

Focused Forward Services

Therapy

Family therapy

Understand how individual behaviors can affect other family members

Develop new strategies to relate to one another

Resolve conflict and enhance communication among family members

Improve how the family unit or home environment functions

Create a safe space for family members to build upon strengths and address challenges

Individual therapy

Process emotions and feelings in a safe space

Build communication skills

Build coping skills

Enhance self-awareness

Supported Employment and Education

Employment

Career exploration

Job leads to help you find a job based on your employment preferences

Résumé and cover letter writing

Zero exclusion, meaning as long as you want to work, we will help you find a job

Create a job plan tailored to your current and future employment goals

Advocate to employers on your behalf, if you choose

Retention services

Job assistance where we counsel you on how to deal with supervisors and challenges at work

Help with requesting workplace accommodations

Help to get a promotion

Supported Employment and Education (continued)

Financial literacy

Benefits counseling to help you see how working affects your Supplemental Security Income (SSI) or Social Security Disability Insurance (SSDI) benefits

Help setting up Achieving a Better Life Experience (ABLE) accounts, a program that helps you save money while still receiving your full disability benefits

Referrals for help with budgeting and managing your finances

Education

Help exploring and enrolling in schools and training programs

Help applying for financial aid

Help requesting accommodations

Occupational Therapy

Independent living

You will learn how to:

Create a daily schedule and routine

Improve your personal hygiene

Grocery shop, cook and eat healthy

Budget and pay your bills

Clean your home

Use public transportation

Education

You will learn how to:

Create a system for tracking deadlines, such as homework, quizzes and tests

Reduce procrastination

Increase attention, memory and reading comprehension

Identify appropriate school accommodations

Use public transportation to get to school

Work

You will learn how to:

Create a system for tracking deadlines and upcoming shifts, for instance

Reduce procrastination

Improve work/life balance and reduce work stress

Use public transportation to get to work

Identify appropriate work accommodations

Personal skills

You will learn:

Social skills, including how to start, continue and end a conversation, interpret body language, and monitor your own emotions

About your sensory system and how your environment impacts your mood, including strategies to activate or calm your body

How to create routines to support your sleep

How to try new hobbies and opportunities with a goal of socializing more
