

NAPSEC Intensity of Services Study: 2006-2007

NAPSEC Outcomes Committee



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Executive Summary

This report documents that NAPSEC programs offer children and adults with disabilities a wide array of supportive, intensive services throughout the life cycle. Because of highly specialized NAPSEC programs with unusually high staff to individual ratios, young children in need of intense early intervention, school-aged children in need of intense special education, and adults in need of intense support are able to lead meaningful and productive lives. NAPSEC programs are an integral part of the helping landscape for individuals with disabilities in our country.

The Study

154 programs offered by 129 NAPSEC member organizations (46% of membership) located in 20 states participated in a study to present a snapshot of the intense services offered to individuals with disabilities attending NAPSEC programs. Taken together, 19,804 individuals (68% male; 32% female) were enrolled in Early Intervention, School, and Adult programs.

Highlights for Early Intervention Programs

12 programs; 1,555 children (65% male; 35% female)

78% of the young children served by these programs had a Developmental Delay (60%) or a Preschool Disability (18%). Another 9% had Blindness (5%) or Speech/Language Impairment (4%).

1. **Counseling Services:** 33% offer personal counseling; 50% offer “other” counseling
2. **Therapeutic Services:** 67% offer speech/language therapy; 67% offer occupational therapy/life skills training; 67% offer physical therapy
3. **Health-Related Services:** 42% offer nursing care services
4. **Access/Mobility Services:** 50% offer assistive technology services/devices; 42% offer audiology/vision services
5. **Additional Services:** 67% offer a summer session; 67% offer “other” services, which include parent support, home visits, in-home counseling/training, one-to-one assistance, respite
6. **Other Program Services:** 50% offer service coordination
7. **Ratio of direct service personnel to young child with disability:**
1:1 for 50% of the programs; 1:1 to 1:3 for 83% of the programs; 1:1 to 1:4 for 92% of the programs

Highlights for School Programs

123 programs; 15,704 students (64% male; 36% female)

54% of the students served by these programs had Emotional Disturbance (29%) or Multiple Disability (25%). Autism (12%) and Specific Learning Disability (12%) account for another 24%.

1. **Counseling Services:** 77% offer personal counseling; 68% offer “other” counseling
2. **Therapeutic Services:** 86% offer speech/language therapy; 70% offer occupational therapy/life skills training
3. **Health-Related Services:** 39% offer medical or psychiatric diagnosis/evaluation; 39% offer medication monitoring; 85% offer nursing care services
4. **Vocational Services:** 63% offer career counseling; 59% offer help in finding a job; 67% offer training in job skills; 51% offer vocational education
5. **Access/Mobility Services:** 50% offer transportation; 67% offer assistive technology services/devices
6. **Additional Services:** 85% offer an extended school year summer program; 58% offer adaptive physical education; 66% offer “other” services, which include parent support, home visits, in-home counseling/training, one-to-one assistance, respite, sibling group, socialization/mentoring group, guidance department, dental services, student-run speakers’ bureau, afterschool recreation, alumni programs
7. **Other Program Services:** 80% offer transitional services; 54% offer work study; 76% offer service coordination
8. **Ratio of direct service personnel to student with disability:**
1:1 to 1:2 for 63% of the programs; 1:1 to 1:3 for 84% of the programs; 1:1 to 1:4 for 92% of the programs

Highlights for Adult Programs

19 programs; 2,545 adults (53% male; 47% female)

74% of the adults served by these programs had Mental Retardation (42%), Multiple Disability (22%) or Other Health Impairment (10%). Another 18% had Speech/Language Impairment (5%), Specific Learning Disability (5%), Autism (4%) or Orthopedic Impairment (4%).

1. **Counseling Services:** 37% offer personal counseling; 53% offer “other” counseling
2. **Therapeutic Services:** 47% offer speech/language therapy; 47% offer occupational therapy/life skills training
3. **Health-Related Services:** 37% offer medication monitoring; 58% offer nursing care services
4. **Vocational Services:** 68% offer career counseling; 84% offer help in finding a job; 79% offer training in job skills; 63% offer vocational education; 74% offer supported employment; 53% offer sheltered employment
5. **Access/Mobility Services:** 74% offer transportation; 63% offer assistive technology services/devices
6. **Additional Services:** 42% offer a summer program; 42% offer adaptive recreation; 74% offer “other” services, which include parent support, home visits, in-home counseling/training, one-to-one assistance, socialization/mentoring group, guidance department, dental services, career counseling, self-advocacy, skill coaching, translation services
7. **Other Program Services:** 74% offer transitional services; 42% offer work study; 79% offer service coordination
8. **Ratio of direct service personnel to adult with disability:**
1:1 to 1:2 for 42% of the programs; 1:1 to 1:3 for 74% of the programs; 1:1 to 1:4 for 84% of the programs

Introduction

The National Association of Private Special Education Centers (NAPSEC) is a nonprofit association that promotes high quality programs for individuals with disabilities and their families. NAPSEC's mission is to represent private special education centers that serve the needs of young children, students, and adults. NAPSEC advocates for access to the continuum of alternative placements and services for these individuals who have a wide range of disabilities. Our member organizations offer Early Intervention, School, and Adult programs.

The NAPSEC Intensity of Services project was undertaken to demonstrate the broad and intense system of services our member organizations deliver to individuals of all disability categories and ages as well as their families.

