



The Arc™

St. Charles

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Introduction

This review is a reflection on our latest progression, as well as highlighting key wins, and next steps for The Arc of St. Charles and the individuals we serve.

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What is Day Hab?

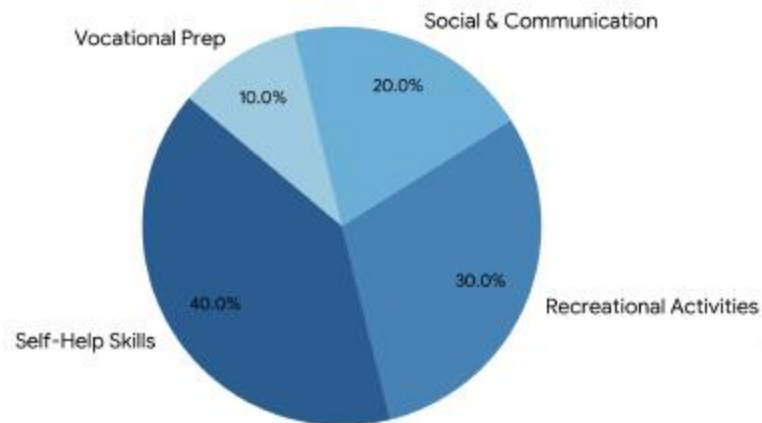


An Adult Day Habilitation program for adults with disabilities is a structured daytime service that supports people to strengthen life skills, build social connections, and live as independently as possible. A core part of successful programs is *centering everything around each individual's personal interests, preferences, and goals* – this ensures engagement, satisfaction, and meaningful growth.

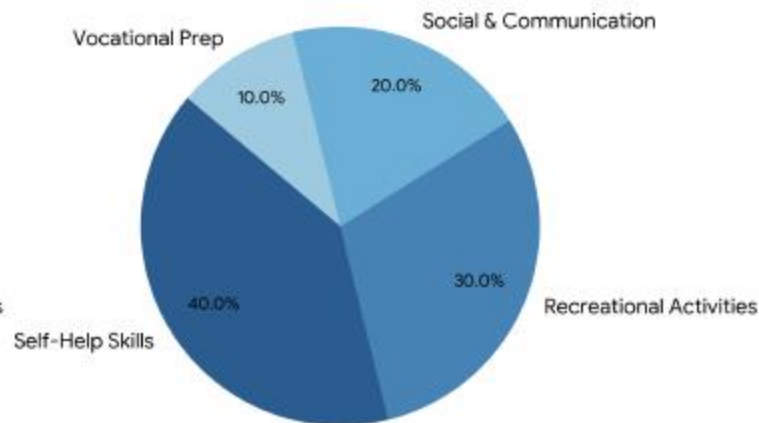
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Day Habilitation Participation

2025 Participation
(Total: 100 Clients)



2026 Participation
(Total: 110 Clients - 10% Increase)



In the last eight months we have seen our Day Program increase by ten percent. Based on recent intake activity it is set to grow by an additional ten percent by the end of the year. Day Program services include DayHab activities that take place on our grounds and Community Life Engagement which consists of participation in various activities in the community.

Day Hab Visits



Thanksgiving Feast with Board Members



Women's Club Events
Karaoke Singing Contest
For 4th of July
Valentines Day Event



Lady Chops performing Broadway musicals teaching all of us about instruments and music

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Day Hab Activities



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Day Hab Activities



Our guys participate in independent reading, adult story time with staff, or listening to audio books of their choosing.



Card and board games are also options on rainy days inside.



Physical Fitness is a major part of our DayHab program. Our guys engage in various activities based on their mobility level and individual goals. This includes working out in the indoor fitness center, Zumba Classes, and outdoor games.

The individuals also conduct science experiments during down time.



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What is Community Life Engagement?



Community Life Engagement (CLE) refers to supporting individuals with disabilities—particularly intellectual and developmental disabilities—in leading meaningful, active lives within their communities. It emphasizes inclusion, independence, and participation in typical community settings, rather than in segregated or facility-based programs. CLE includes activities such as: Volunteering and contributing to local organizations. Pursuing education or personal development opportunities. Engaging in hobbies, recreation, or arts within the community. Building relationships and social networks outside of disability-specific environments. Exploring employment opportunities or engaging in job training. The goal of CLE is to promote self-determination, personal choice, and social integration by helping individuals access and benefit from the same community resources and experiences as others. This approach aligns with the broader movement toward person-centered services, where supports are tailored to each individual's interests, strengths, and goals.



The Arc
St. Charles

Community Life Engagement

NOMA Sculpture Garden



Terrebonne Wildlife Museum



Our individuals participate in various cultural art activities as well. They attend various museums. Two of those being the NOMA Sculpture Garden that consists of various sculptures from local artists. Another being the Terrebonne Wildlife Museum that showcases various wildlife exhibits while informing attendees about wildlife species and their habitats.

We assist our individuals with obtaining reading materials from the public libraries. Some can read and indulge in written text. Others are assisted with choosing audiobooks based on their individualized interests.



