



Development of F.O.R.E.S.T.: A Post-Transition Enrichment Day Program

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BACKGROUND / OBJECTIVES

Background: The Woodlands Foundation serves individuals with chronic illness and disability throughout the lifespan. They identified the need for the development of a day program to support transition services for individuals aged 22-29. There are an estimated 4 – 5 million (18.4%) young adults with special health care needs, but only a reported 40% of them receive transitional services (Zhou et al.).

Objectives: (1) Complete Framework Phase (see Capstone Phases diagram) of program development of Facilitating Occupational Readiness and Engagement through Skills Training (F.O.R.E.S.T.)

(2) Provide recommendations to The Woodlands staff and PNW 3 for implementation.

CURRICULUM UPDATES

- In a survey administered by PNW 1, family members expressed a need for digital literacy education for transition and post-transition age individuals with disabilities.
- Additional topics on digital literacy and functional digital skills were added to the F.O.R.E.S.T. curriculum that PNW 1 created to empower individuals with disabilities to participate in an increasingly virtual society.

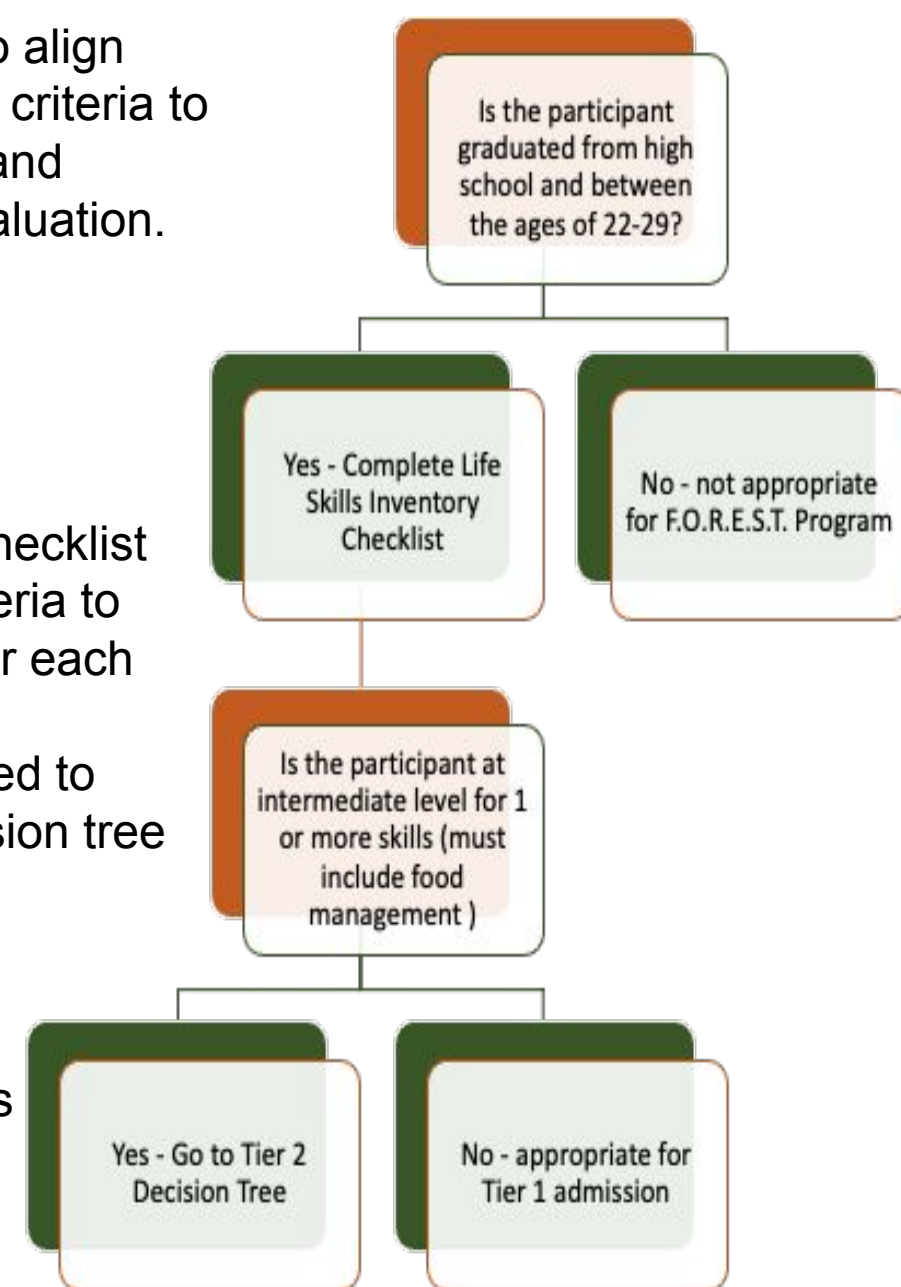
ADMISSION CRITERIA

Four decision trees were designed to align with each of the four tiers' admission criteria to facilitate appropriate tier placement and effective participant and program evaluation.

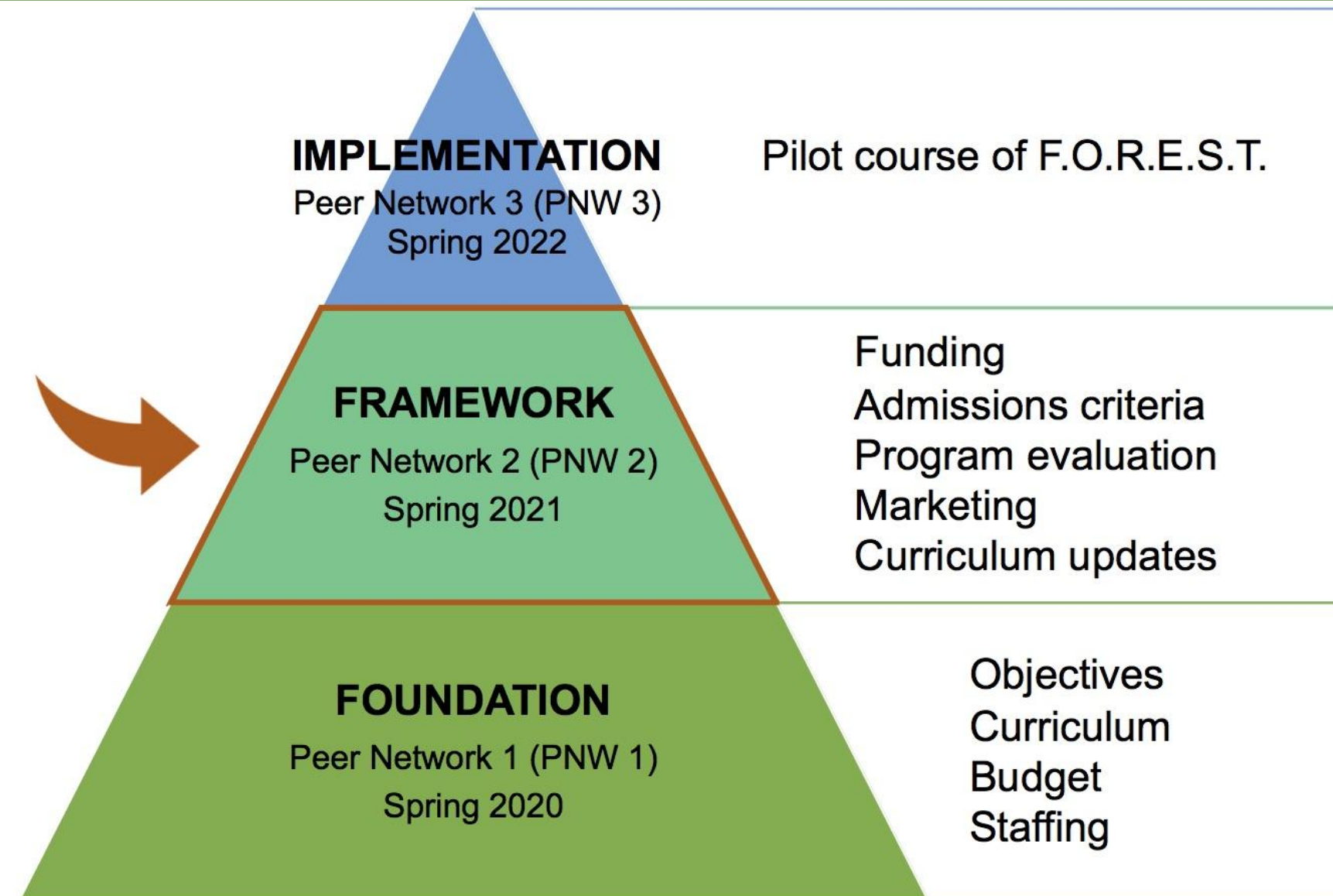
Key Components

- Use of streamlined design and questions for ease of use
- Adapted Life Skills Inventory Checklist used as basis of admission criteria to align with curriculum focuses for each tier
- Staff education packet developed to ensure appropriate use of decision tree

