

NEXT STEP: COLLEGE SUCCESS & INDEPENDENT LIVING PROGRAM

Empowering students with social challenges

NEXT STEP is a college preparatory program for high school students with social challenges. Students learn and practice key social, independent living, organizational, and coping skills needed for successful college living.

This interactive life-skills program includes:

- Peer social nights
- Multiple, day-long Saturday sessions on college campuses around Boston
- Parent educational seminars
- Week-long overnight summer programs located on a local college campus
- Individualized plan for continued skill development

Who can benefit?

Aspiring college students in grades 10-13 with social challenges, such as:

- Asperger's Syndrome
- High cognitive Autism Spectrum Disorder
- Non-verbal learning disability
- Other related learning differences

NEXT STEP hosts social nights, day-long sessions, and week-long campus-based immersion programs.

Visit jbcc.harvard.edu/nextstep for upcoming dates and more information.





Program goals:

- Help youth develop skills in college-level social communication, self-advocacy, executive functioning, problem-solving, mental health coping strategies, and health and wellness (sleep, nutrition, and exercise)
- Provide repeated exposure to college situations
- Help students create and achieve individual goals through practice
- Educate parents on all student skills so parents can act as home coaches, reinforcing skill use between sessions
- Provide experiences to help youth and families make informed decisions on selecting the best college environment and residential life setting

About Judge Baker Children's Center

Judge Baker Children's Center improves the quality of children's mental health care by translating research into programs and services that change lives.

For nearly 100 years, Judge Baker has been instrumental in creating a continuum of care that supports children's healthy development at the policy, systems, and practice levels. Our research, direct programs and services, training, and advocacy make Judge Baker a preeminent voice and active resource on issues of children's mental health.

For more information, please contact:

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