

Southampton Fresh Air Home
36 Barkers Island Rd
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USA



Home Away from Home Program



www.sfah.org



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Background of the Program

Home Away from Home Program

Transitioning into adulthood is daunting. Changes within expectations, lifestyle, and interpersonal connections are difficult for people to conceptualize, navigate, and accomplish. Having a physical disability adds an extra mountain of obstacles that young adults must also overcome.

The Home Away from Home (HAFH) program was born out of my own experiences, growing up as a full-time wheelchair user with endless aspirations. The goal of the HAFH program is to give young adults the community, support, and life-skills that they need as they transition into adulthood.

-Kiara Esteves, Camp Coordinator at Southampton Fresh Air Home

Elements encompassing the Home Away from Home Programs:

- Public Transportation Mentoring
- HAFH Overnight Weekends - Life Skill Labs sessions for young adults
- 'After Campfire' Podcast
- Campers Give Back

How does the HAFH grow with each person?

Multi-Level System

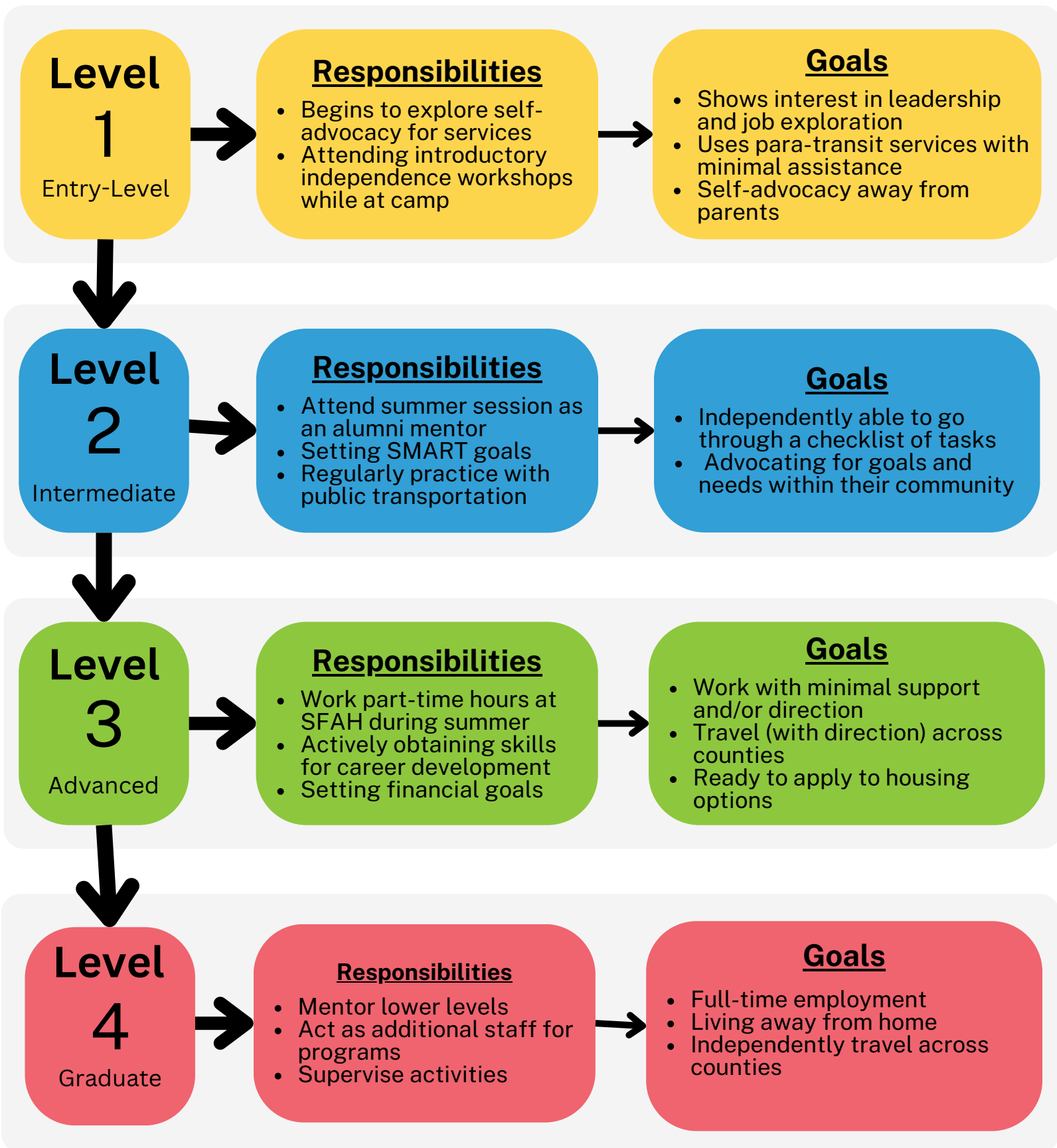
Every person who attends the Southampton Fresh Air Home is totally different. They each have a different set of goals and experiences that sets them apart from each other. It isn't always the case where someone at 18 has more life experience than someone at 16.

