

Community Programs



April 2025 Parent Training
Dr. Amanda Luciano

Agenda

- How to support our students with social skills
 - Community Resources
 - Town of Islip Recreation Guide
 - How to locate EiSchools resources
 - Community Mental Health Support
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Supporting our Students

- Expanding students' shared activities: does not always need to focus on the classroom- extracurriculars, after school activities, lunchtime, recess, etc. all provide opportunities for students to deepen friendships with peers.
- Equipping students with the proper skills:
 - Initiating interactions
 - Responding to initiations to keep an interaction going
 - Starting and engaging in conversations (greetings, topics)
 - Giving and accepting compliments
 - Taking turns and sharing
 - Helping others and asking for help
 - Including others in activities
- Engaging adults as facilitators offers a viable pathway to helping students create friendships.

How can we help?

- Peer support networks such as dances, school newspapers, sporting events, clubs, service-learning projects, all provide potentially rich places for students to meet others, develop friendships, and learn new skills.
 - Identify potential activities: what clubs, programs, or other events are students interested in? Ask and help them brainstorm.
 - Determine activity requirements: parental permission? Fees?
 - Address logistical issues: where do they take place? Will the student need accommodations?
 - Identify peer buddies: are there students participating who could assist? Is there a current peer buddy who is participating or who shares similar interests and would be willing to assist?
 - Determine supports needed: what sort of adult supervision is provided for the participating student?
 - Address potential challenges: issues may arise, try and prepare for any potential batteries ahead of time.

Strategies

- Spend time practicing social skills. It's important not to assume that children and teens know the right thing to do in social situations.
 - Use literature! Read alouds are affective and efficient.
 - Play games: games lend themselves to teaching social skills. Be purposeful about what skills you are working on.
 - Writing prompts can be useful: discuss social expectations before an event or activity helps to reinforce skills.
 - Modeling and practicing skills together.
 - Teach social-problem solving skills: provide social scenarios to a child or teenager and have them discuss.
 - Movies and video clips: can be helpful for visual learners
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More Strategies

- Attending a social skills group
 - Social scripts/stories: short stories that explain how and when different skills should be used. Written in first person so students can internalize the skills.
 - Role playing: acting out scenarios is a fun and memorable way to remember skills.
 - Social skills discussion cards: short questions/discussions that allow for teaching of social skills.
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Community Resources



Community Activities

[Town of Islip Recreation](#)

Contains information on school-aged programs, community service, sports (golf, baseball, flag football), art classes, dance programs, events, and camps!



Recreation Activities

Found on school website:

Departments -> Special Education and Pupil Personnel -> Recreation Resources

Boy Scouts and Girl Scouts: builds character, works with students to build skills to become good citizens and develop physical fitness –

Boy Scouts Suffolk County Council: 631 924 7000

Girl Scouts Suffolk County Council: 631 543 6622

Sports/Activities

- East Islip Just for Kicks: open to children between the ages of 5-14, specifically designed soccer program for children on the autism spectrum. Contact: 516-885-1087 (information found on East Islip Soccer website)
 - East Islip Youth Challenger Football: non-competitive flag football league, children 7-12. Contact: 631 987 9613
 - Little League of the Islips: Challenger Division: open to all children with special needs. Email: clubhouse@islipLL.org
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Activities Continued

- East Islip Youth Track: <https://www.stmarystrack.com/>

Boys and girls grades K-8 are welcome to join and can participate in both the Fall and Spring seasons.

- Rolling Thunder Running: 631 399 5564
 - Rolling Thunder Special Needs Program is a not for profit (501c3), one of a kind mainstream and inclusion-based running, walking, and wheelchair racing team servicing challenged individuals. A true inclusion program, Rolling Thunder integrates special needs individuals with their typical peers at all team programs, races, and events.
 - www.rtsnp.org
- HOPE Fitness: customized exercise routines based on needs and abilities to children and adults with disabilities.
www.hopefitness.com
- St. Mary's Champion League Basketball: basketball league for children with special needs. For information: email-
StMarysHoops@hotmail.com

Bayshore Y Swim: (631) 665-4255, 200 West Main Street, Bay Shore, NY 11706
<https://ymcali.org/locations/great-south-bay-ymca>

Modern Dance Program: Offered by Town of Islip at David Sanders Dance Dynamics in Oakdale.
Contact: 224-5320

Pal-O-Mine Equestrian: offers programs in adaptive riding, equine assisted learning, equine assisted psychotherapy, and competitive riding for children 12 and over. <https://pal-o-mine.org>

Suffolk County PAL: offers programs to children and young adults with varying disabilities.
www.suffolkpal.com

EJ Autism and Great South Bay YMCA offer an Autism Safety Aquatic Program (ASAP) for children ages 5-18. You can find information on the EJ Autism website. (<https://ejautismfoundation.org>)

Skudin Surf: Long Beach, <http://skudinsurf.com>

“Surf for All” Surf For All’s roots originated in 2002 with the development of a surf program for developmentally disabled teenagers. Over the years they have expanded our outings to cover a broader spectrum of disabilities– autism, cerebral palsy, global developmental delays, visual impairment and others.