NAPSEC Intensity of Services Study

Method

The NAPSEC Outcomes Committee created an Intensity of Services survey instrument in order to collect information. The development of this instrument was strongly influenced by the items used in SRI's National Longitudinal Transition Study-2 (NLTS2, 2004), which examined the related services received by special education students attending programs within the public schools. While NLTS2 was largely dependent upon parent interviews, our study depended on voluntary NAPSEC member organizations filling out the survey form between October 1, 2006 and April 1, 2007. Our intention was to provide a snapshot of the services provided to the average individual attending a NAPSEC program.

The form had the following items: (1) name and location of member organization; (2) whether program was Early Intervention, School, or Adult; (3) age range served; (4) disability categories of all individuals enrolled in the program; and (5) length, frequency and

profession of provider of the related services. In selecting the types of related services, NLTS2 (2004) was our guide. Thus, questions were asked about (1) counseling services, (2) therapeutic services, (3) health-related services, (4) adaptive services, (5) vocational services, (6) academic enhancement services, (7) access/mobility services, (8) personal assistance services, and (9) “other” related services (which included parent support and one-to-one assistance, for example). Since a hallmark of NAPSEC member organizations is the high ratio of direct service staff to individuals, participants were also asked to report the number of personnel involved in the delivery of direct services. Moreover, since NAPSEC programs serve persons with severe disabilities whose symptoms can be exacerbated when removed from the consistency of a structured program, we were interested in learning how many programs offered a summer session (for Early Intervention and Adult programs) or an extended school year (for School programs) in order to prevent regression. Finally, we were interested in learning the services available to support and assist individuals with disabilities to become productive adults, including, when appropriate, to enter the continuum of employment. We further explored whether participating programs offered service coordination, such as, referrals and linkages to relevant community services, to the individuals they served.

The responses were recorded into statistical software and analyzed.

The Participating Programs

One hundred fifty-four programs operating in 129 membership organizations (46% of the membership) in 20 states participated in the study. Twelve (8%) were Early Intervention programs serving children from birth to 3 years of age; 123 (80%) were School programs serving preschool and school-aged students between the ages of 3 and 22 years; and 19 (12%) were Adult programs for individuals with disabilities between the ages of 18 and 65 years. The 129

participating member organizations came from 7 federal education regions: Northeast, Mid-Atlantic, Appalachia, Southeast, North Central, Southwest, and Western. Table 1 shows the distribution of these participating member organizations by state and federal region.

Table 1. NAPSEC Schools by U.S. Educational Region*

N=129

U.S. Educational Region	#	%
<u>Northeast:</u> Connecticut, Massachusetts, New Hampshire, New York, Rhode Island ¹	20	15.5
<u>Mid-Atlantic:</u> Maryland, New Jersey, Pennsylvania ²	81	62.8
<u>Appalachia:</u> Kentucky, Tennessee, Virginia ³	5	3.9
<u>Southeast:</u> Alabama, Georgia, North Carolina ⁴	3	2.3
<u>North Central:</u> Illinois, Minnesota ⁵	10	7.7
<u>Southwest:</u> Texas ⁶	1	.8
<u>Western:</u> Arizona, California, Utah ⁷	9	7.0
Total	129	100

*No participants from Mid-Continent, Northwest, or Pacific regions

¹No participants from Maine, Vermont, Puerto Rico, or Virgin Islands

²No participants from Delaware, or Washington D.C.

³No participants from West Virginia

⁴No participants from Florida, Mississippi, or South Carolina

⁵No participants from Indiana, Iowa, Michigan, Ohio, or Wisconsin

⁶No participants from Arkansas, Louisiana, New Mexico, or Oklahoma

⁷No participants from Nevada

The Individuals Enrolled in NAPSEC Programs

Taken together, the 129 participating member organizations offered intense, specialized services to 19,804 individuals with disabilities (68% male; 32% female) enrolled in Early Intervention, School, and Adult programs. Their ages ranged from birth to 65 years. Table 2 shows the distribution of these individuals by their disability category.

Table 2. Individuals Enrolled in NAPSEC Programs by Disability Category*

N=19,804

Disability Category	#	%
Preschool Disability	719	3.6
Autism	2,079	10.5
Blindness	171	.9
Deafness	24	.1
Developmental Delay	1,225	6.2
Emotional Disturbance	4,672	23.6
Hearing Impairment	134	.7
Mental Retardation	1,993	10.1
Multiple Disability	4,487	22.7
Orthopedic Impairment	246	1.2
Other Health Impairment	797	4.0
Specific Learning Disability	1,989	10.0
Speech/Language Impairment	839	4.2
Traumatic Brain Injury	429	2.2
TOTAL	19,804	100

*About 7% of these individuals (1,342) were enrolled privately; no public monies were used. Of these, 650 attended day programs and 692 attended residential programs.

As Table 2 demonstrates, the disability categories of Emotional Disturbance (23.6%) and Multiple Disability (22.7%) were the most represented. These were followed by Autism (10.5%), Mental Retardation (10.1%), and Specific Learning Disability (10%). Nine additional

disability categories (Preschool, 3.6%; Blindness, .9%; Deafness, .1%; Developmental Delay, 6.2%; Hearing Impairment, .7%; Orthopedic Impairment, 1.2%; Other Health Impairment, 4%; Speech/Language Impairment, 4.2%; Traumatic Brain Injury, 2.2%) represent the remaining approximate 23% of the distribution.

