

Greetings from PSL Services/STRIVE!



SPRING HAS SPRUNG HERE AT STRIVE!

Spring is a time of growth and new beginnings, which is just what we're looking forward to here at PSL Services STRIVE! We wanted to take an opportunity to update you on what our programs have been up to since the start of 2023! Take a look inside our newsletter to see what's been going on in each of our programs!

As always, thank you to our community of participants, families, caregivers, volunteers, and community partners, for your ongoing support! PSL Services STRIVE would not be the great organization it is today without all of you!

Have questions about something you see here,
or want more information
on our programs and events?
Reach out to info@pslstrive.org or
contact the STRIVE office at 207-774-6278.

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STRIVE WorldWIDE

STRIVE WorldWIDE has been busy this year! Perhaps our most exciting news is that Senator Collins and Senator King included us in their Congressionally Directed Spending funds for a 1-year grant which will allow us to offer scholarships to folks in rural Maine, people on waitlists for services, people ineligible for services, and/or people who are eligible for services but due to staffing shortages are unable to get the services they need! We are excited to be able to reach even more Mainers. We have students from 25 different states and 2 countries, but our primary focus has been, and continues to be, supporting Mainers. Sixty percent of our students are from Maine, spread over 8 of our 16 counties. Our goal is to support students throughout all 16 counties! If you or someone you know might be a good candidate for the grant, contact aryan@pslstrive.org.

We are growing in other ways too! By the end of this year, we will have added 6 new courses to our catalog, for a total of 20 courses! Check out all of the courses we now offer (the new ones are bolded):

1. Brain Fitness (Executive Functioning)
2. Citizenship & Social Justice: How to be a Part of Your Community
3. Cooking & Meal Planning
4. Creating Safe Spaces (apartment upkeep)
5. Critical Thinking
6. Emotional Intelligence
7. Employment Skills 101
8. Employment Skills 102
9. First Aid (non-certificate course)
10. **Healthy Relationships**
11. Healthy You
12. Money 101: Money Matters
13. Money 102: Money Management
14. Money Management
15. Personal Safety
16. Self-Advocacy & Boundaries
17. Social Connections Using Technology
18. Sustainable Living
19. Time Management & Organization
20. **Unwritten Rules: Social Skills Decoded**

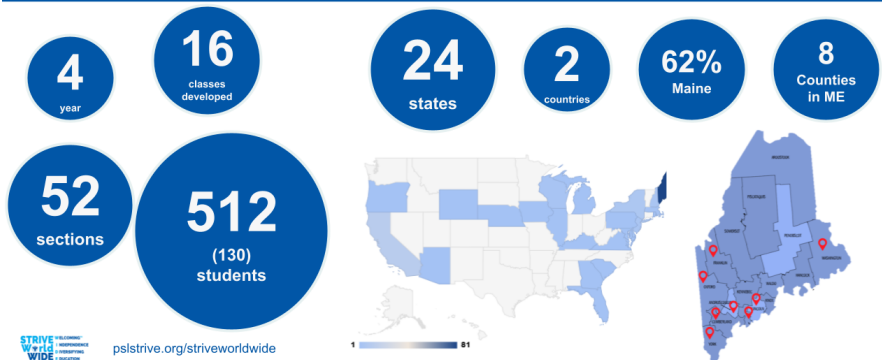
We also added a new competency certificate of Living On Your Own! If you are looking to increase your independent living skills, we have you covered! Now you can earn a Competency Certificate in:

1. Relationships
2. Safety
3. Health
4. Employment
5. Living On Your Own

If there's a class we don't offer that you'd like to see, let us know! We are always developing new content!

STRIVE WorldWIDE is a first-of-its-kind online program to teach independent living skills to individuals with intellectual disabilities and autism. STRIVE WorldWIDE meets virtually twice a week and also includes self-paced coursework. Courses are typically 5 weeks long and are offered in both the mornings and evenings.

STRIVE WorldWIDE By The Numbers



STRIVE U

STRIVE U Students have settled into their spring semester at Southern Maine Community College! Students are enrolled in either a culinary cooking class or an oral communications class. The classes are getting the students to step out of their comfort zone and learn new things and skills.

