

# York Region District School Board Education Community Partnership Programs (ECPP)

2020-2021

## Community Agency Partner: Aptus

ECPP Title: Aptus Treatment Centre

Location: Concord

### Brief Program Description:

Treatment Needs: dual diagnosis - developmental disabilities and emotional/psychiatric disorders frequently accompanied by aggressive behaviours and/or autism spectrum disorder. Treatment Goals: to support students in gaining their full potential to either transition back to mainstream education, if possible, and for others to continue to develop skills for daily living and increased independence. Program or Therapeutic Model Being Used: individualized humanistic treatment modalities which focus on the person as a whole and his/her strengths, abilities and needs. Age Range: 5 to 21 years. Average Length of Stay: 1 to 10 years. Education Focus: literacy, numeracy, independent daily living skills, vocational skills. Program Delivery Format: Teachers provide direct instruction.

## Community Agency Partner: Cedar Heights

ECPP Title: Cedar Heights Residential Living

Location: Stouffville

Cedar Heights Residential Living (Stouffville) is a licensed residential treatment program. The program specializes in the understanding and treatment of individuals living with brain-based disabilities such as Autism Spectrum Disorder (ASD) and Fetal Alcohol Syndrome (FASD) as well as cognitive delays. The program highlights the strengths of the individuals and provides accommodations based on the individuals' needs. Treatment is individualized and based on functional age rather than biological age. Program models being used include behaviour modification (e.g., differential reinforcement). Support is provided in areas such as education, life skills, social skills training and community integration. The program serves children and youth ages 12-21. Average length of stay in the program is 2-3 years. The educational component of the program is delivered directly by a teacher and a CYW. The focus of the program is on literacy and numeracy. Courses are offered both credit-bearing and focusing on

functional life skills curriculum. The program provides opportunities for students to become active contributing members of their community and to engage in work experience.

## Community Agency Partner: Kinark Child and Family Services

ECPP Title: AIM Program

Location: Huron Heights Secondary School, Newmarket

### Brief Description:

**Treatment Need:** Youth have a history of persistent school, family and social difficulties. Many have clinical diagnoses that include but are not limited to anxiety, depression, oppositional defiant disorder, mood disorders, psychotic disorders, ASD, significant emotional regulation disorders, trauma and identified learning difficulties. **Treatment Goals:** As part of an individualized treatment plan involving the youth and the family and based on a comprehensive assessment, the program provides stabilization, ongoing social/emotional/behavioural and individualized educational support and treatment with a focus on the development of skills necessary for youth to successfully reintegrate back into a school board program. **Program Model:** Programs rest upon the principle of having interdisciplinary clinical resources available to support the family and develop an individualized treatment plan. A comprehensive assessment is completed prior to admission resulting in an individualized treatment plan which is focused and time-framed. Evidence-based treatment methodologies are used including Cognitive Behavioral Therapy (CBT), CBT Family, The Positive Parenting Program (Triple P) and Functional Behaviour Analysis. Treatment groups run within the program including Skillstreaming, PASTE, CBT and expressive arts therapy. **AIM:** grades 8-12. Average length of stay: 12-18 months. **Education Focus:** A range of credit-bearing course options at the academic, applied and locally developed level are offered with a focus on literacy and numeracy. **Program Delivery Format:** Teachers provide direct instruction.

## Community Agency: Markham Stouffville Hospital

ECPP Title: ATLAS

Location: Markham

### Brief Program Description:

**Treatment Need:** Anxiety and/or depression that impacts optimal functioning in school, home and community life. As a result of their mental health challenges, participating students have been experiencing difficulty attending and/or succeeding at school. **Treatment Goal:** The goal of the program is to provide teens with tools to help them better cope and to return to school as soon as possible. **Grades 8-12.** Average length of stay: 9.5 weeks. Teens participate in a daily physical education class. The focus of the class is on healthy living in keeping with the PPZ credit towards which all participants are working. In addition, for those students who are able,

support is provided for additional courses. Program Delivery Format: Teacher provides direct instruction. Treatment Services: The program provides a full day therapeutic milieu that offers a comprehensive package of services including group therapy, individual therapy, weekly access to a psychiatrist (when indicated), daily exercise, volunteer opportunities and academics.

## Community Agency: Southlake Regional Health Centre

ECPP Title: Day Hospital Program

Location: Newmarket

### Brief Program Description:

Treatment Need: Severe mental health disorders - including mood disorders, severe anxiety disorders. Treatment Goal: emotional regulation and stability, self-management of psychiatric illness, family stability and support, improved social and peer relationships. Treatment Services: Inter-professional team approach utilizing multi-modal treatment, with family involvement and support, focusing on assessment and stabilization, symptom reduction, emotional regulation, desensitization and transition planning. Grades 8 - 12. Average length of stay: 1 semester.

Education Services provided: individualized and group instruction on subject material currently taught at home schools, with an emphasis on

language, arts and humanities, as well as other subjects as needed and appropriate. Program Delivery Format: Teacher provides direct instruction.

## Community Agency: Southlake Regional Health Centre

ECPP Title: Eating Disorder Program

Location: Newmarket

### Brief Program Description:

Treatment Need: Eating Disorders - medically stable eating disorders with possible comorbid mental health challenges. Treatment Goals: normalized eating, weight restoration, emotional regulation and stability. Treatment Services: assessment and multi-modal treatment for youth with serious eating disorders. Age range: 13 - 18th birthday. Average length of stay: 10 months. Education Services provided: individualized and group instruction on subject material currently taught at home schools, with an emphasis on language, arts and humanities, as well as other subjects as needed and appropriate. Program Delivery Format: Teacher provides direct instruction.

## Community Agency: York Hills Centre for Children, Youth and Families

ECPP Title: York Hills Children's Program

Locations: 11225 Leslie Street Campus, Mount Albert Public School Campus, Kettleby Public School Campus, Forest Run Public School Campus, York Hills Youth Program: Leslie Street Campus, Our Lady of the Lake Catholic High School, Keswick Campus

### Brief Program Description:

Treatment Needs: significant impairment in emotional/social/behavioural functioning including profiles of ODD, ADD, ADHD, anxiety, depression, school avoidance, personality disorders, psychosis, addictions, ASD and mild intellectual delays. Treatment Goals: to assist children and youth to cope with and overcome their challenges, thus enabling them to be successfully reintegrated into the school system and to have positive social, emotional and academic experiences. Therapeutic Model: multi-disciplinary assessment and intervention is completed using a range of treatment methodologies -- a therapeutic milieu is created in the classroom using CBT, Zones of Regulation, Solution-Focused Therapy, Rainbows, Fun Friends, Anxiety Group, and others; family work is provided at the Centre or in the home with a focus on child management, family interaction, improved communication and marital or individual counselling; and parent groups are offered including Triple P, Parenting your Anxious Child Group, Hold Me Tight (couples), and Women's/Men's Groups. The Children's Programs: 4-12 years; The Youth Program: 13-18 years. Average length of stay: 12-18 months. Formal and informal assessments identify learning and behavioural needs that impede the learning process. Programming is provided to facilitate the acquisition of learning skills and to enhance self-esteem. The educational focus is on literacy and numeracy. In the YP, credit and non-credit bearing courses are offered that are uniquely designed to blend academics and treatment. Program Delivery Format: Teachers provide direct instruction.