RESULTS: EARLY INTERVENTION PROGRAMS

Type of Disability: Early Intervention Programs

Participating NAPSEC Early Intervention programs served 1,555 young children (65% male, 35% female) from birth to 3 years of age. Table 3 shows the distribution of the children according to their disability categories.

Table 3. Young Children Enrolled in NAPSEC Early Intervention Programs by Disability Category

N=1,555

Disability Category	#	%
Preschool Disability	284	18.3
Autism	58	3.7
Blindness	82	5.3
Deafness	9	.6
Developmental Delay	934	60.1
Emotional Disturbance	0	0
Hearing Impairment	38	2.4
Mental Retardation	15	1.0
Multiple Disability	32	2.0
Orthopedic Impairment	15	1.0
Other Health Impairment	12	.8
Specific Learning Disability	0	0
Speech/Language Impairment	69	4.4
Traumatic Brain Injury	7	.4
TOTAL	1,555	100

The most represented disability categories for the young children attending NAPSEC Early Intervention programs (78%) were Developmental Delay (60%) and Preschool Disability (18%). Blindness (5%) and Speech/Language Impairment (4%) accounted for another 9% of the children. Eight remaining disability categories (Autism, 4%; Deafness, 1%; Hearing Impaired, 2%; Mental Retardation, 1%; Multiple Disability, 2%; Orthopedic Impairment, 1%; Other Health Impairment, 1%) reflect the remaining approximately 12% of the distribution. No young children with Emotional Disturbance or Specific Learning Disability were in the sample.

Related Services: Early Intervention Programs

Table 4 demonstrates the range of related services participating NAPSEC Early Intervention programs deliver to the young children they serve.

Table 4. NAPSEC Early Intervention Programs and Related Services

N=12

Related Services	#	%
Counseling:		
Personal counseling ¹	4	33
Other counseling ²	6	50
Therapeutic:		
Speech/language therapy	8	67
Occupational therapy/life skills training	8	67
Physical therapy	8	67
Health-Related³		
Medical or psychiatric diagnosis/evaluation	1	8
Medication monitoring	0	0
Nursing care services	5	42
Access/Mobility:		
Transportation	1	8
Assistive technology services/devices	6	50
Audiology/vision services	5	42
Orientation/mobility services	3	25
Additional Services:		
Summer program	8	67
Adaptive physical education	2	17
Adaptive recreation	2	17
Other services ⁴	8	67
Other Program Services:		
Transitional services	5	42
Service coordination	6	50

¹Includes mental health and social work services

²Includes family, art, movement, music, play therapy

³Includes medical, psychiatric, and nursing services

⁴Includes parent support, home visits, in-home counseling/training, one-to-one assistance, respite

Frequency, Length, and Provider for Related Services: Early Intervention Programs

The following tables will provide a further analysis of the data presented in Table 4 by showing the related service by number of programs, frequency, length, and, when relevant, provider.

Counseling Services

Of the 12 Early Intervention programs, 4 programs (33%) offer personal counseling, which includes mental health and social work services. Moreover, 50% (6 programs) offer “other” counseling services; some programs provide more than one type of “other” counseling (4 offer family therapy, 1 play therapy, 1 art therapy, 1 movement therapy, 1 music therapy). See Table 4A.

Table 4A. Early Intervention Programs

Counseling N=12	# Programs	Frequency	Session Length (Minutes)	Provider
Personal counseling	2	Daily	30	Psychologist
	1	Weekly	30	Social Worker
	1	Weekly	60	Social Worker
Total	4			
Other counseling (family therapy, play therapy, art therapy, music therapy, movement therapy)	1	Daily	30	Social Worker
	3	Weekly	60	Social Worker
	2	As needed	30	Social Worker
Total	6			

Therapeutic Services

Eight (67%), Early Intervention programs make speech/language therapy services available. Another 67% (8 programs) offer occupational therapy/life skills training. Finally, an additional 67% (8 programs) have physical therapy services. See Table 4B.

Table 4B. Early Intervention Programs

Therapeutic N=12	# Programs	Frequency	Session Length (Minutes)	Provider
Speech/language therapy	1	Daily	30	Speech clinician
	5	Weekly+*	30	Speech clinician
	2	As needed	30	Speech clinician
Total	8			
Occupational therapy/ life skills training	1	Daily	30	Occupational therapist
	5	Weekly+	30	Occupational therapist
	2	As needed	60	Occupational therapist
Total	8			
Physical therapy	1	Daily	30	Physical therapist
	5	Weekly+	30-60	Physical therapist
	2	As needed	60	Physical therapist
Total	8			

*Throughout this report, “weekly+” indicates that the service was provided more frequently than once a week at the session length indicated.

Health-Related Services

About 8% (1 program) offer medical diagnostic and evaluation services, while 42% (5 programs) have nursing care services. See Table 4C.

Table 4C. Early Intervention Programs

Health-Related N=12	# Programs	Frequency	Session Length (Minutes)	Provider
Medical or psychiatric diagnosis/evaluation	1	As needed	60	Physician
Total	1			
Nursing care services	3	Daily	15-30	Nurse
	1	Weekly	15-30	Nurse
	1	As needed	15-30	Nurse
Total	5			

Access/Mobility Services

About 8% (1 program) offered daily transportation, 50% (6 programs) assistive technology services/devices, 42% (5 programs) audiology/vision services, and 25% (3 programs) orientation/mobility services. See Table 4D.

