

Student Testimonials

"I think it's a wonderful program that allows me to learn new things like how to buy your own groceries and to learn new skills at the different job sites that I go to. I love our social connections because it helps me make new friends and get to know them better. I think this is a really amazing program for me and I love it!" - JL

"Going out in the community is good because I get to meet new people and practice basic living skills like laundry. I think meeting up with other programs is fun because you get to meet new people and you get to talk to each other and do fun stuff like go bowling. The internships are good because I get to explore different job sites and what I do and don't like. This is the best program ever invented!" - AJ

"I like the internship because it teaches you how to be more independent in your own job. When we go out in the community, I like it because we get a chance to go out and meet different people. Doing laundry for Pet Supplies helps me be a leader because we all try to help each other to do the towels for them." - MB

Extended School Year...

- *Comprehensive Life Skills Curriculum*
- *Health and wellness education*
- *Internship program*
- *Travel training*

Program Highlights

- *Comprehensive Life Skills Curriculum*
- *Health and wellness education*
- *Social networking events*
- *Community Service*
- *Community Based Instruction*
- *Internship program*
- *Travel training*
- *Connection to post-secondary support services*
- *Extended School Year*

Staffing includes:

District Coordinator of Special Programs
School Psychologist
Transition Coordinator
Special Education Teacher
District Behaviorist
Job Coaches
Occupational Therapist (consultation)

Contact Us

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Special Programs*

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MILESTONES @ PVR



63 Patterson Street
Hillsdale, NJ 07642

18-21 Transition Program
at
Pascack Valley Regional
High School District

A Public School Mission

Milestones @ PVR is a Special Program for adult students, ages 18-21, with multiple, intellectual and moderate learning and language disabilities. The program is designed to assist students with disabilities to develop the skills necessary for independent living. Milestones @ PVR provides transition-focused services within a community environment based on each student's needs and goals as set forth in the Individualized Education Program. Students build psychosocial, problem solving, critical thinking, personal and interpersonal skills and vocational readiness.

The Person-Centered Approach in Schools and Transition model (PCAST) is utilized to support effective transition from school to adult life. Students are integral participants in a team-based approach and are assisted to take leadership in making decisions that directly impact their lives and futures.

The administration and staff are dedicated to providing a range of services that are highly individualized. Our goal is to provide an empowering environment where adult students learn to become contributing members of society while developing an independent and fulfilling lifestyle.

As students move through the program, they are linked to postgraduate support services such as DDD, DVR and adult recreation activities.

Internships...

Career internships are structured, supervised activities that take place in various locations/businesses within the community. Students explore career options and develop transferable job skills through real-life work experiences. Internship placements are identified with students' personal interests, strengths and goals in mind. Job coaches monitor student progress and employ intervention techniques that assist students in learning job tasks, appropriate interpersonal skills and work related behaviors in the work place.



Sample Cooperating Job Sites:

- *Animal care*
- *Law offices*
- *Clerical*
- *Public libraries*
- *Fitness centers*
- *Restaurants*
- *Grocery stores*
- *Retail*
- *Health care*
- *Businesses*

Independent Living

A simulated apartment setting provides the optimal learning environment for students to acquire and perform independent living skills. Students complete weekly chores, grocery shop, plan and prepare meals, maintain the household budget, learn to travel and organize personal calendars.

Students explore interests, hobbies and plan and participate in age-appropriate leisure activities. Social networking events present opportunities to interact and form connections, beyond program hours, with peers from surrounding neighborhoods. Regular trips to a local fitness center promote health and wellness and encourage social connections within the community.

Community Connections

Conveniently located in downtown Hillsdale, Milestones @ PVR offers students daily access to local organizations, businesses and municipalities. Community focused instruction teaches students to function independently in the community with an emphasis on safety, travel, recreation and leisure. Students also support local businesses and services through volunteerism.

