

LIFE SKILLS PROGRAM (8:1:2)



Program Description

The Life Skills Program at the Rise Center for Success supports students requiring moderate to intensive assistance with daily living activities. Our approach emphasizes skill acquisition, practical application, and seamless transfer across settings, empowering students for success in daily life and future endeavors. Individualized reading and math instruction enhances functional and independent living skills. Students may qualify for NYSAA assessments while working towards a Skills Achievement or Career Development and Occupational Studies (CDOS) Credential. The student-centered curriculum focuses on essential life skills, including personal care, household management, community integration, social communication, and vocational training. Through immersive learning experiences and real-world simulations, students gain confidence and competence in navigating their surroundings, building relationships, and achieving independence. We equip Life Skills students with the knowledge, skills, and resilience needed to lead fulfilling lives and reach their highest potential.

Classroom Management

- Behavior systems foster choice, responsibility, and self-reflection.
- School-wide Positive Behavioral Interventions and Supports (PBIS) program.
- Regular student-centered team meetings held to ensure consistent strategies and support across all settings.
- Focus on preventing and de-escalating behaviors through active listening and support techniques.
- Zones of regulation program used to teach self-regulation by categorizing feelings and states of alertness with experience.

Curriculum

Functional academics integrated with essential life skill development.

Relevant, research-based core curricular programs tailored to student needs.

Multi-modal instructional tools and techniques to engage diverse learners.

Embedded Digital Citizenship curriculum promoting responsible technology use.

Work experience opportunities for students age 14 and older.

Program Overview

THE CLASSROOM

- Small student to staff ratio of 8:1:2 (8 Students, 1 Teacher, 2 Teaching Assistants).
- Serving grades K-12.
- Trauma-informed best practices to support the social-emotional needs of all students.
- Restorative Practices and "Circle-Ups" to promote community, build relationships, and resolve conflict.
- Post Graduate Classroom located off-campus in the heart of downtown with easy access to public transportation and community resources.

CURRICULUM INCLUDES

- Content aligned with the New York State Next Generation Learning Standards.
- Strong social-emotional and character education components.
- Differentiated Instruction tailored to student needs.
- Work experience opportunities for students aged 14 and older.
- Project based learning activities.
- Focus on building independent living skills.
- Opportunities to attend Pre-CTE (Career and Technical Education) programs offered by CV-TEC.

STUDENTS COMPLETING THE PROGRAM

- Have a toolbox of pro-social coping strategies for future success.
- Earn Career Development and Occupational Studies Credential (CDOS) or Skills Achievement Commencement Credential (SACC)
- Are ready for post-secondary success, including trade schools and the workforce.
- Have increased their daily living skills and are working toward future independence.

At the Rise Center for Success, we are committed to empowering our students to achieve their full potential, both academically and personally. Join us on a transformative journey towards growth, resilience, and lasting success. For more information about our Autism Program and other CVES Special Education Services, please visit: www.cves.org/special-education





Program Highlights

A trauma transformed approach to support the social and emotional needs of all our students. All staff are trained and maintain certification in Therapeutic Crisis Intervention for Schools 2 (TCIS2). TCIS2 provides staff with the skills and knowledge to prevent, de-escalate, and manage crisis situations in a therapeutic manner.

Board Certified Behavior Analysts (BCBAs) are an integral part of all our programs, providing comprehensive training, oversight, data analysis, and evaluation to ensure individualized and effective behavior supports for each student. Through Functional Behavior Assessments, BCBAs determine the underlying functions of behaviors to create tailored treatment plans. Ongoing data collection and analysis allow for continuous refinement of interventions. With extensive education and experience in understanding behaviors, their causes, and a wide range of treatment options, our BCBAs deliver exceptional behavioral support services, positively impacting the lives of students throughout our region.

We prioritize regular student-centered team meetings, known as Management By Objectives (MBOs). These strength-based meetings serve vital purposes: proactively preventing student behaviors, ensuring all staff are aligned and informed about each student's individual plans for consistent implementation, and coordinating services and programs to maximize impact and achieve individual learning goals.

Community-based Work Experience program that empowers students aged 12 and above through a pathway fostering confidence and advocacy, while exploring career possibilities and cultivating essential skills. This journey includes personalized assessments in the PAES Lab (Plattsburgh Campus), simulated work experiences, such as the school stores, community outings connecting classroom learning to real-life applications, and hands-on projects at local businesses and nonprofit organizations, all of which bridge school to career, theory to practice, and dreams to reality, unlocking boundless potential and shaping a brighter tomorrow for our students and society.

Premier transition coordination annually for students 14 years and older in collaboration with students' circle of support teams. Needs assessments are conducted to identify gaps in services and to ensure students and families are connected with resources both in school and in the community and link families with outside agencies for long-term student supports such as ACCES-VR, OPWDD, and Commission for the Blind.

Focus on character education through The Positivity Project (P2). Building positive relationships is at the heart of our student support model. P2 involves the entire school community and aims to create a positive culture through character and relationships.

Opportunity to enroll in the Partners in Transition program, assisting students as they transition to adulthood who receive ACCES-VR and OPWDD services at various readiness levels, ensuring uninterrupted progress through established relationships. Additionally, there are employment supports at One Work Source for individuals with differing abilities and a Community Pre-Vocational Program at SUNY Plattsburgh, along with post-secondary supports available at local higher education institutions, and partnerships with local businesses providing opportunities through job shadowing, internships, guest speakers, etc.

Related Services

We offer a full suite of related services per the students' IEP, such as counseling, speech and OT/PT. All service providers are masters of their craft and collaborate continuously with the classroom instructional staff to ensure continuity of student support across all settings.

Additonal Supports

HEATED THERAPY POOL (Plattsburgh Campus)

Pool available for instructional swim or free swim (schedule specific).

PLANNING ROOM (Mineville Campus)

A trauma-informed proactive space to assist students with de-escalation and co-regulation strategies so that they may return to the classroom ready to learn.

CALMING CORNER (Plattsburgh Campus)

A proactive emotional regulation space has been created to allow students to have a quiet space to utilize their coping skills. This space has dim lighting, comfortable seating, weighted items, and a variety of sensory fidgets.

BREAK SPACES

We offer break spaces aligned with NYS regulations utilizing procedures outlined in the student's IEP and BIP with a goal to decrease use over time.

BEHAVIORAL HEALTH SERVICES NORTH (BHSN) COUNSELING (Plattsburgh Campus)

ESSEX COUNTY MENTAL HEALTH SERVICES (Mineville Campus)

Mentally healthy children are more successful in school and life. Agencies offer School-Based Mental Health Services at both Plattsburgh and Mineville Campus which allows their clinicians to provide mental health treatment to students in the safety of our own school, dramatically reducing lost classroom time and increasing the accessibility and consistency of this vital mental health support.