

About MOST™

Meaningful Opportunities for Successful Transitions (MOST™) is a one year individualized program of activities and training designed to facilitate successful transition into the adult community.

The MOST™ program serves as a portal for individuals and their families, through which they are introduced and integrated into a broad range of community resources.

This collaboration helps individuals identify and become familiar with programs in which they might wish to enroll, and allow service providers greater opportunities to become more familiar with individual applicants, than they generally are able to during conventional transition planning.



**JEWISH FOUNDATION
FOR GROUP HOMES**
Independence starts here.

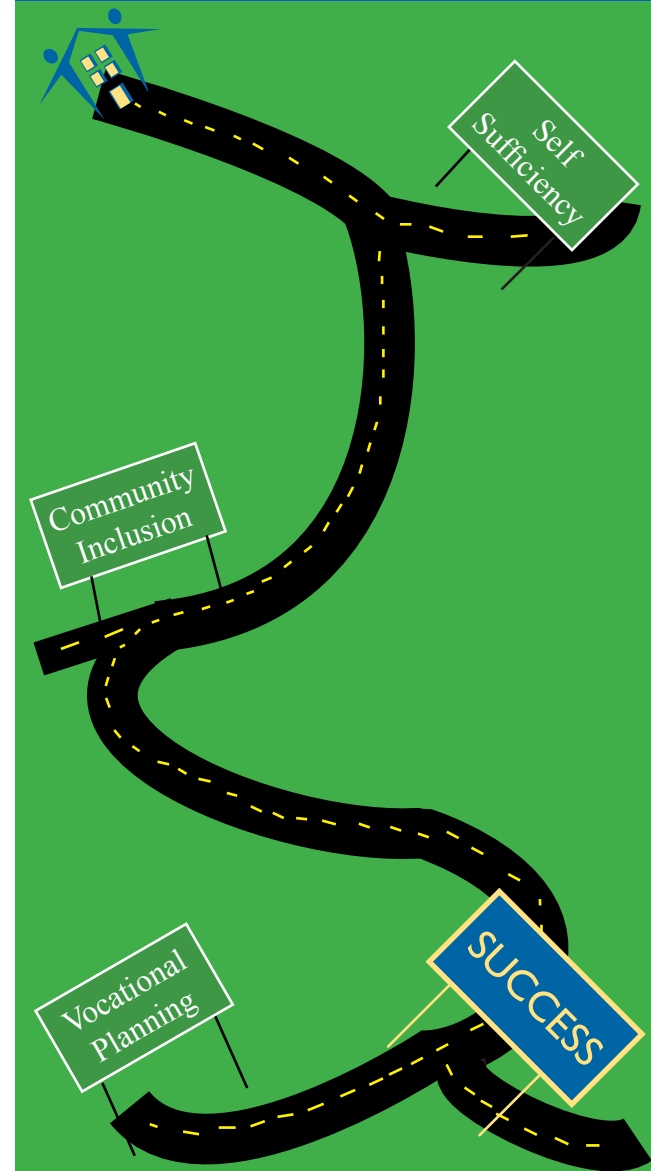
Meaningful Opportunities for Successful Transitions

For information about the Sally and Robert Goldberg Maryland MOST™ Program or about the Virginia MOST™ Program call the MOST™ hotline:
240-283-6053

or

Visit us on the web at <http://www.jfgh.org/MOST.aspx>

Meaningful Opportunities for Successful Transition (MOST™)



MOST™ Road Map to Success

Self-Sufficiency



Each MOST™ Program participant works toward his or her own self-sufficiency goals which will vary greatly across participants.

In the MOST™ Program, participants have the opportunity to develop skills that they need for independent living, including:

- Dress for Success
- Emergency Preparedness
- Money Management
- Nutrition and Fitness
- Effective communication
- Computer skills



Community Inclusion



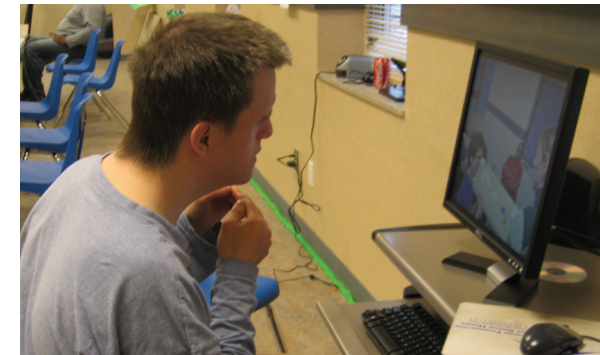
The MOST™ Program promotes participants' integration into the community. Through daily and weekly social and recreational activities.

Participants will have opportunities for:

- Socializing
- Learning about independent travel using outings and field trips.



Vocational Planning



Once goals are identified, participants gain experience with new skills and/or in new environments. Goals in the vocation domain vary greatly across participants, and can include:

- Education
- 2 and 4 year colleges
- Specialized training certificates
- Employment
- Resume building
- Job searching/ coaching
- Volunteer work

