

SUIVERA



Transitional Living Pilot Program

Midyear Report

February – July 2026 • Months 01–06 of 12

*One participant. One coach. One home.
Six months of learning how independence is actually built.*



PREPARED FOR

Donors, board members and
friends of Suivera

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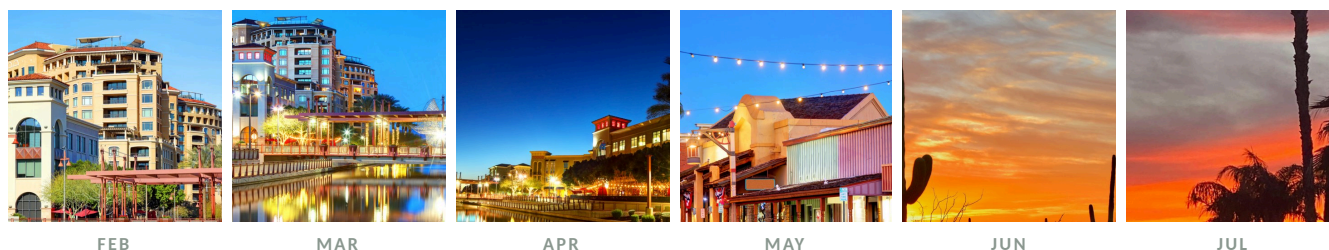
Can independence be taught, one ordinary day at a time?

In February 2026, one neurodiverse adult moved out of his family home and into a place of his own, sharing it with a trained coach. Six months later he went to a doctor's appointment alone for the first time, built a plan for what came next with the physician, and collected his own medication — with no prompting from anyone.

That afternoon is the clearest answer we have so far. But it is not the reason we are writing to you. The reason is everything that had to happen first: five months of grocery lists, budget corrections, medication reminders, hard conversations, a therapist transition, an unglamorous plateau, and a great deal of trust built slowly between two people learning to share a home.

The Suivera Transitional Living Pilot Program exists to find out whether that process can be written down. Most support for neurodiverse adults arrives in one-hour appointments. This program tests a different premise — that the skills of independent living are learned in small doses, delivered daily, inside a real home, by someone who is actually there. If the premise holds, Suivera can turn it into a repeatable model and run it again, and again, for other families waiting on exactly this.

This report covers the first half of that twelve-month pilot. It contains what worked, what did not, what we scored, and what we changed our minds about. We have kept the participant's name out of the narrative and his voice in it.



Six months in the Valley — February through July 2026.

What gets tracked, every month

Five domains, each with its own goals underneath it, scored 1 to 5 by the in-home team and reviewed by Suivera. A sixth measure, Momentum, is reported alongside them.

1	Stability	Housing consistency · Daily rhythm tolerance · Reduction in crisis escalation
2	Skill development	Life skills · Communication & boundaries · Independent task follow-through · Supporting physical and mental health · Cognitive expansion
3	Emotional self-regulation	Identifying and speaking to emotions · Recovery time after stress · Use of self-soothing tools
4	Autonomy & agency	Goal-setting participation · Decision-making confidence · Reduced reliance on external prompting
5	Relational health	Trust without dependency · Healthy boundaries and guiding principles · Mutual respect and repair

Six months at a glance

6/6

months rated **Stable** — every month of the pilot so far

6/6

measures now above their February baseline

2

domains have reached 4 — **Proficient**, up from none

Days → moments

how long recovery from a stress event now takes

The headline is not a single breakthrough. It is that nothing came apart. Across six months of a first-of-its-kind program — a new home, a new coach, a new role at work, a therapist transition and a genuine health concern — the overall status has read **Stable** every single month, and every measure we track sits higher than where it started.

WHERE THE MOVEMENT WAS

Two domains stepped up

Emotional Self-Regulation and Relational Health both moved from 3 (Strong) to 4 (Proficient) in July. Each has gained two full points since February — the largest movement in the program.

MILESTONE

A first: fully independent medical care

In July the Participant attended a doctor's appointment alone for the first time, built a next-steps plan with the physician, and collected his medication with no prompting or assistance.

