

Arc's Summer Program

The Arc of Woodbury County facilitates a summer learning program for residents with intellectual disabilities and are developmentally disordered (ID/D). The program has been in operation for more than thirty years and is the only one of its kind in Western Iowa.

Participants are provided a safe learning environment that ensures maintenance and enhancement of learning and social skills acquired during the academic year. Additional programs in healthy living, life skills, and community awareness build on the quality of the program.

BACKGROUND INFORMATION:

- **Educational programs and training** meet the STANDARDS proposed by the National Summer Learning Association (NSLA).
- **Program staff are certified and/or trained:**
 - Lead teachers are certified
 - S/P class utilizes a certified nurse as lead teacher
 - Staff are CPR trained and two have advanced CPR training
 - Three teachers are MANDT certified and all teachers receive MANDT in-service
- **A Life Skills Curriculum:**
 - Teaches daily living, self-determination, and interpersonal skills,
 - Integrates socialization and academics,
 - Stresses behavior and social skills development,
 - Maintains routines and structure,
 - Provides a student/staff ratio determined by the need of the students,
 - Provides activities that are individualized,
 - Provides leisure time activities that are embedded throughout the curriculum.

SERVICES:

The ID/D population should have options to attend quality summer programs that provide increased learning time:

- which correlates with increased learning of skills that are taught in the Life Skills Curriculum,
- provides non-cognitive activities,
- decreases student regression,
- reduces recoupment time, and,
- supports the need for quality care and learning while parents or guardians maintain their jobs.

CHANGE CONSIDERATIONS:

Sioux River Regional MHDS serves Plymouth, Sioux, and Woodbury Counties. All three counties receive mental health dollars from the Sioux River MHDS to serve the ID/D population. It would be comparatively advantageous to expand the Woodbury County Summer Program to include eligible residents of Plymouth and Sioux Counties in 2017.



The Arc of Woodbury County - Sioux City, Iowa

PROGRAM IMPACT -2016

Data has been collected for three years on students attending the Arc's summer program. Findings shared in this report have been taken from the 2016 summer program. Previous year findings were very similar.

OUTCOMES/INDICATORS MEASURED:

Outcome 1: Clients will improve life management skills, such as anger, stress management and coping skills.

Outcome 2: Clients will improve relationships with family and/or friends.

Outcome 3: Clients will maintain or improve social skills by demonstrating the ability to appropriately acknowledge and react to people.

Outcome 4: Clients will maintain or improve social skills by demonstrating the ability to follow instructions and not interrupt.

Outcome 5: Clients will maintain or improve how they physically interact with others.

RESULTS:

Outcome	Number of students	Pre-data	Post data
#1	67	73%	81%
#2	73	69%	78%
#3	62	67%	83%
#4	73	72%	88%
#5	68	60%	79%

ADDITIONAL DATA:

Students not enrolled in a quality summer program tend to experience a summer lag. Findings from various resources indicate that students enrolled in a quality summer program tend not to experience this summer lag. This is especially true for students who live in poverty or low-income homes. Some data has been collected from teachers for students returning to school in the fall; some students have been in the summer program and other students have not.

TEACHERS REPORT

1. Students who were enrolled in the summer program respond quickly to routines and structure.
2. Students who were enrolled in the summer program show little regression and recoup to their spring levels very quickly.

Further, research indicates that there is a significant correlation of not dropping out of school if the student is engaged in quality summer programs.