

What is My Possibilities?

My Possibilities is a program for adults with cognitive and developmental disabilities with the goal of providing an opportunity for lifelong learning within a structured, safe, nurturing environment, helping individuals develop their interests, skills and goals. My Possibilities collaborates with community businesses to identify volunteer opportunities and involvement of HIPsters (Hugely Important People) within the community, while also encouraging community support for the program.

What are the benefits to participating in My Possibilities?

HIPsters have the opportunity to become more involved within their communities; develop communication and interpersonal skills; and set and pursue personal goals. The structure of My Possibilities allows for more effective delivery of services to day program participants. We believe in the value of a person-centered, less restrictive philosophy. My Possibilities encourages long term friendships within the center as well as within the community. This helps individuals develop necessary skills to pursue their goals and interests.

Is My Possibilities a government program?

What are the program hours?

My Possibilities fees are paid as follows:

- Day habilitation services
 - Funded by Medicaid Waiver Programs or private pay
 - Focus: education (continued learning), pre-vocational and independent living skills, health and wellness.
 - 9:00am – 2:00pm, daily
- Respite services
 - Funded by Medicaid Waiver Programs or private pay
 - Focus: transportation from field trips, socialization, leisure (watch movies, play games)
 - 2:00pm -5:00, daily
- Extended Care
 - Private pay
 - 8:00am – 8:45am and 5:pm15 – 6:00pm, daily

How much does this program cost? How do I pay for it?

Please contact My Possibilities regarding the HIPster fees for this program.

In addition to the monthly fee, additional donations from the community are needed to cover the cost of the program.

Is there a part time option?

There are full day, partial week options, and accommodations for clients who work part time. Please contact us to discuss these options.

What is the curriculum for the program? How are HIPsters being measured?

My Possibilities hires special education teachers and other experienced professionals to deliver services that help adults with disabilities attain higher levels of self sufficiency. Each adult in the program has a written, measurable goal that will help him/her become more self sufficient over time. The activities practiced to reach the goal are in one or more of the five areas of focus:

- Independent living skills such as cooking, shopping, cleaning
- Socialization such as asking for help, holding a conversation, manners, social boundaries, including how to interact appropriately with other people within the community.
- Prevocational training such as food service, office administration, shredding, photocopying, filing, assembly line packaging, stocking, ordering of supplies.
- Health and wellness such as exercise, healthy eating, cleanliness
- Leadership such as choosing good role models, practicing traits of a leader

Goals for each HIPster are defined and measured.

What are the admissions requirements?

What is the HIPster to Staff ratio?

My Possibilities has a goal of 7 HIPsters to 1 instructor. In order to maintain this ratio the HIPster enrolled in the program:

- has a diagnosed cognitive or developmental disability
- is able to manage his/her own personal hygiene
- is able to feed him/her self
- is able to control his/her physical behavior so that their behavior will not cause harm to themselves, a volunteer, an instructor and/or another HIPster, including destruction of personal and or private property.

What is the admission process?

In order for the intake committee to understand and best serve the needs of your family/ applicant the following items must be included along with the application. The application is on the [Forms page](#).

- Completion of the enrollment application form that is available on our website or one can be mailed to you.
- Most recent photo
- Submission of the most recent Full Individual Evaluation (FIE), Individual Education Plan (IEP) and or Individual Transition Plan (ITP)
- Agency Evaluations (i.e. Lifepath, Dallas Metrocare, DARS, Berry Family services, UCP)
- Other (medical, psychological, vocational)
- References
- \$100.00 application fee

Once completed, the application form with supporting documents can be mailed to My Possibilities at 1301 Custer Road Suite 616 Plano TX 75075, or dropped off in person at the same address.

PLEASE NOTEThe application cannot be processed until as many of the above mentioned items are received with the application form including the \$100-00 application fee.

Charmaine Solomon or another member of the intake committee will call you when the application is received to confirm receipt of the application form and supporting documents. An intake appointment with the intake committee will be scheduled to discuss in detail the needs of each individual making application to the My Possibilities Program. The My Possibilities application process is a thorough process, and may take some time before the individual may be accepted to start in the program. The My Possibilities intake interview serves a dual purpose – One in order to make sure that the needs of the individual can be met within the current charter of the program, and secondly for the family to make sure that My Possibilities is the right program for their loved one based on their individual needs.