WATCH ITEM

Pain still limits physical activity

Back-to-back shifts at a physically demanding job continue to constrain exercise. Pacing, a vibration plate and medical follow-up are in place; this is the open issue heading into the second half.

One number worth pausing on

In February, when something difficult from the past resurfaced, it could take over the Participant's life for days. By March it was hours. By April, under an hour in some cases. In July the coach recorded that recovery is now **down to a few moments at most, and often isn't needed at all**. That is not a mood improving. That is a nervous system learning a new default — and it is the clearest evidence we have that a daily-dose model does something a weekly appointment cannot.

OVERALL STATUS, MONTH BY MONTH

FEB

● Stable

MAR

● Stable

APR

● Stable

MAY

● Stable

JUN

● Stable

JUL

● Stable

Support needed to complete the current pilot: none at this time — it is funded and on schedule through month twelve. What comes *after* month twelve is a different question, and it has a number attached to it. That invitation is on page 14.

Three phases, not one straight line

Growth arrived in a burst, stopped for three months, then moved again — and the middle stretch mattered as much as either side of it.

	LAUNCH		CONSOLIDATION		BREAKTHROUGH	
	Feb	Mar	Apr	May	Jun	Jul
Stability	2	3 ⁺¹	3	3	3	3
Skill development	2	3 ⁺¹	3	3	3	3
Emotional self-regulation	2	3 ⁺¹	3	3	3	4 ⁺¹
Autonomy & agency	2	3 ⁺¹	3	3	3	3
Relational health	2	2	2	2	3 ⁺¹	4 ⁺¹
Momentum	2	3 ⁺¹	3	3	3	3

Every measure, every month. Scored 1 (Early) to 5 (Independent).

FEB - MAR • LAUNCH

Fast, broad, and mostly about safety

Five of six measures moved from 2 to 3 in the first month. What changed was not skill so much as circumstance: a calm home instead of a difficult one, three reliable schedules, and a baseline we could measure against.

APR - MAY • CONSOLIDATION

Three months of no score movement

The stretch we would have been tempted to leave out. It is also where budgeting, therapy, goal-setting and self-care were laid down. Rising in month one is easy; holding it through months three, four and five is the harder test.

JUN - JUL • BREAKTHROUGH

The two hardest domains moved

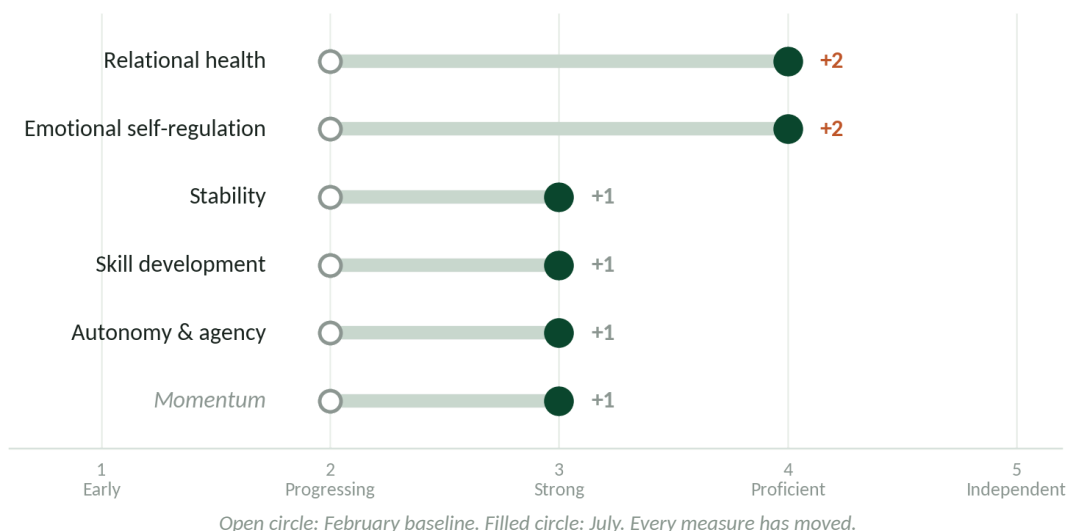
Relational Health, stuck at 2 since February, rose to 3 in June and 4 in July. Emotional Self-Regulation reached 4 alongside it. Both followed the same trigger: the Participant choosing, unprompted, to tell someone that something was wrong.

