Fraser Career Planning and Employment offers a variety of services for teens and adults who have a disability or are neurodiverse. Our services are designed for individuals that need support with employment and post-secondary education options.

Fraser is an Employment First (E1MN) program that is contracted by the State of MN Departments of Vocational Rehabilitation Services (General and Pre-Employment Transition Services) and Department of Human Services for Waiver Employment Services. Fraser also accepts individuals that refer themselves as private pay.

For more information:
- Disability Hub https://disabilityhubmn.org/
- State of MN Department of Vocational Rehabilitation Services https://mn.gov/deed/job-seekers/disabilities/

Fraser Career Planning & Employment is a CARF®-accredited service that has exhibited demonstration of accountability and conformance to internationally accepted standards that promote excellence in your service provision carf.org

**ENGAGE * PLAN * FIND * KEEP**

Several programmatic factors that creates an ineligibility for services:
- Recipient of Fraser County Case Management
- Service provision for employees of Fraser
- Fraser Career Planning and Employment is not a Customized Employment (CE)
- Not an Extended Services (ES) provider
- Fraser will not act as a financial pass through for employers to retain talent. Work experience option is an employer only paid experiences.

**INFORMATION:** communityservices@fraser.org

**REFERRALS:** careerplanning@fraser.org
MEET & GREET

Meet with a career coach to take your interests from curious to in-the-know and find out how Fraser can help with planning for your next opportunity. Ask questions and learn about support options to make your next decision.

- Tuesdays | 2:00 pm – 2:30 pm | ZOOM
- Join Zoom Meeting:
  - https://zoom.us/j/98162569672?pwd=bGtQYzNXZlNGS1ptZnJYeGVDMW5sZz09 | Meeting ID: 981 6256 9672 | Passcode: 807916

Transition Diagnostic Assessment (TDA)

TDA is a comprehensive review of an individual's mental health and history by a licensed Fraser clinician. This assessment combines the clinical Diagnostic Assessment with an individual-centered Transition to Adulthood Plan. Also included are two assessment tools (the GAD-7 to assess for anxiety, the PHQ9 to assess for depression).

The TDA will also facilitate a conversation with individuals and their families about their goals in these areas:
- Mental health
- Social wellbeing
- Physical health
- Education
- Career and Employment
- Financial/Legal
- Housing
- Independent Living Skills

At the end of the assessment, the individual will receive a detailed transition plan that maps out prioritized goals, personal support system, and identifies areas of need/growth. If appropriate, we will also provide referrals to mental health and community resources.
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INTAKE

Intake or Pre-Employment Transition Services First Meeting

This team meeting uses a strength-based approach that identifies your resources, support team and an action plan to create your individualized support plan.

- We will introduce Fraser services, guidelines and seek your authorization on intake documentation.
- From there, we will set our first meeting and work on your plan.
- If you need any accommodations, please request at the time of setting the intake meeting.

Billing Codes: [Insert PRE-ETS service code] First Meeting (1+.5) OR 1018 Intake (1) for VRS-General or Private Pay

Intake—Profile

This process creates a person-centered passport into understanding where you are at and where you want to go. This helps us understand and examine your gifts, strengths, attributes, support needs and other aspects as a reflection of your person as a whole. It’s great for brainstorming and creating an action plan with suggested community resources.

Billing Codes: 1020 Profile (Flat Rate) for VRS-General or Private Pay

LEARNING SERIES

eTRAC Learning Series

Helps prepare you in a measurable, structured and game-like way while simultaneously reinforcing general computer skills, social skills, and building self-confidence. A Fraser employment specialist will guide you through the electronic curriculum to explore skills necessary for employment.

