



POUDRE SCHOOL DISTRICT

**Integrated
Services**

**PSD Transition
Services**

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PSD Transitions Newsletter:

*serving elementary school through
post-high school students*

MARCH 2019

Transportation

Greetings! This issue of the newsletter should be Titled:
"Planes, Trains, and Automobiles!"

Transportation is frequently one of the barriers to employment and access to recreational activities for many of our students once they leave school. This issue of the Transition Newsletter will focus on some of the varied forms of transportation available in and around the Fort Collins area. Some of our students in transition are learning safety in the community and how to use public transportation safely is a critical life skill!

Accessible transportation options in and around Fort Collins are growing, as a result of public comment and advocacy. Thanks to expansion services a student from Fort Collins can take a bus to Loveland to work. Trans Fort offers travel training and reduced-price bus passes for individuals with a disability.

What will transportation options for a young adult look like after exiting the public school system? This is a key transition question and may result in the need to seek out a variety of options – including the MAX, Dial a Ride and consideration of services like Uber, SAINT and zRide.

Next time you are out and about in Old Town – check out our highlighted business Starry Night Coffee House. And hey! You can get there by using the MAX!

Spring is right around the corner – so go explore and maybe walk or check out a bike!

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How to Find and Use Accessible Transportation in Your Community

For many people with limited mobility, planning travel can be frustrating... especially when transportation is not accessible or available. To spread the word about accessible transportation in all communities, Easterseals Project Action Consulting – a training and technical assistance center – shares the following tips and potential solutions:

How do I find a ride?

First, think through your needs and what you want to accomplish.

- Are you traveling with family or a friend, a personal assistant, caregiver, or with a service animal? The number of travelers may affect which form of transportation you might take.
- When and where are you traveling?
- Where are you going?
- Then, explore the various types of transportation available in your community, and consider calling the 2-1-1 service to receive information about the transportation available in your location.



Some options may include:

- Fixed Route: Buses and rail systems that run on a predetermined route on a fixed schedule;
- Taxis: Some taxis are accessible and may provide paratransit trips;
- ADA Complementary Paratransit Service: This is for people who, due to disability, cannot use public transportation like buses and rail systems. This service complements the fixed route in hours of operation and service area;
- Flex Route: Flex routes operate on a fixed route, with published bus routes, but will deviate from that route a small distance to provide door-to-door service to those that need additional assistance;
- Human Service Transportation: An array of transportation service options for people with disabilities and older adults that vary based on their communities. These services could range from mileage reimbursement, to individual transportation requests.

What skills are needed to use public transportation?

To use a fixed route service, passengers should be able to, within a reasonable level of effort:

- Get and remember transit system information;
- Travel to the transit stop or station;
- Enter and exit transit stations;
- Locate and recognize which bus or train to take;
- Recognize destination

Continued...

How to Find and Use Accessible Transportation in Your Community, continued...

What is ADA Complementary Paratransit and am I eligible?

The ADA Complementary Paratransit service is available for people with disabilities who are unable to use fixed-route transportation. Those eligible for the service fall into one of three categories:

- People with disabilities that are unable to use a fixed route service;
- People with disabilities that have the ability to use accessible fixed route services but the service available is inaccessible;
- People with disabilities that are unable to travel to or from a station or a bus stop



In order to use the ADA Complementary Paratransit service, you may have to go through an eligibility process, which can include a paper or electronic application, confirmation of disability, interview, functional physical assessment, functional cognitive assessment, and path of travel assessment.

<http://www.easterseals.com/explore-resources/making-life-accessible/accessible-transportation-questions-and-solutions.html>

Thank you Transfort and Fort Collins City Council!

The Arc of Larimer County firmly believes that individuals with disabilities should have full access to their community. Adequate transportation is a key piece to living and working in a community, which is why in 2015 we started working with The City of Fort Collins and aligned organizations to make sure that bus stops are brought up to comply with standards set by the American with Disabilities Act (ADA). At the time, about 35% of bus stops in Fort Collins were in compliance with the ADA. The City responded to the request and allocated additional funds to speed up the process. In 2017, they upgraded 43 bus stops meaning today about 60% of bus stops in Fort Collins are fully accessible to people with disabilities.



Transportation in Fort Collins

Heart & Soul Paratransit is a non-emergency medical transportation provider.

We are dedicated to bringing caring, compassionate and professional transportation services to people in the Northern Colorado region. Ideally located in Fort Collins, we conveniently serve Fort Collins, Greeley, Loveland, Windsor, and the surrounding towns within Larimer and Weld Counties.

