



Central Valley Training Center, Inc.

We support people in achieving their potential.

Service Offerings

Behavior Management Services

It is CVTC's philosophy that non-aversive behavior management techniques rooted in applied behavior analysis, coupled with our core curriculum of Social Effectiveness Training, will result in the reduction or elimination of behaviors that interfere with an individual's ability to achieve successful and full community inclusion. Assessments are conducted to identify targeted behaviors and plans developed to assist the individual in achieving behavioral goals and objectives. Targeted behaviors are recorded and monitored for success. Behavioral tracking allows for further analysis of the effectiveness and possible modification of plans and training techniques.

Social Effectiveness Training (SET)

The Social Effectiveness Training (SET) curriculum helps individuals with social deficits to learn appropriate social skills that will help them to function in a socially acceptable manner. Social skills are broken down to understandable and easily performed steps. Training is provided through positive reinforcement/praise and repeated practicing of social skills in simulated and real-life, community-based situations.

Structured Teaching Environments Promoting Success (STEPS)

Structured Teaching Environments Promoting Success (STEPS) is about providing a structured environment conducive to the learning styles of people with autism and intellectual disabilities. STEPS provides the learner with understandable expectations, directions, activities, and independent access to their surroundings through the use of pictures, icons, colors, and classroom/environmental arrangement. STEPS emphasizes structure in the following areas: physical structure/environment, daily schedules, work systems, routines, and visual structure.

Sensory Rooms

Sensory rooms, located at the CVTC Stockton and Merced facilities, offer a calming learning environment for individuals with sensory barriers and deficits such as persons with autism and/or intellectual disabilities. Sensory rooms contain activities and stimuli that either stimulate or inhibit the senses. The environment and activities within the room help to incorporate learning coupled with the following senses:

- Gustatory (taste) – exploration of various tastes and foods to stimulate or calm the senses
- Visual (sight) – exploration of various visual stimuli such as light, color, patterns, to stimulate or calm the senses
- Olfactory (smell) – exploration of scents through the use of scent machines, fragrances, etc.
- Tactile (touch) – exploration of various textures, textiles, and objects as learning tools
- Auditory (hearing) – exploration of various sounds using sound machines, music, noisemakers, etc.
- Proprioception (pressure) – avoidance of touch or application of pressure as a calming relief through weighted vests and blankets, or massage chairs
- Vestibular (motion and spatial awareness) – exploration of movement through exercise, exercise balls, trampolines, swings, etc.

Individuals are assessed for sensory-related behaviors such as self-stimulation, also known as "stimming," and withdrawal or aversion. Individualized activities are designed around and paired with the individual's sensory needs.



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Service Offerings (Continued)

Employment Training and Supports

As one of the program design components, CVTC provides employment training to the individuals we serve. Employment training includes vocational interest assessments, pre-employment preparedness, job seeking skills, interviewing, understanding employer expectations, placement, and continual follow-up supports such as full-time job coaching. Employment environments occur through contract work, direct-hire opportunities with various community employers, and consumer-driven micro-enterprises. CVTC also provides employer support in understanding disabilities and reasonable accommodation, laws and regulations, and consumer employee training and support.

Community-Based Services

Individuals attending CVTC programs have opportunities to utilize skills learned in natural community-based environments. In the aggregate, participants spend over 51% of their time in the community. Each site also offers “walls-free” services. Programming for individuals assigned to the walls-free component will spend 100% of their time learning and practicing skills in the community which may include employment opportunities, volunteerism, accessing community resources, and participating as active members of their community. CVTC has long-standing participation with Special Olympics and local gyms at which consumers use participate in physical conditioning. Additionally, many of the CVTC sites provide assistance to participants in attending community college classes and we are working with local community colleges to expand class offerings.

Team Teaching

CVTC staff work in teams to assist the individuals served in a classroom in meeting their goals and objectives. This allows for members of the team to understand all the individuals served by the team through staffing cases, providing each other with support and needed training/feedback, and provide consistency to the people we serve.

Well-Trained and Qualified Staff

All staff completes a comprehensive orientation training covering a myriad of topics including consumer rights, program design, program operations, company policies and procedures, special incident reporting, and numerous consumer-related activities and training. All staff receives basic training in behavior management principles and techniques, CPR and First-aid, managing aggressive and assaultive behaviors, and Social Effectiveness Training. Additionally, staff is continually trained on the most updated “best practices” within the industry through weekly team meetings and all-staff meetings. Managers attend specialized training including

Non-Public Agencies

Stockton, Modesto, Fresno, and Visalia CVTC sites are certified with the California Department of Education (CDE) to operate as a Non-Public Agency (NPA) to serve individuals in the transition ages of 18 to 22 years of age. CVTC contracts and collaborates with local school districts and Special Education Local Plan Areas (SELPA) to provide vocational training, including behavior management support and independent living skills training. Classes are conducted by qualified credentialed teachers.