To beat the winter blues students have been staying busy getting out into the community and navigating new areas. We also recently hosted a PI Day Pizza celebration- which teams created their own pizzas and as a group voted on the “best” Pi! Students were challenged with adding new/different ingredient they typically wouldn’t try or buy at the grocery store. Students added hot honey, sweet potatoes, black olives, onions, & green peppers to their pizzas!

We are gearing up for a busy spring! Second year students are starting to get ready for graduation and the first year students are ready to transition into the upperclassman on campus! We look forward to welcoming a new class in June!

STRIVE U is a 2- year, post secondary program for students between the ages of 18 & 25. The program focuses on independent living, post-secondary education, and employment. The goal of STRIVE U is for students to successfully transition out of the program and into their own apartments. STRIVE U is an admissions based program. Applications for the next class will be out in October.

For more information about STRIVE U, to schedule a tour, or to discuss the application process, email admissions@pslstrive.org or call us at 207-774-6278.



Wednesday Night Educational Series

Wednesday Night Ed continues to provide educational opportunities for students in the realms of various independent living skills. In 2023 our students have learned about time management and organization, with a focus on prioritizing and goal setting; communication and understanding social skills; and building healthy habits around self-care. We've had a great start to the year and are looking forward to what the rest of 2023 will teach us!

The Wednesday Night Educational Series is held every Wednesday at STRIVE and is for students 15-24 years old. Series are between 4 and 8 weeks and topics vary from month to month! The price per series is \$20-\$30, depending on the series' length.



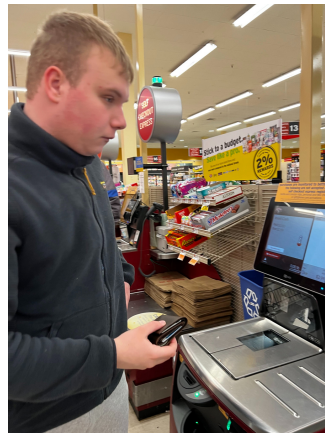
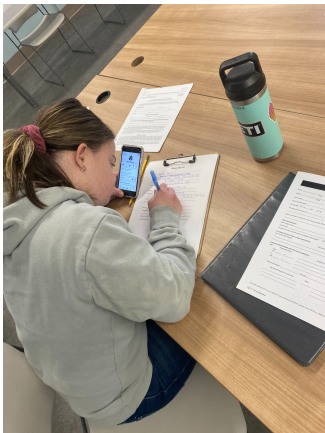
For more information about STRIVE's Wednesday Night Educational series, contact Alex at awoodhouse@pslstrive.org or 207-774-6278.

TOPS

Since the start of the year, our TOPS students have made significant progress as individuals and as a group. There is an increased level of independence as our students navigate the community, participate in daily activities, and socialize with peers.

As it gets closer to the end of the school year, the program structure has shifted to allow students to determine their own schedule for the week. Students sign up for activities which promotes decision making, preferences and increased participation. Each week, our program offers 5 different volunteer activities, multiple opportunities for physical fitness, leisure activities, community exploration and in-class lessons.

TOPS is well into our acceptance process for prospective students for our 2023-2024 school year with a deadline of May 1st. Acceptance into TOPS is through the IEP process. Please contact your school case manager or reach out to Betsy Morrison (bmorrison@pslstrive.org) for more information.



STRIVE TOPS (Transition Outcomes Program for Students) is especially designed for students who are in their 5th year of high school until the age of 22 or graduation. In collaboration with area school districts, this innovative program supports students to generalize learned skills to new settings as well as acquire additional independent living skills, provide opportunities to increase independence in the community, prepare students to transition to adult services, and offer experiences that promote social skills with students from other school districts. Access to TOPS is through a student's IEP process.



Interested in TOPS? TOPS (Transition Outcomes Program for Students) provides transition programming for high school students from area school districts who are typically 18 years and older. For more information, please contact Betsy Morrison, bmorrison@pslstrive.org or by phone at 207-879-0847.

Tweens, STRIVE Night & STRIVE 25

We've done so many fun activities in Tweens, we don't even know where to begin! Some of the highlights from 2023 so far have been growing our own rainbows, decorating cookies for Valentine's Day, showing off our singing abilities with a karaoke party, and learning all about Maine from the Osher Map Library. One thing is for sure though, Tweens is always a good time!



