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What's New at NDA

Tropical Storm Fay

The National Deaf Academy experienced four days of torrential rain brought on by Tropical Storm Fay. During the downpours the residents were kept safe and busy with dorm activities, group sessions and with movies shown in the movie theater here on campus.

Summer Olympics at NDA

In addition to keeping our residents busy and dry this month, the Recreational Therapy Department also held their 5 week Summer Olympics at NDA. First and second place awards were based on an averaging point system to encourage friendly competition and ribbons were given for participation and best of show for categories in creativity, sportsmanship and leadership.

Back to School Dance

A "Back to School" dance was held on Aug. 13. In preparation, NDA residents made posters and decorations with a smiley face theme, inflated around balloons and made staff invitations. The residents had a lot of fun dancing and enjoying limbo.

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Employee of the Month

Tashira Escalera, Mental Health Technician

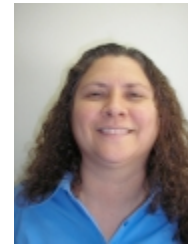
National Deaf Academy's Employee of the Month is Tashira Escalera. Tashira began her first position in the mental health field here at NDA two years ago as a Mental Health Technician. Tashira said she wanted to work with the residents at NDA because she loves children and also loves helping to meet their needs and seeing them grow. Not only does she love helping the residents learn new things, she said they teach her new things everyday as well.

Tashira is a native of Rio Piedras, Puerto Rico, but now makes her home in Mount Dora. She shares her home and life with her two beautiful children and a new kitten. When she is not working, Tashira spends much of her free time ensuring her children get quality time with her. She also enjoys photography, the beach and playing games and spending time with her friends and family.

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The Transitional Unit at NDA

"Go confidently in the direction of your dream. Live the life you have imagined."
- Henry David Thoreau



This is our mission for the new step-down program, the Transitional Unit. It offers our post-school adults who need long-term mental health care an opportunity to learn to live fully and independently. We at National Deaf Academy believe in providing a comprehensive service to our post-school adults to acquire substantial living and job skills in order to assist them in their success of reintegration and employment in their community. It is my view that those who have been in an intensive therapy deserve a second chance at life. Strengthening their coping skills in another area is an addition to maintaining their recovery. In community based settings for post treatment adults, whether in restrictive or non-restrictive settings you see established patterns of setbacks in full transition to recovery. At this time, we are committed to provide them guidance in their transition to self-independence and mental health management. For more information about the Transitional Unit, [click here](#).

This was written by Mary Augustyn, Coordinator for Adult Enhancement Programs. Mary is responsible for developing programs to aid NDA adult residents in life skills and transitional skills.

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Inner Views: A Resident's Perspective

An adolescent female resident who recently achieved Level "R" (program level system, R stands for Respect) after a volatile 6 month period was asked, which department at NDA impacts you the most and how do they help you manage your impulsive

behaviors?

"The Therapy Department. They listen to my problems and give me techniques to help manage my anger. My goal is to keep Level R and get to the highest Level, (T-Trust) and be discharged."

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Quote of the Month

"The first step to getting the things you want out of life is this: Decide what you want."
- Ben Stein

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