

Inspiring, Engaging and Motivating Virtually



Gabrielle Szarek
Director of Transition Services
St. Louis Arc



- The Mission of the St. Louis Arc is to empower people with intellectual and developmental disabilities and their families to lead better lives by providing a lifetime of high-quality services, family support and advocacy. We are also guided by our core beliefs of Respect, Collaboration, and Empowerment.

- Gabrielle Szarek is the Director of Transition Services for the St. Louis Arc and oversees programs for teens and young adults to successfully transition from high school into adulthood.

RESPECT • COLLABORATION • EMPOWERMENT

We're All In This Together

- Check-In Meetings
 - Increase staff meetings
 - Directors/Exec Team – frequent update meetings
- Sharing Ideas/Resources
 - Emails, SharePoint
 - Weekly collaboration meeting
 - Shadowing other departments' virtual supports

Transition Services - Initiatives

- Launch
- Bounce Forward Events
- Family Workshops
- Launch Family Support Group
- Link Sessions for University of Missouri – St. Louis' Succeed Program

Launch

- Teens/Young Adults – 16 to 25 years old
- Goals of getting a job in the community, living on their own, pursuing post secondary education, and/or meeting new people
- Newer Program – Started June 2019
- Private Pay

- Individual Coaching Sessions
- Group Classes
- Daily Boost!

Launch Goes Virtual

- Quick Turnaround
- Utilize Zoom for both individual and group sessions
- Priorities
 - Keep the goals for each individual a priority
 - Keep individuals and families happy
 - Don't lose sight of our vision for Launch
 - Strong communication (individuals, families, staff)
 - Gain feedback throughout entire experience
 - Keep everyone engaged, motivated and positive

Virtual Features

- Transforming Hands-on activities into a virtual experience
- Extra training with Transition Advisors
- Implementing Daily Boost!
 - Scavenger Hunts
 - Family Feud
 - Escape Room
 - Gratitude & Positive Thinking



What do I need to find? – Round 2

- A food you can cook in the microwave– 10 points
- Something an artist would use – 30 points
- An item you would use to cook with – 10 points
- Something you would use in the bathroom - 10 points
- An item used to do laundry - 20 points
- A piece of mail – 30 points
- Something small - 20 points
- Something festive – 20 points
- Something green – 20 points
- Something pink - 20 points
- An item you use outside – 40 points
- A picture – 30 points
- A type of soap – 10 points

March 31st

Launch – Daily Boost

Escape Room

0 3 3 1





Speaker View



David Rohlmann



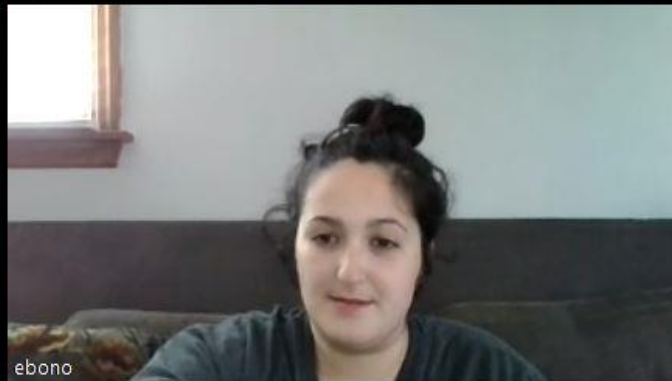
Gabrielle Szarek



Ashley



Naomi Holland



ebono



TJohnson



Mute



Stop Video



Invite



Participants

6



Share



Chat



Record

Leave Meeting

Bounce Forward

Bounce Forward events provide an opportunity for individuals (16 -25) to network with other young adults looking to find a friend, a roommate, an apartment, or to just start thinking about the future. Young adults and their families are both encouraged to attend.

Bounce Forward – Virtual Events

- What to do at home?
- Scavenger Hunt
- Trivia Night
- “Exploring Careers” Panel Discussion
- Resource sharing via Facebook group

Be Positive!

- Keep a routine
- Make a plan for the day
- What inspires you?

Connect with Family/Friends

- Ways to connect
- Dedicate time
- Set up weekly get-togethers
- Get Creative!

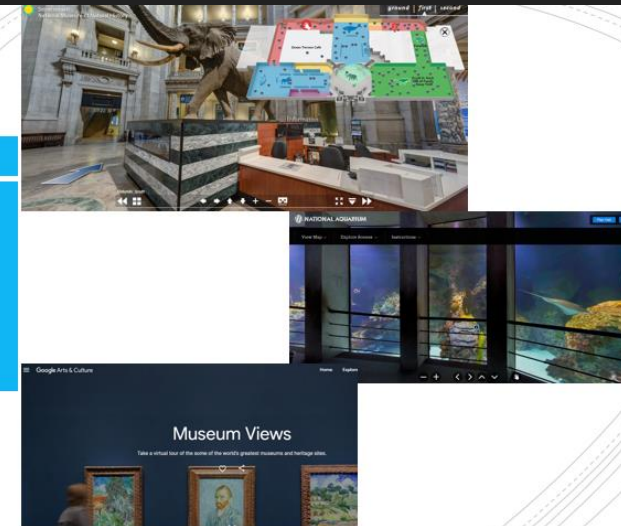
Learn Something New

- Virtual Tours
- E-Library
- Home projects
- Cooking Classes
- Learn a new language
- Discover your art!

Community Classes on Facebook



Virtual Tours



Thank you!

Gabrielle Szarek

Director of Transition Services - St. Louis Arc

314-814-2255

gszarek@slarc.org