Why Relational Health was last to move — and why that is the right order

For four months, trust was the only measure that would not shift, and no amount of scheduling or budgeting was going to move it. What eventually did was time, plus something that could only happen in a shared home: saying out loud that he was in pain, and finding that saying so produced help rather than consequences. A program that had scored trust generously in month one would have learned nothing. Watching it hold at 2 is the most useful data here.

SCORECARD

Distance traveled since February



How the scores work

Assigned monthly by the in-home coach, reviewed by the Suivera team against the goals under each domain.

1	Early	Still learning foundational skills and requiring regular support
2	Progressing	Showing improvement with growing consistency and awareness
3	Strong	Demonstrating reliable growth and increasing self-direction
4	Proficient	Completing tasks confidently without prompting or guidance
5	Independent	Ready to sustain independent living in this domain consistently and safely

Momentum, defined

Momentum is the psychological and practical force that makes progress easier the longer you keep moving. Small, steady actions compound over time, turning heavy resistance into natural, self-sustaining energy. It is reported here as a sixth measure alongside the five tracked domains.

Self-fueling

Action creates energy, replacing the need for constant motivation.

Compounding

Small wins stack up to create massive results.

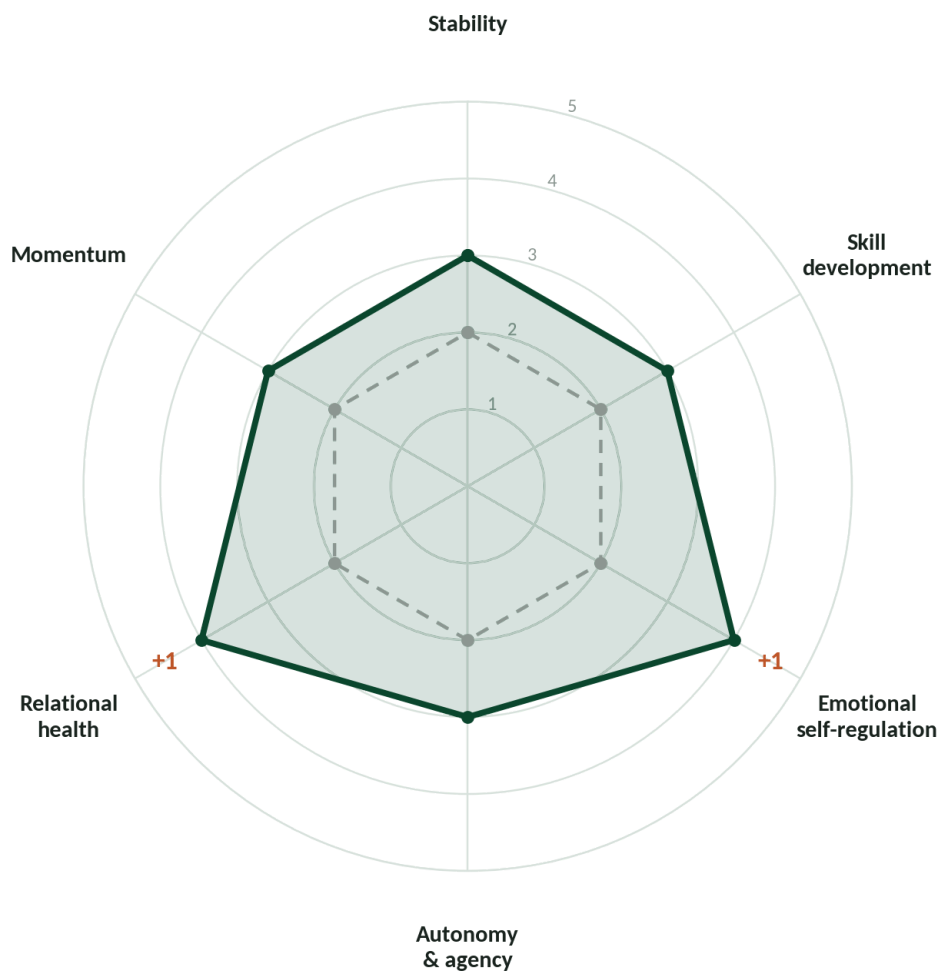
Fragile at first

High friction to start, but low effort to maintain.

