

Courage to Succeed

Courage to Succeed (C2S) is a year-round, holistic college and transition support program for young adults with autism and other neurological differences.

Overview

C2S students' skills, strengths, and career interests vary, but each receives the same intensive support in academics, career readiness, independent living, and social development. Students have a shared goal of earning a vocational certificate or an associate's degree at Reynolds Community College in Richmond. Program staff practice Collaborative Problem Solving (CPS)™, an evidence-based approach that promotes development of executive-functioning skills and problem-solving skills.

Who We Serve

We serve students with neurological differences, including high-functioning autism, learning disabilities, ADHD, and traumatic brain injury.



“ I have enjoyed the **Courage to Succeed** program...It has helped me improve my independence in college. I have also managed to meet new people and make friends. I would highly recommend it to anyone that feels they need help going into adult life.”

— Paul, *Courage to Succeed* student



Program Highlights



Career Readiness

During the academic year, students undergo job-skills coaching, including various work-readiness trainings and workplace site visits. During the summer, students work part-time jobs or internships based on their skills and career interests.



Social Skills

On Tuesdays and Thursdays, students attend programming on our campus, which includes training in social skills, mental health, independent living, and career readiness.



Independent Living Skills

Independent-living skills training includes weekly instruction and community-based learning in areas such as:

- Cooking
- Emergency planning
- Financial planning
- Healthcare
- Household maintenance
- Insurance
- Scheduling
- Self-advocacy



Academic Supports

Students attend classes at Reynolds Community College three days a week, and program coaches accompany them to campus to provide academic assistance and general advocacy. Two days a week, students meet at the UMFS campus in Richmond, where they receive life-skills training.



Mental Health

Mental-health coaching is led by a therapist with experience in working with adolescents and young adults. Mental-health coaching includes:

- Weekly, one-hour interpersonal processing group
- Bi-weekly, one-hour mental health skill-building psychoeducation group
- Weekly, half-hour individual meetings with students to discuss social or emotional concerns



To learn more about this program, please call 804.353.4461 x1112.