



28 Foden Road. South Portland, ME 04106

www.pslstrive.org

(207) 774-6278

info@pslstrive.org

Next STEP Program Guide

Next STEP, STRIVE’s Transitional Education Program is a unique, private-pay, education, recreation and leisure program. The Next STEP program will consist of two components: Daily Educational Classes and Daily Recreational and Social Wellness Development. Some of the topics to be covered during Next STEP are: Money Management, Personal, Emotional & Physical Health, Safety, Household Responsibilities, Decision Making, Nutrition and Advocacy.

Students will enroll on a rolling admissions basis, consisting of Full time and Part time offerings available for enrollment. Next STEP is designed for those who are on a waiting list for services, in combination with a community support program or for those who do not qualify for other services. The Next STEP staff to student ratio is 1:5, allowing the opportunity for one-on-one time with each student. In addition to the educational component, students will receive the opportunity to focus on developing personal recreation and wellness.

Typical Schedule

Time	Component	Sample Activities
9:00 am – 10:00 am	Journal and Discussion Time	Structured time to reflect on past Activities, plan for upcoming events, and engage with creating writing prompts
10:00 am – 10:30 am	Instructional Session #1	Self-advocacy, nutrition and menu planning, independent skill building
10:30 am – 12:00 pm	Community Exploration	Volunteer placements, library, meal preparation, grocery shopping, bus mapping, independent navigation
12:00 pm – 1:00 pm	Lunch Hour	
1:00 pm – 2:00 pm	Instructional Session #2	Financial Management, personal budgeting, interactive educational activities
2:00 pm – 4:30 pm	Social/Rec/Wellness Activities	Yoga class, fitness center, exercise walks, interactive games
4:30 pm-5:00 pm	Personal Time	Skill building for independent leisure activities and choices

Days and Hours of Operation

Next STEP is open year round Monday through Friday from 9:00am to 5pm. Early drop-off hours are available, for a nominal fee, and need to be scheduled in advance.

As an agency we will be observing the following holidays:
 New Year’s Day, Martin Luther King Jr. Day, President’s Day, Memorial Day, Independence Day, Labor Day, Veteran’s Day, Thanksgiving Day, Christmas Day & New Year’s.
 Reminders will be sent out as the dates approach.

Attendance

Please see the enrollment options below:

Full-time: Monday-Friday: 9am-5pm ~ \$225.00 per week

Part-Time: Monday-Friday: 20 hours per week ~ \$150.00 per week

Early Drop off: 8-9am ~ \$9.00 per day

If the student is out sick or otherwise does not attend, they are still responsible for that week's payment. Excusal of payment will be considered for personal vacations with advance notice and in cooperation with the Program Manager. Please refer to the enrollment agreement for payment options.

Snow or other Inclement Weather Cancellation

The Next STEP Program will be offered year round. We encourage everyone to be safe, so if the weather is bad please do what you feel is the safest for the student. Families will be notified of cancellations by television broadcast (Channel 6). If the facility must close during operating hours because of snow or storm, the Program Manager will notify families by telephone.

Illness

If the student does not feel well before attending Next STEP, we ask that you keep the student at home for the day; this will ensure the health and wellness of our students and staff. However the student may be discharged for:

- A fever of 100 degrees or higher
- Symptoms or signs of possible severe illness, such as, uncontrolled coughing, persistent irritability, unusual lethargy, or other unusual signs of illness
- Severe diarrhea
- Rash with fever
- Flu
- Strep Throat
- Vomiting

Student Accident Form

Our staff takes every effort to ensure the safety of the students. Unfortunately accidents do occur. In case of such event, an incident report will be completed by staff for every detected injury that occurs and parents/guardians will be notified.

Lunch

Every student should bring snacks for throughout the day as well as a lunch. Lunch will be daily from 12:00pm-1:00pm. If the group will be attending an event (ex. sports game) the Program Manager will communicate with parents/guardians if the student should bring spending money. Participants may bring items that can be heated in a microwave and/or kept in our refrigerator. The group also prepares lunch together each week which will also be communicated in advance.

Family Involvement

Parent/Guardian involvement is always encouraged! Parents are encouraged to visit STRIVE anytime.

Clothing

Students should dress according to the weather. Students will be involved in a lot of hands on activities and physical activities/games. We encourage students to wear comfortable clothes understanding that they may get dirty. Students can bring a change of clothing and leave it in their bags for emergencies.

For more information or to schedule a visit, please contact Betsy Morrison, at 207-774-6278 or bmorrison@psslservices.org