

# Today

## Ripple Effect: Practice Makes Progress

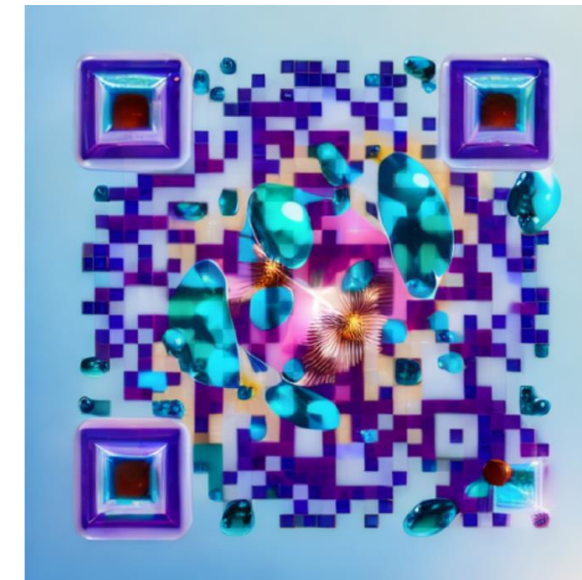
- Water strategies for all ages and abilities
- Drowning Prevention
- Personalized and inclusive swimming



Our guest speaker, Christy Baca is the owner and head coach of Texoma Swim Academy. She has a degree in education and multiple swimming certifications.



Register with the QR below.



My next webinar will be in partnership with  
Christy Baca from Texoma Swim Academy

April 16, 2025  
10:00 AM CST



Workforce Solutions Texoma is an equal opportunity Employer/Program. Auxiliary aids and services are available upon request to individuals with disabilities. Individuals with speech and/or hearing impairments may call 711 for assistance. 100% Federally Funded.

# Webinars for Families

Workforce Solution Partner Webinars  
are Recorded and Housed at:

Click the area above each  
webinar for pdf and slide  
deck resources.



# Upcoming

## Navigating Higher Education After High School

- Explore Post Secondary Options
- Discuss Purpose of Programs for Individuals with Intellectual Disabilities
- Different Programs in Texas
- Goals of Texas Programs



Register with the QR below.



My next webinar will be in partnership with Consolidated Planning Group and Dr. Sehrish Shikarpurya a transition researcher.



