



INFOCUS

VOLUME 2 | SPRING 2016

March is Developmental Disabilities Month

PSCH Programs Focus on Person-Centered Services

March is designated as **Developmental Disabilities Awareness Month**. PSCH offers a rich array of Day Habilitation, Residential, Family Support and Vocational Training services custom designed for each participant's needs and goals. PSCH focuses on providing programming that fosters and encourages independent living in the community. We dedicate this *InFocus* issue to the people we serve, who each day inspire us to help them reach their full potential, and to our staff whose passion, spirit and dedication make that goal a reality.

Our programs offer our participants the options to live at home with their families; reside with others in a home of their choice; and develop social, personal, life



Farrah bakes her favorite chocolate chip cookies to share with others at the PSCH 103rd Street residence.

and job skills to foster a greater sense of independence. PSCH works with families and caregivers to navigate through the services and wide scope of supports that participants need to achieve their goals. All of our services are licensed and approved by the New York State Office of People with Developmental Disabilities (OPWDD).

Effective Services

PSCH encourages the involvement of families and caregivers – through information sharing, goal setting and ongoing communication – as an integral part of our programs.

Our services include:

Residential

The PSCH network of group homes and supportive apartments, throughout New York City, are home to more than 200 adults. PSCH serves people with varying levels of independence, including those who are medically fragile, aging and/or use wheelchairs. Our friendly, knowledgeable and dedicated staff supports our residents in leading a lifestyle of dignity and maximum independence in a secure and nurturing environment.

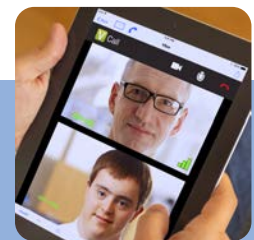
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4 iPads Help to Lead Innovation in Our Services

Project Me!

It's All About You

A Person-Centered Model Program

Person centered programming is personified at PSCH by a unique program we call *Project Me*. This program, which has been adopted by many of our DD residences, asks each resident, "What would you do with \$250 to make your bedroom more beautiful and comfortable?"

Working with their house manager and direct support professional staff, residents learn to make good choices about their environment based on their wants and needs. Our participants have used their stipend to: paint their rooms; buy new linens; purchase new picture frames; buy new furniture; or frame posters of their favorite heroes or hobbies.

The program teaches participants many skills for living, from budgeting to counting money, to interacting with local merchants and learning about sales and more. At their home, each resident assists with the hanging of pictures, making beds and measuring the wall for posters.

James, a resident of one of our Queens ICFs (Intermediate Care Facilities) who has autism, decided to decorate his room with Spiderman posters. When asked why he chose Spiderman, James responded "Spiderman – it's me," grinning from ear to ear. ■



James proudly shows off his newly decorated room featuring his super heroes Spiderman and Batman.

Our Services

PSCH offers highly skilled and experienced staff to provide a network of services for people with developmental and other disabilities.

- **Residential Services**
 - Intermediate Care Facilities (ICF)
 - Individualized Residential Alternatives (IRA)
 - Supportive IRA Apartments
- **Community Integration Programs (Day Habilitation)**
 - Socialization Skills
 - Life and Community Skills
 - Pre-vocational Services
 - Vocational Placement Services
- **Advocacy Family Support Services**
 - Medicaid Service Coordination
 - In-Home Hourly Respite
 - Individualized Support Services
 - Family Reimbursement
 - EES: Entitlements and Eligibility Services

For more information on any of these services, call:

Simone Chung, Intake Specialist
TEL 347.542.5842 simone.chung@psch.org



A Home Filled with Caring and Love

The 145th Road IRA in Jamaica Queens is a beautiful home to seven young men. It opened in June 2014. The direct care support professionals, management and clinical teams work together to facilitate a therapeutic home environment for the residents. The residence team has seen measureable improvements in the person's abilities as they work on goals that will enhance their independence. The central Queens location allows for the residents to maintain close contact with their families. ■



A Story of Success and New Responsibilities

“ I am feeling happy to start working and finally get a job. I am becoming a man. It’s a little scary, but it is something I always wanted. ”

Miguel Rivera

Miguel Rivera, a friendly young man, came to PSCH’s Kress IRA (Individual Residential Alternative) in 2010 with hopes and aspirations of increased independence, making new meaningful interpersonal relationships, and obtaining paid employment.

