

## Daily Schedule

The ECDT therapeutic milieu provides a nurturing structured environment for your child.

*Transportation may be available upon request.*

8:30-9:30 am—Arrival and free play.

9:30—Breakfast.

*Provided by program.*

10:00—Circle time and structured group play.

*Includes educational and therapeutic instruction toward developing age-appropriate social skills and kindergarten readiness.*

11:00—Group or activity.

*Structured in-house or community based activities. These activities allow the children an opportunity to practice their developing social skills while exploring their world. We collaborate with animal shelters, wildlife refuges, and community gardens, just to name a few.*

12:00—Lunch.

*Provided by program.*

12:30—Individual story and quiet time.

1:30—Free play and snack time.

2:00-3:00—Departure.

3:00-5:00—Home visits and collateral contacts.

## Types of Therapy

### Group

Through interaction with their peers and adults present in the therapeutic milieu, children learn to develop appropriate social skills. Areas of focus include sharing, conflict resolution, simple manners, general communication skills and appreciation of nature.

### Individual

Children meet on a regular basis one-on-one with a licensed therapist to address their unique clinical needs in child-led play therapy.

### Expressive Arts

Case managers regularly plan daily activities in which children are encouraged to express their feelings and talents through painting, music, dancing and more. Such activities are designed to stimulate the child's creativity and intellectual development.



### Pet Assisted

Specifically geared towards children who have experienced significant trauma, pet assisted therapy establishes a connection that brings meaning to the concept of other relationships. All sessions are conducted individually and on-site with a licensed pet assisted therapist.

## Program Policies

Our professional clinicians and case managers implement each child's specific treatment plan during daily activity in the therapeutic milieu. Through the use of positive behavioral interventions, pro-social actions are encouraged, developed, and reinforced.



## Parent Involvement

During the intake process parents and/or guardians meet with the program supervisor to create an individual treatment plan. In order to ensure the child's success in the program, parents and guardians play an active role in the process. Interactive involvement on the floor during program time and family therapy sessions in the home help parents and guardians to better understand and address the child's emotional and psychological needs. Parents and guardians come to learn and accept their ongoing role and responsibility in the emotional well-being of their child.