Table 4D. Early Intervention Programs

Access/Mobility	# Programs	Frequency
N=12		
Transportation	1	Daily
Total	1	
Assistive technology services/devices	2	Daily
	1	Weekly+
	3	As needed
Total	6	
Audiology/vision services	1	Daily
	2	Weekly+
	2	As needed
Total	5	
Orientation/mobility services	1	Daily
	1	Weekly
	1	As needed
Total	3	

Additional and Other Related Services

Two (17%) of the programs report adaptive physical education and 2 (17%) additional programs report adaptive recreation services. About 67% (8 programs) offer a summer session to prevent regression. Another 67% (8 programs) make “other” services available, such as parent support, home visits, in-home counseling/training, respite, and one-to-one assistance. Finally, transitional services are available at 5 programs (42%), while service coordination, including referrals and links to appropriate community services, is available at 6 (50%) of the NAPSEC Early Intervention programs. See Table 4.

Direct Service Personnel: Early Intervention Programs

Of the 12 Early Intervention programs, 83% (10 programs) have a 1:1 to 1:3 ratio for direct service staff to young child, while 92% (11 programs) have a 1:1 to 1:4 direct service staff to individual ratio. It is interesting to note that 50% (6 programs) offer a 1:1 ratio along this dimension. Table 5 exhibits the average number of full-time direct service personnel who work in Early Intervention programs.

Table 5. Average Number of Direct Service Personnel: Early Intervention Programs

Category	#
Teachers	7.6
Teaching Assistants	4.9
One-to-One Assistants	1.6
Counseling Service Providers	2.0
Health Service Providers	.8
Therapeutic Service Providers ¹	9.5
Other Direct Service Providers ²	.7

¹ Includes speech/language therapy, physical therapy, occupational therapy/life skills training providers

² Other direct service providers for Early Intervention programs include: learning disabilities consultant, librarian, vision evaluator

RESULTS: SCHOOL PROGRAMS

Type of Disability: School Programs

Participating NAPSEC School programs served 15,704 preschool and school-aged students (71% male, 29% female) between the ages of 3 to 22 years. Table 6 shows the distribution of the students according to their disability categories.

Table 6. Students Enrolled in NAPSEC Schools by Disability Category

N=15,704

Disability Category	#	%
Preschool Disability	435	2.8
Autism	1,915	12.2
Blindness	69	.4
Deafness	0	0
Developmental Delay	220	1.4
Emotional Disturbance	4,600	29.3
Hearing Impairment	84	.5
Mental Retardation	911	5.8
Multiple Disability	3,891	24.8
Orthopedic Impairment	123	.8
Other Health Impairment	543	3.4
Specific Learning Disability	1,868	11.9
Speech/Language Impairment	640	4.1
Traumatic Brain Injury	405	2.6
TOTAL	15,704	100

The most represented disability categories among students attending NAPSEC School programs (54%) were Emotional Disturbance (29%) and Multiple Disability (about 25%). Autism (more than 12%) and Specific Learning Disability (nearly 12%) accounted for another 24% of the students. Nine remaining disability categories (Preschool, 3%; Blindness, .4%; Developmental Delay, 1%; Hearing Impairment, .5%; Mental Retardation, 6%; Orthopedic Impairment, 1%; Other Health Impairment, 3%; Speech/Language Impairment, 4%; Traumatic Brain Injury, 3%) make up the remaining approximate 22% of the distribution. No student in the sample had the disability of Deafness.

Related Services: School Programs

Table 7 demonstrates the proportion of NAPSEC programs and the range of related services they deliver to the students they serve.

Table 7. NAPSEC Schools and Related Services

N=123

Related Services	#	%
Counseling:		
Personal counseling ¹	95	77
Other counseling ²	84	68
Therapeutic:		
Speech/language therapy	106	86
Occupational therapy/life skills training	86	70
Physical therapy	49	40
Health-Related³		
Medical or psychiatric diagnosis/evaluation	48	39
Medication monitoring	48	39
Nursing care services	105	85
Vocational:		
Career counseling	78	63
Help in finding a job	72	59
Training in job skills	83	67
Vocational education	63	51
Vocational rehab. training program	17	14
Supported employment	57	46
Sheltered employment	22	18
Access/Mobility:		
Transportation	61	50
Assistive technology services/devices	82	67
Audiology/vision services	45	37
Orientation/mobility services	29	24
Additional Services:		
Summer program	104	85
Adaptive physical education	71	58
Adaptive recreation	40	33
Other services ⁴	81	66
Other Program Services:		
Transitional services	99	80
Career training	35	28
Work study	66	54
Courses at community college	27	22
Service coordination	94	76

¹Includes mental health and social work services

²Includes group, family, art, horticulture, movement, music, animal therapy, play therapy

³Includes medical, psychiatric, and nursing services

⁴Includes parent support, home visits, in-home counseling/training, one-to-one assistance, respite, sibling group, socialization/mentoring group, guidance department, dental services, student-run speakers' bureau, afterschool recreation, alumni programs

Frequency, Length, and Provider for Related Services: School Programs

The following tables will provide a further analysis of the data set forth in Table 7 by showing the related service by number of programs, frequency, length, and, when relevant, provider.

