

Camelot of Naperville

THERAPEUTIC DAY SCHOOL



THERAPEUTIC PROGRAM

Camelot of Naperville ▪ 1220 Bond St. ▪ Naperville, IL 60563 ▪ (630) 355-0200 ▪ www.cameloteducation.org

Michael Gurley, *Principal* ▪ mgurley@cameloteducation.org

Overview of Camelot of Naperville

Therapeutic Day School

Who Do We Serve?

Camelot of Naperville is a therapeutic day school that provides services for students who are unable to thrive in other educational settings. This is often due to the need for more individualized therapeutic, behavioral, and academic interventions.

Camelot of Naperville provides therapeutic services and academic instruction for students meeting the criteria for special education services for social/emotional disorders, learning disabilities, intellectual disability, developmental delays, other health impairments, or high functioning autism between the ages of five and twenty-one. Additionally, some students have medical diagnoses such as ADHD (Attention Deficit Hyperactive Disorder), ADD (Attention Deficit Disorder), Bipolar Disorder, Depression, Anxiety, PTSD (Post Traumatic Stress Disorder), OCD (Obsessive Compulsive Disorder), and/or ODD (Oppositional Defiant Disorder).

Along with providing academic supports such as a high student to staff ratio (generally 5:1 or an intensive ratio of 1:1), self-contained special education classrooms, physical education classes, and individualized education plans, Camelot also provides evidence-based therapeutic services that restore the emotional, behavioral, and social functioning of students. All staff are trained and certified by Cornell University in Therapeutic Crisis Intervention for Schools (TCIS) procedures, which is a behavioral intervention program that teaches de-escalation techniques. The training program informs staff of evidence based practices to help students de-escalate, accept help, and use problem solving strategies.

The Camelot Model & Positive Peer Culture

Camelot's treatment model focuses on building positive relationships in a supportive setting that emphasizes the development of improved problem solving skills. The Camelot Model is based on creating a positive peer culture where students learn expected behavior (norms) through peer and staff modeling and reinforcement. The model encourages students to support each other by understanding and embracing key positive school norms that are consistently reinforced daily. With a general emphasis on academics, behavior, and attendance, the model effectively promotes and celebrates pro-social behaviors with privileges, status, and recognition, in turn fostering a positive community culture founded on a positive normative environment.



Camelot incorporates related services into its therapeutic program based upon individual needs as indicated in a student's IEP. Each student receives individual therapy on a weekly basis, as well as group counseling, when appropriate. Family counseling services are also available. Camelot teaches substance abuse prevention and provides group counseling, as appropriate.

Therapeutic Services

Camelot of Naperville's School Therapists hold a Master's Degree in Social Work or Counseling and have training in a variety of school and non-school based modalities. Our School Therapists aid students and families with many needs, and have frequent contact with parents/guardians. Our approach focuses on each student's individual experiences and goals and allows therapists' attention to remain on the individual needs of the student. In addition, our therapists provide ongoing clinical information and support for the classroom staff, which enhances the team approach utilized at Camelot.

Individual Therapy

Cognitive Behavioral Therapy (CBT) – a form of therapy that focuses on changing distorted and dysfunctional thinking for youth with depressive disorders, eating disorders, obsessive-compulsive disorders (OCD), substance use disorders, and adjustment disorders.

Trauma-Focused CBT (TF-CBT) – a form of CBT specifically designed for youth with trauma or stress-related disorders.

Dialectical Behavioral Therapy (DBT) – a form of CBT that teaches mindfulness, interpersonal effectiveness, emotional regulation, and distress tolerance to youth with self-injurious behaviors, disruptive behavior disorders, criminal behaviors, and youth suicide.

Zones of Regulation – a cognitive approach to self-regulation for lower functioning and younger children with autism spectrum disorder (ASD) or disruptive behavior disorders.

Psychotropic Medication Administration – Camelot administers any psychotropic medication prescribed by a physician and given to Camelot by the parent.

Systematic Desensitization – a type of behavioral therapy that gradually helps youth with OCD, anxiety disorders, and panic disorders overcome anxieties and compulsions.

Problem-Solving Skills Training – a curriculum that teaches problem-solving skills, emotional competence, and distress tolerance for youth with disruptive behavior disorders.



Group Therapy

Anger Control Training (ACT) – a group curriculum for youth with emotional dysregulation, low frustration tolerance, and disruptive behavior disorders.

Pet Therapy – a non-profit volunteer organization, Rainbow Animal Assisted Therapy, works with registered therapy dogs to help children with special needs reduce stress, ease depression, provide social stimulation, and increase communication.

Play Therapy – a group play therapy curriculum for youth with ASD, social anxiety disorders, and social skills deficits.

Attendance Group – a group that supports students who have less than 85% overall school attendance to increase their motivation to regularly attend school.

Transitioning Support Group – a group specifically for students involved in the transition process and/or returning to their home schools. Topics discussed have to do with organization, stress management, scheduling, communicating with staff effectively, finding resources, increasing school pride/involvement, and problem solving.

Art Groups – a group that utilizes art to help students freely express their thoughts, feelings, and perceptions. They are encouraged to use group to develop social skills, process their feelings, foster self-awareness, reduce anxiety, and increase self-esteem. Students have the opportunity to develop both socially and emotionally.

