



dreams are their haven.

## Our Little Academy therapeutic preschool

“Our Little Academy” is Our Little Haven’s day treatment therapeutic preschool for children ages 3-6.

Our first goal is to address childrens’ mental health through:

- individual therapy with play therapy techniques
- group therapy
- social skills development
- psychiatric services coordinated with Our Little Haven consulting pediatric psychiatrist

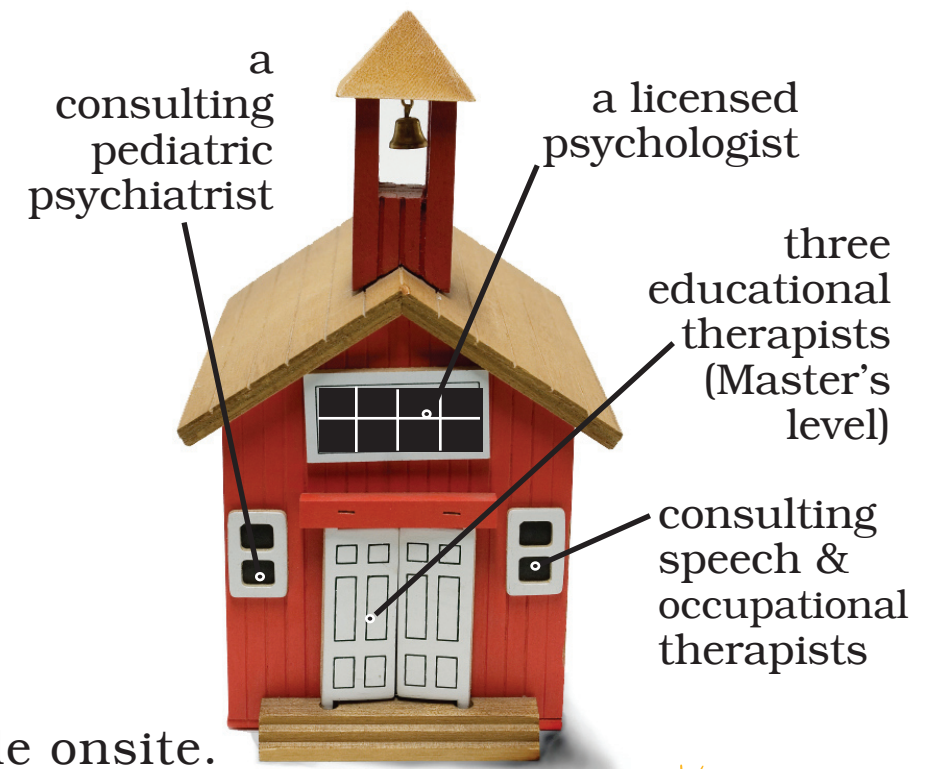
This is done in a structured, consistent preschool environment under the guidance and therapeutic care of our educational therapists. While caring for children’s mental health needs, our educational therapists address children’s developmental delays and ready the children for their next educational placement. The average length of treatment is 12-15 months.

Our Little Academy integrates parents (natural, foster and adoptive) into the treatment processs by providing weekly parent/family treatment. For foster/adoptive and qualifying families there is no or low cost for Our Little Academy.

professional staff all available onsite.

Our Little Academy provides therapeutic treatment in a preschool setting for children ages 3-6 who cannot participate in a traditional preschool/day care due to behavioral or emotional problems. Small class size (3-4 children) and a low child-to-therapist ratio (4:1) provides needed support for children and their families.

Our Little Academy operates year-round, M-F 8 am to 5 pm, (extended day is available). Sliding scale pay, Medicaid or MC+ support. Scholarships may be available. Children in foster care or with adoption subsidy may be 100% reimbursable.



learning is their haven.



# learning is a haven.

Learning is a haven where children build the foundations for their futures. Sometimes it's not so simple. When a child has difficulty functioning in a traditional learning environment at a young age due to behavioral problems, Our Little Academy therapeutic preschool at Our Little Haven can help. Our Little Academy's early intervention approach to care for children makes all the difference in their little lives.

## Our Little Academy

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**Our Little Academy (OLA)** day treatment program is unique to the region, and is one of only 3 such day treatment programs for children ages 3-6 in Missouri. Licensed by the MO Department of Mental Health and MO Department of Social Services, OLA is research-based and Council On Accreditation (COA) accredited as a best practice day treatment program for young children.

Based on the philosophy that healthy relationships are the foundation for learning and growth, the highly structured program focuses on the child's attachment to a primary educational therapist who provides a stable center for therapeutic work with the child.

Types of issues addressed: hyperactivity ~ parent-child problems ~ temper tantrums ~ peer interactions ~ aggression ~ grief reactions ~ bullying. Diagnoses of children may include post-traumatic stress disorder ~ depression ~ attachment disorder ~ bipolar disorder ~ oppositional-defiant disorder ~ anxiety, adjustment and attention deficit disorders.

Children can: Gain trust in others ~ gain confidence ~ learn healthier ways of functioning ~ experience relationship success ~ learn to regulate expression of feelings ~ improve behavior ~ improve self-esteem ~ graduate to school success in their next educational setting. Parents can: enhance empathy ~ provide nurturing discipline to meet the specialized needs of their individual child.

### Our Philosophy

Early care provided early in a child's life can make all the difference. If we apply necessary resources early, it prevents problems from compounding—ultimately saving lives and resources in the long run. And children will get off to a great start. They will have the nurturing haven of a childhood where they can build their future dreams.



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Childhood is a haven.