

COMMON THREADS



SUMMER 2009 PROGRAMS

Common Threads Family Resource Center
5979 Siggelkow Road
McFarland, WI 53558
Phone: (608) 838.8999 ~ Fax: (608) 838.8988
commonthreadsmadison.org

Welcome! Common Threads is a non-profit organization created by parents, experienced treatment providers and concerned individuals. We believe that a child thrives in a strong family. Our mission is to enhance the development of children with emotional, behavioral, cognitive and sensory challenges and to provide their families with support and direction. We accomplish this by providing a variety of innovative therapeutic services and opportunities. We assist families in maintaining a balance between meeting their many challenges, and flourishing as a family. We look forward to sharing our summer programming opportunities with you and your family! Please read through our programming options, and contact us at (608) 838.8999 to set up an intake or reserve your spot today!

THERAPEUTIC PLAY PROGRAM

Common Threads houses a unique and exciting therapeutic play facility, where children with autism can learn to play and grow within an inclusion based setting. Our talented and experienced staff understands and welcomes all children. We work to transform each child's life one step at a time, while helping each child achieve their full potential. Our program allows children of all abilities to learn, play, and grow, while providing a challenging, enlightening and motivating environment for all. All children contribute to each others' developmental growth in unique and life changing ways.

Program Highlights

- focus is on social interaction, play, behavior, and physical & emotional regulation within an inclusion model
- 7 children maximum to each therapeutic play group
- for children ages 2 ½ - 6
- child to Therapeutic Play Facilitator ratio of 3 to 1
- sessions consist of strategies aimed at developmental standards
- organized group sensory/regulation opportunities
- intake evaluations for all children
- individual treatment plans and learning profiles for each child
- groups created by licensed occupational therapists, dance/movement therapists, art therapists and counselors
- families can work to create a half or full day schedule that fits their needs

The play program runs Monday, Wednesday and Friday mornings from 8:30-11:30, and Tuesdays and Thursdays from 8:30-11:30 and 12:30-3:30. Those clients electing to attend full days on Tuesdays and Thursdays are not charged for the lunch hour, 11:30-12:30. Schedules are flexible and depend upon current enrollment. Please call to learn more and set up an intake.

Price: \$67.50/half day session and \$135.00/full day session; additional \$12.50 assessment period fee for first 30 sessions (30 half day sessions or \$25 fee for first 15 full day sessions)

Group Meets: Monday – Friday mornings and Tuesday & Thursday afternoons

Group begins June 10, 2009 and ends August 28, 2009; no group on July 3 (11 week program)

GRADE SCHOOL PROGRAMS

Extended School Year Program

Monday through Thursday 9 a.m. to 2 p.m.; early drop off 8-9 a.m. and late pick up 2-3 p.m. available
Common Threads Family Resource Center is offering summer academic programming in the areas of language arts, math, life and social skills instruction in community settings. The program's lead facilitators have a combined total of 20 years of experience in the education field. Within the four day a week program, children will experience last summer's popular club the "garden gang" and group games. Community Instruction will include the following: Farmer's Market or Pick N Save Grocery Store, McFarland Public Library, YMCA Pool, Group Games at McFarland's Secret Places Park or Monona Dream Park. The schedule will be set up to accommodate full and half day interest, although participants interested in full day instruction will be given

priority over half day interest. Parents can schedule an intake for either Monday April 6th or Tuesday April 7th.
Price: \$600/week for full days (9 a.m. to 2 p.m.); \$400/week for half days (9-11 a.m. or 12-2 p.m.); early drop off and late pick up \$12/hour
Group begins June 17, 2009 and ends August 26, 2009 (10 week program)

Grade School Therapeutic Summer Program

Monday, Wednesday & Friday 12:30-3:30 p.m.