That third trait explains the shape on the previous page. Friction was highest in February; once it broke, five measures moved at once. Holding at 3 through April and May was not stalling — it was maintenance, which is what momentum is supposed to cost.

A note on scale. This is a pilot with one participant. Nothing here is a statistical claim. It is a detailed, honestly-kept record of one person's year, gathered so the second participant's year can start from something better than a blank page.

Where we started, where we are



----- February 2026 · baseline — July 2026 · month six

Emotional Self-Regulation and Relational Health each gained a point in July.

BREADTH

All six measures have risen

No domain has fallen below its February baseline at any point in the six months, and none has been revised downward.

DEPTH

Two measures now sit at Proficient

Emotional Self-Regulation and Relational Health — the two most difficult to build and the two that matter most for living well with other people.

LARGEST GAINS

+2 points each since baseline

Both domains that reached Proficient climbed two full points — one of them after four months of no movement at all.

What the shape tells us to do next

Stability, Skill Development and Autonomy have all held at 3 since March — reliable and self-directed, but not yet unprompted. Moving those three to 4 is the work of the second half, and it is a different kind of work: less about establishing a routine, more about removing the scaffolding around it and seeing what stands. July offered a preview: during a period when coaching support was deliberately reduced, the Participant managed the home and his responsibilities without it.

February, March, April



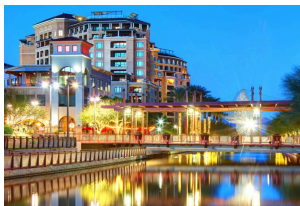
MONTH 01

February ALL MEASURES • 2

Move-in, and the quiet work of settling

The first month was deliberately unambitious: ease into a new living environment, build a routine, and establish the trust the rest of the year would depend on. The team defined a baseline and chose what to measure. An Oura Ring was purchased on the coach's recommendation to track sleep, stress and movement. Weekly check-ins began. Suivera's own finding from month one was that the four-person team had not had enough face-to-face time — so a weekly Zoom was added.

FIRST FINDING • A STRUCTURED INTRO PROGRAM IS NEEDED BEFORE MOVE-IN DAY



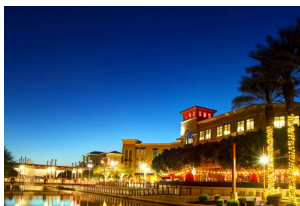
MONTH 02

March FIVE MEASURES • 2 → 3

The first jump, and the first hard conversation

Stability, Skill Development, Emotional Regulation, Autonomy and Momentum all moved to Strong. The Oura Ring became genuinely useful — the Participant could watch a stress event pass through his body and see it resolve, and recovery times fell from days to hours to, in some cases, under an hour. Grocery shopping became a budgeting and planning exercise. Both the coach and the Participant named communication and clear expectations as what had not gone as expected, and both did something about it.

FIRST FINDING • CONFIDENTIALITY AGREEMENTS ARE REQUIRED FOR EVERYONE INVOLVED



MONTH 03

April HELD • 3

Money, goals, and a loss

Financial awareness entered the program properly: visibility into spending, a budgeting framework, and conversations that widened into short- and long-term personal, financial and work goals. There was a spending overshoot, caught and corrected within the month. Group therapy was added alongside one-to-one sessions, and the gym became a several-times-a-week habit. Then the Participant's therapist announced she was leaving the practice — a transition, and a real loss, to be worked through in May.

FIRST FINDING • BENCHMARK METRICS DEFINED FOR BUDGETING, HEALTH AND NUTRITION

May, June, July



MONTH 04

May HELD • 3

Saving, applying, and a home that felt like one

Budgeting turned from not-overspending into actively saving. The Participant attended every counseling session, applied for a position at his job, and began working out what he actually enjoys. Friends came over; there were game nights and housewarming gifts. When stress arrived, he handled it himself — with music and singing. The month recorded no outliers at all, which for a program four months old is its own kind of result.

