

TESTIMONIALS

Danae and Eric chose the Asperger Syndrome Adult Transition (ASAT) program at Chapel Haven for their son, Zach, and they are pleased that he now lives in the New Haven community with just a few select supports. Zach works and has completed an associate's degree from Gateway Community College.



"Chapel Haven has helped me to succeed in the ways of teaching me life skills. These things include money management and caring for an apartment, as well as working on self-confidence and independence. Chapel Haven has also helped me with school in the way that I have obtained an associate's degree and am slowly working towards a bachelor's degree. I have learned to manage things like school, a part-time job, and socializing with others."

ZACH D., - ASAT GRADUATE

"Zach has become really good at managing his life, such as going to the social security office, or even to his bank, the pharmacy, etc. He is able to speak up for himself, ask the right questions and get the problem solved. Seeing him achieve all that was an incredible feeling".

DANAЕ AND ERIC D., PARENTS OF ZACH



"Blake is now living the dream of any teen: to become his own person. In less than eight months, he has gone from a withdrawn, socially awkward and friendless high school senior to a young man with an increasingly rich life that is brimming with possibilities. The transformation has been amazing and he continues to improve every time I see him."

ELLEN K., PARENT OF BLAKE - RESIDENTIAL STUDENT



"Chapel Haven and ASAT have improved my daily life for ten straight years! I have a lot of nice friends, and am also able to take the bus to locations that I am 100% familiar with. Thanks for making my life better, CH and ASAT!"

ALLY C., 10-YEAR ASAT COMMUNITY MEMBER



OUR MISSION

Chapel Haven provides lifelong individualized services for people with developmental and social disabilities, empowering them to live independent and self-determined lives.

ACCREDITATIONS



NATIONALLY ACCREDITED THROUGH CARF
(Commission on Accreditation of Rehabilitation Facilities)

APPROVED BY THE STATE DEPARTMENTS OF EDUCATION
(CT, NJ) as a special education school

PRESTIGIOUS PARTNERSHIPS



CONTACT INFORMATION

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Asperger Syndrome Adult Transition

ASAT



A Unique Integration Of Social Communication And Independent Living

THE FUNDAMENTALS OF ASAT

The Asperger Syndrome Adult Transition (ASAT) Program at Chapel Haven is nationally renowned for guiding adults to live independent and productive lives. Our program focuses on adults, 18 and older, with autism spectrum disorders and related social disabilities who are motivated to gain independence.

Chapel Haven's ASAT Program serves a range of individuals, from those who are 18 and still completing their high school program to older adults who can benefit from our a la carte supports.

Chapel Haven has redesigned the ASAT program to offer more price points and choices for families looking for the right next step for their loved ones.

CHAPEL HAVEN'S ASAT PROGRAM IS AN IDEAL CHOICE FOR ADULTS NEEDING: ✓

- Transitional housing with individualized supports
- Day programming options to support college and/or vocational development
- Adults who have some experience with independent living and need targeted instruction in executive functioning, time management, college survival skills, social communication
- Career/Job Development and College Supports



CHAPEL HAVEN OFFERS A WIDE RANGE OF SERVICES TO ADULTS

SOCIAL RECREATION

The ASAT program offers a range of client-directed social activities on the weekends. Some activities are supported by mentors or staff members, while other activities are independent. In addition to Chapel Haven's activities, participants are able to access assistance in planning and scheduling their own activities with friends.

SOCIAL COMMUNICATION

Social communication therapy focuses on developing conversational skills, as well as skills related to the nonverbal aspects of communication. This area of support allows students to become more independent and successful in personal relationships, post-secondary education and/or the world of work. The speech-language pathologist provides individual and small group instruction, in addition to intervention infused into community settings.

INDEPENDENT LIVING

Developing and living within a budget, managing medications and medical care, preparing meals, and maintaining an apartment are all skills addressed within our supports for independent living. These supports may be accessed by participants living in the supported apartments on our campus, as well as by those living in their own apartments, college housing, or their families' homes.

EMPLOYMENT SERVICES

The ASAT program strives to assist participants in finding a career path that is not only a vehicle for employment, but also for an increased quality of life. Classes, workshops, career counseling, interview prep, internships, job shadowing and placement assistance are among the many facets of this vital and multi-dimensional component of our programming.

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“It's been a long journey to get where I am now, successfully beginning a career in accounting, feeling at home in New Haven, having good friends, and feeling a lot more confident in myself.”

JENNICA - ASAT GRADUATE

CAPITAL CAMPAIGN & CAMPUS EXPANSION

On Sept. 15, 2017, Chapel Haven broke ground on a multi-phased campus expansion that will transform our campus and strengthen our time-tested model of teaching independence to a wide variety of adults with disabilities. Our expansion includes:

- A new, 32,500 SF building to house the REACH/Bridge program, where adults with developmental and social disabilities learn independent living
- A welcome center that provides a strong inviting presence to prospective families
- A new, universally designed facility allowing those with significant life skills and medical needs to remain living among friends in a community they call home



TRANSITIONAL HOUSING

Some individuals may benefit from living in apartments on the Chapel Haven campus. They receive individualized staff supports to help them further develop the day-to-day skills necessary for independent living. Such supports may include: menu planning, grocery shopping, budgeting and banking, meal preparation and apartment maintenance. This program is ideal for adults who are capable of managing their daily and overnight needs without 24/7 direct oversight, but with access to staff on call if needed. The housing is centered in two multi-family apartment buildings, where participants live in two- and three-bedroom apartments, each person having a private bedroom. The buildings, all located within the same block, are adjacent to Chapel Haven's main campus. Much of the teaching is done in settings in the community, but participants also receive instruction in classrooms located in the Bershaw-Boswell Community Center on campus.

ADULT EDUCATION CLASSES

The ASAT Program offers workshops on a wide range of topics, such as budgeting, cooking, art, job search skills and dating/sexuality are held on a rotating basis. These classes are generally held weekly for a 6 week session. There are day and evening classes available.

HIGH SCHOOL TRANSITION (Ages 18 - 21)

Chapel Haven is a state-approved private special education program. This program accepts referrals from families as well as from local school districts. Individuals whose funding is provided by school districts may participate in day programming, residential programming, or community-based employment, depending on the plan outlined in the IEP.

COLLEGE SUPPORTS

Chapel Haven's ASAT Program is highly skilled in facilitating college success. On and off campus supports are offered to help students to navigate both the academic and non-academic aspects of college life. Chapel Haven also offers a supported housing option to college students who benefit from a higher level of residential structure and supervision.

COGNITIVE-BEHAVIORAL THERAPY

Cognitive-behavioral therapy (CBT) is a goal-oriented treatment with a practical approach to problem solving. It may be used to help individuals regulate their emotions, develop impulse control or manage anxiety. CBT sessions are offered not only in the clinician's office, but also, as appropriate, in the settings where challenges are actually occurring. In addition to individual sessions, a number of CBT-based small group classes are offered on a rotating basis.