Ages 7-11 (some flexibility as determined during intake)

Come join us this summer for a summer program unlike any other! At Common Threads, we focus on socialization while continuing to work on goals targeting behavior and social and emotional regulation. In this unique setting, your child will build self-confidence and their sense of self while engaging in positive peer relationships. This program will include some of the most popular elements from past summers, including: group games, garden gang, book club and life skills. An overarching emphasis on social interaction will emerge as we learn new skills, make new friends, and enjoy summertime in the process! Each child will have an individualized treatment plan, and effective tools and strategies discovered throughout the program will be discussed with parents at end of the summer conferences.

Price: \$300/week

Group begins June 17, 2009 and ends August 24, 2009; no group July 3 (10 week program)

Parent/Therapist Conferences will be held on August 26-28, 2009 – parents attend their meeting but there is no programming for children on these days

TEEN PROGRAMS

Teen Therapeutic Summer Program

Tuesday & Thursday 2:30-5:00 p.m.

Ages 12-16 (some flexibility as determined during intake)

Come join us this summer for a teen experience unlike any other! At Common Threads, we focus on socialization while continuing to work on goals targeting behavior and social and emotional regulation. In this unique setting, your teen will build self-confidence and their sense of self while engaging in positive peer relationships. This program will include some of the most popular elements from past summers, including: fitness club, job club and community instruction/outings. An overarching emphasis on social interaction will emerge as we learn new skills, make new friends, and enjoy summertime in the process! Each group member will have an individualized treatment plan, and effective tools and strategies discovered throughout the program will be discussed with parents at end of the summer conferences.

Price: \$165/week

Group begins June 18, 2009 and ends August 25, 2009; no group on July 2 (10 week program)

Parent/Therapist Conferences will be held on August 26-28, 2009 – parents attend their meeting but there is no programming for teens on these days

Teen Girls Dance Mental Health Group

Tuesdays 1:30-2:30 p.m.

Ages 12-16

Get ready to try out some new dance skills while sharing together in this creativity fostering environment! With movement as the modality for building group interaction and cohesion, teens in the dance group will meet new friends and build social skills. The teens will build self-confidence and celebrate their individuality while engaging in positive peer relationships. This group will navigate the world of unwritten social rules and practice skills to generalize in other situations. The group is co-facilitated by diversified mental health clinicians, including a dance/movement therapist.

Price: \$40/week for 10 weeks

Group begins June 23, 2009 and ends August 25, 2009

Teen Guys Mental Health Group

Thursday 1:30-2:30 p.m.

Ages 12-16

Teens have an opportunity to meet other teens and engage in fun experiential activities that promote learning and understanding about social situations that they encounter each day. The teens will build self-confidence and celebrate their individuality while engaging in positive peer relationships, recognizing and developing skills to

manage peer pressure, and navigating the world of unwritten social rules. The groups are co-facilitated by diversified mental health clinicians experienced in treating autism spectrum disorders.

Price: \$40/week for 10 weeks

Group begins June 18, 2009 and ends August 20, 2009

OCCUPATIONAL THERAPY

Picky Eaters Group

Tuesday 11:30-12:30 p.m.

Ages 4-7

If you have a child who is hesitant to expand the variety of foods that they willing to try, then we have a group for you! This occupational therapy group will use a variety of sensory modalities in order to explore foods in a peer context. Parent support will be given in the form of relevant articles, weekly feedback and conferences in order to facilitate carryover of changes seen during group into the home environment.

Price: \$40/week for 10 weeks

Group begins June 23, 2009 and ends August 25, 2009 (10 week program)

Summer Handwriting Primer

Time TBD dependent on group interest

Ages 5-8

Handwriting can be fun! Get a head start on handwriting skills in this group that will break down the components of handwriting to support each child's individual needs. Skills such as holding the pencil correctly, staying in the lines and correct letter formation will be taught using a proven handwriting program that integrates movement and sensory strategies for optimal learning. Home programming will be given on a weekly basis in order to facilitate repetition of skills taught for further handwriting improvement.