Consolidated  
Planning Group

May 12, 2025  
12:00 PM CST

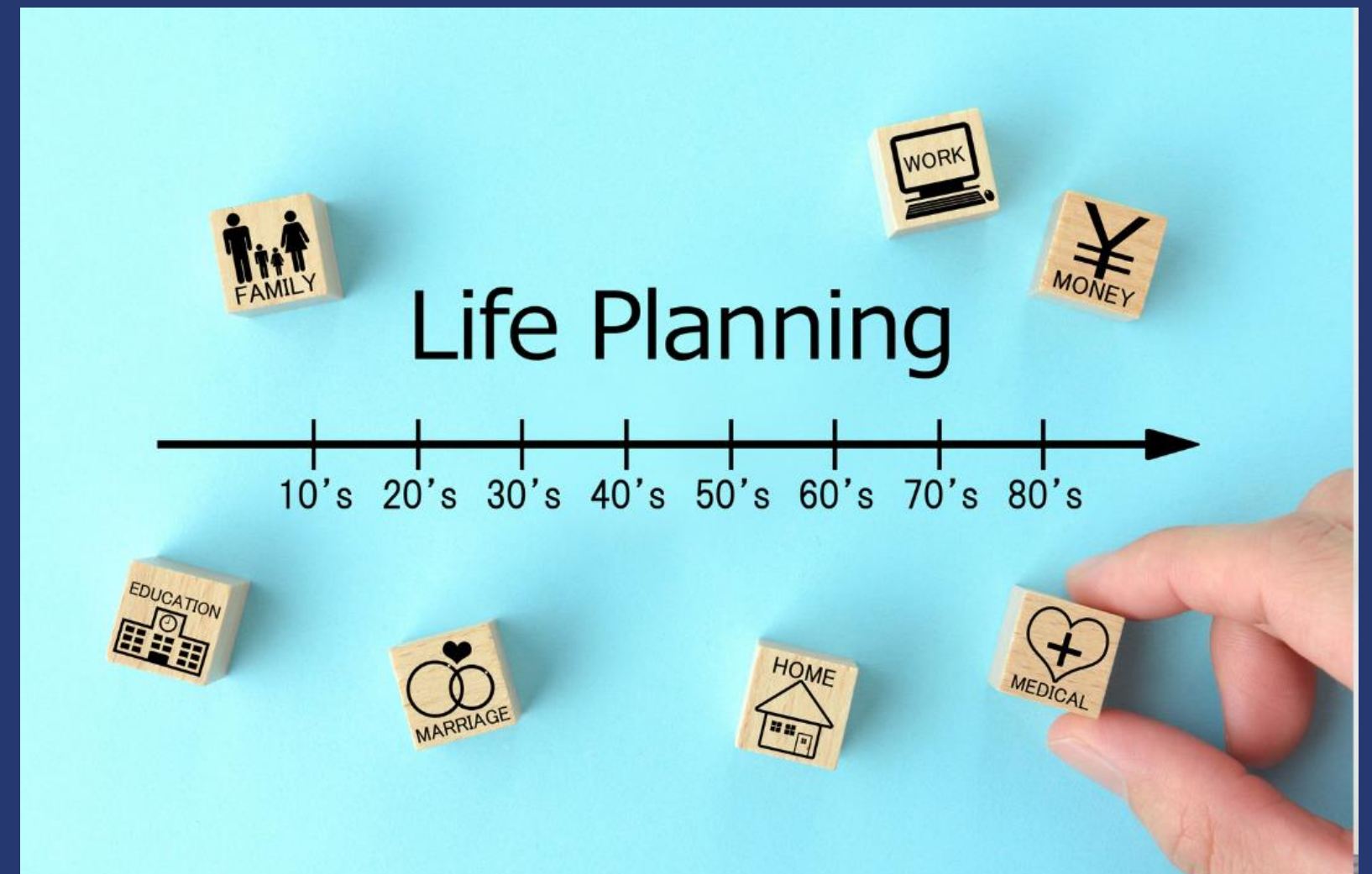


WORKFORCE SOLUTIONS  
*Texoma*  
A proud partner of the americanjobcenter® network

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# What does your best life plan look like for your clients?



# VR Services Across the Lifespan

- Vocational Rehabilitation Services-is a partner within the Texas Workforce System that supports eligible adults and students with cognitive, medical, physical or visual conditions prepare for, find, retain or advance in employment
- Vocational Rehabilitation (VR) counselors work closely with job seekers to determine an employment goal, and then identify and arrange services that lead to employment.
- Vocational Rehabilitation (VR) services are available to eligible individuals across Texas and some VR staff are co-located within many Workforce Solutions Offices.

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# Example of Services

- Medical and Psychological Assessment
- Vocational Evaluation and Planning
- Career Counseling and Guidance
- Training and Education After High School
- Job-Site Assessment and Accommodations
- Job Placement
- Job Coaching
- On-the-Job Training
- Supported Employment
- Assistive Technology and Devices
- Time-limited Medical and/or Psychological Treatment
- Work readiness training



# Vocational Rehabilitation Supports

## Students Goal:

Students –establish plan to obtain, maintain or advance in meaningful employment.

School- Partner to establish IPE Plan and goals that are concrete, measurable, and portable.

Families- Continuous partner to coordinate activities high school to college.