Counseling Services

Of the 123 School programs, 95 (77%) offer personal counseling, which includes mental health and social work services. About 68% (84 programs) offer “other” counseling services; some programs provide more than one type of “other” counseling (43 offer family therapy, 42 group therapy, 11 music therapy, 7 art therapy, 2 play therapy, 1 movement therapy, 1 horticulture therapy, 1 animal therapy). See Table 7A.

Table 7A. School Programs

Counseling N=123	# Programs	Frequency	Session Length (Minutes)	Provider
Personal counseling	9	Daily	30-45	Social Worker/Psychologist/Counselor
	56	Weekly	30-60	Social Worker/Psychologist/Counselor
	18	Weekly+	30-60	Social Worker/Psychologist/Counselor
	1	Monthly	50	Social Worker/Psychologist/Counselor
	11	As needed	30-60	Social Worker/Psychologist/Counselor
Total	95			
Other counseling (family therapy, group therapy, play therapy, art therapy, music therapy, animal therapy, movement therapy, horticulture therapy)	6	Daily	30-60	Social Worker/Psychologist/Counselor
	32	Weekly	30-60	Social Worker/Psychologist/Counselor
	7	Weekly+	40-60	Social Worker/Psychologist/Counselor
	14	Monthly	30-90	Social Worker/Psychologist/Counselor
	25	As needed	30-60	Social Worker/Psychologist/Counselor
Total	84			

Therapeutic Services

About 86% (106 programs) make speech/language therapy services available. Another nearly 70% (86 programs) offer occupational therapy/life skills training. Finally, nearly 40% (49 programs) have physical therapy services. See Table 7B.

Table 7B. School Programs

Therapeutic N=123	# Programs	Frequency	Session Length (Minutes)	Provider
Speech/language therapy	13	Daily	20-45	Speech clinician
	23	Weekly	20-45	Speech clinician
	56	Weekly+	20-45	Speech clinician
	1	Monthly	30	Speech clinician
	13	As needed	20-45	Speech clinician
Total	106			
Occupational therapy/ life skills training	14	Daily	20-45	Occupational therapist
	24	Weekly	20-45	Occupational therapist
	35	Weekly+	20-45	Occupational therapist
	1	Monthly	45	Occupational therapist
	12	As needed	30	Occupational therapist
Total	86			
Physical therapy	5	Daily	20-30	Physical therapist
	15	Weekly	30-60	Physical therapist
	20	Weekly+	30-60	Physical therapist
	9	As needed	30-60	Physical therapist
Total	49			

Health-Related Services

About 39% (48 programs) offer medical services, including psychiatric diagnosis and evaluation. Nearly 39% (48 programs) make medication monitoring available. Finally, 85% (105 programs) offer nursing care services. See Table 7C.

Table 7C. School Programs

Health-Related N=123	# Programs	Frequency	Session Length (Minutes)	Provider
Medical or psychiatric diagnosis/evaluation	1	Daily	60	Physician
	9	Weekly	30-60	Physician/Psychiatrist
	3	Weekly+	60-90	Psychiatrist
	10	Monthly	15-90	Physician/Psychiatrist
	5	Annually	60	Psychiatrist
	20	As needed	30-90	Physician/Psychiatrist
Total	48			
Medication monitoring	5	Daily	30-60	Nurse/Physician/Psychiatrist
	7	Weekly	20-60	Physician/Psychiatrist
	3	Weekly+	30-45	Psychiatrist
	17	Monthly	15-60	Psychiatrist
	2	Annual	30-60	Physician/Psychiatrist
	14	As needed	15-60	Physician/Psychiatrist
Total	48			
Nursing care services	63	Daily	15-60	Nurse
	8	Weekly	15-60	Nurse
	2	Weekly+	15	Nurse
	1	Monthly	10	Nurse
	1	Annually	30	Nurse
	30	As needed	15-30	Nurse
Total	105			

Vocational Services

The NAPSEC Schools offered a range of vocational services. Sixty-three percent (78 programs) offered career counseling, 59% (72 programs) helped students find a job, and 67% (83 programs) made training in job skills available. About 51% (63 programs) of the schools offered vocational education and 14% (17 programs) were vocational rehabilitation training programs. Finally, 46% (57 programs) offered supported employment, while 18% (22 programs) offered sheltered employment. See Table 7.

Access Mobility Services

About 50% (61 programs) offer transportation, 67% (82 programs) assistive technology services/devices, 37% (45 programs) audiology/vision services, and 24% (29 programs) orientation/mobility services. See Table 7D.

Table 7D. School Programs

Access/Mobility Services	# Programs	Frequency
N=123		
Transportation	38	Daily
	6	Weekly
	1	Monthly
	16	As needed
Total	61	
Assistive technology services/devices	50	Daily
	5	Weekly
	2	Weekly+
	25	As needed
Total	82	
Audiology/vision	10	Daily
	4	Weekly
	1	Monthly
	13	Annually
	17	As needed
Total	45	
Orientation/mobility	3	Daily
	7	Weekly
	2	Weekly+
	1	Monthly
	16	As needed
Total	29	

Additional and Other Related Services

About 85% (104 programs) offer summer sessions, 58% (71 programs) adaptive physical education, 33% (40 programs) adaptive recreation, and 66% (81 programs) “other” services. These “other” services reflect a wide range of activities, such as, afterschool recreation, alumni programs, dental services, home visits, in-home counseling, in-home counseling/training, one-to-

one assistance, parent support, PTA, respite, sibling group, socialization/mentoring group, student-run speakers' bureau. About 80% (99 programs) offer transitional services, 28% (35 programs) career training, 54% (66 programs) work study, 22% (27 programs) courses at community college, and 76% (94 programs) service coordination, including referrals and links to appropriate community services. See Table 7.

