New Directions
Transitional Independent Living for Young Adults
New Directions is a state of the art multi-disciplinary clinical program that integrates expertise in cognitive behavioral therapy, developmental theory, and neuropsychology, into an evidenced-based treatment approach that is both empathic and based on the current scientific literature.

We utilize an innovative clinical model called Direction Therapy (Dt²). This model focuses on supporting our clients in their goals to become independent and successful in their academic, vocational, and social pursuits. Our services are tailored to suit each client's individual needs.

For additional information about New Directions for Young Adults please visit us on-line, at www.NDFYA.com
Program Tracks at New Directions

Using our unique Dt² treatment model and personalized treatment plans, New Directions has one of the highest success rates of any transitional program in the United States.

Young Adults With Special Needs

New Directions was originally created to help young adults with special needs transition into independence. We offer cutting edge clinical support, unique programming, a family atmosphere, and strong academic and vocational services. We are confident that our young adults with learning challenges can overcome their obstacles and achieve their goals.

Typical Young Adults with “Failure to Thrive” Challenges

At New Directions, we provide transitional services for typical young adults with unique challenges. Many of these students come from colleges and universities from around the United States and abroad. New Directions is dedicated to helping these students to become successful and independent. We follow a “work hard, play hard” mentality.
Program Services at New Directions

Clinical
- Integrated Behavioral Plans (Monitored Daily)
- Personalized Clinical Interventions
- Neuropsychological Assessments
- Clinical Treatment Team Meetings & Coordination
- Individual / Group Psychotherapy
- Medication Observation & Medical Care Coordination
- Social Skill Training
- “Team Building” Groups

Social
- Daily Activities, Social Group & Integrated Social Skills Training
- Community Access & Integration Support Services

Vocational
- Career Assessment & Job Placement Services
- Resume Building, Internship Acquisition & Job Coaching Services

Academic
- High School / GED Completion
- Registration for College
- Individual Tutoring
- Daily Study Hall
- Time Management/Executive Functioning Training

Life Management Skills
- Financial Skills Management, Budgeting, & Bill Pay
- Nutrition & Grocery Shopping
- Fitness & Personal Training
- Life Management Skills Training (Cooking & Cleaning)
- Personal Hygiene

Additional
- Transportation to School and Jobs
- Special Events (Concerts, Sports)
- Family Weekends
- Weekend Trips & Organized Excursions
- Mentoring Services
Direction Therapy CMT (Dt²)

Our unique evidenced based treatment approach helps to prepare young adults for an independent life. It brings together therapeutic services including psychology, psychiatry, vocational training, academic support services, life management skills training and financial skills management into a comprehensive service plan.

Our comprehensive Individual Service Plans (ISP) are developed using information about the student, family, transcripts, standardized testing scores, neuropsychological evaluations, psycho-educational evaluations, and comprehensive vocational assessments.

Outcomes are measured by identifying and monitoring specific long and short-term goals across the different domains (i.e. academic, vocational, life management skills, financial skills, and psychosocial).
Individual Service Plans

Creating a plan just for you.
The services at New Directions for Young Adults are centered around each client’s “Individualized Service Plan”
The initial plan is developed at intake.
We create the plan using input from:

THE STUDENT

ACADEMIC TRANSCRIPTS

STANDARDIZED TEST SCORES

THEIR FAMILY

PSYCHO-EDUCATIONAL REPORTS

VOCATIONAL ASSESSMENTS ADMINISTERED BY NEW DIRECTIONS

INDIVIDUAL SERVICE PLAN

LONG AND SHORT TERM GOALS ARE DEVELOPED IN THE FOLLOWING AREAS

EDUCATIONAL

VOCATIONAL

LIFE SKILL MANAGEMENT

FINANCIAL

PSYCHO-SOCIAL

THE INDIVIDUALIZED SERVICE PLAN IS RE-EVALUATED REGULARLY THROUGHOUT THE YEAR IN ORDER TO ASSESS PROGRESS IN EACH AREA, THE PLAN’S EFFECTIVENESS, AND TO MAKE ANY ADJUSTMENTS
Clinical Support

Some students arrive to college with unresolved childhood issues or traumas. Others struggle with living away from home for the first time. They may face problems at the university, challenging classes, the breakup of a romantic relationship, or may be upset by day-to-day events.