FIRST FINDING • STAFFING ROLES, DOCUMENTATION AND GOVERNANCE BEGIN TO BE DEFINED



MONTH 05

June RELATIONAL • 2 → 3

He said something was wrong

The turning point of the first half did not look like progress at the time. After working several days in a row at a physically demanding job, the Participant was in significant pain — and told the team. Support was arranged immediately and a pain management plan was built with him. This was the first escalation the program had faced, and both the pathway and the relationship held. In the same month his manager told him he admired his confidence in wanting to be a team lead.

TURNING POINT • TRUST MOVES FOR THE FIRST TIME SINCE FEBRUARY



MONTH 06

July EMOTIONAL & RELATIONAL • 3 → 4

The appointment he drove himself to

Two domains reached Proficient. Coaching support was deliberately reduced for a period, and the Participant managed the home and his responsibilities through it. He used a vibration plate for pain, swam in the complex pool, went to dance classes with his mother and to World of Racing with a friend most weeks. And he went to a doctor's appointment entirely alone, made a plan with the physician, and picked up his medication without being asked.

MILESTONE • FULLY INDEPENDENT MEDICAL CARE, UNPROMPTED

Six months, in six sentences

Every monthly report includes a summary written by the Participant himself, unedited. Read in sequence, they tell the story more precisely than any score does — and they move in a direction none of us scripted.

“Loving the new home, so grateful to the wonderful team Suivera for helping me through this transition from a drama environment to a calm peaceful space where i can breathe and be myself.”

FEBRUARY • MONTH 01 • SAFETY

“This month has been such a joy and so much fun getting to know my roommate.”

MARCH • MONTH 02 • CONNECTION

“I'm not getting so angry and blow up at the smallest problems that arise... I love Suivera and everyone that's in the community.”

APRIL • MONTH 03 • SELF-REGULATION

“There were some days where stress came up, but I overcame it by listening to music and singing.”

MAY • MONTH 04 • COPING, UNASSISTED

“This month I got told something really nice from my boss from my theater job saying how he liked my confidence of wanting to be a team lead.”

JUNE • MONTH 05 • AMBITION

“I went to a doctor's appointment completely on my own for the first time, creating a next-steps strategy with her. That felt very empowering... I can feel the differences and am so happy.”

JULY • MONTH 06 • AGENCY

Safety, then connection, then regulation, then coping, then ambition, then agency. That is the order in which a life gets rebuilt, and it is not an order anyone can rush. It is also the answer to the question donors reasonably ask about a program this small and this expensive per person: **what exactly is being produced here?** Six sentences, written a month apart by the same person, are as close to a direct answer as we can give you.

Domain detail

Each tracked domain with the goals underneath it, where it stood at the end of July, and how it got there. The chip beside each heading is July's score.

Stability

HELD SINCE MARCH

3

- **Housing consistency** — From keeping a room clean in February to taking responsibility for the whole home, personalizing his space, hosting friends, and by July handling landlord maintenance requests and responding quickly on repairs.
- **Daily rhythm tolerance** — Medication, work and workout schedules held from month one, with a dip in consistency in March that was named and corrected by April. July showed genuine flexibility: routine changed, responsibilities did not slip.
- **Reduction in crisis escalation** — The strongest single trajectory in the program. Days, to hours, to under an hour, to a few moments — and often no recovery needed at all. Confronted with news he disagrees with, he now stays present and listens rather than reacting.

Skill development

HELD SINCE MARCH

3

- **Life skills** — Budgeting has been the long project: named as the focus area in February, improved in March, overshot and corrected in April, turned into active saving by May, and by July shaped around prioritising essential expenses and healthier food.
- **Communication & boundary skills** — Strong from the start and still the domain with the most texture. He holds boundaries with people who are not good for him; what remains hard is delivering information someone will not want to hear. He now does it — it just costs him something.
- **Independent task follow-through** — The one goal that visibly stalled. Steady in March, improving in April as he began asking questions when unsure, and by July managing household responsibilities with less direct support. Status reporting remains the growth edge.
- **Supporting physical and mental health** — From "future focus" in February to weekly therapy, group sessions, daily medication, meal planning, gym attendance and an active pain-management practice by July.
- **Cognitive expansion skills** — Deferred through the spring by design, opened up in June through problem-solving and flexible-thinking activities.