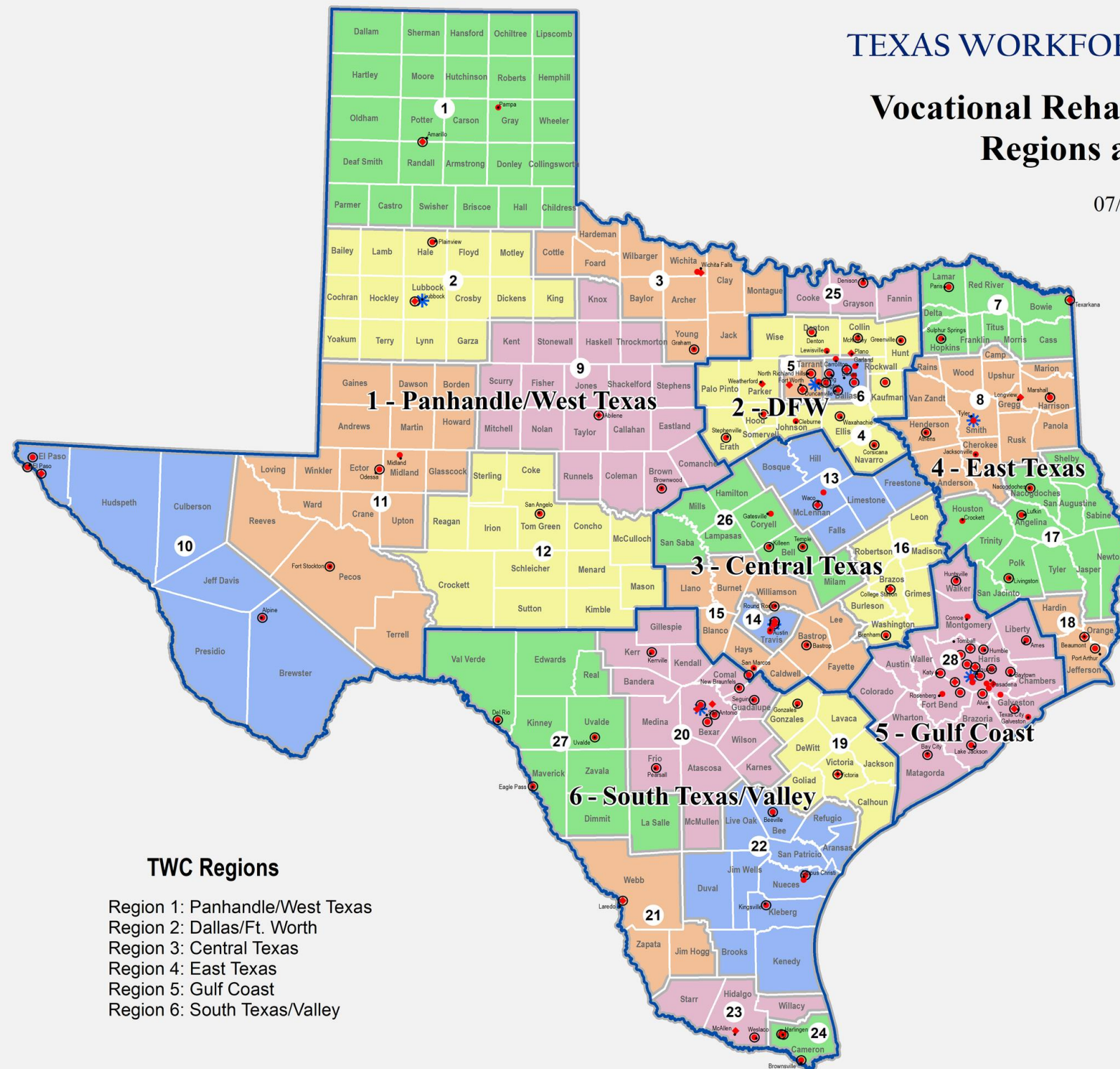


# VR & Workforce Offices

## TEXAS WORKFORCE COMMISSION

### Vocational Rehabilitation Division Regions and Offices

07/29/2021



#### TWC Regions

Region 1: Panhandle/West Texas  
Region 2: Dallas/Ft. Worth  
Region 3: Central Texas  
Region 4: East Texas  
Region 5: Gulf Coast  
Region 6: South Texas/Valley

TWC VR  
Locator



Workforce  
Solutions  
Board  
Websites





# Vocational Rehabilitation

## How do I contact VR?

- Contact local VR office (See previous slide.)
- Call the TWS-VRS statewide contact center at 512-936-6400
- Online self-referral “Start My VR” located: [Bit.ly/StartMyVR](https://bit.ly/StartMyVR)
- Find your local VR Office at:  
<https://stats.twc.texas.gov/views/VRProviderLocator/ProviderbyZipCode?%3Aembed=y&%3AisGuestRedirectFromVizportal=y>
- Email us at: [VR.office.locator@twc.texas.gov](mailto:VR.office.locator@twc.texas.gov)