Each person who's part of the HAFH program is assigned to a level. Participants are assigned based on:

- age
- life experience
- future aspirations
- job readiness



How are the Levels defined?



Levels Explained

Level 1: Younger Campers



At **Level 1**, campers in our summer program participate in workshops that introduce independent living concepts through hands-on learning with a mentor.



Goals for Level 1

- Registers for para-transit services within county (Access-A-Ride, Able Ride, SCAT)
- Self-advocate ability around family/friends
- Has gone shopping with family member or friend
- Acquires an active interest in working in the future
- Learns basic awareness of independently living obstacles (care management, housing options, costs, etc.)

Level 2: Older Campers



At **Level 2**, campers beginning to transition into adulthood participate in off-season programs that introduce independent living in real-world environments alongside their mentor.



Goals for Level 2

- Will be able to travel & reserve trips on para-transit services within county independently (Access-A-Ride, Able Ride, SCAT)
- Learns a basic ability to engage with service workers without prompting (restaurant, store, etc.)
- Ability to purchase things from a list at a store independently
- Creates a resume with at least one example of previous experience and has a non-familial job reference
- Identifies realistic goals within independent living with a timeline in place

Levels Explained

Level 3: Young Adult Alumni



At **Level 3**, alumni who have recently aged out of the summer program participate in off-season programs and act as alumni mentors during selected summer sessions.



Goals for Level 3

- Ability to cross county lines using multiple para-transit services
- Uses public transportation with minimal guidance/support
- Does not rely on family/friends for self-advocacy in public setting
- Ability to form a budget and create a shopping list of items needed
- Has basic cooking and home-maintenance knowledge and practice
- Is currently enrolled in a post-secondary/vocational program aligned with personal goals
- Has a defined plan for independent living goals and with solutions for obstacles.

Level 4: Adult Alumni



At **Level 4**, adults who have spent some time away from SFAH, looking to develop their advocacy skills to reach the final level of living independently.



Goals for Level 4

- Has full capability of crossing multiple county lines on para-transit services (included reservation times and locations)
- Independently and promptly travels on at least two different forms public transportation
- Has independently and regularly formed a budget of expenses and can shop independently for all needs
- Has a collection of regular recipes on a rotation.
- Can live independently without guidance/support and regularly maintains living space.

How does the HAFH grow with each person?

Activities for all Levels

Below is a list of topics that can be covered by all participants in the program, categorized by type:

ADULTING

- Grocery Shopping
- Clothes Shopping
- Washing/Drying Dishes
- Sewing Skills
- Setting a Table
- Storing Important Documents
- Getting a passport
- Sending postal mail
- Understanding insurance
- Schedule an appointment
- How to Vote
- Social Security Number
- Booking a flight/train
- Booking a hotel
- Troubleshoot internet
- Basic First Aid

DISABILITY MANAGEMENT

- Maintaining Chair Repairs
- Ordering Medical Supply

FINANCIAL RESPONSIBILITY

- Paying bills
- Utilizing bank account
- Writing a check
- Budgeting
- Comparing prices
- Using an ATM

EMERGENCY PLANNING

- Emergency Preparations
- Emergency Kit & To-Go Bag
- Calling 911
- Accident Procedures
- Interacting with police

INTERPERSONAL

- Conflict Resolution
- Utilizing the calendar
- Writing a Thank-You letter
- Sending Invitations
- Hosting a party

PERSONAL DEVELOPMENT

- "What Would You Do?"
- Tipping service providers
- Habit forming skills
- Productive goal setting
- Personal Hygiene
- Packing a suitcase
- Trustworthy resources
- Reading a map
- Situational Awareness
- Asking for help
- Self Defense
- Legal Rights

SOCIALIZATION

- Using Standard Software
- Mock-Phone Calls
- Finding a repair service
- Contacting customer service
- Calling a business
- Reporting to police
- Making small talk
- Introducing yourself
- Small group etiquette
- Dinner party etiquette
- Sincere apology
- Accepting Criticism
- Giving a presentation
- Managing emotions

HOME MANAGEMENT

- Cleaning
- Vacuuming/Dusting
- Cleaning the floor
- Cleaning appliances
- Unclogging the toilet/drain
- Using a hammer/screwdriver
- Changing Batteries

FOOD/COOKING

- Cooking
- Meal Planning
- Peeling vegetables
- Cutting fruit
- Operating an oven
- Kitchen Safety
- Operating the stove top
- Food expiration dates

Programs within Home Away from Home

Summer Leadership Program

Purpose: Participants of all levels build leadership and job-readiness skills while still enjoying the fun and community of SFAH. They take on structured work roles part of the day and join traditional camp activities the rest. Responsibilities and time commitments are tailored to each participant's HAFH level.

