

# Program Information Guide 2010



Caring for Children. Mind. Body. Soul.

[www.ourlittlehaven.org](http://www.ourlittlehaven.org)



Therapeutic Residential Treatment  
Keystone Outpatient Mental Health Services  
Our Little Academy Therapeutic Preschool  
Parenting Program  
Foster Care Case Management



**Our Little Haven**

P.O. Box 23010  
St. Louis, MO 63156-3010  
[www.ourlittlehaven.org](http://www.ourlittlehaven.org)

# Our Little Haven: Caring for Children. Mind. Body. Soul.



## Directory

### Our Little Haven Fast Facts

- Founded in 1993
- Based on early intervention treatment
- Nationally recognized programs
- Professional staff
- Licensed by MO-DMH and MO-CD
- Member of MO Coalition for Children's Agencies (MCCA)
- COA Accreditation

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### Clinical Administrative Assistant

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### Residential Care

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### Our Little Academy-Therapeutic Preschool

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### Keystone Outpatient Mental Health

Dr. Lizette Smith, Ph.D., Licensed Psychologist  
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mpritchett@ourlittlehaven.org

### Parenting Program

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### Foster Care Case Management

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### Executive Director

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### Director of Finance/Operations

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(314) 533-2229, x225  
mikebahlinger@ourlittlehaven.org

## Therapeutic Residential Treatment

Therapeutic residential treatment for children ages 0-9, with intensive early intervention services.

### Residential Treatment helps:

- Traumatized children Ages 0-9 (physical, sexual, emotional abuse)
- Medically fragile infants/children
- Children with significant behavioral issues
- Developmentally Delayed/ Developmentally impaired children
- Children with multiple special needs
- Children who have experienced multiple failed placements
- Children with attachment/bonding issues

### Special On-Site Services:

- On-site psychologist (complete prompt assessment and reports)
- Psychotherapy/behavioral interventions (intensive treatment, positive results)
- Speech/occupational/physical/developmental (assessments and therapies)
- Specialized school services (school visits/consultations, special education/ IEP advocacy, behavioral assistance)
- On-site medical staff (care coordination, scheduling, transportation and detailed discharge reports)
- Family visit supervision/documentation
- Juvenile court/FST advocacy
- Therapeutic preschool (day treatment program) available on-site

**Hours:** Awake care: 24-hours a day/7 days a week/365 days a year, 24-hour on-call nursing staff. Specialized therapies by appointment. Admin staff 9-5, M-F.

**Payment:** MO-CD, Adoption Subsidy Medicaid and community donations.

**Contact** Charles Cogshell, 314-533-2229 x279, ccogshell@ourlittlehaven.org

## Foster Care Case Management

Our contracted case management unit provides professional, compassionate comprehensive services.

- We provide state contracted case management services to children and families involved in the foster care system due to abuse and/or neglect.
- The children we serve range in age from newborn to 21 years of age.
- As case managers we assist families in reunification and if that is not possible we work to find a safe, loving, and permanent home for foster children.
- Our Little Haven has access to an array of services both in-house and within the community to assist children and families in having their needs met.
- We keep our ratio of children to case managers at a rate of 14:1 so that we are able to provide high quality case management services.
- Case management team makes home visits with central offices in convenient central west end location, at 4435 W. Pine Blvd.
- 24 hour/7 day/365 days a year on call and emergency services

**Hours:** By appointment.

**Payment:** All services provided at no cost to the family.

### Contact:

Tiffany Lovelace-Brown (314) 531-3183, x238 or tlovelacebrown@ourlittlehaven.org

## Our Little Academy A Therapeutic Preschool

For children ages 3-6 who cannot participate in a traditional preschool or day care program.

- Intensive individual and group day treatment, with a maximum enrollment of 8 children, 4:1 child-to-therapist-ratio
- Children may have behavioral problems or expelled from a preschool or day care program because of unmanageable behavior
- Parents/adoptive/foster parents agree to intensive participation including family therapy
- diagnoses include reactive attachment disorder, ADHD, oppositional defiant disorder, pervasive developmental disorder and other disruptive behavioral disorders.
- Admission on a rolling basis; an opening may be available at any time of the year
- Convenient central west end location
- Children remain in program for at least six months
- Transition and follow-up services available as child enters traditional school setting or other programs
- Two licensed psychologists and nurse RN on staff
- Documented feedback

**Hours:** M-F 8 am to 5 pm.

**Payment:** Program support through Medicaid and some MC+ plans. Services available on a sliding fee scale and scholarships are available.

**Contact:** Susan Villasana, (314) 533-2229, x222 or svillasana@ourlittlehaven.org

## Parenting Program

An intensive therapy/training program which helps families build on family strengths, heal and grow strong. Individual, family, and group psychotherapy offered for parents.

- Expectant mothers-to-be
- Parents in pre-adoptive and adoptive families
- Open to both court referred and to community self-referred parents
- Parents of children ages birth-12
- Convenient hours at easily accessible Central West End location.
- 10 week parenting group
- Includes objective pre-and post-measurements
- Snack provided
- Examines history, builds on strengths, works toward change
- Seeks to improve the parent-child relationship

**Hours:** There are three 10-week group sessions offered per year. Hours vary with the season of the year – call for specific information. When in session, group meets 1x/week. Snack provided. Transportation assistance may be available.

**Payment:** The Parenting Program is partially reimbursable under the Department of Social Services CTS funds. A sliding fee scale may be available to those clients who need assistance and have no other resources for payment.

**Contact:** (314) 533-2229, x275  
email: mpritchett@ourlittlehaven.org



# Keystone Outpatient Mental Health Services

Keystone Outpatient Services treats and improves the mental health and wellbeing of clients who may have limited access to mental health care.

- Professional assessment and treatment
- Service for children ages 0-12 and their families
- Psychological evaluation for children/youth ages birth-18
- Culturally competent, family-centered
- Includes objective measurements
- Documented feedback

**Hours: by appointment**

**Payment:**

We accept Medicaid, several of the MC+ plans and CTS funds. Services available on a sliding fee scale for qualified individuals.

**Contact:**

For scheduling:  
Mary Pritchett, (314) 533-2229, x275,  
email: mpritchett@ourlittlehaven.org  
For further program information:  
Dr. Lizette Smith, PhD, Lic. Psychologist  
at (314) 533-2229, x200  
email: lsmith@ourlittlehaven.org

**Hours:** in-agency service at 4330 Lindell Blvd.  
9 am to 5 pm M-F, by appointment only.

**Payment:** We accept Medicaid and several of the MC+ plans as well as some private insurance and CTS funds. Services are also available on a sliding fee scale for qualified individuals.

**Contact:** Lizette Smith, PhD, Licensed Psychologist (314) 533-2229 x200 or lsmith@ourlittlehaven.org. To schedule an appointment, contact Mary at x275, mpritchett@ourlittlehaven.org.

- **Individual and Family Therapy**
- **Behavior Management Strategies**
- **Parenting Assessment**
- **Bonding Assessment**
- **Psychological Evaluation**
- **Professional Consultation**
- **Community Education & Consultation**

**Problems addressed include:**

- Depression
- Anxieties and fears
- School problems such as attention deficit hyperactivity disorder or learning disorders
- Behavioral problems such as temper tantrums, defiance, or rule-breaking
- Reactions to situations such as family problems or life changes
- Adjustment to or management of chronic illnesses (e.g., asthma, diabetes, cancer)
- Concerns about a child's development
- Pediatric problems such as compliance with medical treatment or pain management
- Reaction to events such as a death or other traumatic event