We are a local, family run business committed to bringing high quality transportation services to the Northern Colorado area. As a growing transportation provider, we have set our foundation upon a bedrock of 5 main principles:

- compassionate service
- unwavering dedication
- professional service
- reliable transportation
- accountable drivers



We have combined these ingredients to offer a transportation service that works for the people, works for the community.

CONNECT WITH US

info@heartandsoulparatransit.com

Please call! We'd like to hear your voice and make a human connection.

Phone: 970.690.3338

<http://heartandsoulparatransit.com/>

Transportation in Fort Collins, continued...



Ride with Us

Seventy-five percent of our clients say SAINT is very important to their independence.



SAINT serves people sixty years old and older and people eighteen to sixty years old who have disabilities that prevent them from driving in Fort Collins, Colorado and Loveland, Colorado. SAINT cannot provide transportation to individuals requiring wheelchairs or scooters.

SAINT operates sister programs in Fort Collins and Loveland. SAINT cannot provide transportation between the two cities. SAINT provides transportation to any destination within our service areas for any purpose. Please contact a SAINT scheduler at the numbers listed below to determine whether your address is within one of our service areas. While many of our rides are to medical providers, we also take clients to the grocery store, the hairdresser, the Senior Center, and places of employment or volunteer service, to name a few destinations. There is no charge for SAINT's services, but donations are appreciated.

SAINT operates from 8:15 am to 4 pm Monday through Friday.

SAINT is a pre-scheduled service. Riders must call to make reservations at least three business days in advance of the requested date. The further in advance a rider can call to schedule a ride, the more likely we are to have the requested date and time available. Rides can be scheduled for the current month and the following month. Rides are scheduled on a first come, first served basis.

Schedulers are available to take reservations Monday through Friday from 8 am to noon. To determine your eligibility and enroll in the SAINT program and to schedule rides please call:

970-223-8645 **(Fort Collins residents)**

970-223-8653 **(Loveland residents)**

Transportation in Fort Collins, continued...

Biking

Biking is a great way to get to know [Fort Collins](#). With relatively flat terrain, wide bike lanes, and trails that follow the [Poudre River](#) and Spring Creek, biking is a fun, healthy, and environmentally friendly way to recreate. Whether you're exploring Fort Collins' 285-plus miles of trails or biking in the mountains, climbing and ascending through the awe-inspiring landscape, you'll understand why Fort Collins has been named a platinum level bike-friendly city. One trip to [Downtown](#) and you'll see more bikes than cars on the road. Head five miles west to [Lory State Park](#) or [Horsetooth](#) Mountain Open Space to find mountain biking trails for all skill levels. Visit the [City of Fort Collins Natural Areas](#) for information on riding the foothills trails.

Fort Collins offers a Bike Share program called Pace which is a public transportation program that includes a network of bicycles for short-term use. The Bike Share program is a collaboration of Bike Fort Collins, FC Bikes, Zagster, Transfort, and a number of local business sponsors. A variety of self-guided tours is offered, from the "Bike the Sites" collection, including the Brewery Tour, Environmental Learning Tour, and the Historic Homes Tour. For more information, please visit www.bikefortcollins.org. Additionally, Fort Collins is home to many bicycling non-profit organizations.

[All about Pace - the Fort Collins Bike Share Program](#)

1. The Fort Collins [Bike Share](#) has gotten a facelift.

- The City of Fort Collins and Bike Fort Collins, the same team behind the former Fort Collins Bike Library, have partnered with Zagster to launch [Pace](#). Pace Fort Collins is a product of Zagster, and is a modern, dockless bike share system that allows riders to dock their bikes at any local bike rack at the end a ride. Fort Collins residents and guests may now check out a bike on-demand, 24/7, using their phone.

2. [How do I use Pace Fort Collins?](#)

Download the free [Pace app](#) from the App Store or Google Play

- Create a profile (name and email)
- Enter in credit card information, promo codes, EBT membership or cash payment option
- Find a bike at a station or local bike rack using the real time map in the app
- Unlock your bike using the app and start pedaling
- Questions? Go to support.ridepace.com, email info@bikefortcollins.org, call 833-321-PACE

3. [Current Station Map, Fees, Rental Instructions \(viewable on the Pace app\)](#)

Check out these websites for more information:

www.bikefortcollins.org, www.fcgov.com/bicycling, and www.fccycleclub.org.

Transportation in Fort Collins, continued...

