



Post-High School Transition Program *Quarterly Newsletter*



Gateway Internship Program *An onsite, student-run small business*

Gateway Cafe

This fall, students completed an entire cafe inventory in an effort to increase profits. As a result, they were able to expand cafe offerings and have begun offering lunch specials in addition to the



regular menu including hot and iced coffees and teas and breakfast sandwiches.



School Store

This fall, students have been actively engaged with choosing products and suppliers, establishing the store's layout, mastering an inventory management system (which includes tracking, reordering, and restocking), and crafting marketing materials for promotional events and sales.



IT Help Desk

Students work alongside The Milestones IT manager on a variety of IT projects. Most recently students have been learning how to deconstruct computers to up-cycle parts and have executed a school-wide computer maintenance program.

Partner Spotlight: Job Lab

Through participation in JobLab's employment readiness workshop, students learned hard and soft skills needed for a variety of employment settings. Students worked in authentic environments

including a replica CVS and a cafeteria while also practicing customer service and interviewing.



Partner Spotlight: Salvation Army



Students are actively engaged in volunteering at the Salvation Army in Waltham twice a month. Through their involvement, they are gaining valuable soft skills while contributing to meaningful real-life work tasks. One aspect of their participation involves providing assistance to the Salvation Army's soup kitchen program. Students are actively involved in tasks that include organizing and assembling boxes filled with essential grocery staples such as rice and canned goods. These boxes are intended for families in the Waltham area facing food insecurity, helping address a critical community need. The students' commitment to these activities not only supports the local community, especially during the holiday season, but also fosters the development of important interpersonal and teamwork skills in a practical setting.

Therapeutic Support





Daily Living Skills

Led by Occupational Therapist

The start of a new school year is the perfect time to re-establish daily routines that support health and hygiene. Students have worked to practice executive function strategies to increase successful routine building with a focus on diet and nutrition-centered shopping and meal preparation.



Emotion Regulation

Led by Clinical Psychologist

This weekly therapeutic group introduces students to DBT and CBT principles. Specific instructional topics include exploring mindfulness practices, identifying internal and external influences on mood and behavior, focusing on achieving balance, and improving cognitive flexibility.

Social Skills

Led by Speech Language Pathologist

Weekly groups have worked on relationship building and practicing soft skills needed for a variety of post-secondary settings. Interpersonal communication and getting along with others in these settings has also been an integral part of instruction and skill building.

Community Access



Students kicked off the year with travel training in the greater Waltham community using both the bus and subway. They started their learning in the classroom in Literacy & Communication class, reading schedules and travel guidelines. In Functional Math, they calculated fares for various trips and learned about Charlie Cards. The lesson culminated with students planning a travel route between two destinations.





College Experience

Milestones' ongoing relationship with MassBay provides students with the opportunity to experience higher education, navigate an unfamiliar social landscape, and improve self-advocacy by engaging in support services available on campus. Milestones staff provide executive function support on campus by appointment, replicating a realistic independent experience.



Student Spotlight



***We wish Matthew
all the best!***

My name is Matthew and I was a student here at Milestones for the past 9 years and my journey has come to an end. In my time here I have learned many things including, how to be more flexible and how to manage my emotions and thoughts. I've enjoyed many things in my time here. I loved the community trips to the store, along with going to the mall. Some of my favorite internships I've done were working GIS mapping with Eric. I mapped out traffic lights in the city of Waltham. Along with the IT help desk at Milestones. Some skills I've learned over the years were customer service and IT related things. Along with communication, patience, and time management.

I still could work on flexibility but that will take time. I'm really going to miss this school and program because it was my life for the past 9 years.

Thank you for all of the memories I created and have a great school year.

-Matthew

Parent Support Group

Hosted by Bill Salloway, Psy.D., Assistant Clinical Director

The parent support group is held in person for Milestones parents on the first Wednesday of each month from 1:30pm-2:30pm.

To register, email Bill at wsalloway@advancingmilestones.com

Resources & Planning

**Federation for Children
with Special Needs**

SSI/SSDI

**Special Needs Financial
Planning**

Housing

**Department of
Developmental
Services**

**Massachusetts
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