

Childhood should be a haven.

Sometimes
it's not so simple.

Keystone services can help:

Outpatient Assessment & Treatment

Parent-Child Interaction Therapy

Our Little Academy -
Therapeutic Preschool/Day Treatment

The Parent/Child Program

here + now.

Our Little Haven programs provide *early care* for the best positive result. If we apply necessary resources early, it prevents problems from compounding, so that children and families will get off to a great start. They will have the nurturing haven of a childhood where they can build their futures.

How can you help?

If you're a parent: give children your time and your tenderness. If you have questions or need services, contact Our Little Haven.

If you're a mental health or child-serving professional: recommend early intervention care. Refer your clients who can benefit from Our Little Haven care.

If you're a donor: make a donation, and help change a child's life. Only one-half of our operating costs are provided by state funding. Our Little Haven turns to the community to help make a difference in the lives of children and families. Your donation helps assure that our services are open to all, including Medicaid eligible families. Services are offered free of charge or on a sliding fee scale.

If you love children as we do, and believe in their futures: please join with us as we build a community where all children are cherished. Our Little Haven is an independent, non-profit agency providing care for children since 1993.

To learn more, please visit our website at
www.ourlittlehaven.org.

P.O. Box 23010 • St. Louis, MO 63156-3010

Phone: 314-533-BABY • Fax: 314-533-3098



ourlittlehaven.org



Our Little Haven-Keystone Outpatient Mental Health



trust is their haven



Outpatient Psychological and Counseling Services

Licensed psychologists and MSW/LCSW social workers provide outpatient psychological and counseling services, including:

- Psychological Assessments
- Parent/Bonding Assessments
- Individual and Family Therapy
- Psychiatric Consultation/Medication Management
- Behavior Management
- Infant Mental Health
- add one here?

Problems addressed include: depression; anxieties and fears; school problems including attention deficit hyperactivity disorder or learning disorders; behavioral problems such as temper tantrums, defiance or rule-breaking; reactions to family problems, life changes or loss of loved ones; adjustment to/management of chronic illnesses such as asthma, diabetes and cancer; concerns about a child's development. Includes objective measurements and documented feedback. Outpatient services take place at our Keystone Services building (4330 Lindell Blvd.) and in-home therapy is also available. Payment options include Medicaid, MC+, CTS funds and sliding fee scale.

Parent-Child Interaction Therapy

Parent-Child Interaction Therapy (PCIT) promotes a closer, more cooperative relationship between parent and child and reduces problem behaviors. Over the course of a 12-16 week treatment period, a specially trained clinician coaches the parent in the application of skills and tracks their usage. Parents quickly master new skill levels and receive continuing validation, support and reinforcement as they strive to increase their child's willingness to cooperate. Parent-Child Interaction Therapy uses a specialized treatment playroom equipped with parent earpieces and an audiovisual system. Clinicians coach from behind one-way mirrors and issue verbal directives through the earpiece to parents as they interact with their children, accomplishing in weeks what formerly may have taken several months' time. In this way, PCIT combines treatment with therapist-to-parent coaching in a real-time setting to enhance and streamline the treatment process. Payment options include Medicaid, MC+, CTS funds and sliding fee scale.

Keystone Services



dreams are their haven

Our Little Academy: Therapeutic Preschool/Day Treatment

“Our Little Academy” is Our Little Haven’s therapeutic preschool. This innovative day treatment program provides therapeutic treatment in a preschool setting for children ages 3-6 who cannot participate in a traditional preschool or day care due to behavioral or emotional problems. Individual and group therapy, small class size (6-8 children) and a low (3:1) child-to-therapist ratio provides needed support for children and families. Our Little Academy’s strong parent/caregiver involvement promotes family cohesiveness. Diagnoses may include reactive attachment disorder, ADHD, oppositional defiant disorder and other disruptive behavioral disorders. Admission to this year-round program is on a rolling basis. Hours are Monday through Friday, 8 am - 6 pm (this includes available before-and-after care. Payment options include Medicaid, MC+, sliding scale fees and some scholarships are available. Transportation assistance is available.

The Parent/Child Program

This 12-week evening course in a group setting teaches a new, closer way to be a family, which parents/caregivers and children attend together. With the support of other parents and through Our Little Haven’s unique approach (traditional parenting class + therapist-coaching) parents learn new techniques for better cooperation and a closer relationship. Children gain increased comfort in their parents’ growing knowledge and parenting skill. The OLH Parent/Child Program meets once a week from 6-9 in the evening, with a nutritious dinner and snacks provided. Class begins with parent and child breakout sessions, then families come together for hands-on practice with therapist coaching. It’s research-based, results-oriented and rewarding. Transportation assistance is available. Payment options include Medicaid, MC+, CTS funds and sliding fee scale.



Keystone Services: 4330 Lindell Blvd., St. Louis, MO 63108
Intake Scheduling: (314) 533-2229, x275
Our Little Academy: (314) 533-2229, x222

Our Little Haven provides early intervention treatments which are family-centered and culturally competent. No one will be turned away because of inability to pay. We accept Medicaid, MC+ as well as private insurance and CTS funds. There is a sliding-fee scale for qualified individuals. The Keystone outpatient center is centrally located on bus routes and near Metrolink lines.