# Resources



<https://texasrealitycheck.com/>



## Lifestyle Calculator

- ✓ Walk through expenses you'll incur each month
- ✓ Decide how much to spend on your lifestyle
- ✓ Determine your minimum salary needs
- ✓ Explore occupations that earn the salary you'll need

Start Your Reality Check



# Resources



<https://texascareercheck.com/>

## EXPLORE CAREERS



### Occupation Information

Texas Career Check enables you to search a report for the occupations of your interest. Br more about them.



### Occupation Trends

As the world evolves, so do job trends and jo job will be in demand in several years, not eli



# Texoma Workforce Centers

## Cooke, Fannin, & Grayson Counties

Employment  
Specialist

Board Target  
Occupations List

Childcare  
Assistance

**Career Planning & Job Services**

Resume  
Assistance

Accessible  
Workstations  
and Printers

Training  
Scholarship  
Assistance

## General Services

- Job Leads & Career Resources
- Help with WorkInTexas.com
  - statewide database to look for a job
- Resume Assistance
- Interviewing Assistance
- Target Occupations List - jobs that are most in demand in each Workforce area.
- Job Fairs & Hiring Events
- Labor & Market Information
- Video Resources:
  - <https://www.workforcesolutionstexoma.com/video-resources-english>
  - <https://www.workforcesolutionstexoma.com/video-resources-spanish>
- Employer Assistance:
  - <https://www.workforcesolutionstexoma.com/employer-services>
  - Recruiting, screening, referring candidates
  - Interview and Meeting Space
  - Tax Credits and Incentives
  - Labor Market Information
  - Layoff and Layoff Aversion Services

## Partner and Specialized Services

- Childcare Assistance
- Veteran's Services
- Job Search and Scholarship Assistance through WIOA-Workforce Innovation and Opportunity Act
- Vocational Rehabilitation (VR) Services provided by the Texas Workforce Commission
  - VR helps people prepare for, find or retain employment and youth to prepare for post-secondary and employment options.
  - VR also helps employers and businesses recruit, retain, and accommodate employees with disabilities.
  - Disability Video Resource Library
    - <https://www.workforcesolutionstexoma.com/disability-videos/>
- Adult Education and Literacy (AEL) Services provided by Grayson College
  - High School Equivalency Assistance / GED
  - Refresher (Reading, Writing, Language and Math)
  - ESL (English as a Second Language)
  - Citizenship
  - TSI Prep ([Texas Success Initiative Assessment](#))
  - ASVAB Prep ([Armed Services Aptitude Battery](#))

# Target Occupation List

List that identifies  
fast growing  
occupations in  
your area.

WORKFORCE SOLUTIONS TEXOMA  
TARGET OCCUPATIONS LIST  
Revised 05/17/2023



Workforce Center  
Information & Locations:  
<https://www.workforcesolutionstexoma.com>

