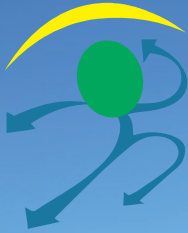


# New Directions

Transitional Independent Living for Young Adults







# New Directions

## for Young Adults

New Directions is a state of the art multi-disciplinary clinical program that integrates expertise in cognitive behavioral therapy, developmental theory, and neuro-psychology, into an evidenced-based treatment approach that is both empathic and based on the current scientific literature.

The goal of New Directions is to prepare young adults to live independent lives. Our program is comprehensive and client centered, providing an individualized plan for each client. Support is coordinated using a new multi-disciplinary clinical approach called Direction Therapy. Direction Therapy incorporates educational, vocational, independent living, health, social and recreational goals into one unique comprehensive service plan. New Directions typically supports students with executive functioning deficits and a variety of clinical needs. Participants in the New Directions program are typically working to learn the skills needed to live independently. Services are regularly tapered to allow clients to exercise the independent living skills they learn.

For additional information about New Directions for Young Adults please visit us on-line at [www.NDFYA.com](http://www.NDFYA.com)

# Program Services



## Young Adults With Special Needs

New Directions was originally created to help young adults with special needs transition into independence. We offer cutting edge clinical support, unique programming, a family atmosphere, and strong academic and vocational services. We are confident that our young adults with learning challenges can overcome their obstacles and achieve their goals.



## Typical Young Adults with “Failure to Thrive” Challenges

At New Directions, we provide transitional services for typical young adults with unique challenges. Many of these students come from colleges and universities from around the United States and abroad. New Directions is dedicated to helping these students to become successful and independent. We follow a “work hard, play hard” mentality.

# Program Services

## Clinical

- Integrated Behavioral Plans (Monitored Daily)
- Personalized Clinical Interventions
- Neuropsychological Assessments
- Clinical Treatment Team Meetings & Coordination
- Individual / Group Psychotherapy
- Medication Observation & Medical Care Coordination
- Social Skill Training
- “Team Building” Groups

## Social

- Daily Activities, Social Group & Integrated Social Skills Training
- Community Access & Integration Support Services

## Vocational

- Career Assessment & Job Placement Services
- Resume Building, Internship Acquisition & Job Coaching Services

## Academic

- High School / GED Completion
- Registration for College
- Individual Tutoring
- Daily Study Hall
- Time Management/Executive Functioning Training

## Life Management Skills

- Financial Skills Management, Budgeting, & Bill Pay
- Nutrition & Grocery Shopping
- Fitness & Personal Training
- Life Management Skills Training (Cooking & Cleaning)
- Personal Hygiene

## Additional

- Transportation to School and Volunteer Jobs
- Special Events (Concerts, Sports)
- Family Weekends
- Weekend Trips & Organized Excursions
- Mentoring Services



# Direction Therapy CMT

Young adults on the spectrum can thrive with the help of our innovative clinical approach called Directions Therapy (Dt). Designed as a flexible clinical model by Andrew S. Rubin, Ph.D., Direction Therapy adapts to the unique and varied needs of spectrum young adults. Our unique evidenced based treatment approach helps to prepare young adults for an independent life. It brings together therapeutic services including psychology, psychiatry, vocational training, academic support services, life management skills training and financial skills management into a comprehensive service plan.

Our comprehensive Individual Service Plans (ISP) are developed using information about the student, family, transcripts, standardized testing scores, neuropsychological evaluations, psycho-educational evaluations, and comprehensive vocational assessments.

Outcomes are measured by identifying and monitoring specific long and short-term goals across the different domains (i.e. academic, vocational, life management skills, financial skills, and psychosocial).



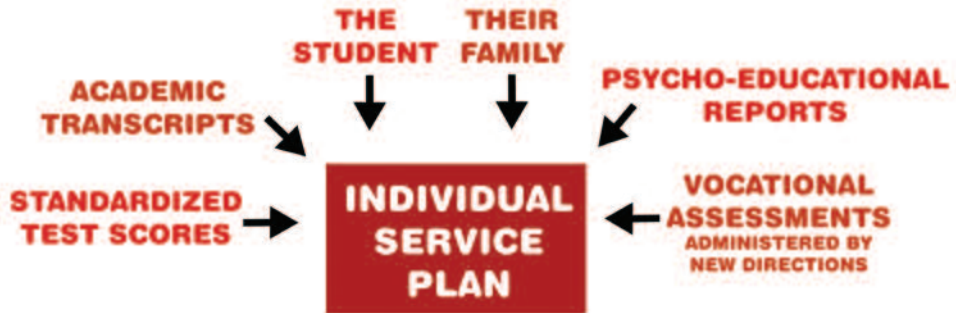
# Individual Service Plans

## Creating a plan just for you.

The services at New Directions for Young Adults are centered around each client's "Individualized Service Plan"

The initial plan is developed at intake.

We create the plan using input from;



LONG AND SHORT TERM GOALS ARE DEVELOPED IN THE FOLLOWING AREAS



THE INDIVIDUALIZED SERVICE PLAN IS RE-EVALUATED REGULARLY THROUGHOUT THE YEAR IN ORDER TO ASSESS PROGRESS IN EACH AREA, THE PLAN'S EFFECTIVENESS, AND TO MAKE ANY ADJUSTMENTS

# Clinical Support



The New Directions Clinical Team is available and on call for all students who are enrolled in the New Directions program.



Some students arrive to college with unresolved childhood issues or traumas. Others struggle with living away from home for the first time. They may face problems at the university, challenging classes, the breakup of a romantic relationship, or may be upset by day-to-day events.

