

Our Mission

SIL empowers people with disabilities to maximize their independence.

Our Vision

SIL will be a leader in changing society's perception of disability. We envision an inclusive community that promotes equality, self-determination and the elimination of all barriers to independence.

Our Values

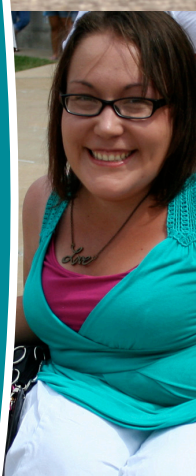
- » Independence and Self-Determination
- » Diversity and Inclusion
- » High Expectations and Accountability
- » Compassion and Respect
- » Professionalism and Integrity

Four Core Services

- » Advocacy
- » Independent Living Skills Training
- » Information and Referral
- » Peer Support

SIL Service Area

- » Audrain
- » Boone
- » Callaway
- » Cooper
- » Howard
- » Montgomery
- » Randolph



SIL

Services for Independent Living

MAXIMIZING INDEPENDENCE FOR PEOPLE WITH DISABILITIES

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SIL is a non-profit organization under Section 501(c)(3) of the IRS Code.

This publication is available in alternative formats upon request.

Please remember Services for Independent Living in your charitable giving and estate planning.

Services for Independent Living is supported by local, state and federal funding, as well as generous contributions from individuals.

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YOUTH AND FAMILY SERVICES



At **Services for Independent Living (SIL)**, we understand the importance of peer-to-peer support. That's why we have established support groups, classes and activities specifically for youth with disabilities and their families based upon this model of learning.

Independent Living Skills Training

Individualized Independent Living Skills Training is available for youth interested in any area of independent living and is tailored according to the individual. Past youth have learned skills such as utilizing community resources, developing social skills, accessing transportation and preparing for the Missouri driver's exam.

Kids in the Kitchen teaches middle school through high school aged youth the fundamentals of cooking, kitchen safety and nutrition. Participants are involved with hands-on cooking from food preparation to the finished meal.

Kids in the Kitchen Summer Camp is a weeklong extension of the Kids in the Kitchen course. In addition to learning about cooking, participants shop to learn the layout of grocery stores as well as how to make healthy and cost effective food choices.

Money Smart Youth Budgeting Class provides an introduction to general bank services, checking accounts, credit cards, loans, renting and home ownership. Saving, budgeting and setting financial goals are also taught.

Youth Transition

Individualized Education Plan (IEP)/504 Advocacy is offered to parents and families of students with IEPs or 504s that are moving toward the transition process by providing information, guidance and support.

Missouri Youth Leadership Forum (MYLF) is a statewide four-day career and leadership training summer program for high school juniors and seniors with disabilities. The goals of MYLF are to develop leadership skills, promote inclusion, and provide the opportunity to participate in policymaking that affects young people with disabilities. Accessible residential accommodations are provided.

Person Centered Career Planning, Exploration and Employment Support is offered to individuals interested in one-on-one instruction in the work readiness process. Youth, along with their support team of parents and mentors, set employment goals, create a plan for overcoming employment obstacles and explore career paths. Career exploration is accomplished through interest inventories, aptitude assessments and job shadowing. Employment support is also offered to individuals needing assistance with job searching, preparing for interviews or any aspect of the work readiness process.

Transition Curriculum Modules can be customized to meet specific school needs. Modules include self-determination, motivation, goal setting, advocacy, independent living, career exploration, soft skills and work readiness instruction.

Transition Mentoring (MPACT Certified) connects parents and families of youth with disabilities in the transition process with regional transition networks.

Youth Work Readiness Class teaches youth through age 29 each phase of the employment process such as creating employment goals, organizing their job search, using job search resources, filling out applications, creating resumes and cover letters, interview skills, dressing for success, and procedures for disclosure of disability and requesting accommodations.

Peer Support

Parent Network of Mid-Missouri encourages, educates and empowers families of individuals with disabilities to maximize independence. Parents of individuals with disabilities meet twice a month to socialize and learn from one another.

Sibling Saturdays meets several times a year to allow siblings with and without disabilities to learn from other siblings and discuss what it's like to be, or to have a sibling with a disability. The day focuses on developing healthy relationships between siblings and emphasizes the positive attributes each sibling brings to the family.

Would you like to learn more or get involved with Youth and Family Services? ▶

Please call the Columbia Office for more information about programs and services as well as current schedules and meeting times.