

# A. L. I. V. E.

*Abilities, Life skills, Independence training, Vitality, and Education*

Housed at the University of Denver's Craig Hall, our classes are designed for adults with DS interested in continuing to develop their independent living and social skills. Themes include: safety, good physical (emotional and mental) health and hygiene practices, assertiveness, independence, age appropriate behavior, time management, art/music, identification of needs and desires, community access, and the development of resources and support systems.

Location:  
University of Denver's Craig Hall  
2148 S. High St.  
Denver, CO 80208

Schedule:  
Classes will meet weekly for 10 weeks each quarter based on the University of Denver school calendar.

Third quarter classes will begin September 2008 and will meet: 9/10, 9/17, 9/24; 10/1, 10/8, 10/15, 10/22, 10/29; 11/5 and 11/12.

Fourth quarter classes begin December 2008 and will meet: 12/3, 12/10, 12/17; 1/7, 1/14, 1/21, 1/28; 2/4, 2/11 and 2/18. (No class 12/24 or 12/31.)

Cost:  
\$150 per quarter

*Partial scholarships are available.*

## Student Information

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone number: \_\_\_\_\_

E-mail: \_\_\_\_\_

Date of birth: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_  
month                      day                      year

Gender:                       Male  
(please check one)         Female

## Parent/Guardian Information

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone number: \_\_\_\_\_

E-mail: \_\_\_\_\_

Name of person who completed this form:

\_\_\_\_\_

# A. L. I. V. E.

Abilities, Life skills, Independence training, Vitality, and Education

Instructors:

## Carolyn Demong, LCSW

Carolyn earned her Master's degree from the University of Denver's Graduate School of Social Work with additional clinical training at the Denver Family Institute. She has been affiliated with Jackson Place Counseling Group since 1998. Carolyn is an experienced therapist and advocate for individuals and families facing concerns about disabilities, learning delays and exceptional learning abilities.

She serves as the Children's Division Director for Roundup Fellowship, an agency serving individuals with developmental disabilities, as well as the clinical social worker for the Denver Adult Down Syndrome Clinic. She has facilitated several Parents Encouraging Parents conferences with the Colorado Department of Education. In summer she works at Adams Camp, continuing the development of the Leadership program for young adults with disabilities.

Carolyn's psychotherapy practice includes adolescents, individuals, couples and families. Her knowledge and training includes work with recovery from traumas including death, divorce and domestic violence. Carolyn recently developed a series of workshops called "The Art of Parenting" to enable parents to consciously and consistently apply their values in their family life.

Please write a brief statement introducing yourself to your teachers:

---

---

---

---

---

---

---

---

Do you work?  Yes  
(please check one)  No

If YES:

Where do you work? \_\_\_\_\_

Hours per week? \_\_\_\_\_

Do you exercise?  Yes  
(please check one)  No

If YES, what kind of exercise? \_\_\_\_\_

What social activities do you take part in (dances, movies, game nights)?

---

---

---

---

# A. L. I. V. E.

Abilities, Life skills, Independence training, Vitality, and Education

Instructors:

## Scott Quicke, MA LPC

Scott is a Licensed Professional Counselor specializing in counseling and education of people with intellectual disabilities. Scott has worked with people with intellectual disabilities since 1994, and has had a private practice as a psychotherapist since 1999. He has led many groups and classes on a variety of topics including social skills, relationships and sexuality, and anger management. He also facilitates trainings for staff on many topics related to mental health issues in people with intellectual disabilities. Scott has a Masters degree in Counseling Psychology from the University of Northern Colorado, and a Bachelors degree in Psychology from the University of Missouri. He is on the Human Rights Committee for Adams County, and is a member of the National Association for Dual Diagnosis.

Who is in your family life?

---

---

---

---

What do you enjoy doing?

---

---

---

---

What do you feel you are good at?

---

---

---

---

Are there any ideas, supports, and strategies you use to be successful in a new place?

---

---

---

---

# A. L. I. V. E.

Abilities, Life skills, Independence training, Vitality, and Education

Send your completed form to:

DADSC  
700 Potomac Street  
Suite A  
Aurora, CO 80011

If you have any questions please  
contact Margaret Froehlke:

Phone: 303-360-3877  
E-mail: [director@denverdsclinic.org](mailto:director@denverdsclinic.org)

Are there any places or events that may make you  
uncomfortable (too many people around, too noisy,  
something unexpected happens...)?

---

---

---

---

How do you calm yourself?

---

---

---

How will you get to and from class each week?

---

---

---

Do you have any medical problems your teachers should  
know about? (Such as seizures or food allergies or  
difficulty swallowing.)

---

---

---

What do you want to learn the most? What are you looking  
forward to doing with this class?

---

---

---

Thank you for taking time to  
complete this form. We may call  
you if we have any questions.