Core Areas of Learning: Exploring a Career | Filling out paperwork | Starting your job search | Interviewing for a job | Evaluating & Accepting an offer | Keeping a Job

- Pre-requisite: Intake or Pre-ETS First Meeting
- Eligibility: 16+ years old
- Instruction: 1:1 Individual

Billing Codes: 1048 Pre-ETS Workplace Readiness Training (TBD) OR 1023 VRS-G Job Seeking Skills Training (TBD)
Start With Me-Social Readiness Learning Series

Discover how to represent yourself to professionals using language they expect to hear. Learn to decode the social complexities of work and higher education and discover how you can contribute to our community.

- Pre-requisite: Intake or Pre-ETS First Meeting
- Instruction: Small Group Maximum 12 | Minimum 4 OR 1:1 Individual is available
- Pick a Series: Plan to attend all sessions in a series; then pick another series to create a learning path

### ALL ABOUT ME SERIES

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td>February 7, 2022</td>
<td>3:30 pm – 4:30 pm</td>
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<tr>
<td>February 14, 2022</td>
<td>3:30 pm – 4:30 pm</td>
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<tr>
<td>February 21, 2022</td>
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<td>February 28, 2022</td>
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<td>June 6, 2022</td>
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<td>June 13, 2022</td>
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<td>June 20, 2022</td>
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<td>June 27, 2022</td>
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### HIDDEN STRENGTHS SERIES

<table>
<thead>
<tr>
<th>Date</th>
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<tbody>
<tr>
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<td>March 28, 2022</td>
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<td>July 11, 2022</td>
<td>3:30 pm – 4:30 pm</td>
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<tr>
<td>July 18, 2022</td>
<td>3:30 pm – 4:30 pm</td>
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<tr>
<td>July 25, 2022</td>
<td>3:30 pm – 4:30 pm</td>
</tr>
<tr>
<td>August 1, 2022</td>
<td>3:30 pm – 4:30 pm</td>
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### BODY LANGUAGE SERIES

<table>
<thead>
<tr>
<th>Date</th>
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<tbody>
<tr>
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<tr>
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<tr>
<td>April 18, 2022</td>
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<td>April 25, 2022</td>
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<td>August 8, 2022</td>
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<tr>
<td>August 15, 2022</td>
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<td>August 22, 2022</td>
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<td>August 29, 2022</td>
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### SELF-CARE SERIES

<table>
<thead>
<tr>
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<tbody>
<tr>
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<td>May 9, 2022</td>
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<tr>
<td>May 16, 2022</td>
<td>3:30 pm – 4:30 pm</td>
</tr>
<tr>
<td>May 23, 2022</td>
<td>3:30 pm – 4:30 pm</td>
</tr>
<tr>
<td>Healthy Eating</td>
<td>Important to and for you Life Balance Leisure and Fun Mindfulness/Breathing Meditation</td>
</tr>
</tbody>
</table>

Billing Codes: 1049 Pre-ETS Instruction in Self-Advocacy (4+2) OR 1026 Post-Secondary Education Counseling - General Services & Private Pay (4)
EDUCATIONAL SUPPORT

Virtual Student Mentor

We have a team of mentors that are ready to inspire, coach, and at times, direct your momentum to ensure you are doing your best to graduate high school, build readiness skills and maintain healthy perspectives. We aim to increase independent living and self-advocacy skills with demonstration of productivity skills and attitudes. This service is not academic tutoring and we can help you access the support you need. We will provide routine, structure and nurturing guidance along with regularly scheduled virtual meetings conducted via professional ZOOM

- Pre-requisite: Intake or Pre-ETS First Meeting
- Eligibility: 14+ years old
- Instruction: 1:1 Individual

Billing Codes: 1047 Pre-ETS Post-Secondary Education Counseling (X+.5)

Post-Secondary Navigation

Do you have a desire to attend a post-secondary education program yet you are unsure about a path and how to make it all happen? Fraser has several staff that specialize in higher education planning and coaching including financial aid and processes. We can help you transition out of high school and into a gap year(s) or into a planned educational path.

- Path Identification – examining your interests and options to pair them together to create a path
- Enrollment – application, orientation, applying for financial aid and creating a support plan for your chosen courses.
- Coaching for Active Enrollment – supporting your executive functional skills with organization, time management and other areas; making healthy choices; engaging in social opportunities; and altering plans as necessary.

