



Social Competency Infused into Curriculum

In 2010, Chapel Haven is infusing Social Communicative Competency lessons and teachable moments into every aspect of REACH, our founding program. Social Communicative Competency (SCC) is the ability to send and receive messages, to understand social contexts and to employ strategies to keep communications from breaking down. Chapel Haven’s experienced staff have received specialized training on how to teach skills to our students, such as:

- * *reading nonverbal cues*
- * *actively listening*
- * *developing “theory of mind” to relate to others*
- * *expressing feelings and sequencing events to solve issues*
- * *learning the social rules of the hidden curriculum*

Teaching SCC is a flagship feature of Chapel Haven’s Asperger’s Syndrome Adult Transition program and Chapel Haven West in Tucson, AZ. Both programs emphasize instruction in social competency to help students become confident communicators in all settings, from apartments to friendships, school, work and volunteerism.



In the REACH program, classes such as [Baking](#), [Problem Solving](#), [Internet Communication](#) and [Social Skills](#) give students practice in communication strategies and opportunities to solve problems with their peers. Learning continues in every aspect of our transitional residential program, from going to the Laundromat to grocery shopping to recreation on the weekends.

Accepting applications now:
REACH 24-month program &
8-week summer program
 Admissions Office: (203) 397-1714 X113



Recipes for Wellness at Chapel Haven

In Chapel Haven's **REACH** program, students are shedding pounds, incorporating exercise into their daily lives, cooking healthier meals and learning to manage stress in a new and comprehensive Wellness Program. New on staff is Nicole Romano, a **certified health counselor**, who received her training at the Institute for Integrative Nutrition in NYC. She helps students plan healthy meals for the week and shows students and staff innovative ways to make cooking fun! Chapel Haven's traditional **REACH** (Residential Education at Chapel Haven) program in New Haven, CT, serves adults 18+ who live apartment-style in an intensive **24-month Residential Life Skills** program. They learn to negotiate all aspects of independent living while enjoying a state approved education program and a nationally accredited transitional living program. **Increased opportunities to exercise and have fun include:** Let's Go Cardio, Morning Fitness, Hiking, Self Defense, Stress Management, fully equipped fitness center, certified personal trainer, swimming and basketball at the JCC, Special Olympics (bowling, track and field, swimming), Ski Club, Bowling Club, Travel Club.

10 tips for healthy living

"The connection between eating and weight gain is abstract for our students, who often eat for instant gratification. They have received our Wellness Program with great excitement, as they are eager to slim down, eat wisely and make healthy choices in their lives."
Matt Tietjen, REACH Supervisor

1. Reduce or eliminate caffeine
2. Drink water
3. Eat dark, leafy green vegetables
4. Use gentle sweets sparingly
5. Get physical!
6. Get more sleep and relaxation
7. Evaluate the amount of animal food you eat
8. Take time for yourself
9. Get in touch with your spirituality
10. Avoid relationships that drain you

Nicole's Strawberry Spinach Salad

4 cups baby spinach
2 cups fresh sliced strawberries,
blueberries, raspberries, or kiwi (or
combine all three!)

Dressing:

1/4 cup olive oil
1/4 cup red or white vinegar
1/4 cup agave nectar or honey
1 Tablespoon poppy seeds
1 Tablespoon sesame seeds
1/2 Teaspoon paprika

Whisk or shake until blended. Drizzle dressing on top of berries and spinach just before serving, or toss together and serve up family style. This delicious salad tastes like a dessert, but is filled with antioxidants, vitamins, and fiber.