Emotional self-regulation

+1 IN JULY

4

- **Identifying and speaking to emotions** — An early strength that kept compounding. He expresses himself clearly to people he knows; the identified growth edge is doing the same with people he doesn't, which he has begun practicing at work.
- **Reduced recovery time after stress** — Now a few moments at most, and frequently not needed. Tracked objectively against Oura stress data since March.
- **Use of self-soothing tools** — He has built a working library of them through consistent weekly therapy, and by March was already sharing what worked with family and friends. Being useful to other people turned out to be a regulating tool in itself.

Domain detail, continued

Autonomy & agency

HELD SINCE MARCH

3

- **Goal-setting participation** — Goals are now set monthly between the Participant, the coach, the Suivera team and his therapists, and he is making consistent progress against them. From March onward he has also been shaping which goals to target now and which to hold — a form of participation the program did not originally anticipate.
- **Decision-making confidence** — Remarkable strides. He states a decision and stands behind it. Confidence still dips when he is unsure why he feels what he feels, or doubts he'll be supported — an honest limit, and one the second half is designed to work on.
- **Reduced reliance on external prompting** — Still required in limited areas, reducing month over month. July's reduced-support period was the first real test and he passed it.

Relational health

+1 IN JULY

4

- **Trust without dependency** — Flat at 2 from February through May. As he began to feel safe, trust started to return; by July it was the fastest-moving measure in the program.
- **Healthy boundaries and guiding principles** — Explicitly deferred to the "later" category in April and May, taken up in earnest from June. He has now begun to establish what he stands for and to act on it.
- **Mutual respect and repair** — Named in February as a deep area he was navigating, and one he understood would need a strong sense of self to come first. As that sense of self has risen, repair has started happening on its own.

THE MILESTONE IN FULL

Why one doctor's appointment counts as a result

Attending a medical appointment alone requires almost every domain at once: the routine to remember it, the regulation to sit through it, the communication to describe symptoms to a stranger, the confidence to ask questions, and the follow-through to collect the medication afterwards. It is the closest thing the program has to an integrated test, and it was not scheduled, coached or rehearsed. He simply did it, and then told us.

SAFEGUARDS & OVERSIGHT

What we check, and what we found

Suivera has maintained check-ins with both the coach and the Participant throughout, moving between weekly, bi-weekly and monthly as the situation required. Confidentiality agreements were introduced in March. Across six months there has been one escalation — the June pain concern — which was addressed immediately with a plan the Participant helped build and is following. Ethical alignment has been confirmed at every review.

The model, not just the month

One participant's good year is worth something. A documented method that lets Suivera give the next ten families the same year is worth considerably more. That method is what your support has been buying.

Built in the first half, and now in hand

Pre-move-in protocol	February showed that this coach and Participant already knew each other — the next pair may not. A structured introduction period leading into move-in day is now required.
Confidentiality agreements	Identified as a gap in March; non-disclosure and confidentiality agreements are now required for everyone who participates.
Scoring rubric & reporting cadence	The 1–5 scale, the report format and the dashboard all evolved in the open across these six months. They are now stable enough to hand to a second cohort.
Benchmark metrics	Defined in April across financial budgeting, health (via wearable data) and nutrition.
Escalation pathway	Untested until June, then used for real: a concern raised, a plan built with the Participant, and followed.
Staffing & governance map	Roles, required documentation and governance needs were scoped in May as the program looked past a single participant.

The honest ledger

What didn't go as expected, month by month, and what we did about it.