#	O*NET/ SOC Code*	Occupational Title	Average Wages	Annual Demand	
				Texoma WDA	State of Texas
1	13-2011	Accountants and Auditors	\$38.46	53	14,156
2	49-3011	Aircraft Mechanics and Service Technicians {NEW Emerging Occupation Added 5.18.22}	\$33.89	2^	1,626
3	43-3031	Bookkeeping, Accounting, & Auditing Clerks	\$20.87	96	21,323
4	39-9011	Childcare Workers	\$11.15	72	14,598
5	31-9091	Dental Assisting/Assistants	\$18.61	54	5,665
6	17-3023	Electrical & Electronic Engineering Technologists & Technicians {NEW Emerging Occupation Added 5.17.23}	\$33.37	8^	1,186
7	47-2111	Electricians	\$25.19	49	8,839
8	25-2021	Elementary Teachers, Ex. Special Education	\$27.45	98	12,270
9	11-1021	General and Operations Managers	\$44.42	172	40,516
10	49-9021	Heating/Air Conditioning/Refrigeration Mechanics & Installers	\$23.41	29	4,250
11	53-3032	Heavy and Tractor-Trailer Truck Drivers	\$24.09	160	32,096
12	49-9041	Industrial Machinery Mechanics-including Programmable Logic Controller Technician	\$28.41	36	5,326
13	29-2061	Licensed Practical and Licensed Vocational Nurses (LPN / LVN)	\$24.62	46	6,387
14	51-4041	Machinists	\$23.61	35	3,148
15	31-9092	Medical Assistants	\$17.16	65	12,465
16	43-6013	Medical Secretaries	\$18.46	55	8,897
17	25-2022	Middle School Teachers, Ex. Special & Career/Technical Education	\$28.85	46	5,787
18	31-1131	Nursing Assistants-including Patient Care Technician & Certified Nursing Assistant (CNA)	\$14.57	124	13,443
19	29-2052	Pharmacy Technicians	\$18.41	23	3,895
20	47-2152	Plumbers, Pipefitters, and Steamfitters	\$24.38	41	5,712
21	29-1141	Registered Nurses (RN) {including LVN to RN Bridge & RN to BSN}	\$36.88	130	17,269
22	25-2031	Secondary School Teachers, Ex. Special & Career/Technical Education	\$29.42	68	8,793
23	51-9141	Semiconductor Processing Technicians {NEW Emerging Occupation Added 5.18.22}	\$17.21	16^	621
24	29-2055	Surgical Technologists	\$27.26	7	856
25	51-2092	Team Assemblers	\$17.88	83	9,825
26	51-4121	Welders, Cutters, Solderers, and Brazers	\$23.51	52	6,453
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# Follow Up Resources

**VR for Students & Families**  
Vocational Rehabilitation Services Resources for students and their families.

**Speakers** | **Vocational Rehabilitation Services Transition Students** | **Adult VR** | **Webinars & Resources** | **Endorsements**

**Speakers**

April Martin Student HireAbility Navigator Workforce Solutions Texoma (Grayson, Cooke, Fannin Counties)  
Phone: 903.957.7408  
Web: [workforcesolutionstexoma.com](http://workforcesolutionstexoma.com)  
Email: [april.martin@wfstexoma.org](mailto:april.martin@wfstexoma.org)

**Vocational Rehabilitation Services Transition Students**

TEXAS WORKFORCE SOLUTIONS - VOCATIONAL REHABILITATION SERVICES  
PDF  
transition-services-twc

WHAT COMES AFTER HIGH SCHOOL?  
Are you a parent of a student with disabilities between 14 and 22 years of age?  
Do you and your young adult have a plan for what they'll do after high school?  
Texas Workforce Solutions-Vocational Rehabilitation Services (TWSVR) and Student Transition Services can help you prepare a plan for life after high school.  
PDF  
flyer-vr-pre-ets-students-english-twc (1)

TEXAS WORKFORCE SOLUTIONS - VOCATIONAL REHABILITATION SERVICES  
PDF  
vocational-rehabilitation-services-twc

SERVICIOS DE REHABILITACIÓN - VOCACIONAL SOLUCIONES DE LA FUERZA LABORAL DE TEXAS  
PDF  
vocational-rehabilitation-services-spanish-twc

TEXAS WORKFORCE SOLUTIONS - VOCATIONAL REHABILITATION SERVICES  
Creating opportunities for your abilities  
Start My VR

**Adult VR**

TEXAS WORKFORCE SOLUTIONS - VOCATIONAL REHABILITATION SERVICES  
PDF  
vocational-rehabilitation-services-twc

**Webinars & Resources**

STEP BY STEP  
SPECIAL NEEDS PLANNING STEPS TO TRANSITION SUCCESS  
PDF  
Key Steps to Tran. 9.4.24 CPG

What happens when I'm gone?  
We'll examine:  
Government Benefits  
Social Security  
Join us as we partner with Cody Sutton, Special needs financial planner.  
Learn about the basic financial steps and tools to the best possible future for your loved one with special needs. Careful planning for the needs of your loved one and  
PDF  
10 Basic Steps 9.19.24 (3)