Z Trip

zTrip is proud to offer Wheel Chair Accessible Vehicles and qualified personnel to assist you with your transportation needs.

Our mission is to serve the community by providing a safe and memorable ride experience. We believe that all members of the community should have the freedom of mobility. We pride ourselves on providing service to every member of the community regardless of your technological ability or mobility.

We have wheelchair accessible vehicles and drivers that are trained on how to load and service those in the community with disabilities.

Our Services:

- Wheelchair Accessible Vehicles
- Local and airport transportation
- Out of town services available
- Non-emergent medical transportation
- Advanced and recurring bookings
- 24 Hour Service
- Voucher Accounts
- Web Booker available for your convenience

<https://www.ztrip.com/wheel-chair-accessible-vehicles/>



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Transfort

Youth Ride Free – anyone age 17 and under ride Transfort routes for free, including MAX and FLEX. Students need to show a valid school I.D. or can get a free Youth Pass at a transit center. Requirements for getting a Youth Pass can be found here:

<http://ridetransfort.com/fares-passes/fares-passes>

If a student is still enrolled in school but has already turned 18, they can still ride for free with their school I.D.

Dial-a-Ride is a door to door paratransit service for individuals who, because of a disability, are prevented from using Transfort's fixed route system. There is an application process in order to be eligible for this service. I've attached the Users Guide and more information can be found at this link:

<http://ridetransfort.com/routes/dial-a-ride>

Bus Passes for Individuals with Disabilities are good for one year from the date of purchase and cost \$25.00. An application is attached. The application should be filled out by the applicant and the medical professional and then faxed or emailed to Transfort Customer Service. More information about Fares & Passes can be found here:

<http://ridetransfort.com/fares-passes/fares-passes>

For trip planning – the best resource is our website under Rider Tools and How to Ride Transfort. There are links that will help you plan a trip and track your bus.

<http://ridetransfort.com/rider-tools/how-to-ride-transfort>

Free Travel Training is available for small groups or individuals. Travel Training includes how to read the bus schedules, how to plan a trip, paying a fare, transfers, operating hours and more! Training typically starts at a transit center and includes riding different routes. An ongoing monthly training on MAX occurs every 2nd Tuesday of the month at 10am. Other trainings can be scheduled outside of this time by contacting customer service.

TRAVEL TRAINING FREE TRAINING

Every 2nd Tuesday of the month 10:00 a.m.

Meet in the lobby of the Downtown Transit Center (DTC) and ride MAX

Build confidence in using Transfort and MAX

Learn in a group session

Understand how to use public transportation

TRANSFORT



<http://www.ridetransfort.com/routes/dial-a-ride>

People With Disabilities Are Entitled to a Free Lifetime Pass to National Parks

If you or your child has a permanent disability you may be entitled to a free, lifetime pass to visit the National Parks and Federal Recreational Lands.

I actually learned about the program because a friend of mine's child has Type-1 diabetes and qualifies for the program. Qualifying disabilities include physical, mental, or sensory impairments.



The pass can be used at over 2000 Federal recreation sites across the nation. Those include National Parks, National Wildlife Refuges, National Forests, and other federal recreation lands. It also extends that same privilege to everyone in the vehicle with the pass holder. So, if one person in your family qualifies, you can all visit a park for free with that person's pass.

In order to get a pass you'll need:

- A statement signed by a licensed physician attesting that you have a permanent physical, mental, or sensory impairment that substantially limits one or more major life activities, and stating the nature of the impairment; OR
- A document issued by a Federal agency, such as the U.S. Department of Veterans Administration, which attests that you have been medically determined to be eligible to receive Federal benefits as a result of blindness or permanent disability. Other acceptable Federal agency documents include proof of receipt of Social Security Disability Income (SSDI) or Supplemental Security Income (SSI); OR
- A document issued by a State agency such as a vocational rehabilitation agency, which attests that you have been medically determined to be eligible to receive vocational rehabilitation agency benefits or services as a result of medically determined blindness or permanent disability. Showing a State motor vehicle department disability sticker, license plate or hang tag is not acceptable documentation.

You'll need to [fill out this application](#), and then either mail it in with a \$10 processing fee or go to a federal recreation site in person with proof of disability and residency, in which case you can skip paying the fee and filling out the form. The Access Passes can also be purchased online through store.usgs.gov/access-pass, which is the organization's preferred way to receive applications. Once your application is processed, you'll receive a physical card that can be used for park admission.