Price: \$40/week for 10 weeks

Sensory Strategies Group

Time TBD dependent on group interest

Ages 4-8

This group is for children who have had occupational therapy services in the past, but who need an updated sensory diet, either due to the child's needs changing or the child's own increased awareness of their sensory needs. During this group, each of the sensory systems will be explored and a variety of strategies will be presented within the group context. Through exploration, the child and therapist will work together to determine which strategies seem supportive and then begin to implement them in a social setting. Feedback will be given to parents multiple times a session in order to facilitate carryover to the home environment.

Price: \$40/week for 10 weeks

Individual Occupational Therapy Services

The Common Threads Occupational Therapy Program helps children develop the functional skills that will support their everyday "occupations," such as eating, dressing, playing on the playground, interacting with siblings, learning at school and engaging successfully in typical family life. Our pediatric occupational therapists provide evaluation, intervention and consultation in the following areas:

- Sensory Processing & Regulation
- Motor Skill & Coordination Development
- Oral Motor Development & Expansion of Diet
- Self-Care & Hygiene Development
- Fine Motor/Handwriting Skills
- Community Safety & Play Skill Development
- Ocular Motor Skills (as a pre-cursor to effective academic learning)
- Environmental Consultations for Home and School Settings

We accept multiple insurance plans. Please call today for more information!

SUPPORT GROUPS

In our supportive group setting, join other parents and caregivers to listen and connect around shared experiences. A mental health clinician will facilitate discussions around topics generated by the group. Individuals are welcome to attend each week or on a drop-in-as-able basis. Stay tuned for group days and times, based on the demand and availability of interested families.

MENTAL HEALTH

Common Threads is a state-licensed mental health clinic. We offer a variety of services, facilitated by our diversified and experienced mental health professionals. All individual services are by appointment only with rates varying, based on clinician and services desired. Our services include:

Psychotherapy
Kindergarten Readiness Evaluations
Life Skills Development Sessions (for individuals of all ages)
Diagnostic Evaluations
IQ Testing
Dance/Movement Therapy
Art Therapy
Music Therapy
Potty Training Consults
Home Consults

Call today for more information or to set-up your intake appointment!

SUMMER '09 IMPORTANT DATES

Monday & Tuesday April 6-7 – intakes for Extended School Year Program
Thursday, April 30 – all summer registrations and intakes complete
Wednesday, June 10 – Therapeutic Play Program summer session begins
Wednesday, June 17 – first day of summer programs (all besides TPP)
Thursday, July 2 – Teen Summer Program does not meet (Guys Mental Health Group *will* meet this day)
Friday, July 3 – Common Threads closed for 4th of July Holiday (TPP and Grade School Program)
Wednesday & Thursday July 22-23 – parent visitation days
Wednesday - Friday August 26-28 – parent/therapist conferences for summer grade school and teen programs; children do not attend these days

FEES & POLICIES

All Common Threads programs (not including support groups) require a one-time intake at the rate of \$55/hour. If a report is required for funding or requested by the parent, report writing will be billed at a rate of \$55 per hour.

Due to the nature of the program and the amount of start up support required, the Therapeutic Play Program is the only program with a separate intake fee of \$175. This differs from the rate of \$55/hour for all other programs.

A non-refundable deposit payment of 50% of the group cost is due by the first group session (i.e. \$275 for a \$550 group). The balance of the group fee is due by mid-session (i.e. week nine of an eighteen week group). This does not apply to Therapeutic Play Program or Mental Health clients, who pay on monthly or by session schedules.

Some clients will require alternate fees, as determined by exceptional needs for staffing and agency affiliations. You will be notified upon intake if these fees are applicable to your family or client. Additionally, varied clinicians at Common Threads accept MA payment. Please inquire further about qualified services.

We understand that sometimes you need to cancel or reschedule sessions for illnesses or other emergencies. Therapeutic Play Program, Grade School and Teen Groups are paid for by the full session and you will not be

refunded in the case of illness or vacation. A 24 hour notice is required for mental health appointments that need to be cancelled or rescheduled. A full session fee will be charged for any missed appointments with less than a 24 hour notice. *In general, 48 hour advance cancellation is preferred, and 24 hour is required.*

Please contact us for more information or with any questions. We look forward to growing alongside you and your family here at Common Threads!