Direct Service Personnel: Schools

Of the 123 School programs, 84% (103 programs) have a 1:1 to 1:3 ratio for direct service staff to individual student, while 92% (113 programs) have a 1:1 to 1:4 direct service staff to individual ratio. It is interesting to note that about 63% (68 programs) offer a ratio of 1:1 to 1:2 along this dimension. Table 8 exhibits the average number of direct service personnel who work in School programs.

Table 8. Average Number of Direct Service Personnel: School Programs

Category	#
Teachers	21.3
Teaching Assistants	24.4
One-to-One Assistants	9.9
Counseling Service Providers	8.5
Health Service Providers	5.2
Therapeutic Service Providers ¹	19.9
Other Direct Service Providers ²	2.2

¹ Includes speech/language therapy, physical therapy, occupational therapy/life skills training providers

² Other direct service providers for School programs include: behavior specialist, cook, crisis manager, dietitian, driver, house parent, IEP coordinator, job coach, learning disability consultant, librarian, private duty nurse, recreational therapist, transition coordinator, vision evaluator, vocational coordinator

RESULTS: ADULT PROGRAMS

Type of Disability: Adult Programs

Participating NAPSEC School programs served 2,545 adults (53% male, 47% female) between the ages of 18 years and 65 years. Five (5) adults were older than 65 years. Table 9 shows the distribution of the adults by disability category.

Table 9. Adults in NAPSEC Programs by Disability Category

N=2,545

Disability Category	#	%
Autism	106	4.2
Blindness	20	.8
Deafness	14	.6
Developmental Delay	71	2.8
Emotional Disturbance	72	2.8
Hearing Impairment	12	.5
Mental Retardation	1,067	41.9
Multiple Disability	564	22.2
Orthopedic Impairment	108	4.2
Other Health Impairment	243	9.5
Specific Learning Disability	121	4.7
Speech/Language Impairment	130	5.1
Traumatic Brain Injury	17	.7
TOTAL	2,545	100

The most represented disability categories among adults attending NAPSEC programs (74%) were Mental Retardation (about 42%), Multiple Disability (22%) or Other Health Impairment (nearly 10%). Another 18% had Speech/Language Impairment (5%), Specific Learning Disability (5%), Autism (4%) or Orthopedic Impairment (4%). Blindness (1%), Deafness (.6%), Developmental Delay (3%), Emotional Disturbance (3%), Hearing Impairment (.5%), and Traumatic Brain Injury (.7%) account for the remaining approximate 8% of adults with disabilities.

Related Services: Adult Programs

Table 10 demonstrates the proportion of NAPSEC programs and the range of related services they deliver to the adults they serve.

Table 10. NAPSEC Adult Programs and Related Services

N=19

Related Services	#	%
Counseling:		
Personal counseling ¹	7	37
Other counseling ²	10	53
Therapeutic:		
Speech/language therapy	9	47
Occupational therapy/life skills training	9	47
Physical therapy	6	32
Health-Related³		
Medical or psychiatric diagnosis/evaluation	6	32
Medication monitoring	7	37
Nursing care services	11	58
Vocational:		
Career counseling	13	68
Help in finding a job	16	84
Training in job skills	15	79
Vocational education	12	63
Vocational rehab. training program	5	26
Supported employment	14	74
Sheltered employment	10	53
Access/Mobility:		
Transportation	14	74
Assistive technology services/devices	12	63
Audiology/vision services	5	26
Orientation/mobility services	8	42
Additional Services:		
Summer program	8	42
Adaptive physical education	4	21
Adaptive recreation	8	42
Other services ⁴	14	74
Other Program Services:		
Transitional services	14	74
Career training	7	37
Work study	8	42
Courses at community college	3	16
Service coordination	15	79

¹Includes mental health and social work services

²Includes group, family, art, and music therapy

³Includes medical, psychiatric, and nursing services

⁴Includes career counseling, dental services, guidance department, home visits, in-home counseling/training, one-to-one assistance, parent support, self-advocacy, skills coaching, socialization/mentoring group, translation services

Frequency, Length, and Provider for Related Services: Adult Programs

The following tables will provide a further analysis of the data set forth in Table 9 by showing the related service by number of programs, frequency, length, and, when relevant, provider.

Counseling Services

Of the 19 Adult programs, 7 programs (37%), offer personal counseling, which includes mental health and social work services. About 53% (10 programs) offer “other” counseling services; some programs provide more than one type of “other” counseling (4 offer family therapy, 3 group therapy, 2 art therapy, 2 music therapy). See Table 10A.

