2019

SUMMER

PROGRAM GUIDE

June 10th - August 30th

(608) 819-6394 | CITHERAPIES.COM
Social & Specialty Therapy Groups: $40 per session for weekly one-hour groups. Groups that meet twice per week will be $40 per session.

*Feeding Groups are $45 per session.

Deposits: Our specialty therapy and social groups require a $50 deposit to hold your child’s spot. This deposit is refundable at the end of the summer session with 60% attendance to the group. Deposits are due May 15th.

Recreational Groups: These groups do not require a deposit, but must be paid in full by May 15th. The cost is $210 for the 12-week summer session.
**INDIVIDUAL SERVICES**

**Occupational Therapy:** A child’s primary “occupations” include play, activities of daily living, rest/sleep, education, and social participation. Occupations of young adults may also include work and navigating transition. Our team empowers your child to maximize their engagement in these occupations by targeting underlying areas of challenge including social-emotional, physical, sensory, developmental, executive functioning, and behavioral challenges. Our team includes licensed occupational therapists (OT) and certified occupational therapy assistants (COTA).

**Speech and Language Therapy:** Communication is one of the major developmental tasks of childhood. Our team of licensed speech and language pathologists (SLP) can help with any concerns related to your child’s communication. Therapy may include supporting language development through alternative communication systems, development of grammar and vocabulary, problem solving and critical thinking, understanding social cues, and practicing speech sounds.

**Physical Therapy:** Our team specializes in supporting your child’s gross motor development and targeting underlying strength, range of motion, ambulation, balance, and coordination difficulties. We use creative, whole-body games and activities to keep exercise engaging. Functional goals are developed that support your child’s ability to effectively move through their environment and fully participate in age-appropriate activities. Our team includes licensed physical therapists (PT) and physical therapy assistants (PTA).

**Feeding Therapy:** We believe in a fun and relaxed approach that encourages play, allowing children with feeding or growth concerns to explore their food and become excited to try new foods. Using a whole-child perspective, we integrate sensory, motor, oral-motor, behavioral/learning, medical, and nutritional factors for both assessment and intervention. Our team also incorporates family education to support the development of healthy relationships with food and each other. *Our feeding team includes providers from both the occupational therapy and speech and language pathology teams.*

**Aquatic Therapy:** The warm water pool allows for relaxation of the major muscle groups while also providing support and resistance to enhance therapeutic benefits. Benefits include increased range of motion and strength, balance and coordination, weight bearing ability, cardiorespiratory/cardiovascular and pulmonary endurance, and improved motor skills and planning. *Our aquatics team includes providers from both the occupational and physical therapy teams.*

**Recreational Therapy:** Sometimes engagement in play and recreation doesn’t come naturally, or recreation activities are not accessible to everyone. Our team of Certified Therapeutic Recreation Specialists (CTRS), often called recreational therapists, find ways to make play and recreation accessible by working towards gaining the skills needed for participation or by adapting the recreation so that the person can participate with maximum independence. Recreational Therapy works to improve a person’s well-being by targeting physical, emotional, social, and cognitive goal areas through leisure and play.

**Music Therapy:** Music is everywhere, and our licensed music therapist (MT) utilizes its therapeutic effects to address physical, emotional, cognitive, and social needs of individuals. Through understanding the effects of music on the brain and body, we design specific music interventions to reach a goal.

**Additional Services and Consultation**
- Therapeutic Strategies and Home Carry-Over
- Advocacy for IEP Development
- Home Modifications and Environmental Assessments
- Assistive Technology and Adaptive Equipment Needs
- Parent/Sibling Support
- Sensory Strategies and Solutions
- Positive Behavioral Support
- Parent Training and Community Resources
CI’s Boost Program is a specialty program designed for children who have recently received an Autism diagnosis or have reached a plateau in services. This program emphasizes parent education to encourage carryover and support in the home environment. Children in the Boost program should be between the ages of 2 and 10 and should be able to safely maintain a daily program that is 3 hours in duration.

Program Components: 4 weeks, 3 hours per day, 3 days per week. Includes comprehensive evaluations, collaborative treatment, a home program, and consultative follow-up.

Who Could Benefit?
Candidates for this program include children who have recently received an Autism diagnosis or have reached a plateau in services. This program emphasizes parent education to encourage carryover and support in the home environment. Children in the Boost program should be between the ages of 2 and 10 and should be able to safely maintain a daily program that is 3 hours in duration.

Common Goal Areas Include:
- Sensory regulation and sensory strategies
- Joint attention
- Play
- Communication
- Transitions
- Social skill development
- Establishing routine

CI’s Advance Program is an intensive physical and occupational therapy program designed to increase functional independence. Our team of experienced therapists work collaboratively to design each program to the specific needs of your family. Through fun and functional activities, your child’s therapy team targets the goal areas most important to you.

Program Components: 4 weeks, 4 hours per day, 5 days per week. Includes comprehensive evaluations, collaborative treatment, a video home exercise program, and consultative follow-up.