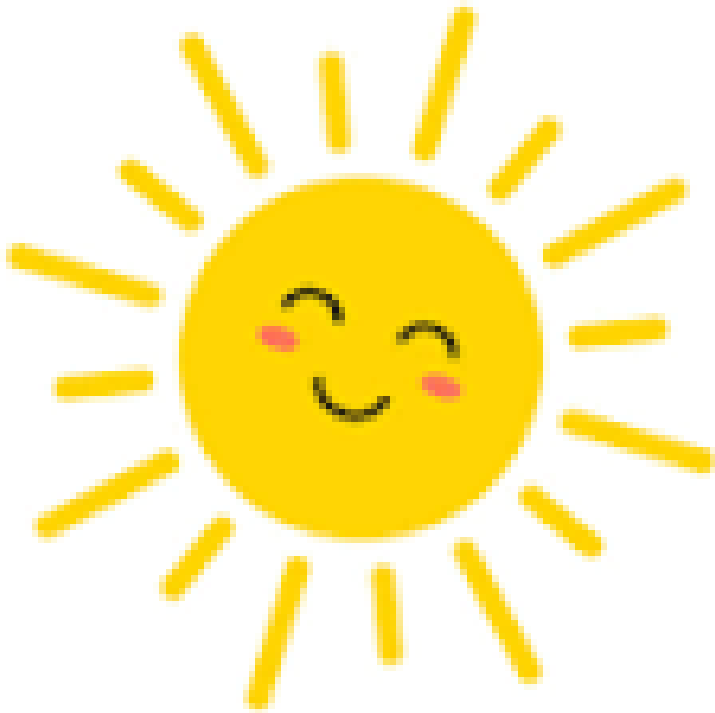
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- Inclusive sports and fitness: An organization whose mission is to provide skill- based fitness and habilitation training that maximizes an individual's capacity to engage in physical fitness, play sports, and participate in physical recreation activities. <https://inclusivesportsandfitness.org>
 - KidStrong: for children walking - age 11. Combines physical activity with character development. Kidstrong.com
 - Music Academy for Special Learners: 1631 615 6707
 - music4speciallearners.com
 - Music and Art classes, sign language classes, musical theatre classes, and art and music therapy



Social Skills Groups and Resources

- Cody Center at Stony Brook: Offers social skills training for students on the autism spectrum (group and individual). Contact: 631 632-8850
- Family of Kidz: Offers social skills training programs for elementary aged and middle school aged children with and without diagnoses of autism:
 - Familyofkidz.com (go to Group Therapy on the top tab).
- Life's WORC: socialization program for students with autism between 5 and 12 years old, as well as a creative arts therapy program. www.lifesworc.org

Summer Therapy Groups



South Shore Counseling: Located in Oakdale

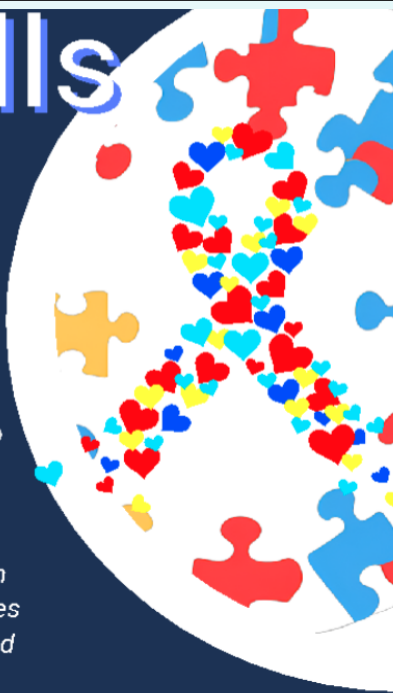
This summer, they're offering specialized therapy groups:

- Self-Esteem Groups for Girls & Boys
- Coed Social Skills Group
- Social Skills Group for Teens with ASD
- Life After High School
- Parent Support Group
 - In-network with **Aetna, Cigna, and Northwell Direct** and help clients access out-of-network benefits.

Social Skills Group

FOR
TEENS WITH ASD
AGES 14-21

- Develop skills by working in pairs or groups with cooperation and partnership encouraged
- Provided multiple and varied learning opportunities
- Improve self-awareness and self-esteem
- Participants will be provided opportunities for practice so that skills are used beyond the group in real life settings



Where:
South Shore Counseling
755 Montauk Hwy, Suite 3
Oakdale, NY

Price:
120\$ for 4 sessions
30\$ per week

CALL NOW FOR MORE INFO

631-602-0079



counselingsouthshore.com

Join Us at South Shore Counseling FOR EmpowerHER

GIRLS SELF-ESTEEM GROUP

AGES
9-12

Group Details

\$180 FOR 6 WEEK SERIES

- Does your daughter want to boost her self-esteem and connect with girls her age?
- Fun opportunities to learn strategies for building self-confidence
- This group is designed for girls looking to connect and grow!

