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In the 2018-2019 program year, the University of Rochester Leadership Education in Neurodevelopmental Disabilities (**LEND**) program piloted a “clinical experience” for trainees in the Advocacy Discipline. The Advocacy Discipline faculty recognized the trainees in this discipline were lacking a critical experience all other trainees were getting access to through the LEND program and worked to develop an experience that was similar to that of the other disciplines.

2018-2019 Pilot

INITIAL PREPARATION:

The Advocacy Discipline faculty worked with their trainee to determine strengths and interests for the clinical experience. They then brought a clinical experience outline to the UCEDD team and Project SEARCH became a natural partner for the trainee’s skill set.

PROGRAM DESCRIPTION:

The trainee partnered with three Project SEARCH sites in Rochester, New York to implement mindfulness sessions. The goal-to increase wellness knowledge and self practice for young adults with intellectual and developmental disabilities interning in at these sites.

Location	# of young adults	# of mindfulness sessions (1 hour each)
Del Monte Hotel Group Project SEARCH	11	5
City of Rochester Project SEARCH	8	4
University of Rochester Medical Center Project SEARCH	11	5
Totals	30	14

Participant Feedback

- 100 percent of the Program Staff indicated on the post survey:
- Outside provider with different expertise is valuable to our program
 - Taught me new techniques I will use in the future
 - Students gained knowledge and skills that will help them in the future

“The interns really enjoyed the experience and not only internalized the strategies, but put them into practice.”



Next Steps



Continue to implement and refine clinical experience each year. The Advocacy Discipline faculty are working to package the experience so that it can be evaluated and potentially shared with other LEND programs. In the 2019-2020 year there are 3 trainees, therefore the structure will need to be modified to accommodate larger numbers.