



How Capstone Supports Employment

There are different types of employment services, and each plays a distinct role in helping young adults move toward meaningful, sustainable work.

Employment Planning, Skill Development & Applied Experience (Capstone Program)

At Capstone, we help participants:

- Identify strengths and career interests
- Practice interviewing and application skills
- Build attendance, time management, and follow-through
- Develop workplace communication and conflict resolution skills
- Strengthen regulation and adaptability under stress
- Apply these skills through integrated work opportunities and career labs

Each participant also receives weekly 1:1 mentorship to support goal-setting, accountability, and steady progress toward employment readiness.

These are the skills that make employment sustainable over time.

Job Placement (Voc-Rehab or additional 1:1 employment supports)

This includes:

- Contacting employers
- Identifying job openings
- Facilitating hiring agreements
- Providing on-site job coaching and retention support

When Capstone is authorized as a Vocational Rehabilitation provider for an individual, we provide these services directly. Otherwise, we collaborate with outside job coaches to ensure coordination and clarity.

Securing a job is important. Keeping a job — and growing in it — requires durable skills.

Our model prioritizes long-term independence by building the habits, behaviors, and competencies that make competitive employment successful.

If you ever have questions about how your young adult's employment supports are coordinated, we're always happy to talk through roles and next steps.



Return to Programming

In early March, we will once again be sending out forms and contracts for next year, indicating your intent to return. In addition, this will provide an expedited process to indicate any updates to medication and sign forms. This year, we also updated the wording on the pick-up waiver to make it clear that signing it is optional. This is an optional waiver for your convenience.

The deadline to decide whether you are returning for next year is May 1st. This means that if you are not certain in March, or would like to wait until after the Spring conferences, you are not required to make a decision until then. Early responses help with staffing and space allocation, so we appreciate timely decisions. If there is anything you would like to discuss in the meantime (program tiers, for example), please let me know.

Next Year Start Date

Capstone programming always begins the week before Labor Day. In 2026, Labor Day falls on its latest possible date, so programming will begin on **August 31**.

This means there will be a longer break in August than usual, but the total number of program weeks will remain the same — the calendar is simply shifted back one additional week.

Please note: the 25–26 calendar listed an incorrect start date for 2026. The updated 26–27 calendar (now posted to the website) reflects the correct date. Thank you for your flexibility.

With Sincere Appreciation
Michael Faeth
Director of Adult Education

March 2026

Monday	Tuesday	Wednesday	Thursday	Friday
PRISM/ Sholom 2	Second Harvest/ YMCA 3	4	5	Mall of America- Lego Store 6
PRISM/ DoubleTree 9	Second Harvest/ YMCA 10	11	12	Target Center Tour/ Meal Out- Quang 13
PRISM/ Sholom 16	Second Harvest/ YMCA 17	18	19	Enchanted Fantasy Film Festival/ Bell Museum 20
PRISM/ DoubleTree 23	Second Harvest/ YMCA 24	25	26	Park Tavern Bowling 27
PRISM/ Sholom 30	Second Harvest/ YMCA 31			