PLEASE CALL 631-602-0079 FOR MORE
INFORMATION OR TO SIGN UP FOR THE GROUP
SERIES.



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755 MONTAUK HWY., SUITE 3 OAKDALE, NY 11769

Parent Support Group



Call now for info 631-602-0079!

This inclusive environment can provide a platform for parents of children with behavioral challenges to exchange advice, learn from each other's experiences, and find solace in knowing they are not alone. This safe space will prioritize empathy, understanding, and confidentiality, allowing parents to openly discuss their challenges without fear of judgment.

Where:
Southshore Counseling
755 Montauk Hwy,
Suite 3
Oakdale, NY
or Virtual

Cost:
\$30 per session
or
\$120 for 4 weeks

BOOST YOUR CONFIDENCE! BOYS SELF-ESTEEM GROUP

Price:
\$120 for 4 sessions
\$30 per week

Where:
South Shore Counseling
755 Montauk Hwy, Suite 3
Oakdale, NY

Call Now: 631-602-0079
counselingsouthshore.com

When:
Dates TBD-

Please reach out
to the number
below for more
information

Ages 9-12 years
old



Group details:

Boost Confidence: Engaging activities to strengthen self-belief and resilience.

Communication Skills: Fun exercises to improve speaking and listening skills.

Friendship Building: Opportunities to make new friends and strengthen social connections.



LIFE AFTER HIGH SCHOOL

Six-Week Summer Group
(Ages 17-19)

This group is designed for recent high school graduates adjusting to the next phase of life, whether it be college, work, or independent living. Participants will develop skills in stress management, goal setting, and decision-making to navigate this critical transition successfully.

COST: \$180
FOR 6 WEEK SERIES

Please Call
631-604-0079

755 Montauk Hwy., Suite 3
Oakdale, NY 11769



Day Camps and Programs

- ACLD: provides after-school therapeutic recreation, and school vacation and summer day camps to students five and older with disabilities. Contact: 631 665-1900 ext. 345
 - Gersh Academy: Day camp program for students with autism. Contact: 631 427 6700
 - Great South Bay YMCA Inclusion Program: gives children with special needs the opportunity to have an inclusionary camp experience, for students from 1st- 6th grade. <https://ymcali.org/camps/great-south-bay-ymca-summer-daycamp/inclusionprogram>
 - YES Counseling services: offers after school, evening, and summer programs for children and youth. www.yesnews.org or 631 446 1950
 - Camp Pa-Qua-Tuck: camp for students with disabilities: <https://camppaquatuck.com>
 - Hofstra REACH program: The REACH program is a fully inclusive program that offers campers with special needs an opportunity to participate in all activities at Hofstra Summer Camp with their peers.
 - https://www.hofstra.edu/academics/ce/summer-camp/specialty_reach.html
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Suffolk SPOA

Children's Single Point of Access

- The Division of Community Mental Hygiene Services is the local governmental unit responsible for the coordination and oversight of all community services to persons with alcohol and substance use disorders, mental illness, and intellectual and/or developmental disabilities.
- The Suffolk County Division of Community Mental Hygiene's Children's Single Point of Access (C-SPOA) coordinates enhanced mental health services for youth who are at risk of or have been diagnosed with a serious emotional disturbance, and their families. The C-SPOA offers a centralized, coordinated referral process using a universal referral form and represents a consensus among community-based and residential programs to ensure appropriate service delivery to the highest needs youth. The program serves Suffolk County residents, ages 5 to 21 years, and their families. All C-SPOA programs are voluntary for both the youth and their family.
- There is an application is for accessing CSPOA in-home services and supports, including preventive and intensive services.
- Application needs to be filled out with a qualified licensed/ certified Masters Level Mental Health Professional.

Additional Community Resources:

Call Family Service League's Diagnostic, Assessment, and Stabilization Hub (**DASH**) Program, 24/7 services for mental health, substance use, and crisis care for children and adults in Suffolk County at (631) 952-3333.

- The program features a mobile response team of licensed professional experts who will come to your community and conduct an assessment, develop a safety plan, and if necessary, recommend outpatient services or a higher level of care.

Long Island Prevention Resource Center of Suffolk County:

The LIPRC is committed to facilitating partnerships among schools, communities, and prevention providers to focus on the provision of effective strategies to deal with alcohol, drug, and tobacco abuse and problem gambling. Visit www.liprc.org

Positive
Experiences?
Any Others?