- Pre-requisite: Intake or Pre-ETS First Meeting
- Eligibility: 17+ years old
- Instruction: 1:1 Individual

Billing Codes: 1047 Pre-ETS Post-Secondary Education Counseling (X+.5) OR 1026 Post-Secondary Education Counseling-General & Private Pay (X)

PS Readiness Learning Series

If higher education is the next step for you on the road to independence and employment, these learning opportunities are a must to ensure you have the skills you need to be successful. This learning series provides social insights, tailored executive functioning supports for mastery of problem-solving skills and the tools you need for proactive self-advocacy along with skill demonstration.

- Pre-requisite: Intake or Pre-ETS First Meeting
- Eligibility: 17+ years old
- Instruction: Small Group Maximum 12 | Minimum 4 OR 1:1 Individual

continued...
### EDUCATIONAL SUPPORT (CONTINUED...)

#### ALL ABOUT ME

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td>Adjectives</td>
<td>February 1, 2022</td>
<td>3:30 pm – 5:00 pm</td>
</tr>
<tr>
<td>Accommodations</td>
<td>February 8, 2022</td>
<td>3:30 pm – 5:00 pm</td>
</tr>
<tr>
<td>Affirmation Statements</td>
<td>February 15, 2022</td>
<td>3:30 pm – 5:00 pm</td>
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<tr>
<td>Demonstration</td>
<td>February 22, 2022</td>
<td>3:30 pm – 5:00 pm</td>
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Billing Codes: 1049 Pre-ETS Instruction in Self-Advocacy (6+3) OR 1026 Post-Secondary Education Counseling-General & Private Pay (6)

#### LEARNING STRATEGIES

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Memory</td>
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</tr>
<tr>
<td>Time Management</td>
<td>March 15, 2022</td>
<td>3:30 pm – 5:00 pm</td>
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<tr>
<td>Taking Notes</td>
<td>March 22, 2022</td>
<td>3:30 pm – 5:00 pm</td>
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<tr>
<td>Team Work</td>
<td>March 29, 2022</td>
<td>3:30 pm – 5:00 pm</td>
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</tbody>
</table>

Billing Codes: 1047 Pre-ETS Post-Secondary Education Counseling (6+3) OR 1026 Post-Secondary Education Counseling-General & Private Pay (6)

April 2022 = Break

#### ALL ABOARD

<table>
<thead>
<tr>
<th>Event</th>
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<th>Time</th>
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<tbody>
<tr>
<td>Diff between HS and College</td>
<td>May 3, 2022</td>
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<tr>
<td>SMART Goals</td>
<td>May 10, 2022</td>
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<td>“Just Do It”</td>
<td>May 17, 2022</td>
<td>3:30 pm – 5:00 pm</td>
</tr>
<tr>
<td>Personal Safety</td>
<td>May 24, 2022</td>
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<tr>
<td>Transportation</td>
<td>May 20, 2022</td>
<td>3:30 pm – 5:00 pm</td>
</tr>
<tr>
<td>Safety Demo/Police</td>
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Billing Codes: 1049 Pre-ETS Instruction in Self-Advocacy (6+3) OR 1026 Post-Secondary Education Counseling-General & Private Pay (6)

#### TIPS AND TRICKS

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td>Organization</td>
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<tr>
<td>Communication, email, campus exploration</td>
<td>July 19, 2022</td>
<td>2:30 pm – 4:00 pm</td>
</tr>
<tr>
<td>Online and on campus resources</td>
<td>July 26, 2022</td>
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<tr>
<td>Healthy Lifestyles</td>
<td>August 2, 2022</td>
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</table>

Billing Codes: 1047 Pre-ETS Post-Secondary Education Counsel (3+1.5) OR 1026 Post-Secondary Education Counseling-General & Private Pay (3)