With the goal of creating a person-centered approach, Miguel, with the help of his counselor, defined several areas he thought would make a difference in his life. He identified, reading, training for paid employment and improving his living environment.

Over the past five years Miguel has matured, taking on increased responsibility and has made great strides towards attaining his life goals.

Miguel has worked diligently on improving his reading skills and has progressed dramatically. This is a skill that he has yearned to master. He now gets involved in household chores, such as cleaning his bedroom. Miguel no longer “hangs out” with friends at night which has improved his daytime functioning. He is now keeping all his medical appointments and has obtained his non-driver’s ID.

Miguel has realized yet another milestone by completing the Project Clean/Clean Corp training class. At Project Clean, funded by the Department of Education (Access VR), DMH and OMH, Miguel has mastered skills in cleaning and maintenance and is now on his way to full-time paid employment.

Miguel is looking forward to his first day of paid work. “It is something I have always wanted to do, just like other people. With a little help I know I can do it well.” Miguel’s dream is now a reality. ■



Innovation through Technology

PSCH is at the forefront in bringing technology to improve its quality of care. Through our TeleTriage and TeleLearning systems, PSCH enhances quality of care, client engagement, and skills learning, while improving outcomes.

Two new applications that are currently being used include:

TeleTriage

Nurses in our I/DD programs have instant access for visual assessments when consumers have an after-hours medical event.

TeleLearning

Through a generous grant from our corporate partner **Mutual of America**, PSCH will begin a pilot program that incorporates iPads to assist each person in learning and improving their daily living skills, such as scheduling, communication, basic math, counting money, travel training, enhancing language skills and more. PSCH plans to expand these programs throughout its developmental disabilities continuum of services. ■

March is Developmental Disabilities Month

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Day Habilitation

Day Habilitation programs are offered to individuals who live in residential settings, as well as by themselves or with family.

These programs include purposeful activities that foster the acquisition of skills, appropriate behavior and personal choice.

Advocacy and Family Supports

PSCH provides advocacy and support to people with developmental disabilities and their families through our Family Support and Entitlements and Eligibility Services. Participants and their families may need help in discovering in-home and community resources that allow participants to fulfill their life goals. With assistance from our Family Support and Services Team, each person's individual strengths and aspirations all help to determine exactly what support services are needed. ■

For more information about PSCH services for persons with intellectual/developmental disabilities, contact:

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QUARTERLY NEWSLETTER
FROM PSCH-PEDERSON-KRAG

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EMPLOYEE OF THE MONTH

Join us in congratulating these outstanding employees who embody the PSCH-PK mission.



JANUARY

Dorian McLaughlin

Dorian performs his porter duties at the PSCH corporate headquarters with grace and efficiency. He tends to his responsibilities with the utmost professionalism and is quick to respond to requests with a smile and a "thank you". Dorian is the "go to" person when one needs a facilities maintenance issue completed at the Executive Offices. He began his career with PSCH in 2007.

FEBRUARY

Michelle Myrie

Michelle contributes her considerable talents as a Direct Support Professional at the Springfield Lou Weinberg IRA since 2013. She is a team player with a warm and pleasant personality that shows compassion and respect for each individual she serves. During the summer months, you can find Michelle and the residents tending to their vegetable garden filled with tomatoes, peppers, carrots and radishes.



PSCH Honors Staff at Longevity Luncheon

PSCH honored 67 loyal employees who have worked for the agency 10, 15, 20 and 25 years at its Annual Staff Longevity Luncheon, organized by the HR Department this past February. Collectively, the staff brings more than 875 years of program and support services – ranging from residential, day habilitation to case management, mental health, pre-vocational training and more. ■