

CHAPELHAVEN WEST

OUR MISSION

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

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Approved by the AZ State Department of Education

Authorized vendor for

AZ State Department of Developmental Disabilities

THE COMMUNITY LIFE PROGRAM AT CHAPELHAVEN WEST



**A UNIQUE INTEGRATION OF
SOCIAL COMMUNICATION AND
INDEPENDENT LIVING**

Visit our website:
www.chapelhaven.org

The Community Life Program at Chapel Haven West

Overview

The Community Life Program (CLP) is designed to offer a structured, community-focused day for individuals who are either not working or working a limited number of hours.

Chapel Haven's CLP provides participants with opportunities to explore, interact, and volunteer in the greater Tucson community.

The four cornerstones of the program are developing healthy lifestyles by increasing interpersonal skills and socialization, constructively managing free time, participating in regular exercise and healthy eating habits, and enjoying the numerous offerings in the Tucson community.

"I like the program. We get to do fun things. I'd recommend it. It's a great way to learn, grow, seek independence, and give back to the community. I can take what I'm learning with me."

—Sarah, CLP participant

Developing Healthy Lifestyles

The program helps participants develop **productive daily routines** through group preparation of healthy lunches and daily exercise. Additionally, shared meals offer a social opportunity that will develop into lifelong habits for our participants. CLP adults also work to create and meet personal diet and fitness goals. Participants learn how to plan and host activities in their own homes as well as local excursions with friends outside the Community Life Program operating hours.



Increase Interpersonal Skills and Socialization

Individuals learn to strengthen their **interpersonal skills** through daily group discussions, assertiveness education, and **incidental teaching** opportunities when in the community. Group participants also work on their **socialization skills** through **volunteering, lunch outings, and other community activities** when exploring Tucson and the surrounding areas.

Managing Free Time

The Community Life Program focuses on assisting individuals with the skills needed to **plan, facilitate, and implement** their own activities of interest. The group gives input when planning activities and **exploring community resources** by scanning local newspapers, the Internet, and community calendars for activities of interest.

Schedule and Enjoying Community Resources

Participants may enroll full-time (four days per week) or part-time (one to three days per week). A typical CLP day begins at 9 am with socialization and a group discussion of the day's activities, which typically includes volunteer work, a cultural offering, a participant-prepared meal, and physical activity. Participants learn the logistics of planning a trip from start to finish.



Individual Attention

The program has a limited enrollment, facilitating the program's objective of **socializing** and practicing social skills. Small groups allow for the development of **trust, friendships, and interpersonal skills**, and the opportunity for equal participation.

"I like the program. I like sharing coffee in the morning. I like hanging out with friends; it's fun and it makes my days not so boring."

—Mack, CLP participant

Additionally, a group setting encourages sharing of tasks and encourages participants to **cooperate and delegate**. Finally, the program and its group setting emphasize acquisition and enhancement of skills including **problem solving, planning activities, and making practical arrangements**.



Who We Are

Founded in 1972, Chapel Haven has been changing lives for adults with disabilities for over 44 years. This award-winning non-profit teaches adults with developmental and social disabilities to live independent and productive lives through a nationally accredited transitional living program and approved private special education school. A new \$41.5 million capital campaign, underway at our New Haven CT campus, will entail a campus transformation and the addition of a senior living facility, allowing senior members of the community to continue to live among friends and with independence.

Chapel Haven serves more than 250 adults (18 years of age and older) in the residence and the community with three distinct programs: REACH, Asperger's Syndrome Adult Transition (ASAT), and Chapel Haven West (Tucson, AZ).

Questions about Chapel Haven West?

Contact Kenneth Hosto, Executive Director, at 520.624.9378, EXT 1.

Visit our website, www.chapelhaven.org or email us at admission@chapelhaven.org