#### LIVING ON CAMPUS

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td>What to Pack</td>
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</tr>
<tr>
<td>What to Expect</td>
<td>July 28, 2022</td>
<td>2:30 pm – 3:30 pm</td>
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<tr>
<td>Room/Social Etiquette (Unwritten Social Rules)</td>
<td>July 29, 2022</td>
<td>2:30 pm – 3:30 pm</td>
</tr>
<tr>
<td>Campus Living Student panel</td>
<td>August 2, 2022</td>
<td>2:30 pm – 3:30 pm</td>
</tr>
</tbody>
</table>

Billing Codes: 1047 Pre-ETS Post-Secondary Education Counsel (4+2) OR 1026 Post-Secondary Education Counseling-General & Private Pay (4)

### COLLEGE PREP BOOTCAMP

Each student signs up for a day and timeslot to meet individually with a Fraser staff.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>Tuesday</td>
<td>August 2, 2022</td>
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<tr>
<td>Wednesday</td>
<td>August 3, 2022</td>
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<tr>
<td>Thursday</td>
<td>August 4, 2022</td>
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</table>

We will cover each of the primary topics to ensure that each student is refreshed and ready to be put their plan into action for Fall Semester.

Billing Codes: 1047 Pre-ETS Post-Secondary Education Counsel (4+2) OR 1026 Post-Secondary Education Counseling-General & Private Pay (4)
SELF-ADVOCACY

Social Coaching (Personal Adjustment Training)

The ability to exchange meaningful messages through your body language, gestures, spoken word or written is at the heart of communication and relationships with others. Understanding your personal style and expectations of others, and then developing communication strategies that create meaningful exchanges can increase your ability to make positive and lasting impressions. Social coaching enhances your ability to navigate social situations and allows you to improve your ability to secure and retain employment, create meaningful connections, and contribute to your community.

- Pre-requisite: Intake or Pre-ETS First Meeting
- Eligibility: 14+ years old
- Instruction: 1:1 Individual and 1:1 Small Group community based options may be available

Billing Codes: 1036 Social Coaching (Personal Adjustment Training) (X Hours) – VRS General Only

JOB EXPLORATION

Consultation and Support for Small Business

Explore owning your own business and receive individualized support to develop a business plan and launch your dream.

**Business Plan Development**
- Completion of detailed industry analysis to understand how the environment will affect your business.
- Development of business goals and objectives, operational plan, sales forecast, cash-flow projections and break-even analysis.
- Determination of marketing plan, product and service pricing and start-up needs and costs.
- Identification of supports needed for business operation.

**Consultation for Small Business**
- Tailored to individual needs.
- Support in learning business management software, including office suites like Quick Books, etc.
- Identification of business related classes and support organizations for natural supports.
- Assistance in developing a marketing timeline, business contracts and forms, and tools needed for general business operations and management.
- Assessment and stabilization of current business.

- Pre-requisite: Intake
- Eligibility: 18+ years old
- Instruction: 1:1 Individual

_Fraser does not offer legal advice and will provide referrals to qualified agencies to offer that licensed service._

Billing Codes: 1027 Consultation to Small Business – VRS-General Only
This service is funded through State Vocational Rehabilitation Services (VRS) which requires a Prior-Approval to refer for services
Navigating Driving

Drivers Permit/License Preparation and Training as an Accommodation
Learn and understand the social rules along with state rules. Learn the rules of the road to build awareness, safety skills, social skills and ultimately driving skills.

Fraser staff offers individualized instruction tailored to the need. Instruction will rely on practice and repetition, using electronic practice modules, preparation and scripting, along with teaching concepts with social nuances to prepare the MN skills test.

- This service does not replace or qualify for the required 40 hours of in class training required for a State of MN Driver’s Permit
- Pre-requisite: Intake
- Eligibility: 18+ years old
- Instruction: 1:1 Individual only

Billing Codes: 1055 Drivers Permit/License Preparation and Training as an Accommodation (X Hours x $75.) – VRS-GENERAL ONLY
Job Search Survival Series

Discover your survival skills along with strategies to navigate entry into the workforce with a smoother transition. Your increased self-awareness will benefit you in generating a positive memorable impression that can land you a job offer.