Who Could Benefit?
Candidates for this program include children with neuromuscular challenges that impact their ability to fully participate in desired activities during everyday life. This can include, but is not limited to, children with cerebral palsy, stroke/hemiplegia, spina bifida, and Down syndrome. Children with the following conditions or concerns may also benefit from the program:
- Hypotonia/Hypertonia
- Gross Motor Incoordination
- Motor Planning Challenges
- Gait Concerns

Common Goal Areas Include:
- Functional Strengthening
- Functional Ambulation
- Partial Body Weight Gait Training
- Neuromuscular Re-Education
- Home Safety and Transfer Training
- Home Environment Assessment
- Adaptive Equipment Assessment
- Communication Device Assessment
- Functional Positioning Assessment

CI’s AACcelerate Program is a specialized, high-frequency therapy program designed for clients with complex communication needs who are in need of an augmentative alternative communication system, or for those who would like to boost their skills using their current system. Our team of speech language pathologists and occupational therapists will collaborate to trial high- and/or low-tech AAC systems to meet the needs of each client, including exploration of language systems, alternative access methods, and positioning.

Program Components: 4 weeks, 2-3 hours per day, 4 days per week. Includes comprehensive evaluations, collaborative treatment, home program and communication system feature-matching recommendations, and consultative follow-up.

Who Could Benefit?
Candidates for the AACcelerate program include children with a variety of neuromuscular conditions which impact their ability to access functional communication. This can include, but is not limited to cerebral palsy, stroke/hemiplegia, down syndrome, spinal cord injury, traumatic brain injury, and autism spectrum disorder.

CI’s AACcelerate Program is offered in Waunakee
Social groups have a therapeutic focus in a social setting with specific goals developed for each group participant. These groups are led by our speech and language teams. All groups use play-based and age-appropriate activities to practice new skills.

**Cosmic Comets (ages 7-10):** Blast off with friends through the social galaxy! This social group is for kids who can participate in group activities with peers but may have difficulty understanding social behavior, social expectations, conversation skills, and social problem solving. This group will focus on finding and sharing common interests with peers by participating in a variety of age-appropriate games and activities. Kids in this group should be able to participate in and follow group activities with independence. Get ready to make friendships that are out of this world!
**Monday: 4:00-5:00pm**

**Gal Pals (ages 9-12):** Build friendships and have fun in this social group designed just for girls! Get ready to help each other by working together to talk about social issues that commonly affect teenage girls, as well as finding, sharing, and participating in some common hobbies! We will have time to bond and share similar experiences all while having fun!
**Thursday: 4:00-5:00pm**

**Guys Group (ages 12-15):** Come hang with the guys, and chat about common social issues that affect teenagers as they navigate the worlds of school, relationships, sports teams and clubs, and parents. This group will refine skills in negotiating, attending social events, interacting with teachers, navigating complex social situations, understanding hidden rules, and practicing self-advocacy. Make new friends while sharing experiences, playing games, and trying out new activities.
**Wednesday: 5:00-6:00pm**
Therapy groups have a therapeutic focus in a social setting with specific goals developed for each group participant. These groups are led by our speech and language teams. All groups use functional and age-appropriate activities to practice new skills.

Putting the FUN in Function (ages 10-13): Time flies when you’re having fun, and that’s when all the best learning happens! This therapy group, led by a member of our occupational therapy team, will promote executive functioning skill development in a fun, engaging setting through science experiments, role playing, crafts, and projects. Group members will be encouraged to share their ideas and challenge their brains! Participants will learn about the amazing things our brain does, and promote success by recognizing their strengths and discovering tools they can use to improve problem solving, organization, flexibility, and performance monitoring while engaging in fun group activities.

**Thursday: 3:00-4:00pm**

Picky Eaters (ages 5-8): Join friends and expand your culinary adventures with this therapy (feeding) group! This group will give your child the opportunity to explore individual foods in a stress-free and play-based atmosphere to create positive exploration and growth with currently non-preferred foods. Parents are encouraged to attend using our one-way mirror to promote carry-over at home. Put on your apron and we’ll see you in the kitchen!

**Wednesday: 3:00-4:00pm**
**Recreational Groups** focus on play skills in a social setting which includes working as a team, exploring new hobbies, and increased attention and independence in leisure activities. These groups will be facilitated by our recreation team and focus on fun.

**Team Huddle (ages 7-10):** This recreational group is designed to target both motor and social skills, while learning and playing sports and recess games! We will focus on cooperation, learning how to be part of a team, and understanding the unwritten social rules of the playground. Kids in this group should be able to participate in and follow group activities with independence.
**Monday: 5:00-6:00pm**

**It’s Game Time (ages 16+):** This dice-rolling and card-flipping recreation group is designed for teens interested in exploring the world of gaming along with peers. Each week we will learn new games while building social, leisure, writing, and executive functioning skills. Enjoy a variety of board games, card games, and role-playing games featuring both teamwork and friendly competition in a supportive environment! Group members will be encouraged to share some of their favorite games with the group, as well as learn about the favorite games of their peers.
**Monday: 4:00-5:00pm**