STRIVE Night is the place to be on Friday! You can find us most Friday nights! in STRIVE's teen center playing games, meeting new friends, and putting on the best karaoke show in town! We've also celebrated three theme nights so far in 2023 - the Winter Olympics, Valentine's Day, and Spring Fling. In February, we also elected new members to our STRIVE Night Advisory Board!



STRIVE 25 gets together on the first Thursday of each month and we always have a great time playing bingo, hanging out with friends, and eating delicious food! In March, we hosted a STRIVE 25 favorite - the annual talent show! We were wowed by all the great performances; we have so many talented members! STRIVE 25 has also elected an Advisory Board for the first time in 2023!



STRIVE socials are an opportunity for participants to meet new people, socialize, and learn new things in a safe environment. STRIVE has 3 age based social programs, Tweens: Fridays, 3:30-5:30pm at STRIVE for ages 11-14, STRIVE Night: Fridays, 6-9pm at STRIVE (virtual option as well) for ages 15-24, STRIVE 25: The first Thursday of each month from 6-8pm for ages 25 and up. Questions or want to get involved? Contact Alex Woodhouse at awoodhouse@pslstrive.org or 207-774-6278.

CAMP STRIVE

It's hard to believe, but summer will be here before we know it! Registration is now open for Summer Camp STRIVE! Camp STRIVE is a day camp for campers between the ages of 11-24 years old. Camp is available for full day (9a-5pm) or half day (9a-1p or 1p-5p) sessions. We also offer weekly, full day, and half day rates. This year, Camp STRIVE will run from Tuesday, June 20th-Friday, September 1st. *registration for Camp STRIVE is on a first come, first served basis* Camp STRIVE is based at our South Portland location, but we like to spend as much time as possible out in the community experiencing everything Maine has to offer during the summertime! Some of our favorite activities include blueberry picking, going to Sea Dogs games, seeing the animals at Smiling Hill Farms, nature walks on local trails, and bowling!



In addition to the summer, Camp STRIVE also runs over other school breaks! We had a great time during our February break camp this year and got to tour Dean's Sweets to learn all about chocolate, play squash, and go bowling!



Camp STRIVE is a day-camp experience for campers between the ages of 11-24. Camp STRIVE is held every school vacation (February, April, and the day before Thanksgiving) as well as for the full summer. For more information about Camp STRIVE, contact Alex Woodhouse at awoodhouse@pslstrive.org or 207-774-6278.

ACTIVE/WAVES

This year our ACTIVE and WAVES community support programs continue to grow as we welcome new participants and connect with new and exciting opportunities in the community! We kicked off this year by attending a matinee play at the Portland Stage, exploring the stars at the Southworth Planetarium, and we learned all about what goes into putting together a ballet performance with the Portland School of Ballet.

We have also begun new partnerships with 317 Maine to bring music therapy to our STRIVE Studio space, and with SeaChange Yoga as well. Both 317 Maine and SeaChange Yoga have been helping participants with keeping both their bodies and minds healthy as they explore fun and new activities. We also began a partnership with the Osher Map Library. There, participants get work with over 75,000 maps and historic material. They also get to explore the gallery space and learn more about the history of Maine.

Additionally we have also been giving back to our community by volunteering with the Preble Street Food Hub. There we have been making sandwiches and other meals to help Preble Street in their mission to address food insecurity in Maine. We also have continued our volunteer work with the Portland Gear Hub, the Red Cross, the Maine State Society For The Protection Of Animals (MSSPA), and the Ronald McDonald House.



PSL Services STRIVE's Community Support Program offers a wide range of community based services and activities. Program spaces are in Portland and South Portland and are for participants 18 and older. Groups are typically a 1:3 staff/participant ratio. Each participant takes an active role in determining the services they receive. Some activities include; meal planning & cooking, physical activity, volunteer work, and more!

PSL Services STRIVE's Community Support Program (at Foden Road) offers both ACTIVE and WAVES. Our ACTIVE program is for participants who want more out of their day program. Individuals in ACTIVE have a robust schedule with many activities throughout the community. Our WAVES program is for older, more experienced adults and have activities catered more towards their lifestyle.