- Pre-requisite: Intake or Pre-ETS First Meeting
- Eligibility: 15+ years old
- Instruction: Small Group – Maximum 12 | Minimum 4 OR 1:1 Individual

<table>
<thead>
<tr>
<th>ALL ABOUT ME</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Wednesday</th>
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<tbody>
<tr>
<td>March 2, 2022</td>
<td>March 3, 2022</td>
<td>March 9, 2022</td>
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- Adjectives
- Accommodations
- Affirmation Statements
- Demonstration

Billing Codes: 1049 Pre-ETS Instruction in Self-Advocacy (6+3) OR 1026 Post-Secondary Education Counseling-General & Private Pay (6)

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<thead>
<tr>
<th>TOOLBOX</th>
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- Job Applications
- Resume
- References
- Cover Letter/Email

Billing Codes: 1048 Pre-ETS Workplace Readiness Training – JSST (6+3) OR 1023 Job Seeking Skills Training (6)

<table>
<thead>
<tr>
<th>INTERVIEW PREP</th>
<th>Tuesday</th>
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<td>March 31, 2022</td>
<td>April 6, 2022</td>
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- Best Impressions
- Telephone & Zoom
- Key Interview Questions
- Follow Up and Mock Interview

Billing Codes: 1048 Pre-ETS Workplace Readiness Training – JSST (6+3) OR 1023 Job Seeking Skills Training (6)

<table>
<thead>
<tr>
<th>JOB SEARCH</th>
<th>Wednesday</th>
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<tbody>
<tr>
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<td>April 14, 2022</td>
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- Search Engines
- Networking
- LinkedIn & Social Media
- Self-Guided Work Time

Billing Codes: 1048 Pre-ETS Workplace Readiness Training – JSST (6+3) OR 1023 Job Seeking Skills Training (6)

<table>
<thead>
<tr>
<th>ON BOARDING</th>
<th>Wednesday</th>
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<th>Wednesday</th>
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<tr>
<td>April 27, 2022</td>
<td>April 28, 2022</td>
<td>May 4, 2022</td>
<td>May 5, 2022</td>
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<td>3:30 pm – 5:00 pm</td>
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</tbody>
</table>

- Job Offers – Accept, Negotiate and Decline
- On Boarding Expectations
- Orientation Best Practices
- Disclosure/Job Coaching

Billing Codes: 1048 Pre-ETS Workplace Readiness Training – JSST (6+3) OR 1023 Job Seeking Skills Training (6)
Mantras

Focus your attention on learning a wellness lesson along with various techniques to ground yourself. We use this time to focus on releasing stressors and seeing the positive in what lies ahead. Increase self-awareness, learn techniques, enhance communication skills and develop a routine to better manage the demands of transition into work and/or college.

- Identifying red buttons and using grounding with breathing techniques
- Life balance – Wellness wheel with stretches and shoulder shrugs
- Motivators with video yoga for stress reduction
- Favorite food and place with visualization
- Power of food and our moods with meditation video
- Balance of fun and work with journaling
- Sleep strategies with positive affirmations
- Who am I with self-affirmations profile

• Pre-requisite: Intake or Pre-ETS First Meeting
• Instruction: 1:1 Individual and Small Group options are available

Billing Codes: 1048 Pre-ETS Workplace Readiness Training – JSST (8+4) OR 1023 Job Seeking Skills Training (8)

EXplore with EXperts (2EX)

Informational Interviews

Have you ever wanted to explore a career field of interest to help you decide if that’s what you want? These are opportunities to meet with an Expert in their field to learn the insider’s point of view, increase your networking power and make informed decisions about the direction of your path. Fraser staff facilitate a meaningful conversation and ask guided questions. Experts often share a video or visuals to share their industry area.

