

# About HELPS

All too often we are energized by information learned at seminars, lectures and presentations, only to arrive back home or work and ask “**Okay, so how do I actually do that?**” **HELPS** is a unique curriculum, combining lectures, hands-on instruction and real-life practical problem solving. It is applicable across settings—at home, at work and in the community. Participants acquire skills in teaching/coaching individuals to gain independence in self-management while increasing their understanding of the theory and application of positive behavioral supports.

At the beginning of the series, each **HELPS** student selects an individual they support to be their focus in completing homework assignments. Students apply the classroom instruction and demonstrations to real-life situations, creating person-specific interventions that they review with the **HELPS** instructors.

The **HELPS** sessions are successive, not stand alone modules. Participants need to attend all three sessions in order to complete required homework assignments. This series of **HELPS** is offered **free-of-charge** to individuals involved in the direct support of people who experience developmental disabilities.

Session I	April 15, 2010	9 am to 5 pm
Session II	April 29, 2010	9 am to 5 pm
Session III	May 13, 2010	9 am to 5 pm

Light refreshments will be provided, but lunch is on your own

All sessions will be held at:

Living Opportunities—Training Room  
861 Valley View Drive  
Medford OR 97504

Classes are limited in size and prior registration is required.

Registration Deadline is April 1, 2010

*semita Consulting* offers services to organizations and individuals engaged in the direct care & support of people who experience the effects of developmental and other disabilities relating to brain function. Our focus is the use of practical, person-centered, pro-active strategies to enhance communication and independence in everyday life. Specializing in the use of visual, environmental supports, we have experience with all ages, and across settings—at home, at work & in the community.

In addition to **HELPS**, *semita Consulting* provides a full range of individual consultation, including visual communication systems, skills acquisition, FA (functional assessment), BSP (behavior support plan) & OIS (Oregon Intervention System) Levels G & IF.

**L.I.F.E.**, (Love, Intimacy & Friendship for Everyone) is a 17-week modular curriculum for adults who experience developmental disabilities, addressing issues of self-esteem, social skills, relationships, anatomy and sexuality.

Users of our services include State of Oregon Children’s Intensive In-home Supports; Pathway Enterprises; Douglas County DD Services-Family Support; Creative Supports Brokerage; SPARC-Steppingstone; Jackson County DD Services; Dreamz Work, Inc.; Mentor, Inc.; Region V Crisis Diversion Services; New Adventures, LLC., and various families and foster homes in Southern Oregon.

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**HELPS** is a Project of the  
Oregon Training Series on Direct Supports

Sponsored by the Developmental Disabilities Coalition  
and Oregon Department of Human Services  
Seniors and People with Disabilities



## H.E.L.P.S.

Hands-on Education to Learn  
Practical Support Skills



A FREE training series for direct support staff, domestic employees (including family member providers), foster care providers and independent contractors who work with individuals with developmental disabilities.

## Session I: April 15, 2010 9 am to 5 pm

**Communication & Organization:** Using specific examples reported by the students, we examine issues of communication, organization and social relationships in common across diagnoses. During a sensitivity component, students complete tasks while their sensory abilities are challenged.

**Structure & Visual Support Strategies:** Description of visual support strategies and how they increase independence in self-management and contribute to the development of positive behavioral interventions. Demonstration of visual structure systems in current use.

**Homework Assignments:** Students select the individual they support who will be their focus during the training series and complete a worksheet regarding issues of language, social skills and sensory perception as observed in this focus person.



## Session II: April 29, 2010 9 am to 5 pm

**Understanding Functional Assessment & Behavior Support Plans:** Large group practice in interviewing and completing a functional assessment. Development of various components of a plan in small groups. Students receive multiple tracking and brainstorming tools, functional assessment and behavior support plan quality assurance review formats, as well as published articles on functional assessment and behavioral supports.

**Assessment & Observation:** Using lecture and video clips, this class encompasses techniques for accurate observation and assessment of communication & level of independence in daily living skills. Using sample forms, students complete assessments on the individuals viewed in the clips.

**Homework Assignments:** Students use the sample observation and assessment forms to conduct an assessment of their focus person and bring it to the final class for review and discussion

## Session III: May 13, 2010 9 am to 5 pm

**Use of Social Stories™ & Visual Systems, including Boardmaker™:** Description of these interventions & their appropriate use. Students develop and analyze social stories™ they have created. Students are presented with examples of visual structure, which they then replicate in a small group process, demonstrating their ability to competently use the Boardmaker™ program.

**Make & Take Session:** Using provided materials, each student builds a piece of visual structure designed specifically for the individual who has been their focus during the HELPS training series.

# Registration Form

## HELPS

### Hands-on Education to Learn Practical Supports

April 15, April 29 and May 13, 2010

9:00 am to 5:00 pm

#### Location:

Living Opportunities—Training Room  
861 Valley View Drive  
Medford, OR 97504

The HELPS sessions are successive, not stand alone modules. Participants need to attend all three sessions

Class size is limited. Registration deadline is  
April 1, 2010

**Please submit one registration form  
for each person attending**

Name: \_\_\_\_\_

Organization: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Phone #: \_\_\_\_\_

Submit registration

via mail: Semita Consulting  
P O Box 8517 Medford OR 97501  
via fax: (541)772-4116

Questions? Call Jean at 541-842-6032