

Media Release

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Alma teen who's visually impaired completes unique program

Sierra English of Alma was among the teens graduating from Jump Start, a career development program for high school students who are blind or severely visually impaired. The program, based in Little Rock, ran from June 5 – June 24.

Students are selected from applications taken in the early spring of each year and come from across the state to attend the unique program sponsored by the Department of Human Services

Division of Services for the Blind (DSB) and the Arkansas School for the Blind and Visually Impaired (ASBVI).

DSB places students in part-time jobs in the mornings and offers educational and recreational activities in the afternoons and evenings. This is the only program of its kind in Arkansas and is designed to assist students in transitioning from high school to employment or post-secondary education and increase their confidence in social situations.

To the degree possible, students are placed in jobs in their fields of interest so they can gain insight into their chosen professions. Students who don't have specific career goals at this point in their lives are given other employment according to their experience, skills and abilities.

English was placed at Children First Preschool. It was English's first time in Jump Start and was her first job, other than volunteer work in the food pantry at the Community Outreach Center of First Baptist Church of Alma. She also had babysat for relatives' children. Having a "real job" and "getting my first paycheck was so exciting."

The job fit in with her goals. English is considering attending Arkansas Tech University, because it has a good education major program and she wants to go into special education with younger children. This fall she will be a senior at an honors high school with a wide range of Advanced Placement classes. She is taking Orientation to Teaching I and II and will have the opportunity to take a test to become certified as a teacher's aide.

English wanted to attend Jump Start to gain work experience and mobility training. She liked being around other students who are visually impaired and share the same concerns. "It's comforting that people won't pick on you. Jump Start was good. I really enjoyed it."

The Jump Start students heard job information presentations from Goodwill Industries, Arkansas Lighthouse for the Blind, Easter Seals, and Medlinc, a medical training and staffing company. They toured the West Rock Coffee factory and World Services for the Blind, which offers several career training programs. Representatives from the University of Arkansas at Morrilton presented information about choosing a college, financial resources, and balancing campus life and studies. The students visited Central Baptist College in Conway.

Students toured the Arkansas Career Training Institute (ACTI), formerly known as the Hot Springs Rehabilitation Center. While in Hot Springs, they explored Garvan Woodland Gardens and rode on the Belle of Hot Springs Riverboat.

Jump Start students learned independent living skills that many people without visual impairments take for granted. They learned money management, banking, stress management techniques, self-

advocacy, and meal planning. They participated in a cooking lesson with Chef Brian Kelly of Little Rock. Students received orientation and mobility training on how to travel using a white cane.

The students volunteered at Our House, an organization that provides shelter, training, and child care for people who are homeless or near homeless, and Arkansas Rice Depot, a statewide hunger and disaster relief organization.

Working part-time and interacting with other students who are blind or visually impaired increased the students' confidence, social skills and self-esteem. Some students who came from small communities had never met other teenagers who are blind or visually impaired. Social skills and interactions with others are a crucial part of life, so recreational activities were built into the program. Students went bowling, saw a movie, painted their own works of art, and saw a play at Murry's Dinner Playhouse.

After a class on business and dining etiquette, students practiced the skills they learned at Sonny Williams' Steak Room and Benihana Hibachi Grill.

Jump Start participants stayed on the ASBVI campus during the week and returned home on the weekends. At the end of the three-week program, there was a talent show and a graduation event held at the Ron Robinson Theater, part of the Central Arkansas Library System.

In high school, English is in the Partners Club, which mentors special education students and assists Special Olympics participants. She is in Spanish Club and has taken two years of Spanish classes. She is in choir and will be in the musical "The Christmas Carol."

DSB provides vocational rehabilitation services to adults who are blind or severely visually impaired and whose goal is successful employment. The division also serves youth and older blind individuals. For information about DSB's programs and services, visit the DSB website at <http://humanservices.arkansas.gov/dsb/Pages/default.aspx> or call 1-800-960-9270, 501-682-5463, or TDD 501-682-0093.

Caption: From the left Sierra English of Alma stands with teachers Donielle Green and Mae Warren of Children First Preschool. Sierra worked at the preschool as part of a career development program sponsored by the Department of Human Services Division of Services for the Blind for students who are blind or visually impaired. DSB places students in part-time jobs in the mornings and offers educational and recreational activities in the afternoons and evenings.