Goals:

- Foster leadership through mentorship and hands-on roles.
- Build job-readiness skills in a safe, familiar, and supportive environment.
- Encourage self-awareness, initiative, and teamwork.
- Offer flexible structure to allow for social, recreational, and personal growth.

Additional Program Benefits:

- Summer Leadership participants receive priority access to other HAFH programs, including Overnight Weekends, Transportation Mentorship, and monthly one-on-one mentorship with program directors.
- Directors are hands-on throughout the summer, guiding daily goals and offering personalized support to help participants grow.
- Participants also have the chance to join SFAH camper programs — like mini sessions, day trips, recruitment events, and community activities — and receive a stipend for their involvement.



Programs within Home Away from Home

Summer Leadership Program Cont.

Level-Based Participation:

Level 1

- **Goal:** Begin understanding basic work expectations and demonstrate the ability to follow a routine with guidance.
- Works 1-on-1 with a level 3 or level 4 mentor.
- Participates in leadership portion for one camp activity period per day.
- Focus is on learning teamwork, following instructions, and exploring personal interests in a supported environment.

Level 2

- **Goal:** Take initiative in completing assigned tasks and show increased independence in a structured setting.
- Works 1-on-1 with a level 3 or level 4 mentor.
- Participates in leadership portion for one camp activity period per day.
- Focus is on learning teamwork, following instructions, and exploring personal interests in a supported environment.

Level 3

- **Goal:** Demonstrate reliable leadership, mentor others effectively, and begin developing a personal resume of responsibilities.
- Works 1-on-1 with a level 3 or level 4 mentor.
- Participates in leadership portion for one camp activity period per day.
- Focus is on learning teamwork, following instructions, and exploring personal interests in a supported environment.

Level 4

- **Goal:** Exhibit readiness for real-world employment or volunteer roles by managing tasks independently and contributing as a team leader.
- Works 1-on-1 with a level 3 or level 4 mentor.
- Participates in leadership portion for one camp activity period per day.
- Focus is on learning teamwork, following instructions, and exploring personal interests in a supported environment.



Programs within Home Away from Home

Transportation Mentorship

Purpose: Teaches campers and young adult alumni to learn to navigate their community alongside an alumni mentor utilizing public transportation and para-transit services.

Goal: To provide SFAH campers and alumni the tools they need to independently navigate to social, medical, personal, and professional appointments.

Skills to accomplish:

- Para-transit services: reserving trips (correct addresses/times/equipment/etc.), paying for them, using multiple services across counties, etc.
- Long Island Railroad: accessibility resources, checking the time in advance, getting help on/off the train, buying tickets, LIRR Care Program, etc.
- Public Bus: navigating to the stop, reading the signs, getting off where you need to
- Subway: elevator (service status, location, etc.), which subway lines are most accessible, reading the subway map, finding the boarding area, safety, etc.
- Outside travel: Amtrak, MetroNorth, NYC Ferry, etc.



Programs within Home Away from Home

HAFH Overnight Weekends

Purpose: The Home Away from Home overnight weekends give participants the opportunity to learn personal care independence and setting S.M.A.R.T. goals.

Goal: Participants are able to form the foundation of their independence goals within their peer groups in the areas of care management, healthy living, education and career, independent living, and personal connections.

Skills to accomplish:

- Identifying S.M.A.R.T. goals in key areas: Specific, Measurable, Achievable, Relevant, and Time-Bound.
- Gain job experience and develop mentorship opportunities through assisting with recreational weekends for younger campers.
- Master independent living skills to be carried out into their communities.



Programs within Home Away from Home

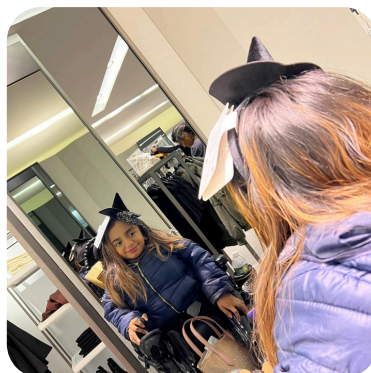
Independence in NYC

Purpose: To provide young adults the opportunity to practice their independent living and advocacy skills in a real-world setting.

Goal: To be independent young adults within the community, fully able to advocate for their needs, manage their care team, and navigate the world around them.

