

School Age Day Treatment Program Serving Children Ages 5 to 12

A program of Astor Services for Children & Families



Mary Sontheimer
Assistant Executive Director
Education and Early Childhood Development Programs.

Astor's School Age Day Treatment Program Serving Children Ages 5 to 12



What is SADT?

Astor's School Age Day Treatment Program (SADT) is an intensive, highly structured, school-based treatment program operated by Astor Services for Children & Families. An interdisciplinary team of trained professionals provides mental health and educational services to emotionally disturbed children ages 5 to 12. The program utilizes a holistic approach for developing the social, emotional, and educational needs of our children through a nurturing and supportive environment.

All students are placed in classrooms of eight children with one teacher and two teacher assistants. They receive all their mental health and educational services during the regular school day. However, family therapy sessions may be scheduled before, during, or after the school day.

The primary goal of our program is to return children to a less restrictive educational setting with community-based mental health services. Children who enter our program usually stay between 18 and 24 months, although some children stay for a shorter period and some remain in our program much longer. Over the past three school years, 54% of the children have gone to less restrictive settings, 20% have gone

to other day treatment programs, and 26% have gone to more restrictive settings. Most children make significant behavioral and academic progress while in the program, and some children are able to function above grade level in one or more subjects upon discharge. Our success is due to the level of integration of educational and mental health services within the program. These services include:

- **Education:** Taking into account his or her particular behavioral needs, our program provides an academic education individualized to the learning needs of the student. Education services are driven by the student's IEP (individualized education plan). All core subject areas are taught, and the special areas of physical education, library and computer lab are provided. Children are grouped both by age and level of academic functioning.
- **Summer Program:** All students are required to attend our 6-week summer session. Therefore all students must have 12-month programming on their IEP. Our summer session continues our regular academic programs, with the addition of weekly field trips and several school-wide special events.
- **Mental Health Services:** Each child receives both individual and group therapy once a week during the school day. These services are provided by licensed psychologists and social workers. Individual therapy is provided to help the

child to express thoughts and feelings in a safe context, so that they do not need to act these out in school or at home. Group therapy includes all the children in a class and is designed to help children develop social skills, especially with peers. Family participation in treatment is seen as essential to a child's success in our program.

- **Psychiatry Services:** A psychiatrist is available on a consulting basis two days a week. The psychiatrist evaluates all children entering the program and prescribes medication as needed. The psychiatrist is available to meet with parents to discuss medication needs and concerns.



- **Nursing Services:** The nurse in our program takes care of a variety of the children's needs. She works closely with the psychiatrist to make sure the psychiatric and medication needs of the children are being met, administers medication to those children who need them during the school day, takes care of children

who have minor injuries, and assesses children who aren't feeling well.

- **Related Services:** These include occupational therapy, speech therapy and physical therapy as included on student IEPs. SADT has a speech and language therapist on staff and has contractual arrangements to provide other related services.
- **Behavior Support Services:** Our program employs the services of three full-time behavior support counselors. Their primary tasks are preventing crisis through early intervention, providing verbal and physical crisis intervention services (including peer mediation), supporting other staff in the event of a crisis, and training and staff.

Behavior Change Program



At Astor's School Age Day Treatment Program we are committed to helping our students succeed in school, home, and community. We understand that many of our students have difficulty making good choices and doing the right thing at the right time. Students enter our program *because* of this problem. It is our job to help children find better ways to interact with others. Thus our program emphasizes behavior education, learning problem solving skills. The program has a

Code of Conduct and Student Handbook which contain more information.

Admissions and Payment



Children are admitted without regard to race, creed, color or country of origin. All children admitted have behavioral or emotional problems that seriously interfere with school, home, and community adjustment. Typically the problems may include limited frustration tolerance, inflexibility, aggressiveness, low self-esteem and depression, hyperactivity and distractibility, inability to relate positively to peers and adults, and delayed academic development.

Admission Process

1. Referral is made to the Astor's School Age Day Treatment Program by the local CSE. Referral information is sent by the CSE to the Astor intake coordinator and should include the most recent IEP, the most recent triennial evaluation, immunization records, and the most recent physical on record. Other supporting materials may be included at the CSE's discretion.
2. The Astor intake coordinator will contact the parent/guardian to set up an intake visit to the school. The visit *must* include the parent/guardian and child, and *can* include other interested persons.

3. The parent/guardian and CSE are informed if the student is suitable for admission. If the parent, CSE and Astor are in agreement, a start date is set.
4. The CSE chairperson arranges for transportation.

Payment

1. Tuition at SADT is approximately \$45,600 annually. Tuition is largely reimbursable by SED.
2. Transportation costs are not reimbursable.
3. Psychiatric services and family therapy are paid for directly by Medicaid and are not included in the tuition rate.



All artwork in this brochure was done by students from Astor's School Age Day Treatment Program.