



YOUTHCARE TRANSITIONS:

Summer Explorations Program Information

- Program runs Wednesday, June 30 - Wednesday, August 11, 2010. Program is closed on Monday, July 5
- Program hours are 9:30am-3:30pm
- Small, highly structured groups (approximately 6 teens: 2 staff)
- Well qualified staff who participate in 40 hours training prior to program and weekly training & supervision during program
- Support, training, and supervision provided by more experienced summer staff, consultants, and YouthCare's clinical staff
- Daily written and electronic self evaluations paired with staff feedback
- Family conferences during the summer
- End of summer written report to families and schools
- Parent Support and Resource Groups offered during summer
- Social skill and self-awareness education integrated throughout curriculum
- Structured activities designed around teens' strengths and interests
- Weekly field trip experiences
- Experience completing a group service project
- Skill instruction including goal setting, problem solving, leisure and trip planning, meal planning, and money management
- Team-building exercises, including ropes course
- Social coaching in naturalistic settings
- Attention to sensory needs
- Opportunity for safe, structured explorations of Metro Boston Area

YOUTHCARE TRANSITIONS:

Summer Explorations Sample Weekly Schedule



Monday -

9:30-10:15	Arrival and Gear Up
10:15-11:00	Meal Planning
11:00-11:45	Grocery Shopping
11:45-12:30	Meal Preparation
12:30-1:15	Lunch
1:15-2:00	TV Analysis
2:00-2:45	Science of Me (Sensory)*
2:45-3:30	Group Choice & Closing

Tuesday -

9:30-10:15	Arrival and Gear Up
10:15-11:00	Social Thinking Group
11:00-11:45	Science of Me (Relaxation)*
11:45-12:30	Lunch
12:30-1:15	Service Project
2:45-3:30	Group Choice & Closing

Wednesday -

9:30-10:15	Arrival / Travel to Hale
10:15-12:30	Ropes Course / Travel from Hale
12:30-1:15	Lunch
1:15-2:00	Field Trip Planning
2:45-3:30	Group Choice and Closing

Thursday -

9:30-10:15	Arrival and Gear Up
10:15-11:00	Science of Me (Brain & Learning)*
11:00-11:45	Hidden Curriculum Brainstorm
11:45-2:45	Field Trip
2:45-3:30	Group Choice & Closing

Friday -

9:30-10:15	Arrival and Gear Up
10:15-11:00	Overnight Trip Planning
11:00-11:45	Social Thinking Group
11:45-12:30	Outdoor Recreation
12:30-1:15	Lunch
1:15-2:45	Group Movie Project
2:45-3:30	Group Choice & Closing

*The Science of ME is an activity-based curriculum developed by YouthCare Staff to teach about the brain, heart, and body and help teens better understand their learning styles, coping methods, and sensory systems.