Topics for discussion:

- Independently shopping for themselves
- Knowing how to interact with the people around them and asking for help
- Using money and budgeting in real-world environments



Programs within Home Away from Home

SOUTHAMPTON FRESH AIR HOME

Understanding our 'Why':
Self-Discovery within the SFAH Community



JEREL 'JJ' JOHNSON
CAMPER: 2018 - 2023



ASHLEIGH PARSONS
STAFF: 2021 - 2023

SOUTHAMPTON FRESH AIR HOME

Being Disabled in an Ableist World



'After Campfire' Podcast

Purpose: Share perspectives and advice about navigating life while living with a physical disability with a much broader audience.

Goal: Help young people, SFAH Staff, and parents of children with disabilities to have a resource of advice, camaraderie, and understanding of the lives of people with disabilities.

Skills to accomplish:

- Advocating for people with disabilities to a broad audience that may not have an awareness about disability.
- Become strong public speakers and share complex thoughts about an array of topics.

Campers Give Back

Purpose: Allows SFAH alumni the opportunity to assist with the various fundraising events hosted throughout the year.

Goal: Alumni gain work experience and socialization with large crowds of people.

Topics of discussion:

- How to organize a fundraiser
- Importance and understanding of networking with people
- Funding a non-profit organization to help future campers



Who does well in the HAFH Program?

A story of mentorship and self-determination

Parents of young people with disabilities often ask me “how did you get to get to be so independent?”

I was born in the 90s with a ‘rare’ genetic disorder as an only child to a single mother with a huge extended family of able-bodied Hispanic people all with **STRONG** voices. Most of them vocalized their ideas of the limitations and obstacles that will prevent me from accomplishing my goals. Despite how overwhelmed my mother was with all of these opinions, she always stressed the importance of hard work and dedication to your passions.



Children grow by learning how to decipher life’s expectations. When there are so many opinions, it’s hard to decide which of them are the most valid and in adherence to what you want from own life. In grade school, I met people with a wide range of disabilities, each of whom had their own thoughts on life’s expectations. Each of them indirectly had an impact on the trajectory of my life. My best friend in grade school had the biggest impact. Her cerebral palsy made her wants and desires much harder to obtain. I’d subsequently made it my mission to help her experience life as the rest of us did. I made sure to fill her in on ALL of the pre-teen melodrama while simultaneously feeding her our favorite snacks, writing down her thoughts, and describing the things that were too small for her to see. Our ‘dynamic duo’ helped me realize that we must set the example that we want to see. We aren’t “exceptional” for simply living with a disability nor are we “destined for a life of failures”.

In my teenage years, my vision for my future was clearer. I knew that as long as I was staying true to myself, had a strong support system, and worked hard through it all, I’d be able to live successfully. I’ve surrounded myself with other disabled people who have surpassed their goals including: living independently in another state, completing a PhD, immigrating from a different country. My support system has provided guidance, advice, and encouragement.



I hope that with the Home Away from Home program, young people will gain their support system to live successful and independent lives.



Participant Testimonials

2024 Participating Alumni

"It's an great opportunity for people to get used to working. It gives you great life skills such as teamwork, communication skills, job readiness and a good work ethic." - Calvin G. (23)

"I love the program because it helps me understand and prepare for transitioning into adulthood as a young woman with a disability" - Alazia M. (19)

"I think the program is a great way of learning how to be independent in many ways in life after camp. What I enjoy the most about this program and the experiences it comes with is seeing camp from an adult's perspective, Working together with your peers, facilitating activities for campers, and most importantly seeing their joy while engaging with the activities is the best thing I've experienced during my time in the program." - Francisco O. (21)

"I love all that the program provides as it's helped me grow, get out of my shell, and learn how to live independently outside the SFAH bubble." - Emily M. (20)

"This program helped me see my potential of being a great mentor when I didn't think it was something I would be good at." - Noel T. (24)

"The program is aimed to help us still be a part of the best camp while helping us learn and develop as adults" - Kamya R. (23)

"I really enjoyed seeing SFAH behind the scenes and helping out with activities." - Jai Ray C. (17)

"This program supports people with disabilities to be more independent and learn to be adults with disabilities" - Axya H. (27)

"Overall, each program I've been apart of has been a great experience that has provided me with the opportunity to not only be around genuine good people, but has also taught me responsibility, independence, social skills and to be able to express myself in creative ways. These programs are always something great to look forward to fun and learning all in one!" - Delvin M. (28)

Additional Resources



www.sfah.org

A great place to start

After Campfire Podcast

The camps podcast, featuring many previous staff will give you a real sense of who we are and what we do

Instagram:
[@sfah_1901](https://www.instagram.com/sfah_1901)

Where you can see photos, reels, videos, and flyers showing fun activities, laughter, and events!

Facebook:
Southampton Fresh Air Home

Find more information about our community and events.

Zoom

Meet our directors and staff, get to know how your child will fit into camp, ask us any questions.

You Tube:
Southampton Fresh Air Home

Find videos from our summers, events, and travel information.



Contact Info for SFAH Admin



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