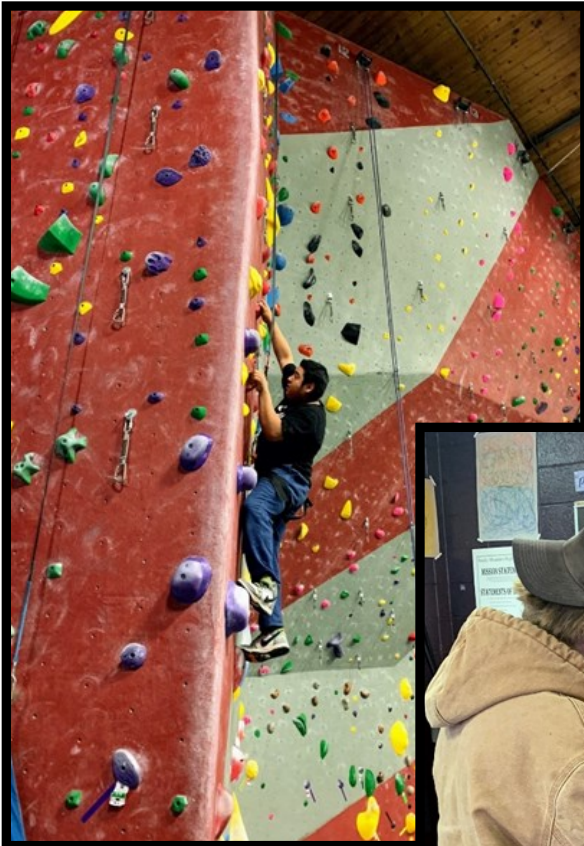
Emily Price 2/18/19

<https://lifehacker.com/people-with-disabilities-are-entitled-to-a-free-lifetim-1832699399>

Positive Youth Development

This year, the Rocky Mountain High School Integrated Services (IS) team is implementing a new, multifaceted social skills program called Positive Youth Development (PYD). This class targets students who benefit from direct instruction around perspective-taking, interpersonal skills, social competence, problem-solving, emotional regulation, and crisis management. Students involved in the program start each day with instruction from a collaborative team that includes an Integrated Services teacher, Shannon Kummer; a school social worker, Tricia Van Horsen; and two school psychologists, Melanie Potyondy and Brad Reimers, who each contribute to activities that approach student needs through different modalities. Daily, students have a chance to strengthen their social-emotional skills

through such activities as art therapy, service learning through the Give Next program, wellness activities, team building, or participation in a modified Dialectical Behavior Therapy (DBT) curriculum for teens. This new initiative allows a diverse group of students to start their school day in a safe, relationship-oriented setting, encouraging better attendance, connection, and classroom engagement as they move into their traditional high school programming. PYD fulfills a need that the Rocky IS team identified with regard to providing individualized intervention to students with affective and behavioral barriers, so that all Lobos can reach their full potential in the classroom, in their relationships, and in our community.

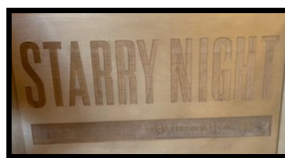




Business Spotlight: Starry Night

Starry Night is a coffee shop located in Old Town Fort Collins owned by brother and sister team Chelsi and Justin Wells. Starry Night opened its doors in 2016 with the ultimate goal of hiring people with disabilities. They share a passion for working with people with disabilities and providing integrated community work experiences in the form of internships, job assessments and paid employment.

Thank you for what you do for our community!

"I like working in this environment. It is really amazing and family friendly. I have learned how to wash dishes correctly, grind coffee and make sure everything is stocked."
Aiyana Hanford-Smith,
PSD Student/Intern

Project | SEARCH

Columbine Health Systems is the proud Business Site for Project Search for over 8 years!

Upcoming Events

Apply for a PAID summer internship in manufacturing supported by the NoCo Manufacturing Sector Partnership & Larimer County Economic & Workforce Development.



Application deadline is March 31st

Contact Sandra Jackam at (970) 498-6635 or
email: sjackam@larimer.org—for further questions.

