Who Might Benefit from CSEP?

Individuals with cognitive impairments who have difficulty understanding the impact of their disability are most likely to benefit from CSEP. To date, participants have been diagnosed with:

- Learning disorders
- Attention deficit/hyperactivity disorder
- Autism spectrum disorders
- Cognitive disorders (e.g., traumatic brain injury)

CSEP Eligibility Criteria

The following are criteria for CSEP participation:

1. The individual meets all HGAC admissions criteria, AND
2. The individual's primary obstacle to functioning is the result of a cognitive disability and does not result from:
   - Low intellect, or
   - Psychiatric disorder, AND
3. The individual expresses an understanding of and willingness to fully participate in the program, AND
4. The individual can commit to full-time attendance.

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Cognitive Skills Enhancement Program

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CSEP Cognitive Skills Enhancement Program

A Collaborative Project by the Hiram G. Andrews Center and the University of Pittsburgh

A rehabilitation partnership serving individuals with cognitive disabilities

PROGRAM DESCRIPTION

- CSEP Tier I is a therapy program designed for OVR customers with cognitive disabilities.
- CSEP Tier I is a one-term, full-time program (15 weeks, Monday through Friday, 8:00am-3:30pm)
- CSEP Tier I participants live on-site at HGAC.

CSEP Tiers

Tier I: Individuals who participate in the full-time, term-long CSEP program.

Tier II: Follow-up services for individuals who completed Tier I and are enrolled in an HGAC training program.

Tier III: Students who are enrolled in an HGAC training program but did not participate in Tier I; these individuals are referred for consultation and/or cognitive rehabilitation in combination with their training program.

PROGRAM COMPONENTS

Emotional Regulation

Emotional regulation is addressed through the Emotional Awareness and Skills Enhancement (EASE) program. EASE targets emotional regulation impairments through a mindfulness approach.

Social Skills

Social skills are addressed through the Program for the Education and Enrichment of Relational Skills (PEERS®) for Young Adults curriculum. PEERS® is for motivated young adults who are interested in learning ways to make and keep friends and to develop romantic relationships.

Community Engagement

Community engagement experiences allow participants to learn and apply skills through activities both on and off campus. This includes:

- Volunteering in the community (e.g. adopt a highway, local soup kitchen)
- Touring notable locations (e.g. County Courthouse)
- Inviting prominent guest speakers (e.g. Deputy Coroner)
- Practicing community and teamwork (e.g. facilitating food drive)

CSEP Goals

In order to increase vocational success, CSEP goals include:

- Know your strengths and weaknesses
- Set goals for yourself
- Improve your social skills
- Manage your emotions
- Enhance your community engagement
- Be empowered to self-advocate

Vocational Cognition

All programming is designed to increase employability.

- Participants explore and use strategies, accommodations, and assistive technology in the group room and real-world settings.
- Participants will engage in an 8-week mentorship with local business leaders.

Evidence-Based Practice

- Program components were designed using evidence-based interventions.
- Modifications to CSEP are based on data collected on clinical interventions and outcomes since 2000.