Tier 1 Admission Decision Tree is depicted to demonstrate the process for admitting a single participant



CAPSTONE PHASES



PROGRAM EVALUATION

Federal & State Compliance

- Extensive legislative research was performed to deliver a comprehensive set of compliance standards for F.O.R.E.S.T. Resources and tools based on the relevant laws were provided to facilitate an efficient in-house compliance assessment on a yearly basis.
 - PA State Waiver Amendment: Community Participation Supports Regulations
 - PA Title 55 Section 2380: Adult Training Facility Regulations
 - PA Title 55 Section 6100: HCBS Waiver Service Provider Regulations

Quality Improvement

- Two quality improvement outcome measures were created:
 - Tier Matriculation Rate (TMR) Calculation:** Calculates the percentage of participants who meet the requirements to graduate each of F.O.R.E.S.T.'s four tiers; prompts an analysis of the program framework if the TMR falls below 100%
 - Graduate Survey:** Gathers quantitative data on professional, educational, and other community activities of F.O.R.E.S.T. graduates at a one-year follow-up point

FUNDING

A proposed budget was created by PNW 1 to determine costs to fund F.O.R.E.S.T. for initial implementation and future years. Funding sources were identified by PNW2 based on this budget plan, and the design of F.O.R.E.S.T. These sources, and a document highlighting the program's uniqueness and proposed outcomes, were provided to The Woodlands Foundation to support future grant writing. An addendum to the budget was created to include newly developed marketing considerations.

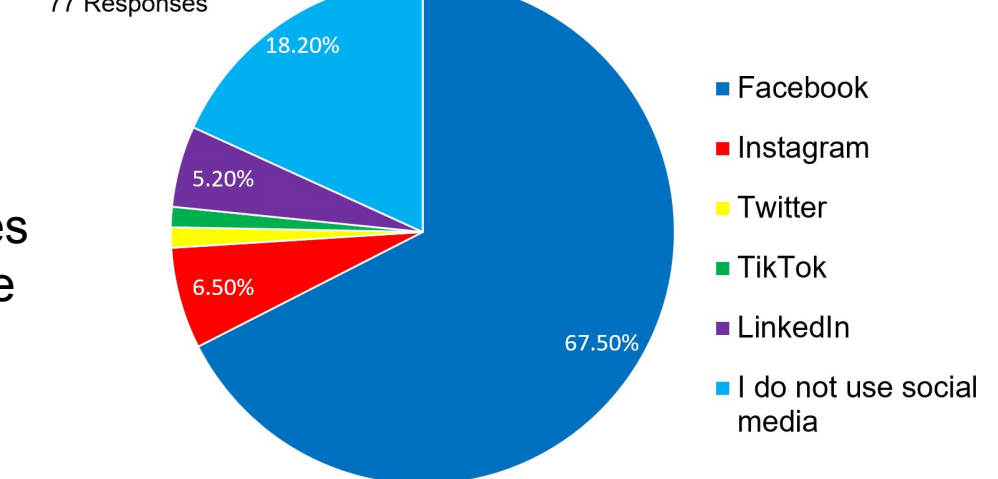
MARKETING

A survey was conducted to determine social media usage of participants and their families to determine best market outlets.

Marketing materials created:

- Marketing Strategy Plan
- Marketing Infographics
- Online Marketing Strategies
- Marketing Sample Timeline
- Digital Marketing Recommendation Guide

Which social media platform do you use MOST FREQUENTLY?
77 Responses



BARRIERS / LIMITATIONS / FUTURE RECOMMENDATIONS

Barriers & Limitations

Barriers during this phase of program development included staff furloughing and limited onsite accessibility due to the COVID-19 pandemic. Limitations for implementation will include the need for new infrastructure and start-up funding sources.

Future Recommendations

- Pilot course of F.O.R.E.S.T. in Spring 2022 using admissions and program evaluation measures;
- Expand diversity and visibility of F.O.R.E.S.T.;
- Pursue licensure and new infrastructure

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