Table 10A. Adult Programs

Counseling N=19	# Programs	Frequency	Session Length (Minutes)	Provider
Personal counseling	1	Weekly	50	Social Worker/Psychologist/Counselor
	3	Weekly+	30-60	Social Worker/Psychologist/Counselor
	3	As needed	30-60	Social Worker/Psychologist/Counselor
Total	7			
Other counseling (family therapy, group therapy, art therapy, music therapy)	1	Weekly+	60	Social Worker/Psychologist/Counselor
	1	Monthly	60	Social Worker/Psychologist/Counselor
	8	As needed	30-60	Social Worker/Psychologist/Counselor
Total	10			

Therapeutic Services

About 47% (9 programs) make speech /language therapy services available. Another nearly 47% (9 programs) offer occupational therapy/life skills training. Finally, nearly 32% (6 programs) have physical therapy services. See Table 10B.

Table 10B. Adult Programs

Therapeutic N=19	# Programs	Frequency	Session Length (Minutes)	Provider
Speech/language therapy	1	Daily	30	Speech clinician
	3	Weekly	30	Speech clinician
	3	Weekly+	30-60	Speech clinician
	1	Annually	60	Speech clinician
	1	As needed	60	Speech clinician
Total	9			
Occupational therapy/ life skills training	4	Daily	30-60	Occupational therapist
	3	Weekly	30	Occupational therapist
	2	Weekly+	30	Occupational therapist
Total	9			
Physical therapy	1	Daily	30	Physical therapist
	4	Weekly	20-30	Physical therapist
	1	Weekly+	30	Physical therapist
Total	6			

Health-Related Services

About 32% (6 programs) offer medical, including psychiatric diagnosis and evaluation. Nearly 37% (7 programs) make medication monitoring available. Finally, 58% (11 programs) offer nursing care services. See Table 10C.

Table 10C. Adult Programs

Health-Related N=19	# Programs	Frequency	Session Length (Minutes)	Provider
Medical or psychiatric diagnosis/evaluation	1	Daily	60	Physician
	2	Monthly	30-60	Psychiatrist/Social Worker
	1	Annually	30	Physician
	2	As needed	60	Physician/Psychiatrist
Total	6			
Medication monitoring	3	Daily	15-60	Physician/Psychiatrist
	2	Monthly	30-60	Physician/Psychiatrist
	1	Annually	30	Physician
	1	As needed	30	Psychiatrist
Total	7			
Nursing care services	9	Daily	15-60	Nurse
	1	Weekly+	15	Nurse
	1	As needed	60	Nurse
Total	11			

Vocational Services

The NAPSEC programs offered a range of vocational services. Sixty-eight percent (13 programs) offered career counseling, 84% (16 programs) helped adults find a job, and 79% (15 programs) made training in job skills available. About 63% (12 programs) of the programs offered vocational education and 26% (5 programs) were vocational rehabilitation training programs. Finally, 74% (14 programs) offered supported employment, while 53% (10 programs) offered sheltered employment. See Table 10.

Access Mobility Services

About 74% (14 programs) offer transportation, 63% (12 programs) assistive technology services/devices, 26% (5 programs) audiology/vision services, and 42% (8 programs) orientation/mobility services. See Table 10D.

Table 10D. Adult Programs

Access/Mobility Services	# Programs	Frequency
N=19		
Transportation	12	Daily
	1	Weekly+
	1	As needed
Total	14	
Assistive technology services/devices	8	Daily
	1	Weekly
	3	As needed
Total	12	
Audiology/vision	1	Weekly
	1	Annually
	3	As needed
Total	5	
Orientation/mobility	2	Daily
	1	Weekly
	1	Weekly+
	4	As needed
Total	8	

Additional and Other Related Services

About 42% (8 programs) offer summer programs, 21% (4 programs) adaptive physical education, 42% (8 programs) adaptive recreation, and 74% (14 programs) “other” services. These “other” services include dental services, home visits, in-home counseling/training, one-to-one assistance, parent support, self-advocacy, skill coaching, socialization/mentoring group, translation services. See Table 10. About 74% (14 programs) offer transitional services, 37% (7 programs) career training, 42% (8 programs) work study, 16% (3 programs) courses at community college, and 79% (15 programs) service coordination, including referrals and links to appropriate community services. See Table 10.

Direct Service Personnel: Adults

Of the 19 Adult programs, 74% (14 programs) have a 1:1 to 1:3 ratio for direct service staff to individual adult, while 84% (16 programs) have a 1:1 to 1:4 direct service staff to individual ratio. It is interesting to note that about 42% (8 programs) offer a ratio of 1:1 to 1:2 along this dimension. Table 11 exhibits the average number of direct service personnel who work in Adult programs.

Table 11. Average Number of Direct Service Personnel: Adult Programs

Category	#
Teachers	10.4
Teaching Assistants	8.4
One-to-One Assistants	1.4
Counseling Service Providers	1.2
Health Service Providers	2.4
Therapeutic Service Providers ¹	3.2
Other Direct Service Providers ²	3.5

¹ Includes speech/language therapy, physical therapy, occupational therapy/life skills training providers

² Other direct service providers for Adult programs include: cook, dietitian, driver, house parent, job coach, recreational therapist, vocational coordinator

Discussion

Individuals with disabilities who attend NAPSEC programs benefit from a wide array of intensive services that are not readily available in other facilities, such as public schools.

