

**HYPE Sessions: Content Outline**

**Overview:**

* **Description**: Helping Youth on the Path to Employment (HYPE) will provide flexible, solution-focused, career-oriented services based on your needs and preferences including but not limited to:
  + Finding out what you want to do
  + Getting a job
  + Enrolling in and completing college or vocational-technical program
  + Securing academic funding
* **Eligibility:** Young adults (18-30) with lived experience of a mental health condition who are interested in pursuing school and work goals are invited to participate!
* **Structure:** 3-hour group sessions (with breaks and food!) over 12 weeks
* **Time:** Thursdays between 12:20-3:20pm
* **Location:** The UMass Medical School Chang Building, 222 Maple Ave, Shrewsbury MA 01545 (located on the WRTA Bus line)
* **Additional Support:** Each participant will be provided four 30-minute individual coaching sessions with Facilitators during the 12-weeks sessions

| **Date of Sessions**  **(Time: 12:20-3:30pm)** | **Range of Topics and Skills Covered** |
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| Thursday October 25th | Course overview, interests exploration, goal development, calendaring |
| Thursday November 1st | Goal Development, strengths & needs assessment, Prospective Memory (ability to remember to do things in the future) |
| Thursday November 8th | Researching school and work, short-term prospective memory, conversational attention |
| Thursday November 15th | Interpersonal skills for school and work, conversational attention (pulling important info from conversations), task attention |
| **\*\*\*Thanksgiving Week- OFF \*November 19th-23rd\*\*\*** | |
| Thursday November 29th | Asking for what you need in school/work, task attention, time management |
| Thursday December 6th | What is your story, verbal learning, memory, encoding information, task chunking (breaking down large tasks into manageable chunks) |
| Thursday December 13th | Thinking through telling your story, verbal learning and memory, developing time skills, informational retrieval, overlearning, study skills |
| Thursday December 20th | Verbal learning and memory, note-taking |
| **\*\*\*Christmas week- OFF- December 24th-28th\*\*\*** | |
| Thursday January 3rd | Finding supports in your community, cognitive flexibility and problem-solving |
| Thursday January 10th | Accommodations and assistive technology at work and school, cognitive flexibility and problem-solving |
| Thursday January 17th | Wellness & Success at school/work, cognitive flexibility, problem-solving, planning |
| Thursday January 24th | Wrap-up and next steps! |