

# **Life Skills Transition Program for Persons with Mental Health Issues**

Age Requirements

No Age Requirement

Available 24/7

No

Other Eligibility Criteria

Serves all ages and all disability groups who have difficulties with communication

Family

No

Intake Contact Email

AdmissionsWLInfo@wwrc.virginia.gov

Intake Process

Agency/professional referral

Report Problems

Call the Agency

Wilson Workforce and Rehabilitation Center

<http://wwrc.virginia.gov/>

Main

(540) 332-7065

Toll-Free

(800) 345-9972

TTY/TTD

(800) 811-7893

243 Woodrow Wilson Avenue

22939 VA

United States

Fee Structure

Call for Information

Payment Method(s)

Private Pay

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Private Insurance

Languages Spoken

English

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Sign Language

Life Skills Transition Program (LSTP) is a nine week introductory program divided into three week modules. Clients participate in classes designed to provide a foundation of soft skills as part of their transition to employment and independence. Goals include an introductory exposure to skills that support a client's ability to:

- Seek and secure employment
- Heighten awareness of personal interactions that may impact employment
- Expand and enhance interpersonal, personal management, and practical living skills that increase potential for living more independently

On and off-campus activities provide an introduction to skills development across these four areas:

- Employment Skills - Work behaviors, attitudes and habits, job seeking skills, customer service, effective communication and vocational exploration
- Interpersonal Skills - Disability awareness, self-advocacy, interpersonal communication, initiative/dependability, anger management, conflict resolution, social skills, and self-confidence
- Personal Management Skills - Money management, time management, route finding and information seeking, personal health care, chronic disease self-management, healthy relationships, leisure education, and driver's preparation
- Practical Living Skills - Clothing care, hygiene and personal appearance, and the fundamentals of health and nutrition

Service Area(s)

Statewide