Self-Advocacy and Goal Attainment (SAGA) Project

Community-Based Self-Determination Intervention to Enhance Goal Setting and Attainment Targeting Employment, Postsecondary Education, Community Participation, and Physical Health Outcomes

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SAGA PROJECT TEAM

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AIR-P Scholars project funded for 2021-2022

Pro**ject goal**: Exploring the impact of the *Self-Determined Learning Model of Instruction* (SDLMI) used in community settings on:

    1. Self-determination

    2. Executive processes

    3. Health

    4. Postschool outcomes

Instructional model that **enables trained implementers to teach youth and young adults** to:

- Make **choices** and **decisions** about setting a goal
- Develop action **plans** for goals
- **Self-monitor** and **self-evaluate** progress toward goals
- **Adjust** the goal or plan

SAGA PROJECT KEY INFORMATION

- 10 autistic youth and young adults aged 16-22 engaged in the SDLMI
- 10 autistic youth and young adults aged 16-22 in business-as-usual group (20 total)

SDLMI intervention group:

- Weekly 90-minute virtual sessions (planned on in-person, but participants' preferences were for virtual during COVID-19 pandemic)
- Goals focused on:

Executive Processes | **Physical and mental health** | **Postsecondary Education** | **Social** | **Employment**

Autistic Advisory Board met **monthly** to provide feedback on materials, identify strategies to **address challenges**, and **support refinement** of the intervention for future use

WHO IS IN THE SAGA PROJECT?

SAGA PROJECT PARTICIPANT GOALS

Executive Processes	Physical and Mental Health	Postsecondary Education	Social	Employment
In the next two months during the SAGA Project, I will try 3 self-management strategies.	I will work out on cardio equipment for 30 minutes 1 time per week by the end of the SAGA Project.	Each week during the SAGA Project, I will research 1 college music program and write down 3 pros and 3 cons about the program.	I will spend 10 minutes in the break room every day saying hi to my co-workers and hanging out by the end of the SAGA Project.	I will research 2 different types of jobs or careers each week by the end of the SAGA Project. For each job, I will write a profile including: the job title, 3 tasks included in the job, and 3 things I will like and not like about the job.
During the SAGA Project, I will try 3 new strategies for creating new self-management habits.	I want to learn how to meditate by researching strategies (e.g., Googling, asking someone who knows how to meditate) by the end of the SAGA Project.		I will look up 1 new strategy to talk to people I don't know each week and try that strategy to start a conversation with 1 new person by the end of the SAGA Project.	With support from my job coach, I will successfully follow directions for 2 new recipes each week at my Project SEARCH worksite by the end of the SAGA Project.
			I will start a conversation with at least 2 new people (e.g., patients, co-workers) each week at the hospital by the end of the SAGA Project.	

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SAGA PROJECT ENGAGEMENT STRATEGIES

- •Videos

- •Padlet

- •Google Docs

- •Icebreakers

- •Small-group discussions
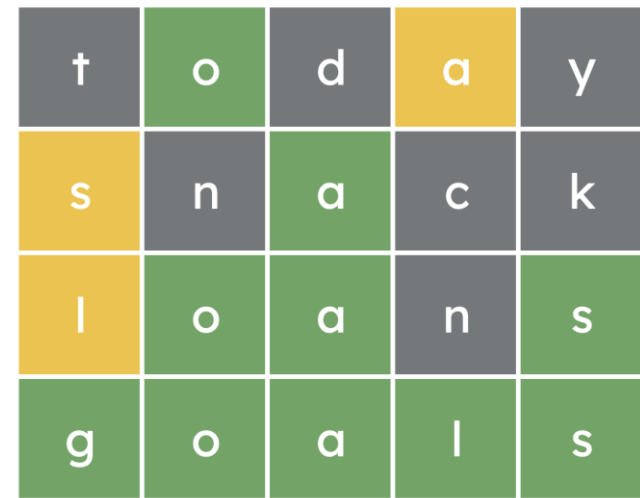
SAGA PROJECT SESSION FORMAT

LONG-TERM AND SHORT-TERM GOALS

Long-term goals (something you want in your future)	Short-term goals (something you can do right now)
Graduate college	Pass my math test
Get a job	Download an application for jobs I'm interested in
Own a business	Read a book about owning a business
Take an AP class	Find out what grade I need to get into an AP class
Live by myself	Learn how to make and stick to a budget
Fix cars	Talk to a mechanic about how he got his job

My specific, measurable, observable goal:
learn some new ways to talk to people
Might try number of people or number of strategies you
I will look up one new strategy to talk to people I don't know each week and try that strategy to start a conversation with one new person

What steps can I take today?	What steps can I take this week?
Start google search for "starting conversations" to find some strategies	can ask advisory teacher Ms. Edwards to give some tips on starting conversations

What is my first step…

Start google search for "starting conversations" to find some strategies or asking my teacher Ms. Edwards for some tips

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1. All participants indicated they wanted to continue the SAGA Project, so how can we seek and secure funding to continue this work?

2. Because of the COVID-19 pandemic, the SAGA Project was conducted virtually. What are community spaces/contexts we can consider for the next implementation of the SDLMI with autistic youth and young adults?

3. What are ways we can enhance our practices to fully engage our Autistic Advisory Board?

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