

# Courage to Succeed

Courage to Succeed (C2S) is a year-round, holistic college and transition support program for young adults with autism and other neurological differences.



## Overview

C2S students' skills, strengths, and career interests vary, but each receives the same intensive support in academics, career readiness, independent living, and social development. Students have a shared goal of earning a vocational certificate or an associate's degree from local colleges in Richmond.

Program staff practice Collaborative Problem Solving (CPS)<sup>™</sup>, an evidence-based approach that promotes development of executive-functioning skills and problem-solving skills.

## Who We Serve

We serve students with neurological differences including:

- Autism Spectrum Disorder
- Learning disabilities
- ADHD
- Traumatic brain injury



To learn more about this program, please call 804.353.4461 x1112.

## Our Work in Action

“ I have enjoyed the [Courage to Succeed](#) program...It has helped me improve my independence in college. I have also managed to meet new people and make friends. I would highly recommend it to anyone that feels they need help going into adult life. ”

— Paul, *Courage to Succeed* student

“ I have seen so much [progress](#) made in life skills, not only in my son, but also within all the other members of the [Courage to Succeed](#) program. I believe in and support this program from the results I have witnessed firsthand. ”

— Kenneth S., *Parent*

“ Without a doubt the [Courage to Succeed](#) program has opened up a world of possibilities for our son. The overall program, the support from staff and the internships he got through [Courage to Succeed](#) have helped him become the happy, confident, and successful young man he is today. ”

— Kristen M., *Former C2S Parent*

## Program Highlights



### Academic Supports

Students attend classes at a local college three days a week, and program coaches accompany them to campus to provide academic assistance and general advocacy. Two days a week, students meet at the UMFS campus in Richmond, where they receive life-skills training.



### Progress-Monitoring

Courage to Succeed coaches conduct three assessments to assist with skills-training and progress-monitoring:

1. Comprehensive Biopsychosocial Assessment
2. BRIEF Assessment — measures nine executive-functioning skills
3. VIA Character Strengths Survey — measures 24 character strengths



### Career Readiness

During the academic year, students undergo job-skills coaching, including various work-readiness trainings and workplace site visits. During the summer, students work part-time jobs or internships based on their skills and career interests.



### Mental Health

Mental-health coaching is led by a therapist with experience in working with adolescents and young adults. Mental-health coaching includes:

- Weekly, one-hour interpersonal processing group
- Bi-weekly, one-hour mental health skill-building psychoeducation group
- Weekly, half-hour individual meetings with students to discuss social or emotional concerns



### Social Skills

On Tuesdays and Thursdays, students attend programming on our campus, which includes training in social skills, mental health, independent living, and career readiness.



### Independent Living Skills

Independent-living skills training includes weekly instruction and community-based learning in areas such as:

- Cooking
- Emergency planning
- Financial planning
- Healthcare
- Household maintenance
- Insurance
- Scheduling
- Self-advocacy