For more information on PSL Services/STRIVE's Community Support Day Programs (ACTIVE, WAVES, Bayside and STRIVE Studios) please contact Community Support Program Director, Veerle Pottie, at vpottie@pslstrive.org or at 207-774-6278.

Bayside

Each week participants at Bayside work on budgeting, menu planning, grocery shopping, cooking, banking, cleaning, navigating the community, exercising, volunteering, social skills and more. Over the last few weeks, our participants have really been working on stepping up their cooking skills by taking on advanced recipes like pork chops, shepherd's pie, and lots of different soups.

We have also been exploring our surrounding community by foot and by bus. Participants frequently visit various businesses in the area to inquire about what they do and learn about what resources are available to them. To make this more fun and interesting, participants have taken part in scavenger hunts designed by Bayside staff in stores like Hannaford, Reny's, and CVS. The scavenger hunts involve locating specific products in the store, comparing prices, using the food scales in the produce section, and finding sale items. Every Friday is "Adventure Day" and that means participants get to take part in a fun activity. Over the last few weeks, we have done art STRIVE Studios, bowling, and squash. And without doubt, everyone's favorite part of adventure day is going out to eat for lunch at a restaurant of the group's choosing!



Bayside is a unique community supports program dedicated to independent living. The Bayside program is based out of a 3-bedroom apartment in Portland which supports hands-on practice with independent living skills and navigating the local community.

For more information on PSL Services/STRIVE's Community Support Day Programs (ACTIVE, WAVES, Bayside and STRIVE Studios) please contact Community Support Program Director, Veerle Pottie, at vpottie@pslstrive.org or at 207-774-6278.

STRIVE Studios

We're so happy that STRIVE Studios, our dedicated art program, is up and running! Currently, we are offering classes in ceramics, sewing, painting, digital art, and more and are also visiting local galleries and museums. We're also continuing to do lessons with the Center for Maine Contemporary Art. We're hoping to eventually plan an art show in our STRIVE Studios space so others can see all of the great pieces we've made! In our Movement Studio we've been practicing yoga and participating in music therapy. We're excited to learn new ways to express ourselves! We are always looking for new volunteer teachers to facilitate lessons and activities. Reach out to us if you are interested in teaching! Opportunities could include one time lessons or on-going classes.



For more information on STRIVE Studios, please contact Community Support Program Director, Veerle Pottie, at vpottie@pslstrive.org or at 207-774-6278.

Home Support

The home support program is starting the 2023 year off strong. Since the New Year began, the program has welcomed six part-time staff! These staff have been hard at work getting to know the program, the goals of the program and our home support participants. They are now working 1:1 independently with participants in their homes, supporting them to accomplish their independent living goals. The new additions to our program allow us to support more participants and allow participants to have multiple shifts each week if they want. We are thrilled to have them on the home support team!

PSL Services STRIVE's Home Support program serves participants in Cumberland and some of York counties. Staff work 1:1 with participants in their homes on goals that increase independence.



The home support program continues to offer shifts Monday through Friday 9am-1pm or 1pm-5pm. For more information about Home Support services contact Kate at kwegner@pslstrive.org or at 207-774-6278.

Case Management

The CCM team has been very busy with their caseloads. We have been working with our clients on developing their person centered plan in the new format. We are increasingly getting out to do in person visits and meetings, which has been nice! We have 3 new CCMs who have started over the end of last year (Rachael, Michael and Dennis)-they have done a great job jumping in and getting to know their caseloads. We are lucky to have them and everyone else on the team!

Our Case Management program serves individuals 18 and older in York and Cumberland counties. Case managers can support individuals with benefits, coordinating medical care, getting involved in their communities and more. PSL Services STRIVE also offers representative payee services to case management clients if needed.



For more information about adult Case Management, contact Brianna at bmeister@pslstrive.org or at 207-879-0847.

Mental Health



Did you know that PSL Services STRIVE has two supported living programs for individuals with a mental health diagnoses? Our Mental Health program allows individuals to live in a safe and supported environment while stabilizing overall emotional, physical, and mental health. Individualized Service Plans are developed to identify short and long term goals and are reviewed with each individual annually.

For more information about Mental Health services contact Molly at mtravis@pslstrive.org or at 207-879-0847.

Besides volunteering, there's other ways to support STRIVE! Take a look at some of them below!

