Supporting Independence and Self-Management Skills in High School Students With ASD

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What is CSESA?
- CSESA is a research and development project that focuses on developing, adapting, and studying a comprehensive school- and community-based education program for high school students on the autism spectrum. One component, PRISM, focuses on supporting student independence and adaptive behavior.
- PRISM stands for Promoting Responsibility, Independence, and Self-Management
- PRISM encourages school teams to consider the needs of students beyond academic success and supports teams in implementing interventions that promote responsibility, independence, community engagement, and self-management—skills that will benefit ALL students with ASD as they move into varied settings after high school.

Why focus on Independence?
When young adults with ASD leave the public school system - “nearly 80% still live at home, almost half have no jobs or postsecondary training, 40% never have contact with friends, 17% never feel hopeful about the future, 21% never engage in outside activities, and many experience a decrease in insurance coverage and therapy services” (Shattuck, 2010).

Same perspective from a family member: “These students finish college and then go and sit on the couch...”

What is PRISM?
- PRISM is a process that helps school staff in selecting goals and interventions to support optimal outcomes for our students.

PRISM Process
- Team members, including parents, teacher, and student complete Secondary School Success Checklist
  - Responsibility and Independence, Community Engagement, and Self-Management
  - Guides team in selecting three goals & identifying 1 priority goal

Strategies for Levi & Other Students

How to Implement?
- Team member works with student on priority goal 30 minutes per week
- Access resources to learn EBPs
- Visit http://csesa.fpg.unc.edu/ebp-briefs
- AIM Modules http://www.autismininternetmodules.org

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