Groups visit various community eateries including Brooke's Snow World, The Donut Hole, and Rise and Grind.

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Community Life Engagement



Community Celebrations are held by both our agency and others. This helps our guys celebrate and socialized with their peers from other Arc's.



Individuals engage in periodic shopping trips. While out they are assisted with completing their transactions based on the level of assistance required.



Our individuals enjoy giving back to their community through volunteering with food banks and gardens. They are always looking for new volunteer opportunities to pursue.

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Community Life Engagement



Individuals also participate in computer literacy programs that help them develop basic software skills.



Our guys participating in voter simulation training that consisted of Election Commission officials teaching them the various methods available for voting in elections.



Small groups along with staff travel to Minnesota to various conferences learning about new opportunities available for the disability community.



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Innovative Career Experiences

**Through this division:
The Vocational Program
individuals participate
in job shadowing
clusters with various
community partners to
gain on the job
experiences.
This year we were also
able to expand services
whereby individuals
enrolled in GED Prep
courses, as well as
college courses. In
person and Online.**



**Table Café-
Barista training**



**Best Life Nutrition- Tea
Barista training**



**SCP Recreation
Department-Activity
Assistant training**

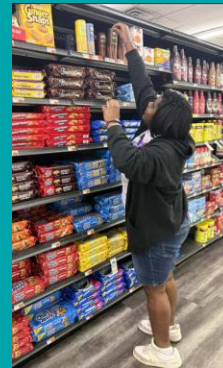


**DHS-Coach
Assistant
training**

**Dufrene Building Materials-
Stock clerk training**



Frank's Supermarket-Stock training



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Innovative Career Experiences



Food Pantry



Grand Ridge Golf Course



Cherry Lane



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Innovative Career Experiences

Community Partners
participating in our job
shadowing cluster
program.



Production Site Projects



Cajun Village Thrift Store



Sewing Pillows



Making jewelry



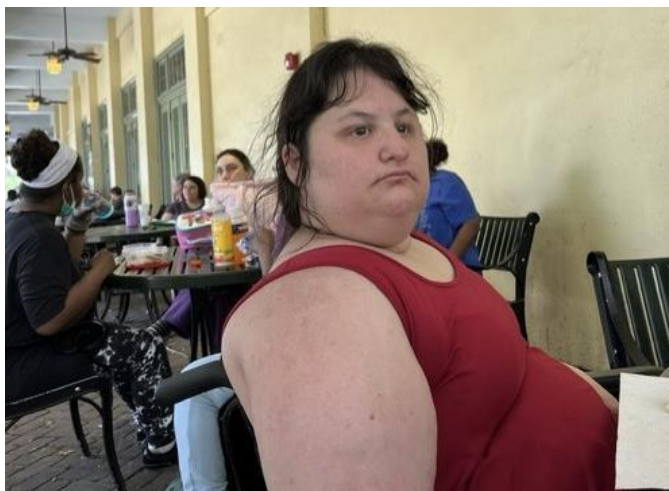
Woodworking



Shredding

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Community & Event



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People First St. Charles



People First Group working the Alligator Festival Coke booth. The group uses the proceeds to fund their community projects such as donations to the New Orleans Children's Hospital, the Veteran's Hospital, and St. Charles Parish Women's Club.



People First St. Charles Officers visiting the state capital for Arc Day.



People First St. Charles group standing in the rotunda preparing to go into the house senate chambers to hear our resolution read.

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People First Wellness Group



The Wellness Group is a supportive and inclusive space focused on promoting overall health—physical, emotional, social, and mental. Designed to empower participants of all abilities, the group encourages healthy habits, self-care practices, and connection through fun and engaging activities. Dr. Brandy Kelly the Clinical Director of the Office for Citizens with Developmental Disabilities along with the Arc of Louisiana chose the officers from our People First chapter to pilot the first program of it's type in Louisiana. After attending various trainings and developing and implementing their own individualized plans the group goes to fellow Arc's training their peers on developing their own individualized wellness plans. The group has also been invited to present on the national level as a part of the National Association for Dually Diagnosed annual conference.



**People First
President
Former Sgt. Of
Arms**



**People First
Advisor
Vice President**



**People First
Secretary**



**People First
Treasurer**

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People First Wellness Group Presentation: Arc of Baton Rouge



The Wellness Group presenting at a training with Dr. Brandy Kelly at the Arc of Baton Rouge. After the presentation they were able to mingle and answer questions presented by the attendees of the Arc of Baton Rouge's day program.



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People First Wellness Group Presentations



**OCDD Clinical Director
People First Wellness Group
Arc of LA Program Director**



**The Wellness Group presenting at the GODA
conference in Baton Rouge along with Dr.
Brandy.**



**Wellness Group presenting at the
National Association for the Dually
Diagnosed conference in
Minnesota. The guys were able to
explain to mental health
professionals, care takers, and
their peers and some parents how
their Wellness plan has positively
impacted their lives and how they
receive services. They were also
available to help train other
individuals begin developing their
own plans.**

THANK YOU FOR SUPPORTING THE ARC OF
ST. CHARLES

