

# THE IT FACTOR

*Series*



## THINK IT!

This series is designed to help clients develop adaptive, flexible behaviors that lead to increased executive functioning.

This series is guided through the AIM curriculum.



## SAY IT!

This series is designed to help clients develop the necessary skills to create and maintain social relationships and connections. Sessions will focus on conversational skills (entering, maintaining, and exiting), identifying friends, handling peer conflict and rejection and safe use of social media applications.



## WORK IT!

This series is designed for clients to work on their individual ISP goals.

During check-in, clients will determine their personal goal(s) for the day. Staff will assist clients with developing a course of action to reach their daily goals while acquiring skills outlined in their individual plans.

## MOVE IT!



This series is designed to initiate physical fitness activities in an effort to teach clients the importance of maintaining a healthy, balanced and active lifestyle. Activities and lessons are tailored to promote awareness of various health related issues directly linked to decreased exercise and poor, overall nutritional health.

Clients will learn to:

- Increase their commitment to exercise,
- Develop clear exercise goals,
- Master the practical aspects of a physical workout including dressing appropriately, and using proper breathing techniques,
- Use exercise equipment safely,
- Identify how their medications may affect their body and physical activity, and
- Improve their self-advocacy and self-esteem

**These 'IT Factor' programs are held daily.**

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## EAT IT!

*Mondays*

This series is designed to increase client's commitment to good nutrition by learning the benefits of making healthy food choices. Clients will develop clear nutrition goals, identify foods that make up a well-balanced diet, learn to control carbs, calories and salt, understand kitchen safety protocols and create healthy meals.

## SAVE IT!

*Wednesdays*



This series is designed to provide clients with practical knowledge about smart money management and making financial goals. Clients will learn skills relating to budgeting, purchasing goods and services, saving, and spotting scams.

## NAIL IT!

*Thursdays*

This series is designed to support clients through the career-planning process by helping develop the necessary vocational skills to interview successfully, secure employment and become contributing members to their communities. Special emphasis will be placed on job readiness skills in the following employment areas: clerical, retail, food, and grocery.

## BUILD IT!

*Tuesdays*



This series is designed to help clients develop and maintain self-esteem in an effort to support their psychological well-being. Clients will explore their individuality, emotional and thought awareness, body image, and acceptance of self.



## EXPRESS IT!

*fridays*

This series is designed to afford clients the opportunity to express their creativity through meaningful mechanisms of their choosing. Clients can engage in art, music, dance, or dramatic performances.