## STAR (Supported Teens Alternate Route)



"Working Together: Developing Neurodivergent and IDD Inclusive Volunteer Opportunities"

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## **Preparation and Training**



General Training Area	Work Preparation	Methods
<ul> <li>Why we work with volunteers with disabilities</li> <li>Understanding IDD</li> <li>Effective communications</li> <li>About stimming</li> <li>De-escalation skills</li> <li>Needs assessment</li> </ul>	<ul> <li>Simple and repetitive tasks</li> <li>Quiet area to work</li> <li>Flexibility</li> <li>Characteristics of participants</li> <li>Delivering supervision &amp; feedback</li> </ul>	<ul> <li>Department Staff Training</li> <li>One on one training from the supervisor</li> <li>Personnel observation</li> <li>Required training on Niche Academy and webinars</li> <li>SCLSNJ Staff Training</li> <li>In-house presentations</li> <li>Volunteer Coordinators Group &amp; Special Populations Committee meetings</li> <li>Guest speakers</li> <li>Recommend webinars</li> </ul>

## **STAR (Supported Teens Alternate Route)**



Targeted Populations	Procedure	Tasks	Benefits	Limitations
Teens and young adults who are in a high school's post-graduate program	<ul> <li>Application</li> <li>Interview (Assessment)</li> <li>Assigning Tasks</li> <li>Volunteering</li> <li>Evaluation</li> <li>Re-assigning Tasks</li> <li>Certificate of Recognition</li> </ul>	<ul> <li>Shelving Media</li> <li>Cleaning &amp; Dusting</li> <li>Assembling take-home craft bags</li> <li>Shredding</li> <li>Die-cutting shapes</li> <li>Shelf reading</li> <li>Sorting</li> </ul>	<ul> <li>Improve interpersonal skills and confidence</li> <li>Prepare for a more typical teen volunteer program</li> <li>Feel the satisfaction of knowing they are "needed"</li> <li>Experience a real workplace</li> <li>Create a more inclusive community</li> </ul>	<ul> <li>All volunteers prefer to come in at 4 pm (or later) or on weekends</li> <li>Staff availability</li> <li>The number of tasks is not enough for multiple volunteers on the same day</li> </ul>

## **Assessment and Recommendations**



Assessment	Recommendations
Understanding work concept     Following directions     Accuracy     Speed     Independence     Time management	<ul> <li>Communicate with your volunteers effectively</li> <li>Give a visual and/or verbal heads-up before changing any of their routines</li> <li>Allow stimming - Get familiar with volunteers' behaviors before starting</li> <li>Praise for the job well-done</li> <li>Integrate volunteers into the workplace (e.g. breaks, social conversations)</li> <li>Exchange feedback with volunteers and/or caregivers frequently</li> <li>Tailor the assignments</li> <li>Respect your volunteers</li> </ul>