



SAIL Service Recipients

Students with autism who attend The Birchtree Center's year-round special-educational day school in Newington, NH, receive *SAIL* services from ages 14 to 21.

Our autism experts work closely with students' families and local agencies to develop individualized plans to promote independence for life.

Service Locations

Students develop and practice their skills **across multiple settings:**

- **In the Classroom.** Autism specialists work with students one-on-one and in small groups to develop communication, academic, social skills and more.
- **Throughout Our School Building.** Students use a fully-equipped kitchen, laundry area, bedroom and bathroom in our Life Skills Area to learn self-care and independent-living skills. Students learn vocational skills working at our student store, school library, office area and throughout our center.
- **In Our Neighborhood.** A wide variety of stores, restaurants and a movie theater are all within easy walking distance of our center. Students visit our neighbors regularly to develop shopping, vocational, social and leisure skills.
- **In the Community.** Students and instructors make regular trips to nearby libraries, grocery stores, nature preserves and more to learn to access resources in our community as independently as possible. They also exercise at local fitness centers to develop the healthy habit of regular exercise.



Our Mission

The Birchtree Center exists to promote independence, engaging relationships & productive lives for children & youth with autism at home, at school & in the community.



**Helping students help themselves...
and give back to our community**

We teach students with autism the skills they need to maximize their independence and productivity in adulthood. Birchtree students also participate in community service projects and offer light-assembly and mail-stuffing services to local businesses and nonprofits.

If we can help your organization or business with a mail-stuffing or light-assembly project, please contact our Transition Coordinator at 603-433-4192 or SAIL@birchtreecenter.org.

**Students
Achieving
Independence
for Life**

**Preparing Students
with Autism for Full &
Productive Adult Lives**



**A not-for-profit,
501(c)(3) organization
birchtreecenter.org**

**Newington, NH
603-433-4192
www.birchtreecenter.org**

Goal of SAIL Services

The Birchtree Center's **Students Achieving Independence for Life (SAIL)** services prepare students with autism for full and productive adult lives.

Services include intensive, year-round instruction in four essential areas:



✓ Vocational Skills

Birchtree's Transition Coordinator works with local employers to find opportunities for students to gain practical workplace experience. We strive to match the vocational abilities and interests of every student.

Students sample a variety of jobs at our center to help them develop marketable skills and to identify areas of strength and interest. Center-based jobs include working as cashiers or servers at our school store; operating a beverage cart service; inventorying and stocking supplies; delivering notices; and working in our school library and in other designated areas throughout our center.

Many of our students participate in vocational skill building in collaboration with our community partners. Students develop vocational and pre-vocational skills while doing supervised work at local nonprofits, schools, and businesses. Students also operate a light-assembly and mail-stuffing service for nonprofits and small businesses.



✓ Community Participation

SAIL service recipients learn to access resources in our community with as much independence as possible. We help students develop leisure, social, vocational, communication and life skills so they are prepared to become active participants in their communities.

Students develop the healthy habit of regular exercise by exercising in our school gym and at local fitness centers and pools. We also help students explore their leisure interests and establish community connections that will allow them to enjoy those leisure activities in adulthood.

Students also learn to give back to our community through community-service projects such as maintaining public gardens, organizing a food drive, or volunteering for other local nonprofit organizations.



✓ Lifelong Learning

Throughout the school day, students strengthen their functional application of literacy, language, math and other academic skills, and prepare for a lifetime of active learning. Instruction takes place one-on-one and in small groups in our classrooms, throughout our center, and in the community.

This practical, experience-based instruction allows our students to apply their academic skills in a variety of settings and prepares them to continue their education as adults.

✓ Independent Living

Students with autism need intensive instruction and consistent practice to maintain the "life skills" essential to adult success, such as healthy eating, food preparation, cleaning, shopping, laundry and personal hygiene.

Our specially trained, college-educated instructors give students practical, hands-on instruction in our Life Skills Area and in a variety of community settings so independence is generalized across environments.

The Birchtree Center admits students of any race, color, and national or ethnic origin.

Contact Us:

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