Day Treatment Program

Presentation to the Audit, Communicate and Educate Advisory Committee (ACES)
November 2016
Program Description

This intensive treatment service is provided in a specialized classroom setting using small class sizes (8 students) with treatment and education provided by a multidisciplinary team. The service helps students who are unable to benefit from a regular school program because of their behavioural, emotional and learning disorder that interfere with academic progress. Parents participate in treatment planning, parent training, and family counselling.

Through an agreement with the District School Board of Niagara, children, aged 6-13, attend Classrooms at our Merrittville site and youth aged 14-17, attend classrooms as 4 different high Schools throughout Niagara. The length of stay is determined by individual treatment needs. The goal is to assist children and youth to develop academic, behavioural and social skills in order to re-integrate back into a regular classroom.
Staffing

1 Case Manager & 1 Therapist

9 DSBN Teachers

Primary Day Treatment
- 5 CYWS

Secondary Day Treatment
- 5 CYWS
Primary Day Treatment Classrooms

Day Treatment Classes are located at:
1604 Merrittville Hwy, Welland, ON L3B 5N5
Merrittville Highway Location
Secondary Day Treatment Classrooms

Day Treatment Classes are located at:
Collegiate Secondary School (St. Catharines)
Thorold Secondary School (Thorold)
Eastdale Secondary School (Welland)
Westlane Secondary School (Niagara Falls)
Collegiate Secondary School
Collegiate Jr. (St. Catharines) Secondary Day Treatment Classroom
Rob and Tina’s Classroom
Collegiate Sr. Secondary (St. Catharines) Day Treatment Classroom
Mike and Chico’s Classroom
Thorold Secondary School
Thorold Secondary (Thorold) Day Treatment Classroom
Lesia and Lisa's Classroom
Eastdale Secondary School
Eastdale Secondary (Welland) Day Treatment Classroom
Jessop and Kevin’s Classroom
Westlane Secondary School
Westlane Secondary (Niagara Falls) Day Treatment Classroom
Derek and Dave’s Classroom
Demographics as of November 2016 (CAFAS data)

**Age range of clients we serve:** 6-17 years old.

**Mean Age:** 13 years old

**Age Grouping:** 30% Preadolescent
70% adolescent

**Gender:** 80% male, 20% female
Evidence-based Interventions Used

- Cognitive Behavioural Therapy (CBT)
- Dialectical Behaviour Therapy (DBT) informed skills
- Structured Sensory Interventions for Traumatized Children, Adolescents and Parents (SITCAP) for trauma
- Solution-Focused Brief Therapy
- Motivational Interviewing
- Play-based Techniques
- Family Therapy
- Art Therapy Techniques
- Coping Power
- Collaborative Problem Solving (CPS)
Clients Served by School Board (referred by Therapist)
Program Trends and Issues

• Children and Youth referred to this program not only struggle within the educational setting but generally come from a complex family system that affects treatment.

• In Secondary Day Treatment significant self-harm and self-injurious behaviours have been observed.

• Multiple community planning meetings with NHS, Bethesda, FACS, Contact Niagara, DSBN, NCDSB etc... are frequently required for the majority of clients.
Day Treatment Effectiveness

Is the Day Treatment Program effective? How do we know?

- CAFAS scores show us that at least 70% of clients improve in at least 1 of the 3 outcome indicators (Meaningful and Reliable improvement, Severe impairments and Pervasive Behavioural Impairment) from the initial assessment to the most recent assessment completed.

- There is a clinically significant decrease in overall CAFAS score by 20

- Treatment goals are met and students are successfully transitioned back to their home school
Day Treatment Effectiveness Cont...
Consumer Satisfaction Survey

Feedback, based on telephone interviews with 10 clients (November 2016) regarding treatment, revealed:

1. **To what extent do you feel the program is meeting the community needs?**
   - 8/10 (80%) parents were satisfied that the program was meeting the needs of the community, 2 parents liked the program but were frustrated that some of the techniques used were not transferable to the home school.

2. **How accessible and responsive is the program to the clients served?**
   - 10/10 felt the program was accessible and responsive to the clients needs. Transportation ameliorates both the transportation barrier and concerns with school refusal.

3. **How respectful have staff been to clients and staff of other agencies?**
   - All respondents indicated that staff were very respectful and professional.
4. Overall, what is your impression of this program’s strengths?
   - Parents reported the following:
     - This was my child’s first positive school experience
     - Positive results were attained
     - Appreciated that therapy counselling, and education all under one roof
     - My child’s behaviour has now been addressed and she has learned skills so that she will succeed in her new school
     - The program is convenient and accommodating

5. Overall, what is your impression of this program’s weaknesses?
   - Parents reported difficulty in replicated strategies in a larger classroom setting
   - Students of primary students identified that there is not an opportunity for integration at the Merrittville site
Community, Client and Family Feedback

“Thank you for all the support that you gave my child” (Parent of former student).

“I just want to give you a hug...this is the first time my daughter has experienced success! (Parent of current student, Primary Day Treatment)

“I tell parents that if they get into Day Treatment that they've got the best program there is” (NCDSB Behaviour Resource Teacher)

“I've felt so supported by my classroom counsellor. I consider her a safe person that I can trust” (Current student, Secondary Day Treatment)

“These individuals go above and beyond to help children and their families!” (FACS worker)
Questions