Partner Webinars Disability Video Resources  
• Educational Options After High School  
• Communication Skills  
• Overview of Programs & Services for the Center on Disability at Texas A&M  
• Government Benefits 101 for Special Needs  
• Essential Financial Steps to Consider  
• QIP Contents  
• Hiring, Retaining, Supporting  
• Should I open an ABLE Account?  
• Why Do I Need a Special Needs Attorney and Special Needs Planner?  
• Letter of Intent  
• Accessing Supportive College  
• Top 5 Legal Documents Needed for Special Needs

**Endorsements**

Science, Technology, Engineering & Math  
Can you imagine YOURSELF here?  
Explore your future with THE FOUNDATION HIGH SCHOOL PROGRAM  
PDF  
STEM Endorsement

Public Service  
Can you imagine YOURSELF here?  
Explore your future with THE FOUNDATION HIGH SCHOOL PROGRAM  
PDF  
PubService Endorsement

Multidisciplinary Studies  
Can you imagine YOURSELF here?

Padlet



<https://padlet.com/aprilmartin3/vr-for-students-families-jf21i7wdt4zvie9o>



# TEXOMA SWIM ACADEMY



Christy Baca  
OWNER/MASTER INSTRUCTOR

CREDENTIALS:  
ASCA  
USMS  
Swim Angelfish, Level 4  
Adult LTS

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[christy@texomaswimacademy.com](mailto:christy@texomaswimacademy.com)  
903.267.6634

## Experience

13 years specializing in teaching individuals aged 3-15 with  
Austism, ADD/ADHD, Down Syndrome, Mild CP, Anxiety, SPD, and other developmental disabilities





# Why Adaptive Swim?

All children have different learning needs



Texoma Swim Academy provides individualized water safety and swim instruction to individuals with diverse learning and developmental needs.



autism affects  
an estimated

**1 in 36**

children in the U.S.



autism speaks®

# Water Strategies for All Ages & Abilities



- Ritual and Routine
- Monitor and Intervene
- Rescue and Equipment
- Adaptive Swim Skills



# PARENTS

- Properties of water
- Awareness
- Routine
- Equipment
- Never give up
- Tips
- Swim Ideas





# Drowning Prevention



## What we know


Drowning is silent  
and can happen in as  
fast as 30 seconds

Almost 70% of  
drownings happen  
during non-swim times

88% of childhood  
drownings occur with at  
least one adult present

Children with autism drawn to water due to its properties that provide relaxing sensory input

**Children  
with autism  
are 160x  
as likely to  
drown**



# 2022



## TEXAS CHILDHOOD DROWNING STATISTICS

**76** TEXAS children  
fatally drowned  
in 2022.\*



That equates to  
**1** full  
school  
bus  
of children lost to a  
PREVENTABLE drowning.

**More than 8x that amount survived a non-fatal drowning\***  
many with life-long injuries, emotional trauma, and financial hardship for the whole family.