After the intake interview is complete, the intake committee will review the application and make their recommendations. Charmaine Solomon or another committee member will call to share the outcome of the interview and the next steps to follow.

What experience and credentials do the instructors have?

My Possibilities hires instructors with degrees in special education, experience with adults with disabilities and a passion for the mission of this program. Each instructor may have some or all of these attributes. A lead teacher directs the staff. Our current lead instructor has a master's degree in special education.

My Possibilities hires aides that have experience with adults with disabilities and a passion for the mission of this program.

Does My Possibilities have an Executive Director?

The My Possibilities Board of Directors is currently seeking an Executive Director. The job description for this description is [here](#). The Board “fills in” until an Executive Director is hired.

How are members of the Board elected?

My Possibilities’ bylaws, which were developed as part of the incorporation process, are clear as to the naming of additional board members. Section 4.02 of the bylaws states “Members shall be admitted by the Board of Directors. An affirmative vote of the majority of the Directors shall be required for admission. My Possibilities’ bylaws, which were developed as part of the incorporation process, are clear as to the naming of additional board members. Section 4.02 of the bylaws states “Members shall be admitted by the Board of Directors. An affirmative vote of the majority of the Directors shall be required for admission.

The HIPster Family Representative is elected by a majority vote of HIPster parents and approved by the Board. The board will make the selection in the event of a tie. , after a majority vote by the HIPster Families.

The composition of the My Possibilities Board of Directors should ensure that the board can attend to the common interests of all shareholders and meets the organization’s need for expertise, capacity and diversity. The Board is currently expanding to meet this objective. Please click [here](#) for a list of vacant board positions.

What is a typical day like in My Possibilities?

Each HIPster's day is planned based on the goal of self sufficiency and his/her individual needs and interests. Each HIPster has a plan, which will be the basis for defining goals as well as what activities their day will include. In general a portion of the day will include activities that promote both self help and independence skills, Another core component will focus on developing job related skills through volunteering.

As the program develops, we plan to expand our programs to include a wide variety daily activities that focus on independence, that encourages our adults with special needs develop and grown to their full potential. It is our belief that each day brings new experiences and opportunities for growth, increased independence and collaboration. The Staff and Board works with businesses in North Texas to identify

volunteer opportunities for the individuals capable of working in the community. This gives HIPsters the chance to show businesses how capable and reliable they are. Over time, we hope to see some part time or full time jobs awarded to these individuals.

My Possibilities will also partner with other non-profit organizations for possible work opportunities in Collin County (CDC, Special Care and Career Services, North Star, etc) to increase our presence in the community, as well as provide more opportunities for our adults with special needs.

How does My Possibilities address behavior issues?

My Possibilities understands that the occasional behavior issue may arise with any of our enrolled HIPsters. My Possibilities follows a documented Behavior Management Plan, provided to each family upon admission. Addressing behaviors is unique to each HIPster and their family, as well as individual to the specific behavior incident. A team approach with an emphasis on family involvement is key to addressing any and all behaviors.

Incident reports are written to document behaviors issues. If behavior modification strategies are necessary, the staff will address this by making modifications, contacting the family and/or contacting the service provider. If behavior modification supervision is required to an extent that the HIPster to staff ratio would not be maintained, My Possibilities will expect the family to make arrangements for a behavior modification plan to be put in place, as documented in the Behavior Management Plan.

Will participants receive necessary clinical services? Will these be provided on site?

If you have the need for clinical services on site, please contact us.

What security does My Possibilities use?

My Possibilities has three types of security screening.

When a visitor arrives at the center, they present a driver's license or other government-issued photo identification. My Possibilities uses a system to compare information taken from the ID (names, birthday, etc.) to databases of registered sex offenders. Once a driver's license is scanned and it is determined that the visitor is not a registered sex offender a visitor badge is printed and the person can continue with their visit.

Volunteers who work directly with HIPsters have comprehensive background checks. They receive volunteer status once it is determined that their background check is accepted. If the visitor is transporting HIPsters, the visitor has also had a Department of Public Safety check accepted.

As part of the hiring process, all instructors go through the security actions described above, as well as security checks required by Medicaid Waiver Programs.

My child is still in school. Do you have a summer camp or school break camps?

As space permits, we are planning to have a school break and summer programs for students 18 years and older with disabilities. If you are interested these options for your student please contact us.

Are financial statements available for review?

Yes. The form 990 is available on the My Possibilities website, [here](#). The financial statements are available at the center.