



Turning Points

For more information about **Turning Points**, contact Wendy Betsch at (205) 222-6532 or betschw@mtnbrook.k12.al.us



The transition program designed to develop life skills, social communication, and employability skills.



*A partnership with
Mountain Brook Schools and Samford University*



Mountain Brook High School
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Turning Points

is a post-secondary transition program designed for students with intellectual disabilities ages 18-21 who are still enrolled in high school.



The program's purpose is to develop:

INDEPENDENT LIFE SKILLS Students receive daily living instruction in areas such as health, planning, cooking, ordering meals in restaurants, budgeting, banking, hygiene, how to deal with emergency situations and first aid.

PERSONAL AND SOCIAL COMMUNICATION Students spend a large part of each day actively engaged with Samford students on campus doing various activities such as dining, going to class, physical activities, etc. Classroom instruction includes information on soft skills, problem solving, and socialization.

EMPLOYMENT SKILLS Students are given instruction and job training opportunities at various sites on the Samford campus. Turning Points (TP) students also are recipients of instruction and services through Vocational Rehabilitation Services.



RECREATION SKILLS Students are given opportunities to learn how to make healthy lifestyle choices including leisure activities that they can do independently, as well as in a large group.

Each day the TP students participate in job training on the Samford campus, experience an age appropriate social and leisure time with other Samford students, participate in physical education, and actively engage in an academic hour. Every aspect of the program partners TP students with Samford students. The hope is that each student in the program will create authentic friendships with other Samford students and that these friendships will carry over to lifelong caring partnerships between people with and without disabilities in every avenue of life. Turning Points effectively guides students into becoming the most efficient and effective citizen and employee that he/she can be.

Turning Points Criteria for Admission:

- ➔ Have successfully completed a high school program, receiving a diploma but still enrolled in school
- ➔ Demonstrate functional independence and motivation, maturity, and stability necessary for program participation
- ➔ Like to be around people; sociable
- ➔ Can take direction and follow it
- ➔ Have basic communication skills; reading, writing, and math skills
- ➔ Use technology on a basic level; have a cell phone
- ➔ Are flexible and handle changes in routine
- ➔ Have the potential to secure and maintain a job
- ➔ Have the ability to function independently for a sustained period of time
- ➔ Have no history of aggressive behaviors towards self and/or others

