



## Day Treatment

Woodview's Day Treatment programs provide a comprehensive therapeutic school-based program in partnership with local school boards. Most Day Treatment programs are located in community schools. Day Treatment programs provide services for children or youth experiencing significant social, emotional and/or behavioural challenges in a regular school setting. The individual child or youth may also be having difficulties at home and/or in the community. Day Treatment programs provide two Child and Youth Workers and a Special Education teacher. Some programs have a Social Worker as well. Services are offered to both the child or youth and the family, with the goal of reintegrating the child or youth into the regular school system whenever possible.

There are many possible benefits and some things to consider before becoming involved with services at Woodview. They are included on the *Client Orientation* brochure that you have received.

### Benefits Specific to Day Treatment:

- Teachers and program staff have extensive training in working with children with special treatment needs.
- Children and youth have modified education and treatment plans that are developed by the child or youth, family, teacher and program staff.
- Behaviours often settle down after participation in a day treatment program.
- Staff is trained in PMAB (Prevention and Management of Aggressive Behaviour).
- Parents get regular updates from program staff on how their son or daughter is doing.
- Class enrollment is limited to 8 children.
- Children and youth are well-supervised in our programs.
- There are clear rules, structure and support in place to help children and youth succeed.
- We can work with parents to help them gain new parenting strategies/skills.
- Most of our Day Treatment programs are located in community schools, and integration into other classes occurs when possible.

### Considerations Specific to Day Treatment

- Often children or youth have to move to a new school to attend a Day Treatment program.
- Your son or daughter may see children or youth with similar, or at times, more difficult behaviour problems, which they may copy. Our staff will help to minimize this.
- Children and youth receive less educational time in order to provide time for therapeutic activities and individual sessions.
- Your son or daughter may feel different from others and may be embarrassed to attend a Day Treatment classroom. Time will be spent helping your son or daughter deal with such feelings.
- Children or youth are, at times, sent home for extreme behaviours. Every effort is made to help your son or daughter deal with these behaviours before being sent home.
- Successful day treatment requires a great deal of support from parents including frequent meetings and telephone calls that may take a lot of energy.



- There is no guarantee that all children or youth do better in a Day Treatment program.
- Sometimes the transition back to the regular school system takes longer than parents expect. Children and youth may have difficulty changing classrooms and teachers need to get to know their needs.

<p><b>Each Woodview program has established a set of expectations for its clients. These include the following:</b></p>	<p><b>Discipline/Consequences are ways to help the client learn, follow expectations, and be safe. Discipline strategies may include:</b></p>
<ul style="list-style-type: none"> <li>• Keeping yourself and others safe</li> <li>• Following group and classroom rules</li> <li>• Attending school</li> <li>• Not smoking on the property</li> <li>• Not using drugs or alcohol</li> </ul>	<ul style="list-style-type: none"> <li>• Rewarding good behaviour</li> <li>• Ignoring attention-seeking behaviours</li> <li>• Time-out or a <i>cooling off</i> period</li> <li>• Loss of privileges</li> <li>• Physical restraint by a trained staff member when there is a risk of child or youth harming her/himself or others</li> </ul>

It is very important to Woodview that parents understand our services and that we work together towards achieving success for your son or daughter. Please feel free to discuss any issues or concerns you may have with your counsellor. We hope that Woodview provides a positive experience for you and your family.