Sensory Art Groups – a group curriculum involving a variety of traditional and non-traditional media that encourages students to express and understand emotion through artistic exploration and through the creative process. Students are encouraged to slow down and explore their senses in the process of making manipulatives to be used as coping strategies in the classroom. The program builds students' self-esteem, as well as confidence.

Social Skills Groups – a group curriculum that builds social skills using a psycho-educational approach to create self-awareness regarding the strengths and obstacles that their disabilities present them with on a daily basis. To foster self-awareness, the group focuses on techniques such as group discussion, empathy building and mindfulness techniques, as well as humor, drama, and artistic activities to identify and build upon students' individual strengths.

Recovery Group – a group for helping students to control, or eliminate, substance use. Therapists use a curriculum based on Allen Tigue's manual "Stop the Chaos: How to Get Control of Your Life by Beating Alcohol & Drugs." Students are referred through school therapists and classroom staff.

Family Relationship Group – a group focusing on the relationship between a child and a parent who either currently uses drugs or alcohol, or is in recovery from addiction. Therapists use a curriculum based on **Adult Children of Alcoholics** by Janet Woititz and the Alateen books. Students are referred through school therapists and classroom staff.

Young Women's Group – a group curriculum for improving the self-esteem of young women.

Young Men's Group – a group curriculum for improving the accountability and responsibility of young men.

Expressive Therapies

The Expressive Therapies Department is designed to help students with social emotional development. The department includes art, music, play, and dance movement therapies. Expressive therapists collaborate with each student's team to provide holistic treatment.

Music Therapy

Camelot of Naperville provides Music Therapy through Board Certified Music Therapists. This is an evidence based use of music interventions and music-centered approaches to help students accomplish their individual progress goals. The fundamental elements of music and the relationships that develop through them help improve student engagement in meaningful play, sustain focus, initiate interactions, collaborate, develop ownership, and lead others. Students build and strengthen relationships to self, peers, and their community through creating, sharing, and listening to music with guidance from the music therapist. At Camelot of Naperville individual and group music therapy sessions are offered to all students.

Applied Behavioral Analysis Services

Camelot provides applied behavioral analysis (ABA) services, supervised by a Board Certified Behavioral Analyst (BCBA). Camelot infuses these services into its academic and classroom instruction when appropriate. Some of the behavior classroom management (BCM) techniques include modeling, prompting, contingency management, and visual supports.

Occupational Therapy

Camelot provides Occupational Therapy (OT) services through a licensed occupational therapist (Occupational Therapist, Registered, Licensed (OTR/L)).

Speech Therapy Services

Camelot provides speech services through a licensed Speech/Language Pathologist for specific speech and fluency impairments.

"The improvement I have seen in my child can only be attributed to the care and education he has received at Camelot of Naperville. I will forever be grateful."





Adult Prep Program

Camelot of Naperville's Transitional Program, the Adult Prep Program (APP), is designed for students to benefit from services beyond graduation to successfully transition to adult life. The program fosters independence, problem solving skills, and job readiness with a focus on the skills each student needs to successfully live and work independently. The students participate in job skills both in and out of the building, and in various work placements with job coaches. Students are able to participate in the APP from their senior year of high school until the day before their 22nd birthday.

Community Connection – APP's unique ability to infuse community service with a wide array of work opportunities and experiences for our students helps ensure that they enter the workplace prepared and empowered to succeed. Camelot of Naperville teams with several community partners to provide realistic work experiences and learning opportunities. Our partners include local retail stores, senior living facilities, and food pantries.

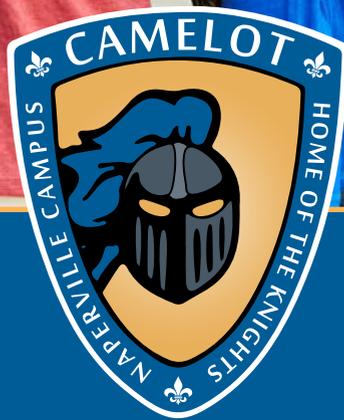
Daily Skill Development – APP provides excellent workplace training opportunities for students as a part of normal, daily curriculum within the school. For example, APP students:

- Produce more than 500 meals a week as part of our free and reduced lunch program.
- Fully staff and operate a school store and campus laundry.
- Serve as the campus event staff, light/maintenance crew, and catering service.

Vocational Services

Camelot of Naperville has a vocational garage, as well as a computer lab and vocational classroom where students are able to develop job skills and areas of interest. Camelot's vocational programming offers a curriculum rich in data processing, automotive trade skills, and career readiness classes which are geared towards student achievement in independent functioning.

Camelot of Naperville is introducing a new STEM (Science, Technology, Engineering, and Math) based Engineering classroom! Students will have the opportunity to design and create practical items with a 3D pen and 3D printer. In another class, students will be tasked with identifying items that can be recycled into a new purpose by adding to them or improving the design of existing objects and tools. These classes will introduce practical college preparation and job skills to our students.



CENTRAL OFFICE

Camelot Education
7500 Rialto Blvd.
Building 1, Suite 260
Austin, Texas 78735

www.cameloteducation.org

Find us on:



© 2017 Camelot Education. All rights reserved.