- Donate to STRIVE's Annual Campaign by using the remittance envelope provided here or by making your gift online at www.pslstrive.org/donate
- Give the gift of STRIVE by purchasing STRIVE gear at our online shop- pslstrive.myspreadshop.com/
- Talk a look at our Amazon Wishlist
- Purchase STRIVE Nights or days of camp for a participant in need
- Support the STRIVECast by listening to, or sponsoring, an episode!

Do you have other ways you'd like to help?
Contact Whitney at wwildes@pslstrive.org
or 207-774-6278.

VOLUNTEERS NEEDED!

We are always looking for volunteers to share their time and talents with our participants! Are you interested in volunteering in one of our many programs? Contact Whitney at wwildes@pslstrive.org or at 207-774-6278. *Volunteering is also a great way for local high school and college students to receive service hours for their work!*



WE'RE HIRING!

Are you, or someone you know in the market for a new job? We're hiring for a number of positions!

We have full time, part time, and per diem opportunities available- including weekdays, evenings, and weekends!

We are also offering a **\$1,750 sign on bonus** (after 30 days of successful employment) plus an additional \$250 bonus for those that are already DSP or MHRT certified!

Visit our website (www.pslstrive.org) to see our open positions.

If you have questions about our current openings, contact Betsy Morrison at bmorrison@pslstrive.org or at 207-879-0847 x207.



Have you seen our new website?

That's right! PSL Services STRIVE has a brand new website! We are excited to have new, clean, design, and feel that people will be able to find our programs easier with our new menu and structure, as well as see upcoming events listed on our events and program calendar! We also believe that our new site will make things easier for participants and families as they navigate the site and look for things that are important to them. Check it out at www.pslstrive.org!



**STRIVE
ROCKS
2023**

**8pm, Friday, May 5th-
8am, Saturday, May 6th
on Zoom!**

SCAN HERE
or visit
www.striverocks.org
to register today!

STRIVE ROCKS 2023!

STRIVE Rocks is right around the corner...

8pm, May 5th until 8am, May 6th, 2023!

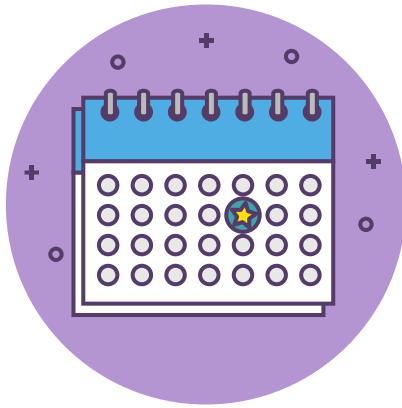
Join us for a night full of fun, special guests and entertainment, theme hours, prizes and more... all on Zoom! We ask all who participate raise a minimum of \$40, but there's more swag and prizes for the more you raise!

Scan the QR code here or visit www.striverocks.org
for more information or to register today!

Questions? Contact Whitney at wwildes@pslstrive.org or
207-774-6278!

Thank you to our 2023 STRIVE Rocks sponsors!





MARK YOUR CALENDARS FOR OUR OTHER 2023 EVENTS!

- **Sunday, July 16th, 2023: STRIVE For 5: Foden Road 5K**

Our STRIVE for 5 will take place in July this year! Our 5K will begin at 8:30am right on Foden Road. Stay tuned for more updates including new additions to the event! Registration is now open at www.pslstrive.org/STRIVEforFive.

- **Wednesday, September 6th 2023: Kevin on the Roof begins at Patriot Subaru**

How long do you think it will take Kevin to get off the roof this year? Last year, Kevin was on the roof for a total of 7 days and raised over \$62,000 for STRIVE!

- **Thursday, November 9th-16th, 2023: STRIVE's Annual Auction**

We will be hosting a hybrid auction again in 2023 with an in-person event Thursday, November 9th (time and location TBD) and online bidding open November 9th-November 16th! Do you have an item you'd like to donate? It's not too early!

Be sure to check the "Events" page on our website - www.pslstrive.org - for a list of other special program and community events coming up this year!

**Do you have questions about STRIVE events
or want to talk more about how you can get involved?**

**Contact STRIVE Program Director, Whitney, at wwildes@pslstrive.org
or 207-774-6278!**





28 Foden Road
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Additional Questions?
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