All students receive one personal counseling session and one group social skills training session per week. Our staff psychologists are available daily to meet with students. The college years can be a developmentally difficult period. It's a time when young adults are forming their identities and moving from childhood to adulthood.

The New Directions Program is committed to a multidisciplinary approach to service integration. All our staff formally meet each week to review each client's progress and needs. This enables our services to be implemented efficiently and comprehensively.



# Vocational Skill Development

New Directions specializes in helping students with achieving their post-secondary vocational goals and experiences. We perform vocational assessments that help students identify their individual areas of interest, talents and vocational aspirations.


In partnership with local businesses and the Job Match Program (ISAresearch.org), New Directions helps students with obtaining invaluable employment experience.

A fundamental aspect and particular strength of the New Directions culture is providing expertise in assisting our young adults in procuring meaningful volunteer positions, professional internships, and full paid positions in their field of choice.



**We are proud to boast that over 75% of our student population is employed.**



The illustration features a bright orange background with a large, textured yellow sun in the upper center. In the top left, there are three white, fluffy clouds. In the top right, a target with concentric rings of grey, black, blue, red, and yellow is partially obscured by two white clouds. In the bottom left, a black silhouette of a person is shown in a dynamic pose, throwing a blue and white spear. The person is standing on a green, grassy hill. In the bottom right, there are more white clouds and two small, stylized green trees. The overall style is flat and graphic.

**A goal without a plan  
is just a wish.**

# Academics at New Directions

Every school has a unique process for admissions and registration. We provide support to help guide the students through the scholastic system's requirements. This includes:

- Transcript requests
- Placement testing
- Prerequisite/co-requisite requirements
- The selection of a balanced course load

Based on each student's individual needs, attention is paid to details such as

- On-line vs. traditional offerings
- Time of day classes are attended
- Structured vs. unstructured
- Teaching styles
- Tests vs. class based projects.

## **Time management**

Students are assisted in developing an individual academic time line, a semester time line of assignments and expectations, and a daily time management schedule. Assistance with academic advisement, registration, and scheduling.

## **Transportation**

Students will be provided transportation to and from classes and required academic events.

## **Co-ordination of services and scholastic support**

Once a student moves from the secondary to the post-secondary educational arena, the rules governing the access to and the type of accommodations granted change. The onus is now on the student, not the school. We will review student expectations, make sure that the testing will satisfy the school's requirements, schedule the intake appointment, and work together with the student and the Scholastic officer to ensure that the student is receiving the support to which they are entitled. Students are also encouraged and assisted in becoming a part of their school's community by participating in social organizations, honor or academic organizations, and/or intramural teams.

## **Tutoring (individually and staff supervised small groups)**

Both on campus and at our offices, students will be given the academic support needed. All students will be provided one-on-one tutoring sessions for each subject. Some tutoring sessions will be held on campus in the learning labs, in order for the tutors and students to have access to the technology and curriculum required by the course. Weekend study halls, led by staff, are available to the students to provide a community learning environment.



## **Study Hall**

Throughout the week "Study Hall" sessions are made available for our students. These 2 hour long sessions are proctored by one of our tutors and offer additional support for our students throughout the semester.



# Financial Skills Development

One of the “core” elements of the New Directions multi-disciplinary treatment model, is the financial component. According to Andrew S. Rubin, Ph.D, this piece is often “an underemphasized necessity when it comes to a young adult’s transition to independence.” Our innovative model incorporates this important financial component. Our young adult clients meet with their financial counselor weekly to help achieve their previously identified budgetary goals. New Directions assists parents in setting up financial accounts (with unrelated parties) with the objective of facilitating our integrated financial system.

As the clients we work with demonstrate increased responsibility, our financial and therapeutic staff work closely together to coordinate our step down multi-disciplinary approach. Our financial staff also help to teach the budgetary skills necessary to be independent.





# Life Management Skills



## Cleanliness

One of the first steps to managing independent life is to maintain your own living space. Students work with New Directions instructors to learn how to keep themselves and their apartments clean and orderly. Meetings with students take place twice or more per week.



## Nutrition

Healthy eating habits, shopping skills, eating out, learning to cook, we do all of these things at New Directions for Young Adults. We work with students to develop a nutrition plan that is exciting and fun for them to stick to. Weekly events, "Cooking Group" and "Dine Around" help students engage even more with healthy eating.



## Fitness

Weekly group fitness classes as well as individual sessions are part of the New Directions program. Weekend sports activities are planned for each Sunday, and there are many opportunities throughout the week to engage in team sports like tennis, soccer, and basketball.

# How to Apply to New Directions



**Apply Online**

**[www.NDFYA.com](http://www.NDFYA.com)**

**For More Information Call**

**1-844-814-7084**

# New Directions for Young Adults



## LOCATIONS:

3275 W. Hillsboro Boulevard  
**Deerfield Beach, FL 33442**  
Office: 1 (844) 814-7084



**Andrew S. Rubin, Ph.D.**  
Direct: (954) 777-3377  
Email: DrRubin@NDFYA.com

100 Longbrook Way, Suite 20  
**Pleasant Hill, CA 94523**  
Office: 1 (844) 814-7084



**Michael Kellen, Ph.D.**  
Direct: (561) 245-0349  
Email: michaelk@NDFYA.com

[www.NDFYA.com](http://www.NDFYA.com)



# The Education You Want The Support You Need



***New Directions*** **NDFYA.COM**

*Transitional Independent Living for Young Adults*