
Southeastern CT Campus**

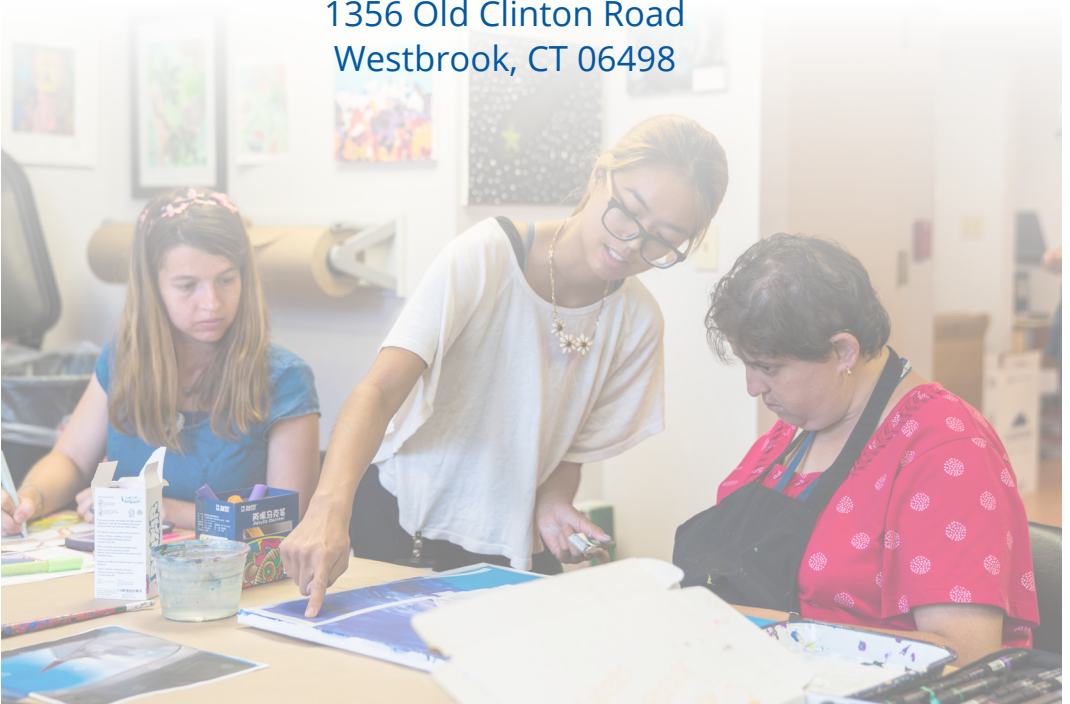
101 West Broad Street
Pawcatuck, CT 06379

Madison Campus

107 Bradley Road
Madison, CT 06443

Westbrook Campus

1356 Old Clinton Road
Westbrook, CT 06498



www.vistalifeinnovations.org