All students receive one personal counseling session and one group social skills training session per week. Our staff psychologists are available daily to meet with students. The college years can be a developmentally difficult period. It’s a time when young adults are forming their identities and moving from childhood to adulthood.

The New Directions Program is committed to a multidisciplinary approach to service integration. All our staff formally meet each week to review each client’s progress and needs. This enables our services to be implemented efficiently and comprehensively.

The New Directions Counseling Center is free to all students who are enrolled in the New Directions program.
Vocational Skill Development

New Directions specializes in helping students with achieving their post-secondary vocational goals and experiences. We perform vocational assessments that help students identify their individual areas of interest, talents and vocational aspirations.

In partnership with local businesses and the Job Match Program (ISAresearch.org), New Directions helps students with obtaining invaluable employment experience.

A fundamental aspect and particular strength of the New Directions culture is providing expertise in assisting our young adults in procuring meaningful volunteer positions, professional internships, and full paid positions in their field of choice.

We are proud to boast that over 90% of our student population is employed.
A goal without a plan is just a wish.
Academics at New Directions

Every school has a unique process for admissions and registration. We provide support to help guide the students through the scholastic system’s requirements. This includes:

- Transcript requests
- Placement testing
- Prerequisite/co-requisite requirements
- The selection of a balanced course load

Based on each student’s individual needs, attention is paid to details such as:

- On-line vs. traditional offerings
- Time of day classes are attended
- Structured vs. unstructured
- Teaching styles
- Tests vs. class based projects.

**Transportation**

Students will be provided transportation to and from classes and required academic events.

**Co-ordination of services and scholastic support**

Once a student moves from the secondary to the post-secondary educational arena, the rules governing the access to and the type of accommodations granted change. The onus is now on the student, not the school. We will review student expectations, make sure that the testing will satisfy the school’s requirements, schedule the intake appointment, and work together with the student and the Scholastic officer to ensure that the student is receiving the support to which they are entitled. Students are also encouraged and assisted in becoming a become part of their school’s community by participating in social organizations, honor or academic organizations, and/or intramural teams.

**Tutoring (individually and staff supervised small groups)**

Both on campus and at our offices, students will be given the academic support needed. All students will be provided one-on-one tutoring sessions for each subject. Some tutoring sessions will be held on campus in the learning labs, in order for the tutors and students to have access to the technology and curriculum required by the course. Weekend study halls, led by staff, are available to the students to provide a community learning environment.

**Study Hall**

Throughout the week “Study Hall” sessions are made available for our students. These 2 hour long sessions are proctored by one of our tutors and offer additional support for our students throughout the semester.
Financial responsibility is an important aspect of life, and often a challenge for impulsive young adults. New Directions employs a variety of strategies based on a client’s strengths and previous knowledge. The emphasis in the beginning is on basic skills: using on-line banking, paying bills on time, and balancing between wants and needs.

As the student demonstrates increased responsibility, financial staff, in coordination with therapists and parents, work to increase the challenge by extending the time-frame of the student’s budget in addition to the amount of money received.

The ultimate goal is for each student to be able to manage money equivalent to receiving a biweekly or monthly salary, with little intervention by staff. More advanced skills include maintaining an emergency fund, applying for and managing a credit card, and learning about stocks and retirement funds.

To achieve these goals, New Directions utilizes a variety of financial systems with varying levels of restrictions, from pre-paid debit cards with a high level of control, to bank accounts and credit cards with more freedom. New Directions staff will typically have a backup system in place for emergency situations, such as a student needing money for a taxi.
Life Management Skills

Cleanliness

One of the first steps to managing independent life is to maintain your own living space. Students work with New Directions instructors to learn how to keep themselves and their apartments clean and orderly. Meetings with students take place twice or more per week.

Nutrition

Healthy eating habits, shopping skills, eating out, learning to cook, we do all of these things at New Directions for Young Adults. We work with students to develop a nutrition plan that is exciting and fun for them to stick to. Weekly events, “Cooking Group” and “Dine Around” help students engage even more with healthy eating.

Fitness

Weekly group fitness classes as well as individual sessions are part of the New Directions program. Weekend sports activities are planned for each Sunday, and there are many opportunities throughout the week to engage in team sports like tennis, soccer, and basketball.
How to Apply to New Directions

Apply Online
www.NDFYA.com

For More Information Call
1-844-814-7084
New Directions
for Young Adults

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The Support You Need

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