WORK BASED LEARNING TOPICS COMMONLY AVAILABLE:

- Children: Child care; Home child sitting services; Before and After School Programs; Child care educational teachers
- Computers: dismantling; repair; programming; data analysis; sales; Cyber Security
- Marketing; graphic design; animation design
- Engineering: 3D design; CAD/Solidworks; electrical; mechanical; aerospace
- Entry level positions: grocery; bakery; deli; retail sales
- Food Service: cake decorating
- Financial: mortgage; financial advising; accounting; banking
- Other areas of interest can be examined and designed specifically with the job seeker in mind

• Pre-requisite: Intake* or Pre-ETS First Meeting*
• *Option: “One and Done” = 1 informational interview only $30. (no intake required) – if additional services are requested, an intake will be initiated
• Eligibility: 14+ years old
• Instruction: 1:1 Individual and Small Group options

Billing Codes: 1048 Pre-ETS Work Based Learning–Intro Work Activities–Informational Interviews (1.5+0.5) OR 1037 Informational Interviews (1.5)
WORK EXPERIENCE: Work-Based Learning

Employment – Placement

Are you ready to contribute your skills and talents in exchange for a paycheck from an employer? A career counselor will walk you through the steps to find a job match and support you to meet the employer’s expectations.

What to Expect

- Set realistic achievable job goals; Demonstrate ability to actively participate in your job search with supports
- Help with resume, cover letter and thank you notes, review applications
- Interview preparation and self-representation skills; Awareness regarding accommodations
- Placement Services
- Guidance to target available jobs, networking, contacting employers to develop or identify job opportunities
- Assistance to learn about job duties, personnel benefits, rate of pay and employment policies and practices
- Provide routine on-site or off-site job analysis, consultation and recommendations for work site and job modifications
- Assist employers with employee accommodations
- Maintain communication and coordination with community agencies and resources to increase opportunities

- Pre-requisite: 1018 Intake | 1059 Pre-ETS Intake | OR PBA/E1MN Placement Plan Meeting
- Eligibility: 16+ years old Instruction: 1:1 Individual

Billing Options: 1058 Work Experience Services – VRS-GENERAL (X)  
1059 Work Experience Services – VRS Pre-ETS (X+.5)  
1041 PBA and 1045 E1MN PBA Placement Plan (Milestone Markers)

Job Coaching For Short-Term Employment Support

Employment retention supports vary according to needs. Coaching may include assisting with learning job tasks, understanding job culture, social nuances, industry practices and work behaviors. It may include communication with supervisor to ensure you are meeting the standard. What are some ways you want to grow? Fraser staff are available to meet you on the job site to navigate communication and training with the employer. They are also available for remote access to discuss a learning moment and reinforce positive messages from your employer.

Billing Options: 1059 Pre-ETS Work Experience – Services OR 1032 Job Coaching for Short-Term Job Supports (Employment Supports)
WORKPLACE LEARNING CONTINUED...

Job Coach for Long Term Employment Support

- Fraser is a 245D Waiver Employment Supports provider offering employment skills, support and coaching for long term coaching needs.
- Please invite us to your team meeting to discuss what supports you need and collaborate with the case managers of the E1MN plan.
- Note: Fraser is not a contracted Extended Employment Provider for State Voc Rehab Services

Introductory Work Activities

Informational Interviews with mentors, professionals and experienced workers in many areas of employment.
Pre-ETS Categories such as Career Mentorship Experience, Job Shadows, Service Learning and Workplace Tour

Work Experience – Services

Learning on the job will teach you what is acceptable and not acceptable ways to conduct yourself. We help you find and keep a job where the employers pays the wages and on boards you.
- Work with the student and team to identify where you would like to work
- Identifying employers who offer a good match
- Application and introduction support
- Onboarding and orientation support to understand expectations, schedules, transportation and dress guidelines.
- Follow up/check in supports for student and employer

If work-based learning coaching is identified as necessary for success, Fraser would consult with your VRS counselor to negotiate a support plan with you.

