

Award category: “Disabilities Services – Special Needs”

Agency: Agence Ometz, Montreal, Quebec, Canada.

Agency Budget – Category A

Contact: Susan Karpman (Chief Program Officer)

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Case Manager/Coordinator: Amber-Lee Shattler

Summary description of program:

Ometz’ Young Adult Support Program is an initiative emanating from Ometz’ Community Mental Health services, and builds on the foundation of the Recovery/Strengths oriented model in an intensive support and capacity-building program targeting young adults age 18 to 30 diagnosed with **high functioning Autism Spectrum disorder and/or mild intellectual deficits**. Research tells us that social skills acquisition and generalization of skills often form the most significant challenges for these children and adolescents and that these deficits remain prevalent for young adults. This program offers both intensive individual case management and access to skill building groups including social skills/cooking groups, computer literacy, French conversation and the Gateway vocational assessment program. Case management best practices are applied with ratio of 15:1 per case manager. Expected outcomes (measured) are improvements in overall social skills, frequency of social interaction, assistance with independent living skills and help with identification/pursuit of educational or vocational goals. Participation in skill building groups combined with the ongoing guidance of the case manager and frequent contact with a community outreach approach has proven extremely successful with this population.

Total program cost: \$50,000

List of 3 major outcomes and evaluation method(s) used to determine those outcomes

- Pre-test (initial assessment of independent living skills and goal setting).
- Tracking and monitoring with 2 month re-assessment update listing goals and measuring outcomes. Two month update questionnaire in DB reviews, tracks and plans the following four variables:
 - Short-term goals; Steps completed; Outcomes achieved; action plan for coming two months
- Client self-assessment after 6 months; (attached. Clients rank their progress on their goals)

Outcomes/Preliminary results:

- 50% of those surveyed who were not working but wanted to work when they started the program are now either working or participating in vocational programming.
- Of clients surveyed, 90% expressed that they have made moderate to high progress in achieving their vocational/educational goals.
- 60% of clients surveyed expressed that they have made moderate to high progress in improving their social integration opportunities since joining the program.
- 70% of clients surveyed report improvement in the area of life skills development.
- 80% of clients surveyed report that they have improved their social skills since starting this program.