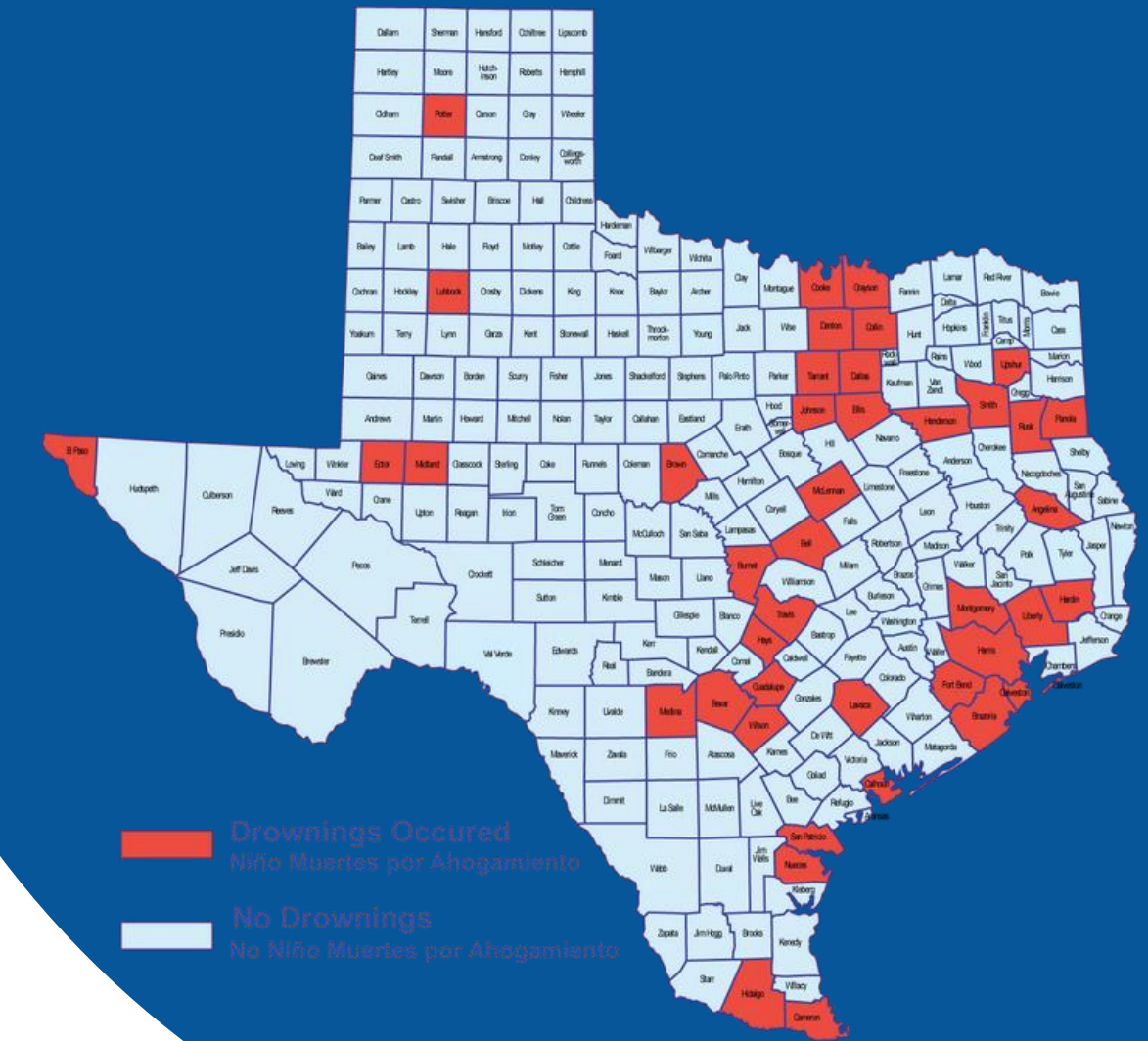
This equates to another  
**608+** or **8** full  
children school  
buses  
who have suffered a  
PREVENTABLE drowning.



\* Statistics derived from data collected by the Texas Department of Family Protective Services (DFPS) and the U.S. Center for Disease Control from fatal drowning figures at [https://www.dfps.state.tx.us/Prevention\\_and\\_Fatal\\_Interventions/CHILD\\_Drownings/](https://www.dfps.state.tx.us/Prevention_and_Fatal_Interventions/CHILD_Drownings/) and [www.cdc.gov/injury/wisqars/](https://www.cdc.gov/injury/wisqars/) respectively.



The Texas Department of Family & Protective Services tracks fatal drownings of children, age 17 and younger, in Texas.



In 2024 there were 103 fatal  
child drownings in Texas

2025



15 Children have  
drown in Texas in  
2025

Texas Department of Family and protective services



# WHOLE HAND RULES

- Wait for a Grownup A Grownup
- Should Watch You Learn to
- Swim Wear a Life Jacket Follow
- Open Water Safety Rules Stay
- Away from Drains
- 





# Personalized and Inclusive Swim



1:1 TEACHING RATIO

PARENT & TOT

SWIM SQUAD



We are able to serve special needs populations through a partnership with a grant that provides scholarships to some of our students.



# Q&A



How else can we help you?



# TEXOMA SWIM ACADEMY



Christy Baca  
OWNER/MASTER INSTRUCTOR

CREDENTIALS:  
ASCA  
USMS  
Swim Angelfish, Level 4  
Adult LTS

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