EXCLUSION: Fraser does not offer wage pass through services for services conducted by an employer that is not Fraser.
Individual, Family and Group Mental Health Therapy
Fraser has individual, family and group therapy. During sessions, adults focus on coping with feelings and mental health symptoms and learn to change their behavior patterns.

Adult Rehabilitative Mental Health Services (ARMHS)
Adult Rehabilitative Mental Health Services are for adults with mental health issues and developmental disabilities. ARMHS focuses on managing mental health symptoms so individuals can continue to be successful in their homes and communities. The program can help people build or practice skills that have been lost or diminished due to mental illness.

Autism Assessment and Testing
Our process for diagnosing autism spectrum disorder has been refined through more than two decades of experience. We draw from a broad knowledge base in education, rehabilitation, social work, mental health and neuropsychology. Following an evaluation, a clinician will review the results with you. We also provide a report that summarizes our findings. If you receive a diagnosis, we make recommendations for services and treatment options.

Mental Health Assessment and Testing
We tailor our mental health diagnostic evaluations and assessments to each individual. A Fraser clinician meets with you and your loved one to ask questions, observe behavior, review medical information and conduct testing. After the evaluation, you receive a report with our findings. We may make a diagnosis, identify treatment options and make recommendations for services.

Transitions Day Treatment
An intensive group therapy that focuses on mental health and helps individuals with autism develop needed skills. The group is for people ages 18 to 21 years old.

Waiver Case Management
Uses waiver funding to helps individuals navigate the complex social service system.

Individual, Family and Group Autism Therapy
Focus on social-emotional regulation and learning to better understand and cope with an autism diagnosis.

Neuropsychology
If you receive a diagnosis, Fraser neuropsychologists create intervention plans that center around your strengths. They may also refer you to therapy providers, doctors and other educational and community resources that can strengthen your social and emotional skills.

Dialectical Behavior Therapy
Improves emotional regulation skills through intensive therapy.

Permanency and Adoptive Family Support
Fraser therapists can help families dealing with issues of trauma, attachment development, grief and loss, and separation.

Home and Community Supports (Personal Support; In-Home Family Support; Respite Care)
In-home Family Support increases and maintains a person’s physical, intellectual, emotional and social functioning. Respite Care is an in-home service that provides short-term relief for the primary caregivers of people with disabilities.

Trauma-Focused Cognitive Behavioral Therapy
Teaches coping strategies that improve behavior, well-being and the family dynamic, for individuals ages up to 18 years of age, who have experienced trauma.

Behavioral Health Home
- Comprehensive care management
- Care coordination
- Health promotion and wellness
- Comprehensive transitional care
- Patient and family support
- Referral to community and social support services
Fraser OnTRAC (Transition Readiness and Connections)

Helps you create an individualized path to independence. We help map a Transition to Adulthood Plan and bring together a collaborative team, community experts, and resources to help achieve goals.

These supports and services are available:

- **Social Wellbeing:** Developing social and psychological wellbeing through social skills development and improved psychological health; including self-awareness, self-determination, friendships, hobbies, and interests
- **Career and Employment:** Exploring employment interests and career goals, assessing and developing job skills, finding and maintaining employment, and ensuring employment satisfaction
- **Physical Health:** Learning about nutrition, dental health, exercise, sleep, medical regimes, speech and language, substance use, sensory needs, and personal safety
- **Mental Health:** Improving psychological, behavioral and emotional wellbeing; managing how we think, feel and behave; and assessing motivation
- **Education:** Examining and pursuing education to achieve career goals and support personal growth
- **Housing:** Assessing housing options, community access, transportation, and home adaptations or modifications
- **Independent Living Skills:** Developing skills to set goals and gain personal responsibility
- **Financial/Legal:** Learning about legal rights and financial management to set goals for personal success and happiness

- Eligibility: 14–26 years old
- For more information or to get started, e-mail OnTRAC@fraser.org or call 612.767.7222