MONTH	WHAT DIDN'T GO AS EXPECTED	HOW THE PROGRAM ADAPTED
Feb	Too little face-to-face time between the four team members in a very busy first month.	A weekly Zoom was added to build the framework and make sure everyone was heard.
Mar	Communication and clear expectations — named by both the coach and the Participant.	More communication during check-ins; the Participant worked through a tendency not to speak up.
Apr	Spending outside the norm; and the Participant's therapist left the practice.	Budget redirected within the month; the team supported him through the transition and the loss.
May	No outliers recorded.	—
Jun	Significant physical pain after consecutive shifts at a physically demanding job.	A pain-management plan built with the Participant and supported by everyone involved.
Jul	Physical activity still limited by pain when the work schedule runs several days in a row.	Pacing, vibration plate, continued medical follow-up, and outings that balance activity with enjoyment.

The learning that keeps repeating. In four of six months, the lesson Suivera wrote down for itself was communication — protocols, expectations, cadence, who tells whom and when. Almost every operational fix has followed from one sentence in the July report: guiding someone in a living environment is not a one-hour visit, it is small amounts of guidance delivered daily.

The second half

The first six months were about building a floor. The next six are about taking away the scaffolding — carefully, and one support at a time.

Immediate focus — August

- 01 Budgeting**
Continue strengthening budgeting skills and healthy food choices.
- 02 Physical activity**
Increase consistent activity while supporting effective pain management.
- 03 Home routines**
Maintain household organization and independent living routines.
- 04 Balance**
Keep participating in activities that build confidence and well-being.

What we are watching

- 01 Pain**
The one unresolved constraint, and the limiter on physical activity.
- 02 Three domains at 3**
Stability, Skill Development and Autonomy need to move from reliable to unprompted.
- 03 Momentum's definition**
To be written down and applied retroactively.
- 04 Cohort two readiness**
Whether the model is documented well enough to run again.

What month twelve delivers

At the end of the twelve months, an assessment is provided to the Participant and his family so a decision can be made about next steps. That assessment, and the six further monthly reports leading to it, is what this pilot was commissioned to produce. Alongside it, Suivera expects to hold a documented, tested, repeatable transitional living model — protocol, framework, rubric, reporting cadence, escalation pathway and governance.

“Now that we have reached the midpoint... everyone engaged in the program has found opportunities to improve their own skills.”

SUIVERA • MONTH 06

AND THEN WHAT?

The current pilot is funded to its finish. But the model it is producing was never meant to serve one household — and the second household does not begin unless someone decides it should. **The next page is that decision.**

Two homes instead of one

Independence is a journey every person deserves the opportunity to take. Most neurodiverse adults who want it cannot reach it: the available options routinely exceed **\$4,000 a month** and depend on communal housing. Suivera's model was built for people who want a single-family home and the real responsibilities that come with it — and the goal is to bring the participant's first year to **\$1,000 a month or less**.

\$275,000

FUNDS THE NEXT 12-MONTH PHASE

Every routine refined and every outcome recorded in these six months is building a documented framework — which makes this the most grant-ready and most scalable asset in Suivera's portfolio. The Founding Expansion is what turns one well-documented year into a model that runs twice, then many times.

Two

HOMES

- ✓ Continue the founding pilot
- ✓ Integrate SARRC's curriculum
- ✓ Build the replication model

Two

PARTICIPANTS

Two

COACHES

- ✓ Expand to one additional home
- ✓ Measure participant outcomes
- ✓ External auditing and reporting

One

REPLICABLE MODEL

Educational partner • SARRC. Powered by SARRC's nationally recognized independent living curriculum, participants learn the skills independent living requires and then have a one-to-one coach who supports them as they put that learning into lived practice, daily. The partnership opened in Q2, alongside one with the Arizona Cardinals Foundation.

Current pilot
MONTH 06 OF 12

Founding expansion
NOW

Future communities
NEXT

Detailed implementation, budget, timeline and partnership information are available on request.

With gratitude

This pilot exists because a few people were willing to fund a question with no guaranteed answer.

PARTICIPANTS	DONORS
Joshua Martin	James Brabb
Angela Rose	Richard Martin
Austin Uhl	Anonymous
Amber Mikesell	

Start the conversation

Founding partners are welcome at any level. We would rather talk it through than send a proposal into an inbox.

Suivera

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*“When one person gains independence,
an entire family gains hope.”*