Overall, 50% of the **Early Intervention** programs in this survey reported a direct service staff to individual ratio of 1:1, 83% reported this ratio at 1:1 to 1:3, and 92% at 1:1 to 1:4. Close to 80% of the young children in these programs have Developmental Delays (about 60%) or Preschool Disabilities (18%). More than two-thirds of the programs they attend offer speech/language therapy, occupational therapy, physical therapy, and additional services, such as parent support, in-home counseling/ training, one-to-one assistance, and home visits. Moreover, assistive technology services/devices, service coordination, which includes referral and linkage, and “other” counseling, such as, family therapy, play therapy, art therapy, music therapy, and movement therapy, are provided by half of the participating programs. About 67% of these programs are available in the summer to help prevent regression so that the youngsters can retain gains that they have made. About 42% of the programs provide transitional services, a significant component for young children with disabilities since, according to the National Early Intervention Longitudinal Study (NEILS) (Hebbeler, Spiker, Bailey, Scarborough, Mallik, Simeonsson, Singer, & Nelson, 2007), about half of the children served by early intervention programs no longer need special services and will be able to enter regular school programs due in part to the intensive supports they received from programs such as those offered by NAPSEC. This underscores the importance of making intense services available that make it possible for children with disabilities to enter less restrictive environments. Of course, the remaining children with severe disabilities who were involved in early intervention will continue to need special services as they age into school programs. Moreover, many other children not involved

with special services in their early years will also require special education programs (NLTS2, 2001). It is, therefore, crucial that schools provide the broad and intensive range of services which, as this survey documents, is provided by NAPSEC programs.

According to NLTS2, success for students in special education is associated with the size of the school, the class, and the caseloads for support personnel, the smaller, the better.

NAPSEC schools are defined by such characteristics. In fact, 63% of the **Schools** in this survey reported a 1:1 to 1:2 ratio of direct service staff to students, 84% reported a 1:1 to 1:3 ratio, and 92% reported a 1:1 to 1:4 ratio. The majority of students (54%) have Emotional Disturbance (29%) or Multiple Disability (25%). According to Levine, Harder & Wagner (2004), many students with these specific disabilities report difficulty in receiving the services they need in special education programs within the public school. In contrast, NAPSEC schools offer an array of intense services from a range of certified professionals. That NAPSEC schools provide counseling services onsite is in itself unique and significant since, according to NLTS2, most public school students with disabilities receive counseling outside of school, not as an integral part of their school program. At NAPSEC schools, counseling services are comprised of personal counseling (77%) as well as “other” counseling (68%), which includes family therapy, group therapy, play therapy, art therapy, music therapy, animal therapy, movement therapy, and horticulture therapy. In addition, medical and psychiatric diagnosis/evaluation and medication monitoring are available at almost 40% of the school programs. Other services to assist in the skill development of students with disabilities are speech/language therapy (86%), occupational therapy/life skills training (70%), nursing care services (85%), assistive technology services/devices (67%), and adaptive physical education (58%). Additional services include, for example, afterschool recreation, alumni programs, dental services, home visits, in-home

counseling/training, one-to-one assistance, parent support, PTA, respite, sibling group, socialization/mentoring group, and student-run speakers' bureau. To prevent regression and help students maintain the gains they have made over the course of the academic year, 85% of the schools offer an extended school year. Moreover, in order to prepare students for integration into the adult workforce, NAPSEC secondary schools offer a range of vocational services. These include career counseling (63%), help in finding a job (59%), training in job skills (67%), vocational education (51%), and supported employment (46%). Nearly 54% of the secondary schools make work-study available. About 80% of the schools have transitional services and 76% coordinate services through referral and linkage. In short, NAPSEC schools are prepared to deliver all necessary services to help students develop skills and succeed in adult life.

Nearly 75% of the adults who attend NAPSEC programs have Mental Retardation (42%), Multiple Disability (22%), or Other Health Impairment (10%). About 42% of the programs they attend have a 1:1 to 1:2 ratio of direct service staff to individual, 74% reported a 1:1 to 1:3 ratio, and 84% reported a 1:1 to 1:4 ratio. NAPSEC **Adult** programs provide personal counseling (37%) and "other" counseling (53%), which includes family therapy, group therapy, art therapy, and music therapy. In an effort to support the maximum development of the individual, these adults are provided with speech/language therapy (47%), occupational therapy/life skills training (47%), adaptive recreation (42%), and summer sessions (42%) to ensure that gains are maintained. Nearly three quarters of the programs make transportation available so that the consumers can get to the programs. Because adults who attend NAPSEC programs often have severe and complex medical, neurological, and cognitive disabilities, 58% of the programs provide nursing care and 63% offer assistive technology services and devices. Additional services (74%) include parent support, home visits, in-home counseling/training, one-to-one

assistance, respite, socialization/mentoring group, dental services, self-advocacy, skill coaching, and translation services. With an emphasis on helping each adult live up to his/her full capacity, NAPSEC programs make a range of vocational services available to help individuals succeed, as appropriate, on the continuum of employment from competitive to sheltered work. This focus is important, since in general only 35% of adults with disabilities are employed (Harris Survey, 2004). NAPSEC adult programs intensely focus on vocational services, which include career counseling (68%), help in finding a job (84%), training in job skills (79%), vocational education (63%), supported employment (74%), and sheltered employment (53%).

As this report clearly documents, NAPSEC programs offer children and adults with disabilities a wide array of supportive, intensive services throughout the life cycle. Because of highly specialized NAPSEC programs with unusually high staff to individual ratios, young children in need of intense early intervention, school-aged children in need of intense special education, and adults in need of intense support are able to lead meaningful and productive lives. NAPSEC programs are an integral part of the helping landscape for individuals with disabilities in our country.

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