Internship positions include:

- Marketing Intern - Advanced Energy, Fort Collins
- 3D Printing Technician - Avid Products, Loveland (2 positions available)
- Production Specialist - BI Incorporated, Boulder
- Production Technician - Colorado Concepts Coatings, Loveland
- Entry-Level Electro-Mechanical Assembly - Colorado Time Systems, Loveland (2 positions available)
- Manufacturing Intern - Davinci Sign Systems, Windsor (age 17 +)
- Heat Transfer Assembler & Packager - Fiberlok, Fort Collins
- Screen Making Technician - Fiberlok, Fort Collins
- Warehouse & Packaging Apprentice - Healthy Harvest Productions, Berthoud
- Machine Operator - J&B Machine, Greeley
- Administrative Support - Osypka MedTech, Longmont
- Accounting/Purchasing Clerk - Specialty Products Company, Longmont
- Graphics Intern - Super Vacuum Manufacturing Company, Fort Collins
- Shop Learner - Western Heritage, Loveland

Go to Larimer.org/manufacturing for more information



Upcoming Events, continued...

Healthy Bodies, Healthy Boundaries

March 26 at 5:30 pm - 7:00 pm



AN EDUCATIONAL SERIES FOR PRETEENS & TEENS WITH INTELLECTUAL
AND DEVELOPMENTAL DISABILITIES:

Join The Responsible Sex Education Institute, the Sexual Assault Victim Advocate Center and The Arc of Larimer County for a 7-session program designed specifically for 12-17 year olds with intellectual and developmental disabilities. We'll cover topics like:

- Anatomy & puberty
- Relationships
- Differences between friends & crushes
- Dating
- Setting & respecting boundaries
- How to stay safe using technology

Because topics will build on each other we ask participants to commit to attending all 7 sessions. The series will run every Tuesday from March 26th – May 7th from 5:30pm – 7pm. Dinner will be provided to participants. Space is very limited, so registration is required.

We encourage all parents of children with intellectual and developmental disabilities in middle school to also check out our FREE “Talk is Power” workshop on March 12th. The content of “[Talk is Power](#)” is designed for parents of children with intellectual and/or developmental disabilities in Middle School, but everyone is welcome to join us as the workshop is applicable to many ages.

Are you a student with a disability?

We have assistive technology that can help!

Techy Joe's can help you discover what you need and train you on how to use it! Connect with us today.

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E: joe@techyjoes.com
www.techyjoes.com

Upcoming Events, continued...

Essential Skills for the Workplace

You're ready for success and need a little help to navigate the workplace! Gain insights on the employer's outlook that not only can help you keep the job but also potentially get you promoted. This two hour workshop goes over workplace expectations, generational differences in the workplace, and dealing with conflict in the workshop.

Upcoming Dates:

**Apr 4 - Thursday @ 4:30 PM
Lily Lake Conference Room**

Interviewing Skills

You have a great job search plan, a dynamite resume, and now an interview! This two hour workshop gives you not only practice for common interview questions but also tips and techniques on how to best present yourself to the employer and the business to get that job offer. Learn how to tell stories and follow up after an interview.

Upcoming Dates:

**Apr 10 - Wednesday @ 4:30 PM
Bierstadt**

Resume Building

You can create a resume that will attract employers even if you have never worked before! Learn how to market your past experiences, skills, and qualities in a targeted job search while discovering how essential a resume is in your job search plan. This two hour workshop is conducted in the computer lab so you can leave with a finished resume.

Upcoming Dates:

**Mar 18 - Monday @ 4:30 PM
Bear Lake Skills Lab**

**Apr 23 - Tuesday @ 4:30 PM
Bear Lake Skills Lab**



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Upcoming Events, continued...



set your **summer** for fun and profit.

Use your time off from school to get what you really want. We're connecting teens, ages 14-18 to businesses that are hiring for rewarding summer jobs. Companies include major employers and local small businesses in a variety of fun and interesting environments including: health and wellness, popular restaurants, recreation, and leisure.



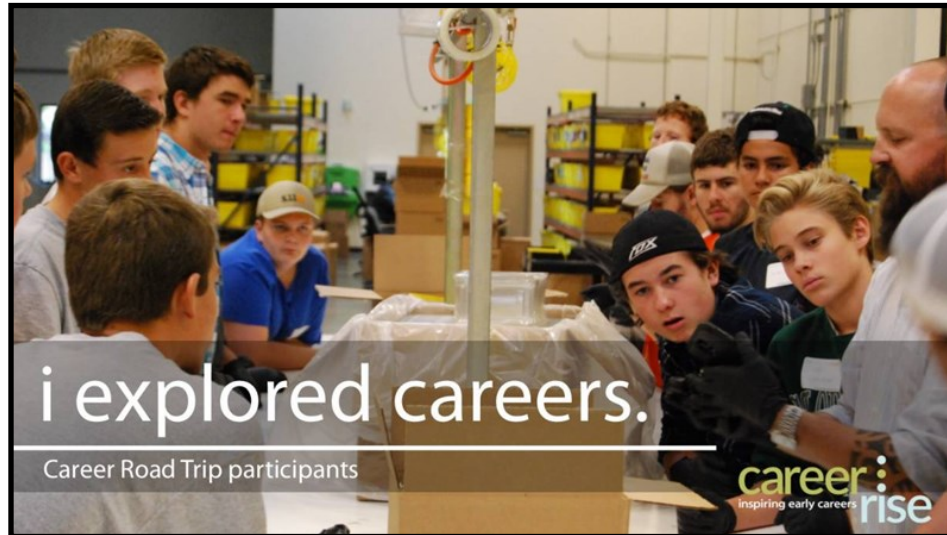
Register now to receive weekly text or email updates on employers that are hiring.



Upcoming Events, continued...

Save the dates!

*Our 2019 summer Career Road Trips will take place on
June 5th and June 11th.*



Young Entrepreneur Tournament (YET) Media

For Young Adults ages 18 and under

discover, compete, win.

Have you ever had an idea and then found yourself thinking, "Someone should come up with that?" YET can help develop your idea and make it a reality!

YET offers individuals 18 and under an incredible opportunity. You will learn how to start a business while competing with other young entrepreneurs for cash prizes.

The YET is now accepting applications for Spring 2019.

Fill out your application NOW to be considered for this highly sought after experience.

Application deadline is Friday, March 29, 2019 and the tournament is limited to 25 participants.

**The Spring 2019 tournament is held on 5 Consecutive Saturdays,
April 6th - May 4th - 10 AM to 3 PM each day**

**Larimer County Courthouse Building
200 W. Oak Street
Fort Collins, CO 80521**

*An Information Session will be held on March 26th from 6 PM to 7:30 PM
Pizza will be provided! More information on the session available within the application.*

Larimer County Conservation Corps

Our Mission

The Larimer County Conservation Corps (LCCC) promotes individual development through service for the benefit of our environment and community. LCCC is housed within and administered by the Larimer County Economic and Workforce Development.



In 1986 the Larimer County Economic and Workforce Development created a summer youth employment program called Operation Brightside with support from the local Anheuser-Busch brewery. Within this program youth participants made repairs and home improvements for elderly and disabled residents of Larimer County, Colorado.

In 1993, Operation Brightside was re-conceived as the Larimer County Conservation Corps (LCCC) to address two key issues: the persistent challenges youth and young adults face in securing employment and gaining work experience; and to maintain local parks, open spaces, and natural lands for the enjoyment of the community.

Through conservation projects and environmental education, we empower our corps members to become environmental stewards, while developing self-sufficiency and work preparation skills to help them become productive members of our community. The LCCC is an accredited corps through the Colorado Youth Corps Association and is based in Fort Collins, Colorado.

To date, the LCCC operates seasonal programs focusing on a variety of conservation projects such as trail building/maintenance, habitat restoration, fire mitigation, invasive species removal, and home efficiency.

Each of our programs is unique within the corps, but each one reflects our core values of environmental conservation and individual development. The majority of work done by LCCC crews is supported through fee-for-service contract dollars and grant funding.

Our Goals

- * To promote self-sufficiency in youth and young adults through skill development for personal and professional growth.
- * To increase participant's knowledge and awareness of community and environmental issues through education and service learning.
- * To complete meaningful and long lasting conservation projects in Northern Colorado that benefits our environment and community.

Continued...

Larimer County Conservation Corps, continued...

LCCC is currently recruiting Corpsmembers, Assistant Crew Leaders and Crew Leaders for our summer programs. All positions are full-time and temporary.

To learn more and apply, please visit <https://www.larimer.org/ewd/young-adults/lccc/get-involved>

Crew Leader Positions

- Land Crew Leader
- RMNP Land Crew Leader
- Sawyer Crew Leader
- Assistant Crew Leader

- Land Assistant Crew Leader
- RMNP Land Assistant Crew Leader
- Sawyer Assistant Crew Leader
- Assistant Crew Leader
- Corpsmember Positions

- Land Corpsmember
- RMNP Land Corpsmember
- Sawyer Corpsmember
- Summer Corpsmember

****New to this year, the RMNP Land Corpsmember Positions are only open to Warner College of Natural Resource students enrolled/enrolling in Session One of NR-220***

Please note that we will not be implementing AgriCorps in 2019.
For additional youth employment support, please connect with CareerRise.

[Feb 19 - Tuesday @ 3:30 PM](#)

[Bear Lake Skills Lab](#)